# WELCOME

VISION The Wyong Catholic Parish is a welcoming, caring dynamic community

MISSION STATEMENT We will live and proclaim the message of the Gospel:

Engage, Participate, Reach out and Transform

5th October 2025— 27th Sunday in ordinary time

WYONG CATHOLIC PARISH
ST CECILIA'S CHURCH, ST JOHN FISHER MASS CTR & ST PETER'S CHAPEL
Under the Pastoral Care of the
Society of Our Lady of The Most Holy Trinity (SOLT)

RFFLECTION—The famous poem promoted by St Teresa of Calcutta includes: 'What you spend years building, someone could destroy overnight; Build anyway. The good you do today, people will often forget tomorrow; Do good anyway.' It speaks of a trust beyond what we can see in the present. Our building and doing good has value that we may never experience and may only feel at a spiritual level. God has this trust in us. We have been trusted to 'look after something precious', even though we so often fail and forget our responsibilities. God believes in us and our potential. So we are called, also, to trust in an unknown future.

When there is outrage and violence all around, let us see the vision of hope. Let us wait patiently, no matter how slowly it comes. When there is hardship and shame, let us trust in the small sparks of God's goodness, and let us fan them into full flame. When there is doubt and fear, let us believe in the power of the 'mustard seed' of faith. And when there is exhaustion and ingratitude, let us trust in the value of what we have done. Let's do good anyway.

Reproduced from God's Word 2025: Daily Reflections, Published by St Pauls Publications, Strathfield.





# DID YOU KNOW? OCTOBER— THE MONTH OF THE MOST HOLY ROSARY

October is the month of the Most Holy Rosary. The feast of The Rosary is on 7th October, but due to church traditions the whole month is dedicated to The Most Holy Rosary.

Saint Padre Pio called the Rosary "the weapon against the evils of the world" and strongly encouraged saying "Love Our Lady and make her loved; always recite the Rosary and recite it as often as possible".

"As we begin October, the month dedicated to the holy Rosary, I invite you to pray the Rosary every day for peace in our world." Pope Leo XIV made this exhortation on Wednesday morning while addressing various language groups during his General Audience in the Vatican.

The best way to celebrate this month is of course to pray the Rosary daily. You might like to ask a friend to join, gift a Rosary to someone or share some fun facts about the Rosary to people who may not know.



# PARISH CALENDAR—IMPORTANT DATES

10th Oct-Jubilee Multi-cultural Dinner 6pm at SJF school hall (please bring a plate to share!)

15th Oct—Jubilee Pilgrimage Day 25th Oct—Marian Spirituality Day 5th Dec—Ecumenical Christmas Carols

19th Dec-Parish Christmas Dinner at SJF school hall

**Jubilee Year Events:** Multi-cultural Dinner, Marian Spirituality Day & Pilgrimage Day.

With all of our wonderful Parish events coming up, they require many hands and lots of organization to keep them going. We would love your help! Should you wish to volunteer for any of these events, please contact the Parish Office as soon as possible. Many Thanks.

SATURDAY 25TH OCTOBER 2025

# A Marian Spirituality Retreat

10.30AM-2.30PM - ST CECILIA'S CHURCH, WYONG.



WYONG CATHOLIC PARISH invites you to join us in this Jubilee year of Hope, to honour our Mother Mary.

Together we will pray the rosary and other Marian prayers, reflect on teachings and passages of Our Lady.

This is designed to be a time for reflection and mediation on the life of our spiritual mother who in her obedient example and through her intercession draws us closer to Jesus, her Son.

You will be invited to bring your own lunch or a plate to share. Tea and coffee will be provided.

This is a Free event, all are welcome to join this spiritually transformative experience.

# CATHOLICARE HOMELESSNESS APPEAL

Thank you for supporting CatholicCare's 2025 Homelessness Appeal. Our Parish raised \$1155.00 May we remain faithful to Christ's call to serve the poor and vulnerable.

# 27th Anniversary—Ordination of Priesthood

Let us keep Fr Raul & Fr Alex in our prayers as they celebrate their 27th Anniversary of Ordination to the Priesthood this month.

May God bless you and sustain you in celebrating the Sacraments, proclaiming the Gospel and in continuing to consecrate your life to Him for the good of the people.

### UNABLE TO STAND IN LINE FOR COMMUNION? **USE THE YELLOW BAND!**

Please use the vellow bands located at the back of the Church (in a tub underneath the bulletin shelf) to indicate that you cannot stand in line to receive the Eucharist, by slipping it onto the side of the pew where you will be seated.

Our Priest or Eucharistic Minister will see this and will tend to you at the end of Communion.



YONG CATHOLIC PARISH INVITIES YOU TO JOIN OUR

Rite of Christian Initiation Program RCIA/RCIC

### STARTING SOON!

A program for those who wish to become Catholic, or who have been Baptised Catholic but have not yet received their initial Sacraments of Confirmation, Reconciliation or 1° Holy Communion.

in being apart of this program please contact the Parish Office ASAP on: (02) 4352 1011 or: wyongparishebbcatholic.org.au

# HOUSE & GARDEN STALL—11th & 12th October, Wyong

There will be a house and garden stall held after Mass on the 11th & 12th October, at St Cecilias's Church Wyong.

Farewell Morning Tea for Regina Preston

Friday 17<sup>th</sup> October 11am in the Parish Hall, Wyong. Please bring a plate of goodies to share.

