Dear St Mary’s Catholic School Community,

The Holy See announced that Most Rev Dr Peter A Comensoli has been appointed the third Bishop of the Diocese of Broken Bay.

Bishop Peter was delighted but humbled to be asked by the Holy Father, Pope Francis, to take up this new pastoral service within the life of the Church. He said he was looking forward to making his home in Broken Bay Diocese, and working with all the priests, religious and people of the Diocese in proclaiming the good news of Jesus Christ.

“A diocese is like a great family united in the love of Christ, and I am keen to make my home with the good people of Broken Bay Diocese,” the 50 year old Bishop said, following the announcement.

“I want to assure all the families of the Diocese – at home and in our parishes – that you are already in my daily prayers, and I unite myself to you in your joys and hopes, your griefs and anxieties.”

“If I could ask one thing, may it be for your prayers for this sinner called to be your shepherd, after the heart of the Good Shepherd.”

A “Wollongong boy”, Bishop Peter was born in the Illawarra on 25 March 1964. After school, he worked for four years in the banking sector while studying Commerce at Wollongong University.

Ordained in 1992 for the Diocese of Wollongong, he served as Assistant Priest and then Administrator in a number of parishes of that diocese and was Chancellor for six years before being ordained Auxiliary Bishop of Sydney in June 2011.

“There has been much good work already done under the wise stewardship of Bishop Walker, and before him, Bishop Murphy. At this threshold of a new era, may we come together to proclaim the evangelii guadium, the joy of the Gospel,” he said.

Official announcement from the Apostolic Nunciature.

Fr John Frauenfelder’s Words of Wisdom

A man was seated next to a priest on an airplane. He asked the priest, “Do you really believe in eternal life?” The priest was not given time to reply.

The passenger launched into a tirade: “It’s all rubbish! I believe in science, evolution, survival of the fittest, and when we die, that’s it! No eternal life, no great judgment, and no God! “Eternal life! Ha! I’ll be buried six feet under when I die, and that’s it! Nothing! When I die, I am utterly convinced that will be the end of me!”

“Well thank God for that,” the priest said with a smile.

There may still be hope for the annoying passenger to change his mind. But he’d better hurry. As today’s Gospel warns us, “You do not know when the master of the house is returning. Be on guard.”

Our Assistant Principal, Mrs Creen

Please keep Mrs Creen in your thoughts and prayers. After battling ongoing health problems, Mrs Creen has decided to take leave for the 2015 school year. We pray that Mrs Creen makes a full recovery and is able to enjoy a much deserved better run of good health.

The organisational skills of Mrs Creen, with the support of Miss Gray, Mrs Johnson and Miss Johnson, have been instrumental in ensuring our school was compliant in our recent external WHS Audit.

Thanksgiving Mass – Change of Date

Due to the Installation of Bishop Peter Comensoli clashing with our Year 6 Thanksgiving Mass, a change of date has been necessary. The new date is Monday 15th December at 9.15am. We thank Father Peter for his flexibility in allowing this change. Our Volunteers’ Thank You Morning Tea will follow the conclusion of Mass.

Transition Staff Development Day

A reminder that our final Staff Development Day is on Monday. Teachers will collaborate with each other as they share certain data and information about our students.
**Surf Survival Day**
The Years 3-6 Swimming Program culminates with our Surf Survival Day at Soldier’s Beach on Friday. Children need to bring all food, drink, sunscreen, towel, and a rashie or shirt for sun protection. Full sports uniform, including school hat is to be worn.

**Please Join Us for Our Annual Awards Ceremony**
The details for our annual Awards Ceremony are as follows: 10.00am Recess, 10.30am K-2 Awards (in each classroom), 11.00am K-6 Awards Ceremony in our Church. Besides the individual class awards, highlights of the ceremony include the STAR award recipient for each class, the Catholic Values Award, the Community Spirit Award with the conclusion being the naming of our Student Parliament and 2015 School Captains.

