

# 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*

**7TH DECEMBER 2025—SECOND SUNDAY OF ADVENT**

**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)**

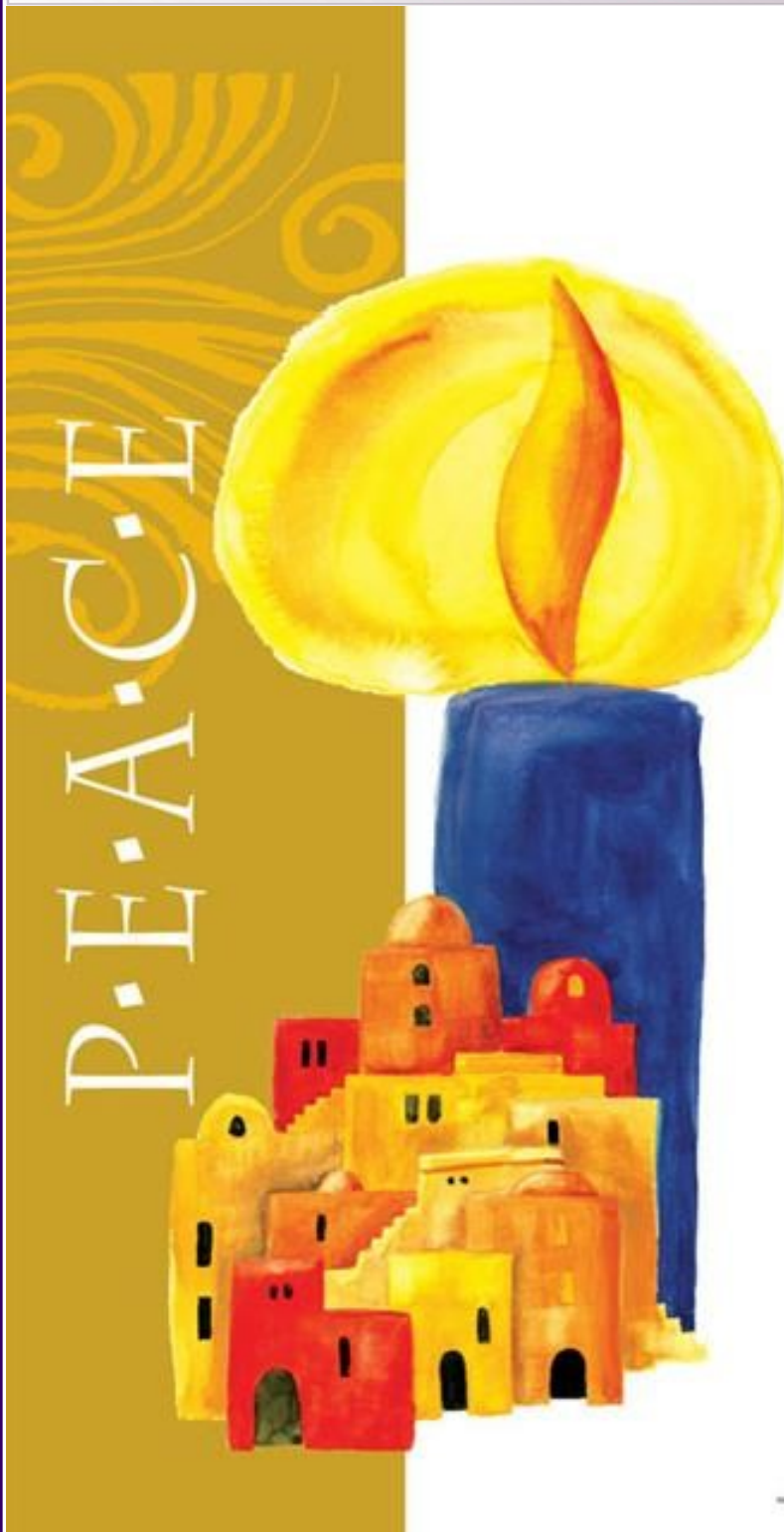
## *REFLECTION—2nd Sunday of Advent*

John proclaims the coming of the kingdom—the nearness of God—and the coming judgement. He also urges the necessity of repentance in order to welcome the Lord and to receive a favourable judgement. Repentance is more than sorrow and regret for sin; it is a new way of thinking and being, that is living in fidelity to God.