**World Mental Health Day** CONNECT WITH YOUR COMMUNITY



10.10.2025 #WMHD2025

Mental He Australia

# 200 Club 2025

Prize change: First prizes have been lowered by \$50. Monthly Prizes: 1st \$250; 2nd \$150; 3rd \$100; 4th \$50 Major Prizes: 1st \$450; 2nd \$250; 3rd \$150; 4th \$100

# Draw Results:

**1st** \$250 2nd \$150 3rd \$100 4th \$50

No 19 Jenny Brown No 63 Alicia & John McCabe No 111 Maureen & Les Cross

No 123-NFP

# CHILDREN'S LITURGY—YOU'RE INVITED!

All children are invited to attend the children's Liturgy at our weekend masses. Children's Liturgy is when the children leave the congregation to celebrate and reflect on the Sunday Gospel reading in an age appropriate way.

The children are led through prayers, songs and readings that are adapted to their level of understanding. (Please ensure there is a parent/guardian for children under 5yrs old; all parents/ guardians welcome).

Attending Mass together is a part of being a Catholic Family, while Children's Liturgy allows children to enter the celebration more fully by catering to their needs.



# Mass with Children's Liturgy:

St Cecilia's Church, Wyong Sunday 9.30am St John Fisher Mass Centre, Tumbi Umbi-Sunday 5:00pm

Volunteers always needed & appreciated! Speak with Maria or office staff to find out more.

365 Pacific Highway North Wyong NSW 2259 PO Box 786 Wyong NSW 2259



Ph: 02 4351 8004 Ph: 02 4392 8777

### BOWDEN FAMILY FUNERALS All Areas ~ Australian Owned





Anita Bowden - Director We do not think of it as a job ...







# **TUGGERAH SPORTS & SPINAL PHYSIOTHERAPY**

Ricky Li Registered NDIS provider Phone 4355 4445 www.tuggerahphysio.com.au



# Parish Multi-Cultural Dinner

Parish Multi Cultural Dinner Friday 10th October St John Fisher School Hall from 6.00pm

We are a multi-culturally diverse parish. Come along and share your culture and FOOD! All are invited to bring a meal /dessert to share that represents your family heritage. There will be a free Aussie Sausage Sizzle. Please bring your own refreshments.

We encourage anyone -children/adults to wear their national costume. If you are willing to perform a national dance/ song, please inform the Parish office. If you have a copy of a national folk song, we would appreciate a copy so this can be played during the evening.

Help us show our community what a happy, peaceful, multicultural event looks like. Join us on the night. Please contact the Parish Office if you would like to attend. (02) 4352 1011 or wyongparish@bbcatholic.org.au Wiradjuri, Salamat po, Grazie, Merci, Shukran, Hvala, Grazzi, Xie Xie, Asante, Malo, Thank-you!



### VOLUNTEERS NEEDED IN OUR PARISH

Heard the saying "many hands make light work"? There are plenty of areas where your Parish could use a hand.

We're in need of Church cleaners, Children's Liturgy members Choir members & Catechists—just to name a few!

If you're willing and able to assist in any way, please contact the Parish office. Thank you.

# **BECOME A CATECHIST!—2025**

# 10 REASONS WHY YOU SHOULD BE A CATECHIST:

- 10. The best way to learn is to teach.
- 9. Catechists tell the truth.
- 8. Sharing the faith is an honour.
- 7. Your own faith will come alive.
- 6. You become an active part of the most active part of your Parish.
- 5. A catechist is a role model.
- You will be practicing stewardship.
   You show your own family that you value religious education.
- 2. It's fun.
- 1. It's what we are called to do.

At the end of his earthly ministry, Jesus said: "Go, therefore, and make disciples of all nations." - Matthew 28:19-20

To find out more about becoming a catechist, ring Margaret at the Parish office on: 02 4352 1011 or email: wyongparish@bbcatholic.org.au

# Pope's Prayer Intention—OCTOBER

Let us pray that believers in different religious traditions might work together to defend and promote peace, justice, and human fraternity.

**BOOK: GOD'S WORD 2026**—We are now taking orders for God's Word 2026, \$20 a book. Please contact the parish office to order.

# Parish E-Bulletin

If you would like to have the bulletin emailed to you, please send an email with "e-bulletin" as the subject to: wyongparish@bbcatholic.org.au

PLANNED GIVING—Dear Parishioners, should you wish to donate electronically, please see details below.

We appreciate all offerings and support gifted to our Parish!

To support the Priests (1st Collection):

Acc name: SOLT Australia Inc

BSB: 062 195 Acc no: 1022 9389

To the support the running & upkeep of the Parish (2nd Collection): Acc name: Wyong Catholic Parish

PILGRIMS

BSB: 062 784 Acc no: 100 001 943

**Property Transfer Professionals** ARLENE BARNETT Licensed Conveyancer - JP

02 4353 1340 48A Pacific Hwy Wyong propertytransfer@bigpond.com

www.conveyancernsw.net.au

Specialising in: Land & Business Sale or Purchase Mortgages & Commercial Leases, Retirement Villages



### COMMUNION BLESSING

You can still receive a blessing if you are not Catholic, have not yet received your Sacrament of First Eucharist/Holy Communion, or, if you are Catholic but are not in a state of grace.

To receive a blessing instead of communion during a Catholic Mass, simply approach the priest during the distribution of communion with your arms folded across your chest, and the priest will offer a blessing.

Please remember if you are receiving communion, the consecrated host must enter your mouth to be consumed before returning to your seat.

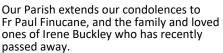


# WYONG / TUMBI PARISH PILGRIMAGE

Wednesday 15<sup>th</sup> October—BYO Lunch.

Please be advised that all seats have been filled.

