

# 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*

8th February 2026 - Fifth 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)**

## REFLECTION—8th Sunday of Ordinary Time

Have you watched the TV shows about building or renovating houses? *Often priority is given to letting in as much light as possible to illuminate dark spaces. Sometimes it is almost as if the beauty of the outside comes inside.* The result not only creates a beautiful space within, but the house looks appealing to the passerby too. *It's all about sharing the light.*

Today Isaiah is responding to the people's complaint that God did not seem to be noticing their fasting and penance. Isaiah tells them that fasting is not only related to God but to their neighbour. The fasting that God wants to see is about good works—sharing with the hungry, sheltering the homeless, clothing the poor. Then their light will shine and not only God, but others, will notice.

Jesus tells his followers that they are the light of the world. They have something worth showing and sharing. High praise indeed! Could Jesus praise me in this way too? Today I will reflect on how I allow God's light into the spaces of my life and how I show that light to others so they may see the face of God in our world today.

Reproduced from God's Word 2026: Daily Reflections, Published by St Pauls Publications, Strathfield.



*"A human being is a vessel that God has built for Himself and filled with His inspiration so that his works are perfected in it"*  
- St Hildegard of Bingen

*"We are to become vessels of God's compassionate love for others" - St Clair of Assisi*

## PARISH CALENDAR—IMPORTANT DATES

- ◆ **10th Feb**—PPC Meeting, 6pm, St Cecilia's Hall
- ◆ **17th Feb**—Shrove Tuesday
- ◆ **18th February**—Ash Wednesday
- ◆ **8th March**—Rite of Christian Initiation Presentation Mass

### Vox Populi—4 February 2026

The countdown to the 54th International Eucharistic Congress 2028 in Sydney is on!

The official website for the Congress, is now live and parishes across the country will begin to receive starter packs in the coming weeks with resources to help promote the international event.

The Congress brings together people from a wide area to bear witness to the real presence of Jesus Christ in the Eucharist and promote greater devotion to the Eucharist.

It involves large-scale Masses, Eucharistic adoration and other events, all to foster and build a love of the Eucharist.

It will be the second time Sydney has hosted the Congress, 100 years after it first hosted in 1928, when a Eucharistic procession along Macquarie Street, headed by Cardinal Bonaventura Cerretti, was witnessed by 500,000 people.

In his [2025 Pastoral Letter, The Mystery of Faith: Encountering Jesus Christ in the Eucharist](#), Bishop Anthony Randazzo said this Congress invites us into a deeper encounter with the central mystery of our faith: the Most Holy Eucharist.

*Reproduced from Neighbourhoods 4 February 2026*

### RCIA/RCIC PRESENTATION MASS

Rite of Christian Initiation Presentation Mass will be held on Sunday 8th March 2026, 9.30am at St Cecilia's Church followed by morning tea to welcome our candidates.

We invite you all to join and welcome them into our faith filled community. Please keep these candidates in your prayers!

### YOUTH GROUP

Our next youth group gathering is on **Friday 13th February in the Parish Hall @6pm till 8pm**. Ages 13-18yrs are welcome. Parent/Guardian consent required, contact Parish office if required.

**Mass/Prayer Envelopes**—Please note all Mass/Prayer Intention Envelopes can be given directly to our Priests. If they are placed on the collection plate they will not be received until Tuesday midday.

## SHROVE TUESDAY

Shrove Tuesday Palm Burning Ceremony will be held on the **17th February** and commence at **6pm at St Cecilia's Church**, followed by a sausages sizzle.

Please feel free to bring a plate of sweets along.

The palm burning ceremony involves burning the blessed palm branches/crosses from the previous year's Palm Sunday to create the ashes used for Ash Wednesday. It's a reminder that life is fleeting and, according to Genesis 3:19, we are destined to return to dust.

Please bring your blessed Palm crosses from previous years and **RSVP by 15th Feb** via the parish office or rsvp sheets in the back of the church.