John was a solitary voice; a prophet of great integrity, courage, and fidelity who did not court popularity. He spoke God's message without fear or favour and paid with his life. John was passionate about preparing the people to welcome the judge. To this end, he offered baptism—a cleansing ritual signifying the washing away of sin.

When the religious officials came for baptism, John castigated them as a brood of vipers trying to escape retribution. He warned them against the presumption of salvation by claiming descent from Abraham. The only security lies in bearing the fruits of genuine repentance. It is only the good works of love—especially towards the needy and marginalised—flowing out of genuine repentance, that open wide the doors of our hearts, and so prepare the way to welcome the Lord and experience salvation.

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





## PARISH CALENDAR—IMPORTANT DATES

- ◆ **5th Dec**—Ecumenical Christmas Carols 6pm
- ◆ **19th Dec**—Parish Christmas Dinner at SJF school hall

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. Thankyou.

## ADVENT RECONCILIATION

1st form of the Rite of Reconciliation: St John Fisher Mass Ctr

- ◆ Saturday 20th Dec Following 5pm Mass
- ◆ Sunday 21st Dec following 8:30am

2nd form of the Rite of Reconciliation:

- ◆ St Cecilia's Church • Wednesday 17th Dec 6pm



Broken Bay Filipino chaplaincy invites you to join the Christmas Novena Masses!

### Triduum Mass

**Dates: 21st 22nd & 23rd December**

**Place: St Cecilia's Church Wyong Time: 7pm**

**Contact: Mona Santos 0406 998 422**

## RCIA/RCIC PRESENTATION MASS

Has been Rescheduled for next year, Sunday 8th March 2026, 9.30am. We ask for you to please keep these candidates in your prayers and welcome them into our community!

## WORKING BEE

Mon 15th Dec we'll be having a Christmas clean up! It will be starting at 10.30am, cleaning the front of the Presbytery, cleaning sheds and tidying up around the yard. Please call Brian Bugden for more info (02) 43882938

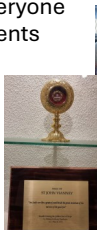
## Main Liturgical Feasts: December

St. Francis Xavier (December 3), St. John Damascene, (December 4), St. Ambrose (December 7), Immaculate Conception (December 8), St. Juan Diego (December 9), St. Damascus (December 11), Our Lady of Guadalupe (December 12), St. John of the Cross (December 14), St. Peter Canisius (December 21) and St. John of Kenty (December 23), St. Stephen (December 26), the Holy Innocents (December 28), St. Thomas Becket (December 29) and St. Sylvester I (December 31).

## 2025 JUBILEE PILGRIMAGE

This year we had the privilege of running 2 Jubilee Pilgrimages. One in October and our Youth & Families one in November. This was a wonderful and spiritually renewing experience for all who attended! Thank you to everyone who attended and all who helped make these events possible including the parishes who hosted us: St Mary's Manly, Our Lady of Dolours Chatswood, Our Lady of the Rosary Waitara & St Patrick's Gosford.

*A note to our pilgrims: your certificates are being processed by the diocese. We will contact you as soon as they arrive.*



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

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anitabowden@cci.net.au



*We do not think of it as a job...  
it is an Irish honour.*



Ensuring your loved ones are cared for with the respect & dignity you would wish. Flexible arrangements to suit your needs. Professional assistance and caring advice.

Phone. 1800 558 004, Mob. 0408 251 927, Fax. 02 4351 8005

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

Please use the yellow 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.

## St Barnabas Church Yarramalong

### 1st Sunday of the Month

Mass will be celebrated at St Barnabas Church,  
Yarramalong

**7th December at 11.15am.** All are welcome.

## PARISH OFFICE HOLIDAY CLOSURE

**Closed** 20th December 2025

**Reopening** 14th January 2026\*

\*Office will be open on Wed & Fri only, until February 2nd when regular office hours will resume.