# Condolences



The funeral will be held on: Wednesday 8th October at 11am.

Eternal rest grant unto her, O Lord, and let perpetual light shine upon her. And may her soul and the souls of all the Faithful Departed through the mercy of God rest in peace.

### St Barnabas Church Yarramalong

1st Sunday of the Month

Mass will be celebrated at St Barnabas Church, Yarramalong

Sunday 5th October at 11.15am. All are welcome.

Main Liturgical Feasts: October

4th:Saint Francis of Assisi, patron saint of animals, 5th:Saint Faustina, 7th:Our Lady of the Rosary, 9th:Saint John Henry Newman, 14th:Saint Callistus I, 15th:Saint Teresa of Ávila, a great mystic and Doctor of the Church, **16th**:Saint Margaret Mary Alacoque and Saint Hedwig, **18th**:Saint Luke the Evangelist, known for writing the Gospel of Luke and the Acts of the Apostles, 22nd:Saint John Paul II, the non-Italian pope who led the Catholic Church for decades, 25th:Saint Crispin's Day, a feast day that inspired a famous speech in Shakespeare's play Henry V, 28th: Saints Simon and Jude, 31st:Saint Alphonsus Rodriguez.

# Discover Palms Volunteering

# Develop community self-reliance and create lasting change!



Discover Palms International Volunteering online in this special session where you'll chat with past Palms volunteers and hear how skill-exchange makes a lasting impact in communities. Explore our unique opportunities and match your life experience to the experience of a lifetime!

Venue: Online-Scan the QR or register at palms.org.au/events

Date: Thursday 30 October 2025



Time: 7 pm - 8.30 pm AEDT (NSW/VIC/ ACT/TAS)

> 02 9560 5333 palms@palms.org.au

# HomeCaring wyong

Lifestyle and health solutions

Home Care and NDIS packages tailored for you.

Cruz Calero-Mena 0455 505 292 Email: cruz@homecaring.com.au



# MASS TIMES

# ST CECILIA'S CHURCH

23 Byron St Wyong Saturday Vigil / Sunday Mass Times Sat Vigil 5.00pm Sun 7.30am & 9.30am

Weekday Mass

Mon-Sat: 8.00am, Monday 9.15am (School Term)

Reconciliation/Confession Saturday morning after the 8am

Mass & Saturday at 4.30pm

# ST JOHN FISHER MASS CENTRE

Hicks Lane Tumbi Umbi Saturday Vigil / Sunday Mass Times Sat Vigil 5.00 pm Sun: 8.30am & 5pm

Weekday Mass

Mon, Wed, Thurs 8:00am Tue & Fri: 9.15am

**Reconciliation/Confession** Saturday at 4.30pm

# **EMERGENCY PRIEST CONTACT**

Fr Raul Ph: 0450 115 099 Fr Alex Ph: 0432 947 245 Fr Teody Ph: 0410 202 823

**PARISH OFFICE 23 Byron Street Wyong** Phone: 02 4352 1011 Po Box 385 Wyong 2259

OFFICE HOURS: Tuesday, Wednesday & Friday 9.30am to 2.30pm

**PARISH CONTACTS** 

Parish Priest Fr Raul Balute, SOLT Ph: 0450 115 099

Email: raul.balute@bbcatholic.org.au

Assistant Priest Fr Alex Barnedo, SOLT Ph: 0432 947 245
Assistant Priest Fr Teody Medina, SOLT Ph: 0410 202 823
Parish Secretaries Margaret Vandenberg & Christine Sassine

PARISH EMAIL: wyongparish@bbcatholic.org.au
PARISH WEBSITE: https://www.bbcatholic.org.au/wyong/
FACEBOOK: www.facebook.com/wyongcatholicparish

# XEEP US IN YOUR PRAYERS Prayer: The most valuable gift you can give

SICK: Michael McDermott, Michele Bolton, Jeanine Doueihi, Lisa Glanville, Margaret McDermott, Dave Rodney, Danae Roe, Milva Kefu, Georgina Mastroianni, Tahnia Ahuriri, Mary Anne Xuereb, Tony Sabat, Colleen Goodwin, Maureen Cross, Vince Bosco, Josephine Imer

RECENTLY DECEASED:

someone.

Irene Buckley, Irene Dainty

**ANNIVERSARY OCTOBER:** Margaret Donnolley, Frank Costa, Kerry (Andrew) Baldwin, Eileen Preston, James Smith.

Children's Liturgy at the following Masses

St Cecilia's 5:00pm Mass Saturday St Cecilia's 9.30am Mass Sunday St John Fisher 5pm Mass Sunday

BAPTISMS, WEDDINGS AND FUNERALS PLEASE CALL THE PARISH OFFICE

Mass St Barnabas, Yarramalong 1st Sun of month 11.15am Filipino Mass St Cecilia's Church 3rd Sun of the month 12pm

Anointing of the Sick First Friday of the Month St Cecilia's During 8.00am & 11.30am Mass

**St John Fisher** During 9.15am Mass

Eucharistic Adoration
St Cecilia's Daily 7am-8am
St John Fisher 1st Fri 8.45 - 9.15am

Devotion to Our Lady of Perpetual Help Saturday—St Cecilia's & Wednesday—St John Fisher (after the 8am Mass)

Devotion to the Divine Mercy St Cecilia's Fri after the 8am Mass St John Fisher Fri after the 9:15am Mass

Prayer groups

St Cecilia's Rosary Group Tues after 8am mass followed by Divine Mercy St Cecilia's Legion of Mary 9am Wed Meetings

**St Cecilia's** Choir practice every Tues night 5pm to 6pm

Parish Pastoral Council Meeting PPC Secretary: Kerry Bugden Ph: 02 4388 2938



# SAFEGUARDING MESSAGE

Wyong parish is committed to safeguarding. All children, young

persons and vulnerable adults have a right to feel safe and be safe. If you have a concern about the safety of anyone in the parish, please raise your concern with Fr Raul, Fr Alex or

Fr Teody on the contact details provided above; or, Anne Hooley: 0428 149 793 or, Maureen Roast: 0435 245 849.