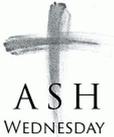
## ASH WEDNESDAY

Ash Wednesday will held be on **Wednesday 18th February**

St Cecilia: 8am & 6pm

St John Fisher: 8am

Ash Wednesday marks the beginning of Lent, a time for spiritual reflection, repentance and preparation of Jesus



**Saint Valentine's Day** (February 14) originated as a Catholic feast day established by Pope Gelasius I in 496 AD to honor martyrs named Valentine, replacing pagan fertility rituals. While removed from the General Roman Calendar in 1969 due to sparse

historical details, he remains in the Roman Martyrology as a saint and patron of lovers, young people, and happy marriages.

Key aspects of the Catholic perspective on Valentine's Day include:

- **The Saint's Story:** St. Valentine was likely a 3rd-century Roman priest or bishop who ministered to persecuted Christians and was martyred, with traditions suggesting he defied Emperor Claudius II by marrying Christian couples.
- **Significance of Love:** The day highlights sacrificial, "other-focused" love, rather than just romantic affection, often emphasizing Christian charity (Agape) and service to others.
- **Liturgical Status:** While not a required liturgical feast, it is celebrated by traditionalist Catholics and recognized in specific locales. It falls shortly before Lent, allowing it to be a time to reflect on love and reconciliation.
- **Traditions:** Historically associated with the start of spring and the mating of birds, the day became linked to courtly love in the Middle Ages through figures like Chaucer.

For Catholics, the day can be a time to honor the commitment of marriage, pray for those seeking spouses, and celebrate Godly love.

## 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

**Speak with Maria to find out how you can volunteer!**



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  
anitabowden@ccli.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.

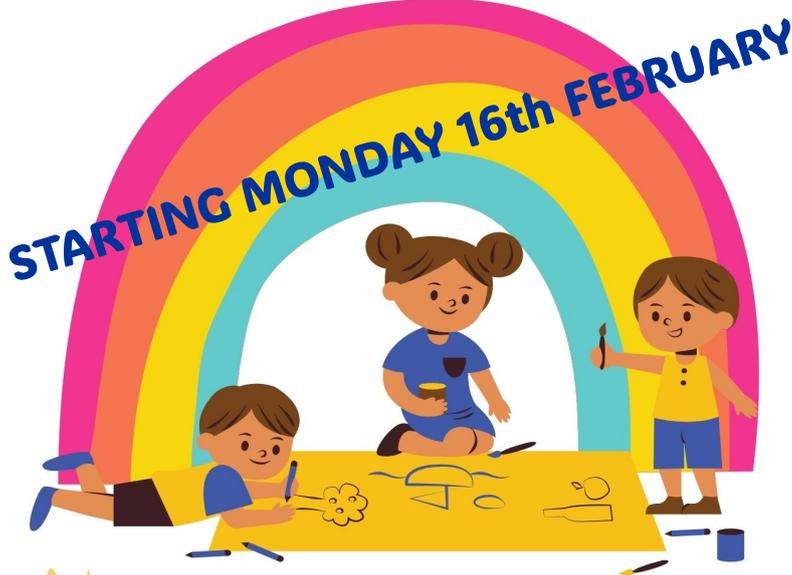
Phone. 1800 558 004, Mob. 0408 251 927, Fax. 02 4351 8005

## TUGGERAH SPORTS & SPINAL PHYSIOTHERAPY

Ricky Li  
Registered NDIS provider  
Phone 4355 4445  
[www.tuggerahphysio.com.au](http://www.tuggerahphysio.com.au)

# Community Playgroup

A fun, safe, and nurturing space for children to play, learn and grow - and for parents, carers and grandparents to connect!