All Parishioners and Families  
Welcome

## Parish Christmas Dinner

Dinner will be provided along with carols and entertainment.  
Raffle draw on the night with a few prizes to win.

**19 DECEMBER | 6PM FOR 6:15PM SIT DOWN**  
**HICKS LANE, TUMBI UMBI NSW 2261**

**RSVP | 12 DECEMBER**



## TUGGERAH SPORTS & SPINAL PHYSIOTHERAPY

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# Christmas

MASS TIMES 2025

St. Cecilia's Church, Wyong, St. John Fisher, Tumbi Umbi

## Christmas Eve 24th December

- 5pm Children's Mass
- 11:30pm Christmas Carols followed by Midnight Mass 12am
- 5pm Children's Mass

## Christmas Day 25th December

- 7:30am
- 9:30am
- 8:30am

Wyong Catholic Parish



## 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.



## Extra Mower's Required

If there is any person who would be kind enough to join us in mowing on the Church grounds please contact Brian Bugden on 4388 2938.

Depending on numbers, you will only need to mow approximately 3 times a year.

To make life a little easier our equipment consists of 2 ride-on-mowers and 2 self-propelled mowers. Thank you.

## VOLUNTEERS LUNCH

Thank you to everyone who attended the volunteer lunch last month. It was beautiful to be able to share with you a small token of our appreciation. You (all our volunteers) are what keep the wheels of our parish turning and we greatly appreciate all you do! God bless you all!



## BOOK: GOD'S WORD 2026

### GREAT GIFT IDEA! PURCHASE YOURS NOW!

God's Word 2026, \$20 a book. Please contact the parish office if you would like a copy.

## ADVENT BOOKLETS

The Advent theme for the year is "History, Mystery & Majesty. The Advent Booklets are a resource with beautiful reflections and prayers to guide you through this advent season. Please find a copy of the Advent Booklets in the Church. You will also find in the church 'A charter of the Ecclesial life of the Diocese of Broken Bay'

## ST VINCENT de PAUL CHRISTMAS APPEAL 2025

On the weekends of the 6th and 13th of December we are holding our annual Christmas Appeal. Many families and individuals in our community are doing it tough. We are hoping to provide food hampers to as many as possible. So once again, we are calling on your generosity to help our Tumbi/Wyong team, to provide these hampers. Envelopes will be available in the Church for card & cash donations. All donations of \$2 or more are tax deductible.

Alternatively, donations may be placed in the poor box.

There will be a trolley/basket available at the back of the Church for food donations of non-perishable items, such as tinned hams, tinned fruit, cakes, puddings, drinks etc. which can be turn into hampers and can be left anytime up to 14<sup>th</sup> December.

We thank you for your continued support for the disadvantaged in our parish.

## Invitation to celebrate Weekday Mass with the students from St Cecilia's Mondays 9.15am & St John Fisher Tuesdays 9.15am (School Term only)

We encourage and extend a warm welcome to ALL parishioners to this beautiful half hour week day Mass.

\*Please Note—Mass at St Cecilia's may vary depending on weather conditions.

## 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  
BSB: 062 784  
Acc no: 100 001 943

*Come join us!*

We need YOU to join our Wyong Choir!

*Don't let your talents go to waste - let us come together and praise God in song as one.*

PRACTICE ON TUES 5PM AT ST CECILIA'S CHURCH

## 200 CLUB 2025

### Prize change :

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

### DRAW RESULTS:

1st \$250	No 25	Gloria King
2nd \$150	No 124	Donation
3rd \$100	No 158	Elizabeth Fernandes
4th \$50	No 75	Joe Attard



## Property Transfer Professionals

ARLENE BARNETT Licensed Conveyancer - JP

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## 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 **Mail:** Po Box 385 Wyong 2259

**OFFICE HOURS:** Monday -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](mailto: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](mailto:wyongparish@bbcatholic.org.au)