### **5 October 2025**

### THE LITURGY OF THE WORD

# First Reading Habakkuk 1:2-3; 2:2-4

A reading from the prophet Habakkuk How long, Lord, am I to cry for help while you will not listen; to cry 'Oppression!' in your ear and you will not save? Why do you set injustice before me, why do you look on where there is tyranny? Outrage and violence, this is all I see, all is contention, and discord flourishes.

Then the Lord answered and said,

Write the vision down, inscribe it on tablets to be easily read, since this vision is for its own time only: eager for its own fulfilment, it does not deceive; if it comes slowly, wait, for come it will, without fail.

See how he flags, he whose soul is not at rights, but the upright man will live by his faithfulness.'

The word of the Lord.

Thanks be to God.

# Responsorial Psalm Ps 94:1-2, 6-9

R. If today you hear his voice, harden not your hearts.

# Second Reading 2 Timothy 1:6-8, 13-14

A reading from the second letter of St Paul to Timothy

I am reminding you to fan into a flame the gift that God gave you when I laid my hands on you. God's gift was not a spirit of timidity, but the Spirit of power, and love, and self-control. So you are never to be ashamed of witnessing to the Lord, or ashamed of me for being his prisoner; but with me, bear the hardships for the sake of the Good News, relying on the power of God.

Keep as your pattern the sound teaching you have heard from me, in the faith and love that are in Christ Jesus. You have been trusted to look after something precious; guard it with the help of the Holy Spirit who lives in us.

The word of the Lord.

Thanks be to God.

# **Gospel Acclamation 1 Peter 1:25**

Alleluia, alleluia!

The word of the Lord stands for ever; it is the word given to you, the Good News. Alleluia!

# **Gospel Luke 17:5-10**

A reading from the holy Gospel according to Luke

The apostles said to the Lord, 'Increase our faith.' The Lord replied, 'Were your faith the size of a mustard seed you could say to this mulberry tree, "Be uprooted and planted in the sea," and it would obey you.

Which of you, with a servant ploughing or minding sheep, would say to him when he returned from the fields, "Come and have your meal immediately?" Would he not be more likely to say, "Get my supper laid; make yourself tidy and wait on me while I eat and drink. You can eat and drink yourself afterwards"? Must he be grateful to the servant for doing what he was told? So with you: when you have done all you have been told to do, say, "We are merely servants: we have done no more than our duty."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

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Jerusalem Bible Translation of Scripture used in the Australian Lectionary for Mass, Vols I, II and III © 1981, London: Collins Liturgical. All rights reserved. Used with permission in Liturgia © Liturgy Brisbane.

THE SHRINE OF ST JOHN PAUL II PRESENTS...

# 

11<sup>TH</sup> OCTOBER MASS @ 5PM

GOSFORD PARISH

Followed by procession and recitation of multi-lingual rosary



# WITH YOUR COMMUNITY

# CONNECT OCTOBER

WORLD MENTAL HEALTH DAY 10.10.2025

# 1 REFLECT

communities you connect with, and one way you will connect this Mental



# JOIN A GROUP

community club or group - positive social support can help us manage stress

# **EXERCISE**

CWS

# TAKE NOTICE

Notice your surroundings—think about what connects you to your eighbourhood

# **HELP OUT**

Connect with people in your life or community who may need a hand -drop an offer of help in a note in a letterbox

# **BE KIND**

Connect with kindness showing kindness can help others, and improve your own wellbeing

# **GIVE BACK**

Give back to the communities you are connected to - make a to-do list of ways to help out or donate.

# 8 DANCE

allas

Connect through dancing! Share your favourite song with someone else and boogle!

# 9 REST

Prioritise rest-being well-rested helps you show up for your community.

# WORLD MENTAL HEALTH DAY

# 10 SHARE

15

Share how you are connecting with your community and tag #WMHD25

**EXERCISE** 

Move your body-walk

with a neighbour or join a local walking group.

# JOURNAL

Journal about how others makes you feel.

IN PERSON

face-to-face.

Mix it up - take a break from screens and

connect with someone

# CONNECT

something new - try a new interest, class or group!

CHECK IN

your community,

Make a phone call to a friend or loved one,

or another member of

# 13 COFFEE

GRATITUDE

you're grateful for in the

communities you are

Write down 3 things

connected to.

Connect through a coffee or a meal friends, family, or

# PARK DATE

Connect with your friends in nature and have a picnic.



# 19

24

# SAY HELLO

Start a conversation with someone new today to build confidence and community

VOLUNTEER Volunteer or find one way to help in your community.

# 20 COMMUNITY

Connect through your local council – councils offer a variety of programs and activities that support community connection and participation.

# FRIENDSHIP #

Reconnect with a friend, or make new



16

# 21

Share a healthy breakfast with someone close

**BREAKY** 

# 27 POSITIVITY

# 26 **HOBBIES**

Enjoy one of your hobbies and to join you.

# TALK

17

Catch up with someone and talk about what



Write 3 positive affirmations and share them with a friend.

# 23 TREAT

YOURSELF Treat yourself and support a local café or restaurant.