**New Fencing**
New fencing bordering the oval has now been erected.

**Upcoming Dates**
December 4 – Debating Grand Final vs St Brendan’s
December 5 – Year 6 Excursion to IMAX and Maritime Museum
December 8 – Christmas Carols Evening
December 10 – Awards Ceremony and Year 6 Graduation
December 15 – Thanksgiving End of Year Mass

**Kind Thoughts**

Kevin Williams
Principal

**REC Report**
**Term 4 Week 8**

**Advent Liturgies – Tuesday 2nd December**
On Monday we saw the Kinder and Year 2 students lead us in our first Advent Liturgy of 2014. Well done boys and girls, your reading and singing was fantastic. Advent begins this coming weekend. Due to our Staff Development Day next Monday, December 1st, our next Advent Liturgy will be held next Tuesday, December 2nd. The liturgy will be led by students from across Year 1 and Year 3 and will begin at 1.50pm in the church. This will be immediately followed by our assembly. We would love for you to join us!

**Christmas Eve Mass**
Natasha McFadden and Shannon Elwell will be leading a team of parent volunteers in preparing the 6pm Parish Christmas Eve Mass. I thank the many children who have volunteered to do a reading, you will receive a part in the next few weeks. If you would like to help the team prepare the Mass, please contact either Natasha or Shannon.

**Christmas Carols**
Our Christmas Carol evening will be held on Monday 8th December (Week 10). An invitation was sent home last week and is attached in today’s newsletter. Mums, dads and grandparents please join us for a fun and joyful night!

**Thanksgiving Mass – Change of date**
Earlier in the week you would have received a note regarding our new Bishop, Bishop Peter Comensoli. Bishop Peter’s installation will be held on Friday December 12th which was the date set aside for our final school Mass, our Thanksgiving Mass. As Fr Peter and Fr Michael will be attending the installation, we have rescheduled our Thanksgiving Mass for Monday 15th December at 9.15am (Week 11). As always, we warmly invite our whole school community to join us in celebrating the Eucharist together for the final time in 2014.

Emma Sellars
Religious Education Coordinator
From the Broken Bay Family Life Ministries

**Stronger Relationships Trial**

The Australian Government’s Stronger Relationships Trial runs for 12 months from July 1, 2014 and is open to all couples over the age of 18 years in a committed relationship.

During the trial committed couples will be able to access a $200 subsidy for relationship education and counseling services, which can include sessions on parenting, conflict resolution, financial management and marriage preparation/enrichment.

Once they have registered for the trial, couples can choose which service provider listed on the Stronger Relationship Panel they would like to see.

Approved providers under the Stronger Relationship trial are required to provide each registered couple with a minimum of:
- Five hours relationship education
- Four hours of inventory-style pre marriage education, or
- Two hours of counselling

As there are a limited number of subsidies available, couples are encouraged to register for the trial and make a booking with a service provider as soon as possible at [www.dss.gov.au](http://www.dss.gov.au)
From the Family Liaison Officer........

Families Matter

Thought from Pope Francis:...

“The “home” represents the most precious human treasures, that of encounter, that of relations among people different in age, culture and history, but who live together and together help one another to grow. For this reason, the “home” is a crucial place in life, where life grows and can be fulfilled, because it is a place in which every person learns to receive love and to give love.”

Families come in all different shapes and sizes – the traditional nuclear family with mum, dad and the kids, single parent families, Grandparent or kinship carer families, foster families – but no matter a family’s design, caring and commitment are the basis for strong family relationships. Making the wellbeing of family members a priority and providing support and encouragement to each other builds strong families.

Research on communication in families shows the importance of parents/carers communicating warmth and caring. But it’s not all about what we tell our children.

How we listen and the attention and importance we pay to what our family members share with us is just as important as what we say and how we say it. Everyone wants to feel that their thoughts and feelings are important to someone.