**PARISH WEBSITE:** <https://www.bbcatholic.org.au/wyong/>

**FACEBOOK:** [www.facebook.com/wyongcatholicparish](https://www.facebook.com/wyongcatholicparish)

### KEEP US IN YOUR PRAYERS

**Prayer:** The most valuable gift you can give someone.

**SICK:** Michele Bolton, Jeanine Doueihy, Lisa Glanville, Margaret McDermott, Dave Rodney, Danae Roe, Milva Kefu, Georgina Mastroianni, Tahniah Ahuriri, Mary Anne Xuereb, Colleen Goodwin, Little Everliegh

#### RECENTLY DECEASED:

Barbara Barry, Josephine Imer, Fahim (Frank) Laoulach, Clint Davey, Riahne Louie Vasquez, Michael McDermott

#### ANNIVERSARY DECEMBER: Bill

Martin, Larry George Hooley, John Taylor, James Bastic, Rove Varman, Claire Baxter, John Taylor, Evelyn Ross

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.





## THE LITURGY OF THE WORD

### First Reading Isaiah 11:1-10

A reading from the prophet Isaiah

A shoot springs from the stock of Jesse, a scion thrusts from his roots: on him the spirit of the Lord rests, a spirit of wisdom and insight, a spirit of counsel and power, a spirit of knowledge and of the fear of the Lord.

(The fear of the Lord is his breath.) He does not judge by appearances, he gives no verdict on hearsay, but judges the wretched with integrity, and with equity gives a verdict for the poor of the land. His word is a rod that strikes the ruthless; his sentences bring death to the wicked. Integrity is the loincloth round his waist, faithfulness the belt about his hips. The wolf lives with the lamb, the panther lies down with the kid, calf and lion cub feed together with a little boy to lead them. The cow and the bear make friends, their young lie down together. The lion eats straw like the ox. The infant plays over the cobra's hole; into the viper's lair the young child puts his hand. They do no hurt, no harm, on all my holy mountain, for the country is filled with the knowledge of the Lord as the waters swell the sea. That day, the root of Jesse shall stand as a signal to the peoples. It will be sought out by the nations and its home will be glorious.

The word of the Lord.

**Thanks be to God.**

### Responsorial Psalm Ps 71:1-2, 7-8, 12-13, 17

R. Justice shall flourish in his time, and fullness of peace for ever.

### Second Reading Romans 15:4-9

A reading from the letter of St Paul to the Romans

Everything that was written long ago in the scriptures was meant to teach us something about hope from the examples scripture gives of how people who did not give up were helped by God. And may he who helps us when we refuse to give up, help you all to be tolerant with each other, following the example of Christ Jesus, so that united in mind and voice you may give glory to the God and Father of our Lord Jesus Christ.

It can only be to God's glory, then, for you to treat each other in the same friendly way as Christ treated you. The reason Christ became the servant of circumcised Jews was not only so that God could faithfully carry out the promises made to the patriarchs, it was also to get the pagans to give glory to God for his mercy, as scripture says in one place: For this I shall praise you among the pagans and sing your name.

The word of the Lord.

**Thanks be to God.**

### Gospel Acclamation Luke 3:4, 6

Alleluia, alleluia!

Prepare the way of the Lord, make straight his paths:

all people shall see the salvation of God.

Alleluia!

### Gospel Matthew 3:1-12

A reading from the holy Gospel according to Matthew

In due course John the Baptist appeared; he preached in the wilderness of Judaea and this was his message: 'Repent, for the kingdom of heaven is close at hand.' This was the man the prophet spoke of when he said:

A voice cries in the wilderness:

Prepare a way for the Lord,  
make his paths straight.