# 28 READ

Join a community book club.



# 29 CELEBRATE

Celebrate a small achievement with someone who supported you

# **SOCIAL MEDIA**

Swap negative social media vibes for your local community centre's social media page for ways to get involved in the community directly around you

# **MAKE A LIST**

Make a list of the community connections you will keep on building to connect with your





# FRANCISCAN FAMILY DAY 2025





Sunday, 19th October



St Fiacre's Parish Hall 96 Catherine St, Leichhardt



12:00pm - Fraternity BBQ



2:00 - 4:00pm – Performance: "Good Morning Good People"

Renowned Australian Catholic singer and songwriter, Peter Kearney, will present "Good Morning Good People" — a beautifully woven tapestry of storytelling and song on the life of St Francis of Assisi.

# ALL ARE WELCOME - BRING YOUR FAMILY AND FRIENDS!



Please RSVP to Tony by 12 October tonybozz.ofs@gmail.com



The Region will provide the BBQ



Please bring along a plate of food to share.

Our Lady of the Rosary Parish,
The Entrance

BBQ Dinner

invites you to

prizes for best Saint costume

# of Light

chocolate £ treats

FRIDAY
31 OCTOBER

activities games crafts

FREE event!

6pm start

in Our Lady of the Rosary Parish grounds, 239-243 The Entrance Rd, The Entrance

# RSVP:

Call 4332 2216 by 27 Oct



Halloween ('All Hallows Eve'), is the evening before the feast of All Saints - the feast in which we celebrate the glory of God in His Saints. We will be celebrating the victory of light over darkness and Jesus's victory over death!

Make this a memorable night for your children - encourage them to dress as their favourite Saint or in white. Everyone else attending please wear something white as a reminder that this is a Night of Light!!

Making the Light shine on Halloween again!!! Go to this link to learn more about Night of Light:

https://youtu.be/MCemOgw0QQ0



Explore the life of Mary MacKillop through art, stories and games. Discover courage, resilience and hope that inspire everyday life!



10:30am - 12:30pm

Week 1 1 OCTOBER

Week 2 **8 OCTOBER** 

- Storytelling
- Reflection Circle
- Lawn Games
- Chalk Wall
- Treasure Hunt
- Museum Visit

Ages 6 - 12

**SCAN TO REGISTER** 



RECONCILIATION GARDE



**More Information:** 



helen.chan@mmp.org.au



**%** (02) 8912 4847

# **MISSION BROKEN BAY**

# **Looking ahead - Upcoming Events:**

1-10 October—BB Pilgrimage of Hope, Rome and Assisi

25 October—Liturgical Formation Day Series Four: Rekindling the Wonder

8-9 November—Engaged Encounter Weekend

29 Nov-3 Dec—ACYF, Melbourne

# WANT TO JOIN OUR FRIENDSHIP PROGRAM?

CatholicCare are seeking volunteers for our Aged Care Volunteers Visitors Scheme (formerly known as the Community Visitors Scheme). As a volunteer, you will visit seniors in a local aged care facility or in their own home and help improve their quality of life. Our volunteers have the flexibility to choose a day and time that suits them, we just ask for a commitment of at least one hour per fortnight.

Affectionately referred to as CatholicCare's 'friendship program', you will be able to build new connections and positive relationships with someone who will greatly appreciate your company. Please call (02) 9481 2600 or visit www.catholiccaredbb.org.au/volunteer/ for more information





# **VOLUNTEERS NEEDED**

AGED CARE VOLUNTEER VISITORS SCHEME

www.catholiccaredbb.org.au/volunteer

# Discover and share in our story

The Sisters of Charity Heritage Centre brings alive the spirit of the Congregation, it's history and heritage.

Australia's first religious sisters have been of service to the community regardless of creed, wealth or ethnicity, for over 185 years.

Tuesday – Thursday 10.00am-3.00pm or by appointment Free entry, parking available Bookings recommended

You too are part of this continuing and living heritage and we'd love to welcome you.

1 Rockwall Cres, Potts Point, NSW

T: 02 9138 0835

w: socheritagecentre.org.au e: heritagecentre@rscoffice.com





HERITAGE CENTRE





# DIOCESE OF BROKEN BAY PILGRIMAGE

SAT 29 NOV- WED 3 DEC

# FLIGHTS + 4 NIGHTS ACCOMODATION + REGO

\$1,645 PER PERSON, INCL GST

Limited opportunity for \$500 subsidy Reducing cost to \$1,145

Day 1 Sat 29 Nov Departure (Travel Day)

Day 2 Sun 30 Nov ACYF

Day 3 Mon 1 Dec ACYF

Day 4 Tue 2 Dec ACYF

Day 5 Wed 3 Dec Return (Travel Day)

TO REGISTER INTEREST TO ATTEND ACYF - PLEASE SCAN



# BROKEN BAY PILGRIMAGE ONLINE INFORMATION EVENING

7PM MON 11 AUGUST 2025 TO REGISTER VIA EMAIL -PLEASE SCAN



# **INCLUSIONS**

- Economy class return airfare from Sydney
- 4 nights' Accommodation Holiday Inn Express
- Breakfast daily
- Broken Bay Group dinner 29 November
- Return airport coach transfers
- ACYF Melbourne Registration fee
- Broken Bay Pilgrim T-Shirt

### Not included:

- Travel insurance
- Lunches and dinners on festival days

Pilgrimage is open to young people in Year 9 at school, through to the age of 25, and their leaders and clergy.



We acknowledge the original owner of this land and pay tribute to The Darkinjung Nation and the Guringai people who have cared for this land with love and respect.