This focused attention may not always be easy as we are often tired and very busy but making time to talk and really listening helps to build positive family relationships and gives our children a sense of security, safety and self worth within the family. Other ways to build family relationships include doing fun things and laughing together, showing affection (hugs and kisses) and offering help and support.

This applies to children of ALL ages. As parents we may be fooled into thinking that because our children are getting bigger they don’t need as much affection or attention but that’s not the case – older children and teenagers need our time and focus just as much, if not more.

Building and maintaining those relationships into the teenage years can make the family a safe haven as they tackle the worries and stresses of adolescence. Knowing that they have a parent/carer who is ready and available to listen and to support them can help them deal with the challenging feelings and events they may encounter.

Donna Falzon

Upcoming Events

Monday December 1st
– Staff Development Day

Monday December 8th
– Christmas Carols

Wednesday December 10th
– Awards Ceremony

Monday December 15th
– Thanksgiving Mass

Wednesday December 17th
– Students last day of term

School Banking

Week 9

Due to Monday 1st December being a Staff Development Day, School Banking will occur on Tuesday 2nd December in Week 9. Please remember to bring in your banking books on Tuesday next week.

Also can you please ensure you submit any requests for rewards by next Tuesday
MERIT AWARDS WEEK 8

K GOLD  Zac H  Nathaniel A
K GREEN  Mark H  Tiarna G
K BLUE  Zane S  Mia C
1 GOLD  Beckett B  Mia J
1 BLUE  
K-6 RED  Allanah W  Chloe K
2 GOLD  Jasmyn S  William B
2 GREEN  Stefanie S  Christian W
2 BLUE  Cohan L  Mikaela M
3 GOLD  Jordan C  Ethan L
3 GREEN  Amarii D  Marcus W
3 BLUE  Isabell B  Ariel C
4 GOLD  Kaleb D  Amber R
4 GREEN  Jack B
5 GOLD  Daniel D
5 BLUE  Jai B  Abigail M
6 GOLD  Dalice G  Nathan D
6 GREEN  Cooper H  Bailey G

STAR AWARDS WEEK 8

Jayden S  Owen G
Elly S  Lachlan M
Abby L  Kalesha A
Ava C
Timothy V
Annabel R
Daniel M
Samarah L
Bailey S
Aoiqe Q
Naiketa C
Rose F
Isabella K
Hannah G
Krystal S
Luke B
Jasmine S
Riley G
Erin I
Thomas S
Julianna S
CANTEEN ROSTER

Thursday 27th November
Leah Borg
Melissa Lewis 9-11.20am
Jenny Ippolito 12-2pm

Friday 28th November
Craig Waddell
Fiona Fitzgerald 9-11.20am

Monday 1st December
Staff Development Day

Tuesday 25th November
Canteen Closed

Wednesday 3rd December
Kylie Roome
Katrina Slattery

Thursday 4th December
Nicky Arthur 9-11.20am
Volunteer Needed 12-2pm

Friday 5th December
Chris Burns
Melissa Pearce
Sari Allen
Michelle Hilli 12-2pm

PLEASE NOTE
THERE WILL BE NO
LUNCH ORDERS IN WEEK 11.
Monday Dec 15th & Wednesday Dec 17th Canteen
will only be open for recess snacks and ice blocks
at lunch time.

NO LUNCH ORDERS THIS FRIDAY
for Years 3 to 6

Due to the Years 3 to 6 children
attending the Swim Programme
Surf Survival Day at Soldiers
Beach on Friday not returning to
school until after 1.30pm, they
will not be able to order their
lunch from the canteen.

PLEASE NOTE
THERE WILL BE NO
LUNCH ORDERS IN WEEK 11.
Monday Dec 15th & Wednesday Dec 17th Canteen
will only be open for recess snacks and ice blocks
at lunch time.
Absentees
Please remember to notify the school before 9.30am if your child/ren will be absent from school.