This man John wore a garment made of camel-hair with a leather belt round his waist, and his food was locusts and wild honey. Then Jerusalem and all Judaea and the whole Jordan district made their way to him, and as they were baptised by him in the river Jordan they confessed their sins. But when he saw a number of Pharisees and Sadducees coming for baptism he said to them, 'Brood of vipers, who warned you to fly from the retribution that is coming? But if you are repentant, produce the appropriate fruit, and do not presume to tell yourselves, "We have Abraham for our father," because, I tell you, God can raise children for Abraham from these stones. Even now the axe is laid to the roots of the trees, so that any tree which fails to produce good fruit will be cut down and thrown on the fire. I baptise you in water for repentance, but the one who follows me is more powerful than I am, and I am not fit to carry his sandals; he will baptise you with the Holy Spirit and fire. His winnowing-fan is in his hand; he will clear his threshing-floor and gather his wheat into the barn; but the chaff he will burn in a fire that will never go out.'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**





**THURSDAY 11 - SUNDAY 14  
DECEMBER 2025  
COBBITTY, NSW**

**YOU'RE  
INVITED**

**RECEIVE THE  
POWER AND BE  
MY WITNESSES**

**ACTS 1:8**

iWitness is an annual Catholic young adults conference in Sydney. Through inspiring talks, uplifting worship, and the sacraments, participants are invited to grow in faith, deepen their love for God, and be renewed in spirit.



[iwitnessaustralia](https://www.instagram.com/iwitnessaustralia)



[iwitnessaustralia.com](https://www.iwitnessaustralia.com)





# Simbang Gabi

BROKEN BAY FILIPINO  
CHAPLAINCY INVITES YOU  
TO JOIN OUR CHRISTMAS  
NOVENA MASSES THIS  
DECEMBER 2025

## Hornsby

OUR LADY OF THE ROSARY  
CATHEDRAL

23 Yardley Ave, Waitara  
15 - 23 Dec | 7:00 PM

Contacts:

Vilma Tolosa 0411 250 593  
Cynthia Alipalo 0416 188 835

## Dee Why

ST. KEVIN'S CHURCH  
50 Oaks Ave, Dee Why  
15 - 23 Dec | 7:00 PM

Contact:

Marlon Cabilao  
0430 249 450

## Chatswood

OUR LADY OF DOLOURS  
94 Archer St, Chatswood

16 - 24 Dec | 5:30 AM

Contacts:

Giselle Goloy 0430 207 757  
Dei Pagunuran 0466 817 254

## Wyong

ST. CECILIA'S CHURCH  
Triduum Mass

23 Byron St, Wyong  
21, 22 & 23 Dec | 7:00 pm

Contact:

Mona Santos  
0406 998 422





CATHOLIC  
THEOLOGICAL  
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## Catholic Theological College

*Study scripture, theology,  
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**2026 Enrolments are open**

Face-to-face or online modes available

For more information: view our [2026 Prospectus](#) or  
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# What if your gap year actually shaped your future?

## GAP YEAR WITH PURPOSE

International Volunteering

### February 2026

60+ years placing volunteers | Community-led development | Safe & structured

Palms International Volunteering has structured gap year placements in Cambodia, and Timor-Leste, starting February 2026.

This isn't just travel—it's real basic youth work experience with communities that have specifically requested support.

#### CURRENT ROLES:

- Youth accompaniment/English tutor (Don Bosco programs)
- Education Support (Timor-Leste)


**DURATION:** 12 months


#### WHAT'S INCLUDED:

- ✓ Comprehensive 4-day Orientation Course (12–15 Feb 2026)
- ✓ Accommodation & living allowance
- ✓ Travel insurance
- ✓ Ongoing in-country support
- ✓ Skills that universities and employers genuinely value

#### ONLINE INFORMATION SESSION

 Thursday 4 December 2025

 6pm or 9pm AEDT

 Students & Parents welcome  
Join us online to learn about placements, ask questions, and meet the team.