Wyong Parish Parents, Carers and Grandparents Community Playgroup  
 Monday 9.15AM - 10.15AM  
 Starting Monday 16<sup>th</sup> February 2026  
 Parish Hall, 23 Byron Street, Wyong  
 For more information contact Parish Office 02 4352 1011  
**All Welcome! Come along and be part of something special**

## EXTRA CLEANER'S REQUIRED

If there is any person who would be kind enough to join us in cleaning the Church facilities please contact the parish office. Depending on numbers, you will only need to clean approximately once a month. **Thank you for your consideration.**



## Main Liturgical Feasts: February

2nd—Presentation of the Lord, 3rd— St Blaise; Ansgar, 5th—St Agatha, 6th—St Paul Miki and Companions, 8th—St Jerome Emiliani; Bldsd Josephine Bakhita, 10th - St Scholastica, 11th— Our Lady of Lourdes, 22nd—Chair of St. Peter, 23rd—St Polycarp of Smyrna, 27th—St Gregory Narek; Ember Friday

## PLANNED GIVING

Dear Parishioners, should you wish to donate electronically, please see details below or use the QR Code provided.

**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



## 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.**



## 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.

## BAPTISMS

We warmly welcome the children who are to be baptised into our parish community. May the grace of the Lord Jesus Christ bless them and their families.



**Thank You**—Thank you to Alf Beer and Assistant for arranging and changing the lights in our church. God bless you and our volunteers!

**Come join us!**

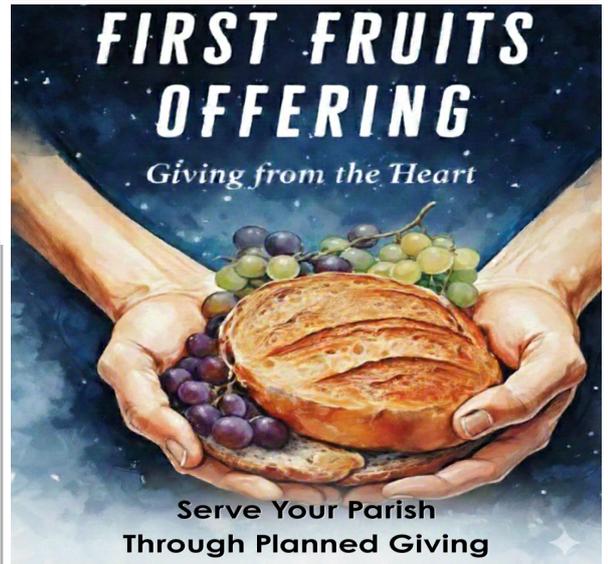
We need YOU to join our Wyong Choir!

*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

## FIRST FRUITS OFFERING

*Giving from the Heart*



**Serve Your Parish Through Planned Giving**



## Property Transfer Professionals

ARLENE BARNETT Licensed Conveyancer - JP  
 02 4353 1340 48A Pacific Hwy Wyong  
 propertytransfer@bigpond.com

www.conveyancersnsw.net.au

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

## 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 **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](http://www.facebook.com/wyongcatholicparish)

### 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

### 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

St Cecilia's Sat after 8am Mass

St John Fisher Wed 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, Wed 9.15am in Parish Hall.

### Meetings

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

### **Parish Pastoral Council Meeting**

PPC Secretary: Kerry Bugden

Ph: 02 4388 2938

**BAPTISMS, WEDDINGS AND FUNERALS**  
PLEASE CONTACT THE PARISH OFFICE

## 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, Badwi Laoulach

### **RECENTLY DECEASED:**

Michael McDermott, Sauhaela Sabat, Delma Baker

### **ANNIVERSARY FEBRUARY:** Bill

Cullinan, John Kiernan, Rosie Attard, Natividad Dieta, Rita Muscat, Rod McCarthy, Victor Gibbs, Frank Costa, Blino Sakr



## 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.

# Sunday Mass - 8 February 2026

## THE LITURGY OF THE WORD

### First Reading - Isaiah 58:7-10

A reading from the prophet Isaiah

Thus says the Lord:

Share your bread with the hungry, and shelter the homeless poor,  
clothe the man you see to be naked and turn not from your own kin.  
Then will your light shine like the dawn and your wound be quickly healed over.  
Your integrity will go before you and the glory of the Lord behind you.  
Cry, and the Lord will answer; call, and he will say, 'I am here.'  
If you do away with the yoke, the clenched fist, the wicked word,  
if you give your bread to the hungry, and relief to the oppressed,  
your light will rise in the darkness, and your shadows become like noon.