Canteen Hours
Monday, Wednesday, Thursday and Friday.
Breakfast—8.30am—8.50am
Recess—11.00am—11.20am
Lunch—1.00pm—1.50pm

Overdue School Fees & Statements

With term 4 nearing to an end a reminder to those families who have yet to finalize their school fees - we ask that all arrangements be brought up to date and accounts finalized by the end of November 2014.

Thank you to all parents who have paid their school fees in full for the current year.

Statements are now being sent via email – if you have yet to receive a statement via email, please contact the office and provide your current email address. Thank you for your cooperation in this instance.

Lyn Miles
Senior Administrator

Uniform Shop News

Term 4 Week 7

Shop Hours

CHANGED HOURS UNTIL THE END OF THE TERM.
MONDAY: 8AM-8.45 & 3.30 onwards
TUESDAY: 3.30 onwards
WEDNESDAY: 8AM –8.45
THURSDAY: 8AM –8.45 & 3.30 onward
FRIDAY: 8AM-8.45

Year 6 2015 shirt notes and money were due last Friday

APPOINTMENT TIMES ARE BEING MADE FOR AFTER SCHOOL FOR NEW KINDER PARENTS TO SAVE WAITING TIMES.
NEW KINDER PARENTS PLEASE CALL/MSG ME FOR AN APPOINTMENT TIME TO FIT OUT NEW OUTFITS FOR YOUR CHILD THAT SUITS YOU.

The number to call is 0406535166.

EFTPOS ONLY AVAILABLE IN MORNING! CASH OR CHEQUE IN AFTERNOONS PLEASE.
SPORTS NEWS

SURF SAFETY DAY SOLDIERS BEACH FRIDAY

This Friday we have our surf safety day at Soldiers Beach.

Children will come to school with sports uniform and school bag (rashie, towel, morning tea, lunch, hat and plenty of drinks in refillable bottles) – there will be no canteen available. It would be advisable to put a jacket in their bag as well.

TO SOLDIERS BEACH                                             BACK TO SCHOOL
9.00AM – BUS 1 & 2      YEAR 6 + YEAR 3              1.20PM – YEAR 4 + YEAR 5
9.20AM – BUS 1 & 2      YEAR 5 + YEAR 4              1.40PM – YEAR 6 + YEAR 3

<table>
<thead>
<tr>
<th>TIME</th>
<th>YEAR 3</th>
<th>YEAR 4</th>
<th>YEAR 5</th>
<th>YEAR 6</th>
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<tbody>
<tr>
<td>9.40am – 10.25am</td>
<td>BALL GAMES</td>
<td>LIFEGUARD</td>
<td>FLAGS / SPRINTS</td>
<td>RELAYS</td>
</tr>
<tr>
<td>10.25am – 11.10am</td>
<td>FLAGS / SPRINTS</td>
<td>RELAYS</td>
<td>LIFEGUARD</td>
<td>GAMES</td>
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<tr>
<td>11.30am – 12.15pm</td>
<td>LIFEGUARD</td>
<td>SPRINTS / FLAGS</td>
<td>GAMES</td>
<td>LIFEGUARD</td>
</tr>
<tr>
<td>12.15pm – 1.00pm</td>
<td>RELAYS</td>
<td>BALL GAMES</td>
<td>LIFE GUARD</td>
<td>FLAGS / SPRINTS</td>
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1. LIFEGUARD TALK
Group will meet outside the surf club roller doors. Lifeguards will then spend about 40mins talking about beach safety – personal safety, identification of hazards, where and how to get assistance, best place to swim and surf and local knowledge about Soldiers beach.

2. FLAGS AND SPRINTS AND TUG O WAR
Children will line up behind the 8 witches hats
SPRINTS – Children do a 70m sprint
FLAGS – RANDOM FLAGS A fun version of flags where flags are randomly placed all over track while competitors are lying down not watching. Same starting commands, but no one is eliminated – fun is watching each group trying to find flags.
TUG O WAR
3. WATER GAMES –
Swim teachers will be on this activity as well as Mr Whiteford and parents with Bronze Medallion qualifications. Children line up behind the 8 witches hats. They will run one at a time and there will be a parent /teacher in knee deep water in front of each team. That parent will focus on their one child at all times.