SCAN ME

#### CONTACT:

 [emily@palms.org.au](mailto:emily@palms.org.au)

 02 9560 5333





## 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/](http://www.catholiccaredbb.org.au/volunteer/) for more information



*CatholicCare*  
Diocese of Broken Bay

# VOLUNTEERS NEEDED

## AGED CARE VOLUNTEER VISITORS SCHEME

[www.catholiccaredbb.org.au/volunteer](http://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**

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*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](http://socheritagecentre.org.au)  
E: [heritagecentre@rscoffice.com](mailto:heritagecentre@rscoffice.com)



**Sisters  
of Charity**  
of Australia

**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.



CATHOLIC  
DIOCESE OF  
BROKEN BAY

[mission@bbcatholic.org.au](mailto:mission@bbcatholic.org.au)



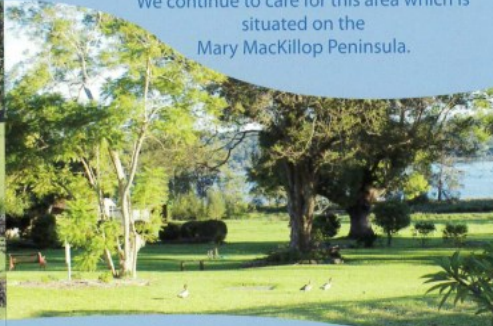
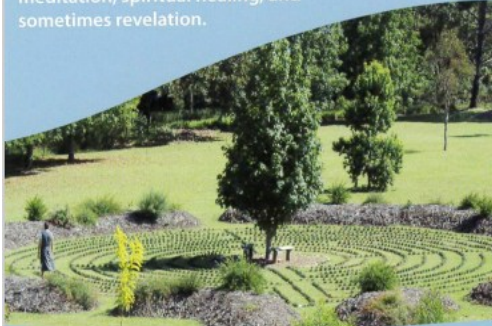
# St Joseph's Spirituality and Education Centre Kincumber South

The abundance of natural beauty which surrounds the Centre will ensure your stay is unforgettable, enjoyable and restful.

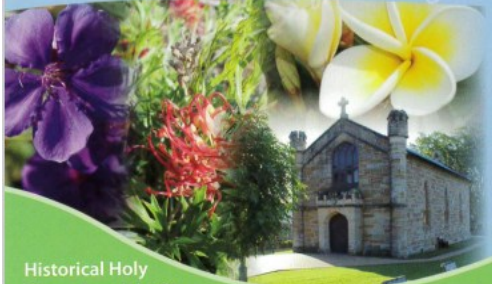
The labyrinth is a place for prayer, meditation, spiritual healing, and sometimes revelation.

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.

We continue to care for this area which is situated on the Mary MacKillop Peninsula.



## Peace and Tranquility



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 and Education Centre offers the opportunity for individuals and groups to experience spiritual enrichment and personal development in a peaceful and spacious setting. The facilities are available to those whose purpose is in harmony with the spirit and philosophy of the Sisters of St Joseph.

Historical Holy Cross church built in 1842 presents itself right in front of our Centre.

## St Joseph's Spirituality & Education Centre

8 Humphreys Road, Kincumber South, NSW 2251  
Phone: 02 43682805 : Fax: 02 43683849  
Email: [bookings@stjosephsretreat.org.au](mailto:bookings@stjosephsretreat.org.au)  
Web: [www.stjosephskincumber.org.au](http://www.stjosephskincumber.org.au)



## Location

St Joseph's Spirituality and Education Centre is located at Kincumber South, in a natural bushland setting, in a quiet 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 ensuites.

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.

### Walking Tracks and Gardens

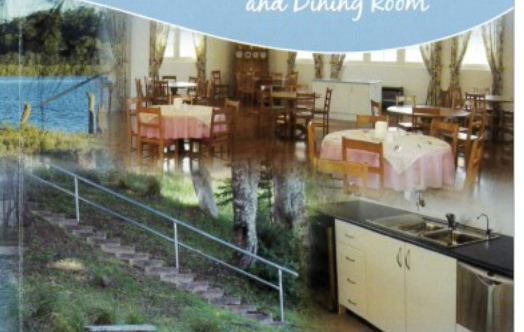
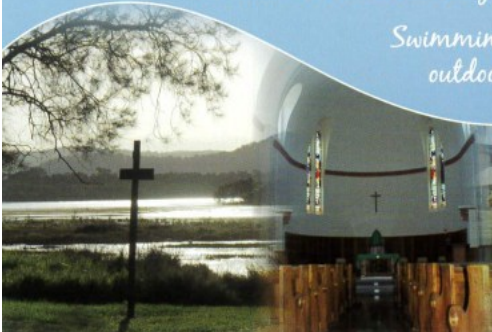
### Meditation Areas and Mary of the Cross Walk