# St Joseph's Spirituality and Education Centre Kincumber South





# A Ministry of the Sisters of St Joseph **NSW Province**

The Congregation of the Sisters of St Joseph, founded by Mary MacKillop and Julian Tenison Woods in 1866, was devoted to the service of the poor. Its members were women who worked in a simple ordinary way to bring to the poor the message of their human dignity and of Christ's saving love. Today the Sisters of St Joseph continue that founding mission to relieve suffering and bring hope to today's world.

# St Joseph's Spirituality & Education Centre

8 Humphreys Road, Kincumber South, NSW 2251 Email: bookings@stjosephsretreat.org.au Web: www.stjosephskincumber.org.au



# Location

St Joseph's Spirituality and Education Centre is located at Kincumber South, in a natural bushland setting, in a guiet corner of the beautiful Central Coast of NSW.

The spacious grounds front the Kincumber Broadwater, creating an atmosphere of tranquility and peace that enhances the spiritual and reflective nature of the Centre.

A perfect place where people can be recharged, re-energized and spend precious time connecting with God, each other and nature.

# Services

Dedicated staff are on hand to advise and to ensure the smooth running of your group's activities.

You can be certain of our personalised & professional service from start to finish for your conference, meeting or seminar.

The Centre is open to people of all faiths and beliefs and is a warm and welcoming place respecting cultural and religious differences.

Meals are prepared on site, catering for special dietary requirements.

Morning and afternoon tea are all homemade.

# Facilities

St Joseph's is a smoke free environment.

The quality and presentation of the accommodation add to the overall ambience of the Centre.

A maximum of 54 people can be accommodated in 35 double, twin, or single rooms, all with modern

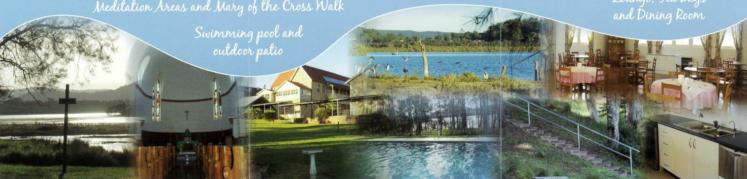
Ramp and lift access to rooms is available, some bathrooms are wheelchair friendly.

**Our facility hosts** 

Retreats Conferences **Group Seminars Small Group Meetings Bible Study Groups Prayer Days** 

Sound and visual equipment for conferences are available on request.

Conference Rooms





# WE ARE PROUD TO ANNOUNCE OUR NEW ACCREDITATION FOR HOME CARE PACKAGES

CatholicCare is our social care agency in the Diocese of Broken Bay and we have been supporting the Northern Sydney, Northern Beaches and Central Coast communities for 35 years.

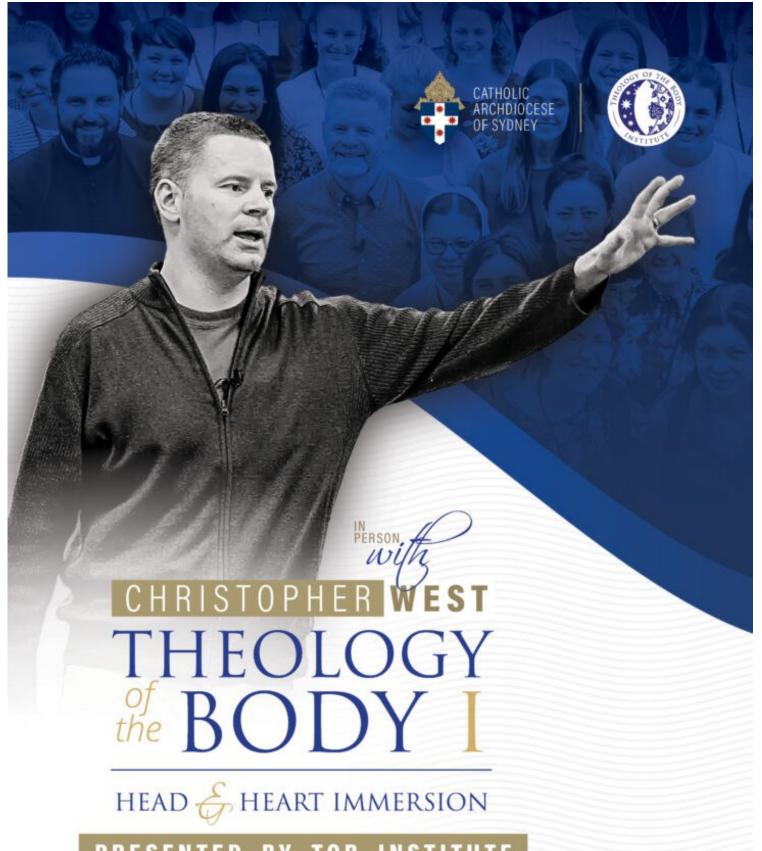
We understand many seniors prefer to stay at home as they age. The Government's funding for Home Care Packages can help you live independently at home for longer.

We want to know if our Home Care Packages are of interest to you, or a loved one and want to prioritise the needs of our parishioners before we promote to the general public. As a Catholic organisation we want the seniors we support to know they are truly cherished and valued and we're confident our services will be very well received.

There's no obligation to partner with CatholicCare. We may contact you to discuss your needs, but you're welcome to opt-out at anytime.

Name _			
Suburb		Phone	
Email _			
Do you currently have Home Care Package funding from the Government?			
○ Yes	○ No	○ Unsure	
Do you need help applying for a Home Care Package?			
○ Yes	○ No	○ Maybe	
Is there any other feedback you'd like to provide?			