Children cannot under any circumstances go into the water unless teacher directed.

A. Bucket Relay - run to water get bucket of water and bring back to fill large bucket. First big bucket filled wins. Play this a couple of times.
B. Wade Relay – run around parent and back to tag next person off. When all have a turn sit down, first team finished wins. Play this a couple of times.
C. Body surf relay / Body board relay – run around parent and body surf / body board to shore and run to tag next person

4. BALL GAMES / SANDCASTLE COMPETITION/OBSTACLE COURSE
Group can decide what to do. There will be some sports equipment for touch, soccer, cricket or to create an obstacle course. Groups might rather have a sandcastle competition. There will be some buckets and spades to help sculpt some amazing creations.

Thank you Kellie Walker for all of your work organising Soldiers Beach Surf Life Saving Club and their equipment. Thank you for organising the Lifeguards to be present to speak to our children and assist in the safe running of the day. We appreciate all of your expertise.

Liz Bain
Sleep and kids' mental health

Did you know that childhood sleep problems are really common? It is thought that about 40% of primary school kids have an issue of some sort (1), and the rates are higher in early childhood.

It makes sense that sleep and a child’s mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioural, social-emotional and academic problems; trouble starting primary school; ADHD-like symptoms (i.e., concentration, attention, and impulse-control difficulties); and even depression.

Associate Professor Harriet Hiscock, paediatrician and researcher with the Centre for Community Child Health at The Royal Children’s Hospital Melbourne, says that behavioural sleep problems make up the bulk of issues seen in kids. Chances are you’ve already experienced some of them at your place. For example, she says children may:

- want to co-sleep with adults
- use stalling techniques (‘just five more minutes’, wanting a drink etc)
- refuse to go to bed (engaging in long conversations, tears or tantrums)
- get out of bed frequently (for a drink, the toilet, to talk)
- wake often
- have difficulties getting to and returning to sleep (e.g., lying awake worrying)
- experience anxiety-related insomnia (more common in primary-age children)
- have nightmares or night terrors.

According to Associate Professor Hiscock, there are many possibilities for why sleep issues are so wide-spread.

“There’s most likely better recognition and help-seeking for sleep problems so more kids are coming to health professionals,” she says. “There’s definitely an increased use of mobile devices and computers in the bedroom that can cause difficulties quieting down, and which reduce the brain’s production of melatonin that helps us go to sleep. Kids are also doing more in their day, so time to sleep is probably not prioritised.”

It’s really important to put a good night’s sleep at the top of the to-do list. When your child is sleeping well, chances are you will be too, which means the whole family will be at their very best, mentally and physically.

Dealing with bedtime worries and nightmares

Sleep problems tend to be emotional rather than physical in nature.

Dr Sarah Blunden, the head of Paediatric Sleep Research at Central Queensland University, says that fear is the biggest factor when it comes to common sleep issues like bedtime nervousness and nightmares.

“We know that children who are more fearful or anxious generally tend to sleep less well,” says Dr Blunden. “This is one of the main reasons why kids have problems getting to and staying asleep. Kids who are less fearful still wake up in the night (due to natural sleep cycles), but they find it easier to get to and return to sleep.”

https://www.kidsmatter.edu.au/families
About bedtime worries

“Bedtime is the time of day that we are alone with our thoughts,” says Dr Blunden. “Nerves at bedtime often mean we don’t want to be by ourselves. This is especially so for children.”

Young children tend to fear things in their surroundings, like monsters under the bed, nameless noises, and shadows. Older kids are better able to interpret their environment (ie a noise or shadow might be a robber trying to break in), and ruminate on their relationships and life issues.

How to deal with bedtime worries

Help them to be brave - use a reward system (eg stickers or treats).