### Swimming pool and outdoor patio

### Chapel and prayer rooms

### Conference Rooms

### Lounge, Tea Bays and Dining Room





## 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?

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



CATHOLIC  
ARCHDIOCESE  
OF SYDNEY



IN  
PERSON  
*with*

CHRISTOPHER WEST  
**THEOLOGY**  
*of the* **BODY I**

HEAD & HEART IMMERSION

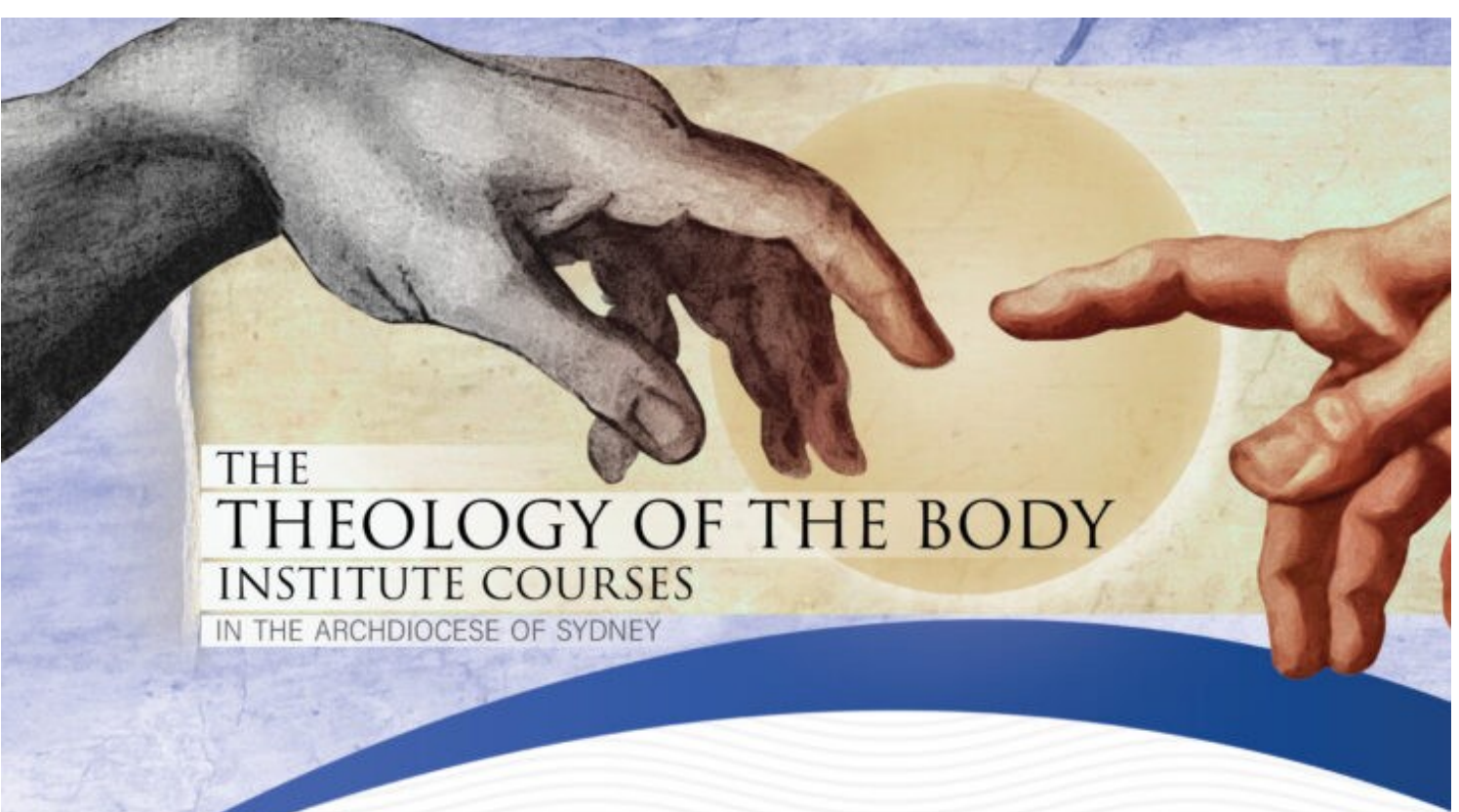
**PRESENTED BY TOB INSTITUTE**

[TOBI.SYDNEYCATHOLIC.ORG](http://TOBI.SYDNEYCATHOLIC.ORG)

**18-23 JANUARY 2026**

Benedict XVI Retreat Centre





# THE THEOLOGY OF THE BODY INSTITUTE COURSES

IN THE ARCHDIOCESE OF SYDNEY

“ 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.

“ It is a huge blessing to be doing this course together with my husband, as it has opened the way for us to share more deeply with each other and understand each other better as husband and wife.

- Jane, Wife and Doctor ”





## 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.



“ The Theology of the Body Institute takes the great scholarship of St John Paul II and translates it into a language, images, music and stories that are understandable and resonate in the heart of the average person.  
- Christopher West. ”

“ The greatest gift Theology of the Body gave me as an affirmation that the deepest longings, desires and yearnings of my own heart for love, fulfillment and intimacy were not only good but holy.  
- Marie, university student ”

## 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.



**LIFE, MARRIAGE  
AND FAMILY**  
SYDNEY CENTRE FOR EVANGELISATION