Take a photo of this completed form and email to info@catholiccaredbb.org.au or text a photo of the form to 0481 602 046. Thank you.

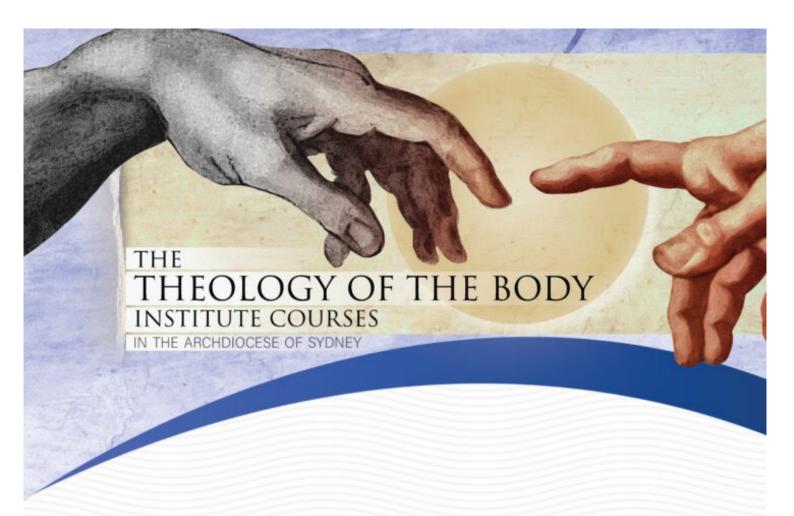


PRESENTED BY TOB INSTITUTE

TOBI.SYDNEYCATHOLIC.ORG

18-23 **JANUARY** 2026

Benedict XVI Retreat Centre



And this is why it's already changing so many lives around the world. The Pope's teaching helps us distinguish between the real million-dollar bill and the counterfeit. It helps us 'untwist' our disordered desires and orients us towards the love that truly satisfies.

- Christopher West.

As part of its commitment to leadership and formation, expressed in the mission plan Go Make Disciples, the Sydney Centre for Evangelisation in the Archdiocese of Sydney has partnered with the Theology of Body (TOB) Institute to provide more accessible opportunities for Catholics in Sydney and beyond to be trained and formed in the Theology of the Body as proclaimed by St. John Paul II.

The TOB Institute are the leading providers of outreach and educational offerings of Theology of the Body and are dedicated to making these profound riches available in the lives of men and women around the world.

Through this partnership, our hope is that Australians are introduced and re-energised with this most important and crucial 'masterwork' and reach men and women in every state of life with a hopeful, liberating vision of human identity that appeals to the deepest yearnings of the heart for love and union.



# THEOLOGY OF THE BODY I: HEAD & HEART IMMERSION COURSE

18-23 JANUARY 2026 3PM SUNDAY TO 1PM FRIDAY Benedict XVI Retreat Centre, Grose Vale

- Five and a half days of live-in learning & interactive lectures (30 hours of graduate/master's level instruction)
- All course workbook and materials to help you focus more on listening and receiving
- Daily Mass, adoration, and confession
- 5-night accommodation in a twin shared room and delicious meals throughout the week
- Time for relaxation and networking
- Gorgeous retreat setting grounds to soak in God's natural beauty

# **Course Description**

This course is a dynamic introduction to St John Paul II's groundbreaking Theology of the Body — a series of teachings from his 129 Wednesday addresses — that explore what it means to be human, made in God's image, and called to love.

Students will unpack themes like identity, freedom, gender, vocation, fall and redemption, and discover how our deepest desires can be a path to God — not a detour.

More than just head knowledge, this course invites a journey from insight to transformation — from head to heart, and into daily life.

# Learning Objectives

The course is designed to:

- Explore and understand the philosophical foundation on which John Paul II built his theology of the body;
- Synthesize John Paul II's "adequate anthropology" and apply it to the Christian vocations of celibacy and marriage;
- Apply John Paul II's anthropology to a range of questions such as sexual morality, bio-ethics, gender issues, the sacramental life, and the new evangelization;
- Evaluate alternative anthropologies in comparison and contrast with John Paul II's vision of man and woman;
- Integrate the principles of John Paul II's Theology of the Body in one's own life and relationships.

This course is perfect for adults (18+) - lay, clergy, seminarians, religious, ministry leaders, parish coordinators, teachers and those who have a passion and desire to dive deeper into "the rediscovery of the meaning of the whole of existence, the meaning of life". No prerequisite is required to take this course.



# Meet your Instructors and Team:

### **CHRISTOPHER WEST**



Dr Christopher West is the most dynamic and compelling evangelists renowned for his mission in spreading the teachings of St John Paul II's Theology of the Body. His global lecturing, best-selling books and multiple audio and video programs have made him the world's most recognised teacher of St John Paul II's "Theology of the Body" – a bold, biblical vision of love and sexuality. He is the co-founder, president and senior lecturer of Theology

and Christian Anthropology at the Theology of the Body Institute and a devoted husband and father.

### JASON CLARK



Since 2010, Jason has served as Christopher's closest collaborator in overseeing the global mission and outreach of spreading St. John Paul II's Theology of the Body. He has a passion for drawing people closer to the heart of Christ and has been doing so since the early 1990s as a youth and young adult minister, a seminarian, a worship leader, a speaker throughout the United States and abroad, and, most importantly, as a husband and father of five.