The word of the Lord.

**Thanks be to God.**

### Responsorial Psalm - Ps 111:4-9

R. A light rises in the darkness for the upright.

### Second Reading - 1 Corinthians 2:1-5

A reading from the first letter of St Paul to the Corinthians

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

The word of the Lord.

**Thanks be to God.**

### Gospel Acclamation - John 8:12

Alleluia, alleluia!

I am the light of the world, says the Lord; the man who follows me will have the light of life.

Alleluia!

### Gospel - Matthew 5:13-16

A reading from the holy Gospel according to Matthew

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

The Gospel of the Lord.

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

## **Franciscan Prayer Meeting Invitation 1pm Friday 13th February**

Are you interested in praying with a small group of Central Coast Secular/Third Order Franciscans at The Entrance Church in the Reynolds Room this Friday at 1pm? Our first monthly meeting for the year is Fri 13th Feb. We meet on the second Friday each month at Our Lady of the Rosary The Entrance after attending the regular Friday parish mass at 11.45am. We then share a simple lunch together in the Reynolds Room before starting our Prayer meeting at 1pm. You're welcome to join us this Friday or any second Friday of the month this year as we pray and reflect, Franciscan style. Our meetings end at 2.30pm. The National third order Franciscan OFS website is [ofsaustralia.org.au](http://ofsaustralia.org.au) For more information please contact Sandra 0499811177.

# Antioch Weekend 2026

**Dates:** Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup>  
February 2026

**Times:** Saturday 9:00 am - 10:00  
pm

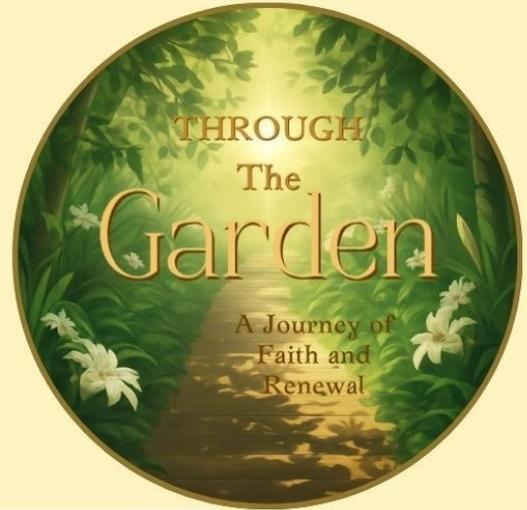
Sunday 10:00 am - 9:00 pm

**Place:** St Gerard's Church  
grounds, 543 North Rocks Rd,  
Carlingford

**Cost:** \$50

**Early bird:** \$40 (15<sup>th</sup> January  
2026)

**Age:** Year 10 - 23 years old



**SCAN for tickets!**

**"I planted the seed, Apollos watered it, but God has been making it grow."  
1 Corinthians 3:6**



**Enjoy a weekend with friends, talks, music, food, and prayer!  
See you there!**

For more information please contact:

Youth Minister: **Holly** - 0404 710 588

Have a chat with Amanda + Seb at the Youth Mass!

DIOCESE OF BROKEN BAY

# ACYF REUNION



Old friends. New memories. Same ACYF vibes.



Pizza · Games · Chats · Adoration · Praise and Worship

**Friday 13<sup>th</sup> February 2026**

**5pm-8pm**

**Our Lady Help of Christians Catholic Church and Hall**

**31 Oxford Street, Epping NSW 2121**



CATHOLIC  
DIOCESE OF  
BROKEN BAY



CATHOLIC SCHOOLS  
Broken Bay

# BROKEN BAY ALPHA COACHING DAY 2026

Alpha

Alpha Teams, and those who are interested in learning more about Alpha, are invited to join this Alpha Day Coaching, where you will be equipped to run Alpha in your context.