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](http://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

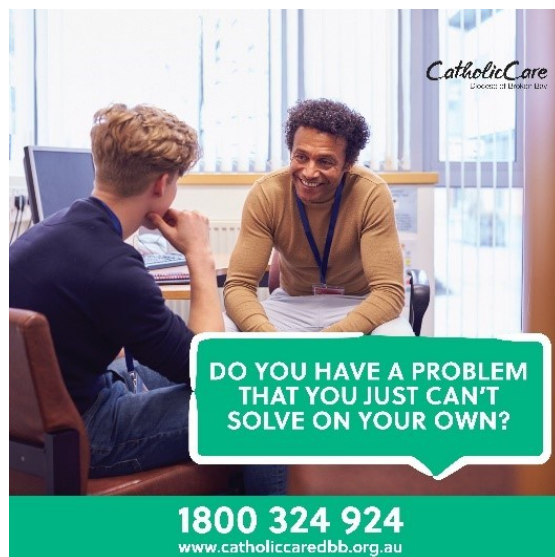
- **Cost:** \$2100 AUD
- **Inclusion:** Immersion Course with all materials, five nights (twin-shared occupied) accommodation and meals.
- **Apply:** [tobi.sydneycatholic.org](http://tobi.sydneycatholic.org)

## 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 suggestions 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 [www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au).





# Key Telephone Numbers

## KEY TELEPHONE NUMBERS

### **POLICE: 000**

Call the Police for immediate assistance.

### **1800 RESPECT: 1800 737 732**

A national 24-hour 7 day a week service, for advice or support in relation to sexual assault and domestic violence. The service also connects victims to the nearest help according to their location.

### **FOR NON-ENGLISH SPEAKERS**

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

### **CATHOLICARE 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:

<b>Immigration Advice and Rights Centre</b>	<b>02 8234 0777</b>
<b>Immigrant Women's SpeakOut Association</b>	<b>1800 656 463</b>
<b>Legal Aid NSW</b>	<b>1300 888 529</b> (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](http://www.bbcatholic.org.au)

[www.bbcatholic.org.au](http://www.bbcatholic.org.au)



**CATHOLIC  
DIOCESE OF  
BROKEN BAY**



# 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 Raúl 0450 115 099
- Maureen Roast 0435 245 849
- Anne Hooley 0428 149 793

Contact will be made  
with Diocesan  
Safeguarding Office



Our Community is  
**SAFE**