The Life, Marriage and Family team in the Sydney Centre for Evangelisation serves parish communities through initiatives that affirm the dignity of the human person and build a culture that supports marriages and families in their vocations. We provide opportunities for spiritual encounter, growth and formation in the areas of RCIA, sacramental life, marriage, family life and men's and women's ministry.

visit: www.sydneycatholic.org/lmf

The team will serve as your local support and point of contact for any queries about the program. They will also be present to assist with any needs during the course.

# REGISTRATION INFORMATION REGISTRATIONS CLOSE 8 DECEMBER 2025



# EARLY EXPRESSIONS OF INTEREST

- Cost: \$2100 AUD
- Inclusion: Immersion Course with all materials, five nights (twin-shared occupied) accommodation and meals.
- Apply: tobi.sydneycatholic.org

**ERNESTO TRAVEL,** an inbound tour operator in Poland and Central-Eastern Europe, is always at your disposal to organize trips or provide services in our beautiful country and our part of Europe.

Why Poland? It is a destination:

- that guarantees customer satisfaction
- that boasts beautiful cities and UNESCO sites, such as Krakow, Warsaw, the Wieliczka Salt Mine, Torun, Malbork Castle, etc.
- with a moving history: Auschwitz-Birkenau, Schindler's Factory, the Warsaw Uprising Museum, etc.
- with spectacular nature: Zakopane, national parks, rafting down the Dunajec River
- excellent cuisine and traditional folklore dinners
- and other special attractions such as the Chocholowskie thermal baths or a boat trip on the grass (Kanal Elblaski)
- for pilgrimage groups, many places of devotion: Wadowice and John Paul II Shrine, the Shrine of Divine Mercy in Lagiewniki, and St. Faustina Shrine in Czestochowa
- with many direct flights.

Of course, we have English-speaking guides and TE available.

We especially recommend the following programs:

- Krakow in 4/5 days
- Warsaw and Krakow in 5-6 days
- Poland in 8 days
- Poland Pilgrimage
- Prague/Vienna/Budapest or Poland combined with any of these cities
- Lithuania/Latvia/Estonia
- European programs 20-21 days.

Everything is always quoted on a tailor-made basis, upon request. To prepare the offer, we need you to inquire and inform us of the flights, arrival and departure cities, the base number of people, and the group profile.

We are pleased to provide you with information regarding our fam trip schedule for Krakow from October 30th to November 3rd, 2025: please visit <a href="www.buykrakow.com">www.icortap.com</a> or <a href="www.icortap.com">www.icortap.com</a>

# **CATHOLICCARE BROKEN BAY**

# Do you have a problem that you can't solve on your own?

When feelings become overwhelming or confusing, counselling can be very helpful. We work with you to overcome challenges and stress. We work with you, assisting you to face challenges and stressors, coming up with sugges-



tions to tackle or resolve these challenges. We listen, talk through experiences and help you think about ways forward. Common issues addressed in counselling include family transitions, communication issues, work/life balance, conflict, parenting after separation, grief and loss and decision making. We offer a welcoming, inclusive environment and a safe space for all ages. CatholicCare offers Government funded, fee for service and NDIS approved therapy options for yourself, your children and as a family unit.

To access this service please call 1800 324 924 or visit <a href="www.catholiccaredbb.org.au">www.catholiccaredbb.org.au</a>.



# FOR NON-ENGLISH SPEAKERS

Call 131 450 for an interpreter. Ask them to ring 1800 RESPECT for you.

### CATHOLICCARE BROKEN BAY

CatholicCare provides a range of services to assist women and children experiencing domestic violence

Central Coast: 1800 324 924 Northern Beaches: 1800 324 924 Naremburn: 1800 324 924 Waitara: 1800 324 924

# MEN'S REFERRAL SERVICE: 1300 766 491

A national 24-hour 7 day a week anonymous and confidential counselling, information and referral service to help men stop using violent and controlling behaviour.

### FOR FEMALE MIGRANTS UNDER A TEMPORARY VISA

Migrants are especially vulnerable to abuse because they are in unfamiliar territory without knowledge of the laws and emergency services they can access.

If you are experiencing domestic violence, you can take out an Apprehended Violence Order (AVO) against your partner.

Under the Migration Act you can apply for permanent residency due to domestic violence.

Ring any of the following numbers:

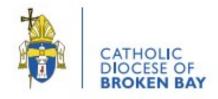
Immigration Advice and Rights Centre 02 8234 0777 Immigrant Women's SpeakOut Association 1800 656 463

Legal Aid NSW 1300 888 529 (business hours)

PHYSICAL AND SEXUAL ABUSE ARE SERIOUS INDICTABLE OFFENCES UNDER THE NSW CRIMES ACT 1900. It is an offence to fail to report knowledge or belief of a serious indictable offence. If in doubt, call 000.

This parish resource has been developed by the Diocese of Broken Bay's Catholic Life & Faith Formation Team in consultation with the Safeguarding Office (Chancery) and CatholicCare Broken Bay. This booklet is part of a Parish Kit which assists parishes to respond to those experiencing domestic violence or those who are seeking help for their violent behaviour. The kit is available for download www.bbcatholic.org.au

www.bbcatholic.org.au





# SAFEGUARDING is everyone's responsibility





**Everyone must** practice A DUTY OF CARE. We are called to step up and speak out.

Need to be listening & watching to understand / if there are any concerns and take them seriously





# Tell one of our designated persons in authority

- Fr Raul 0450 115 099
   Maureen Roast 0435 245 849
- · Anne Hooley
- 0428 149 793

Contact will be made with Dioscesean Safeguarding Office





**Our Community is** SAFE