The day will include setting a vision for and embedding Alpha in the parish, building a team, small group facilitation coaching, Alpha retreat coaching, promotion and invitation.

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LIMITED PLACES. REGISTRATION ESSENTIAL  
RSVP BY 11 FEB 2026



Register using QR  
code or go to:

[https://www.tryboo-  
king.com/DIPMR](https://www.trybooking.com/DIPMR)



**SATURDAY 14 FEB 2026  
9.00 AM - 4.00PM**

**MANLY FRESHWATER PARISH  
6 RAGLAN ST, MANLY NSW 2095**



Facilitated by

**TANIA RIMAC**

Alpha in a Catholic  
Context Specialist

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For more information contact [tania.rimac@alpha.org.au](mailto:tania.rimac@alpha.org.au)



# Volunteer with *IMPACT*

**Develop sustained self-reliant futures in overseas communities!**

Join Palms International Volunteering [online](#) in this special session where you'll learn about our [diverse assignments](#) suited to your qualifications. Hear from past Palms volunteers how skill-exchange makes a lasting impact in communities and changes lives.

**Venue:** Online- Scan the QR or register at  
[palms.org.au/events](https://palms.org.au/events)

**Date:** Thursday 19 February 2026

**Time:** 7 pm – 8:30 pm AEDT

**02 9560 5333**

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



***Want to visit a community first?*** Join our 13-day **Encounter Tour to Timor Leste!**

Book by **28 February** for the May tour! See [palms.org.au/encounters](https://palms.org.au/encounters)

# LENT 2026 WITH THE CATHOLIC GUY, BRUCE DOWNES

Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter.

Be inspired. Be refreshed. Be renewed!

For 40 days you will receive a short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is FREE and you can sign up here:

<https://brucedownes.org/lent-2026-sign-up/>

Go to BruceDownes.org for more information.

Please pass this invitation on to your families and friends and we pray this will be a time of great renewal for you personally and in the people whom you lead.

Kind Regards

Sandra Purcell

The Catholic Guy Ministry



# Accessible Church Mass

Holy Cross Church, South Kincumber

Sunday 8 March 2026

We are pleased to announce that an Accessible Mass is being offered at Holy Cross Catholic Church, South Kincumber, designed to be welcoming and inclusive for people of all abilities, including individuals and families living with disability, neurodiversity, or additional needs.

**10.30am Second Sunday of each month  
commencing Sunday 8 March 2026**

**Holy Cross Catholic Church, 9 Humphreys Rd, Kincumber South 2251**

This Mass is offered in a supportive, flexible, and understanding environment where people are welcome to participate in ways that feel comfortable for them. Families, carers, and support workers are warmly invited to attend. The church is accessible, wheelchair-accessible toilets are available adjacent to the church and we are making efforts to be sensory aware

To help us offer the best possible welcome, we would appreciate any requests for specific accessibility or support needs being shared in advance.

Please contact Mission Broken Bay [mission@bbcatholic.org.au](mailto:mission@bbcatholic.org.au)

We invite parishes, schools, and special education communities to share this information with families, students, staff, and parishioners who may benefit from a more accessible liturgical setting. Thank you for helping us continue to build parish communities that are welcoming, inclusive, and grounded in dignity for all.

## **Formation Opportunity**

Breaking Open Dilexi Te - Apostolic Exhortation Of The Holy Father Leo XIV To  
All Christians On Love For The Poor

Join parish leaders from across the Diocese for a practical and accessible day of formation in social justice ministry. Build your confidence, connect with others, and gain useful tools to support your parish work. Breaking Open Dilexi Te : Discover the powerful teachings of Pope Leo XIII and how they can inspire your leadership today.

All parish social justice ministers, volunteers and leaders are warmly invited.  
Follow the link to register today: [Breaking Open Dilexi Te](#)

**Date: 28 March 2026**

**Time: 10:30 am – 4:00 pm**

**Venue: Ambrose Centre, 12 Ashton Ave, The Entrance NSW 2261**

*Reproduced from Neighbourhoods 29 January 2026*



# Carmel House Retreats 2026

**MAY  
20-24**

**Pentecost Intensive  
RUAH**

"He breathed on them and said to them, 'Receive the Holy Spirit'". Jn 20:22  
The Ruah (breath) of God renews each soul that receives its power. Embrace the gift of the Holy Spirit through fellowship, inputs, prayer and practical workshops and help renew the face of the earth  
<https://www.trybooking.com/DIDAV>.

**OCT  
16-18**

**Hand Made  
Creative Healing Retreat**

"In his hand is the life of every creature." Job 12:10  
Come away for a weekend of reflection on how carefully God has made and upheld your life through different creative prayer experiences.  
<https://www.trybooking.com/DIDCB>

**JUNE  
27**

**GARDENS  
Day Retreat**

"Grieve not as those who have no hope." 1 Thess 4:13.  
Spend a day reflecting on how while we experience pain, grief and loss in life, we can also discover in such moments that God is renewing us and doing "a new thing" (Rev 21:4) within us.  
<https://www.trybooking.com/DIDBD>

**NOV  
14**

**ALIVE  
Holy Spirit Family  
Retreat Day**

Your family has been carefully chosen and put together by God and has an important mission entrusted only to you.  
Discover as a family the power of the Holy Spirit to live with boldness and love!  
<https://www.trybooking.com/DIDCJ>

**AUG  
28-30**

**HOMECOMING  
Silent Retreat**

"His father saw him, ran to his son, threw his arms around him and kissed him." Lk 15: 20  
Your heavenly Father waits for you to come away with him for a weekend of silently soaking in his great love for you. Embrace this opportunity for encountering deep peace and serenity.  
w/e: <https://www.trybooking.com/DIDBK>  
extensive: <https://www.trybooking.com/DIDBU>

Missionaries of God's Love  
**Sisters**



**Carmel House**  
345 St Andrews Rd, Varroville NSW 2566  
[mglisters.sydney@gmail.com](mailto:mglisters.sydney@gmail.com)  
[mglisters.org](https://www.mglisters.org)

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## MAGI PILGRIMAGES

### **FOOTSTEPS OF ST PAUL (5th - 20th May 2026)**

Fr. Sebastian A.M invites you to a journey in the footsteps of St. Paul, reliving the Acts of the Apostles and exploring the letters of the New Testament. Explore Greece and Turkey with a 3-night Greek Islands cruise in this 14-day pilgrimage for an all-inclusive price of \$9790+ tips (25+ pilgrims). The early bird price expires on January 30th.

### **SAINTS OF ITALY (8th - 21st June 2026)**

Fr. Franco Filippetto invites you to a 14-day journey to Italy, visiting Milan, Padua, Siena, Assisi, Rotondo, Sorrento, and Rome, with an all-inclusive price of \$ 9,290 + tips (for 30+ pilgrims). The early bird price expires on January 30th.

The fare includes Return Economy Airfares + Local Transfers in Deluxe coaches + Stay in 4-star Premium Hotels, Meals + English speaking professional guides + Entrances as per itinerary and more. For inquiries & bookings call 03 8839 6615 or email us [pilgrimage@magiholidays.com.au](mailto:pilgrimage@magiholidays.com.au)

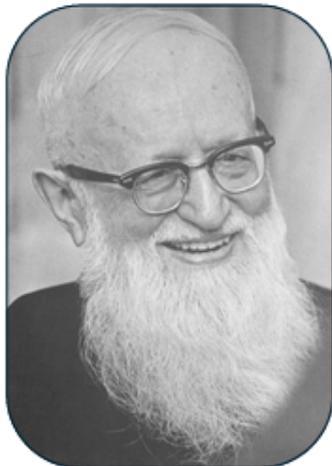
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BOOK NOW!



*Schoenstatt Sisters*  
CENTENARY YEAR  
*Pilgrimages!*

# PILGRIMAGES CAN INCLUDE...



## HOLY MASS

- In the Shrine, House Chapel or Family Hall
- Come with own priest
- Existing Masses at Mount Schoenstatt on Thursdays & Sundays at 11am

## CONFESSION

- Available with own priest only

## PRAYER

- Devotion
- Rosary
- Stations of the Cross
- Private

## TALK BY A SISTER

- About Schoenstatt and the sisters community



## MEALS

- BYO
- Morning tea, lunch & afternoon tea available at a cost

## PIETY STORE

- Gifts
- Souvenirs
- Religious items

Plenary indulgence available  
until **4<sup>th</sup> NOVEMBER 2026**

*Tailor your pilgrimage  
to suit your needs!*

**ALL PILGRIMAGES BY DONATION!**

**CONTACT**



**SR M. OLIVIA**



**0473 201 525**

**sister.m.olivia@gmail.com**

## 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.

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**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**



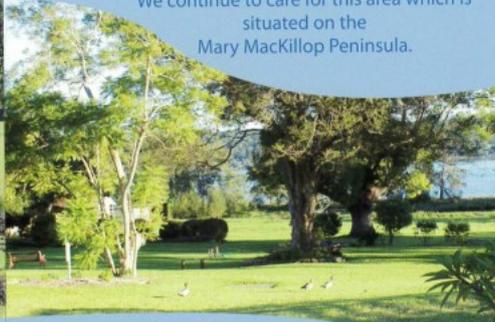
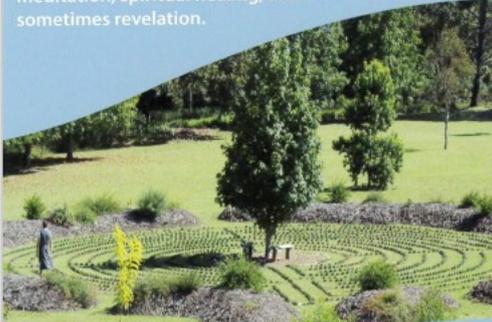
# St Joseph's Spirituality and Education Centre Kincumber South

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



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



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  
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)

*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.*



## 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

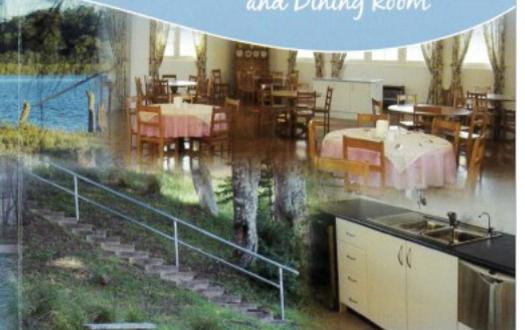
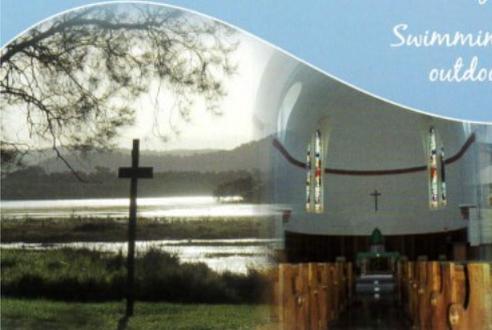
### Meditation Areas and Mary of the Cross Walk

### 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@catholiccareddb.org.au](mailto:info@catholiccareddb.org.au) or text a photo of the form to 0481 602 046. Thank you.

## 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 [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.

### **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:

<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)



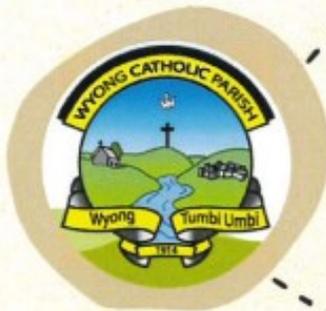
**CATHOLIC  
DIOCESE OF  
BROKEN BAY**

# 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**