Try not to get frustrated - kids naturally want to do the right thing, so try and understand why they are fearful and avoid escalating emotions.

Give the child some control - allow them to choose a tool to help them be brave (worry dolls, ‘monster spray’, a radio to cover noises, a torch etc) and contribute to their sleep environment (eg a special blanket, pillows, toys).

Negotiate - get their input on aspects of their routine, like how many stories to read before bed, and when you will return to check on them.

About nightmares

“How all of us have had a nightmare,” Dr Blunden says. “We believe they are the brain subconsciously processing information from the day, which is why we dream about real things in our lives. However, they can become a problem for children if they are frequent, persistent, and more and more distressing.”

Dr Blunden says the main contributors of nightmares include an anxious or fearful temperament, being a light sleeper, a genetic predisposition (eg if mum or dad has regular nightmares), physical and mental stress (including trauma) and, possibly, diet and eating before bed (which stimulates the metabolism and brain activity and may prompt nightmares).

How to deal with nightmares

Talk it out - explain to your child that dreaming is a natural process, that they are safe, and that the dream will not come true. This is particularly important for young children who cannot yet understand that dreams aren’t real.

Change the ending - have your child describe, write or draw a more positive ending to their dream (eg the robber is caught by police). This is an example of ‘cognitive restructuring’.

Seek help - speak to a health professional like your GP or a psychologist if nightmares continue and are overwhelming for your child. The great news is that nightmares are easily treated.

For more information about dealing with common childhood sleep issues, see The Boss of My Sleep Book by Dr Sarah Blunden and Dr Kirrilly Thompson, available at www.snoozeforkids.com.
Parish Information:

Parish Priest: Fr. Peter D'Souza Msfs  Contact Number: (02) 43964455
Assoc. Priest: Fr Michael Divyanthan HGN  Fax: (02) 43972853
Parish Secretary: Mrs Jan Lovett  Website: www.toukleycatholic.org.au
Parish Office: Baptisms & Marriages  Address: 458 Main Road, Noraville.
P.O. Box 1, Toukley. 2263
Email: toukleyparish@dbb.org.au

Intention for the month of November: Dedicated to the Faithful Departed

Masses

<table>
<thead>
<tr>
<th>Date</th>
<th>St Mary’s</th>
<th>St Brendan’s</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>6:00pm</td>
<td>5pm (Children’s Mass)</td>
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<tr>
<td>Sunday</td>
<td>7:30am</td>
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<tr>
<td></td>
<td>9:00am (Children’s Mass)</td>
<td>8:00am (Reconciliation before Mass)</td>
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<td></td>
<td>6:00pm</td>
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<td></td>
<td>(Excluding Christmas &amp; Easter)</td>
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<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<tr>
<td>Wednesday</td>
<td>7:45am</td>
<td>9:00am (Anointing of the Sick on the first day of the month)</td>
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<tr>
<td>Thursday</td>
<td>9:00am</td>
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<tr>
<td>Friday</td>
<td>9:15am (Except 1st Friday)</td>
<td>Prayer of the Church each morning:</td>
</tr>
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<td></td>
<td>11:00am (1st Friday Anointing Mass except January)</td>
<td>Monday - Wednesday &amp; Saturday 7:25am</td>
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<td>1st Saturday 5:15pm – 5:45pm</td>
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<td></td>
<td>1st Saturday 8:15am – 12:00pm (Adoration)</td>
<td>Friday – 8:45am</td>
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Ministry Contacts:

<table>
<thead>
<tr>
<th>Ministry</th>
<th>Coordinator</th>
<th>Contact No.</th>
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<tbody>
<tr>
<td>Home Communion</td>
<td>Parish</td>
<td>43964455</td>
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<tr>
<td>Sunday Bus Service</td>
<td>Dulcie Grady</td>
<td>43909062</td>
</tr>
<tr>
<td>After School Care</td>
<td>Tania Wilson SM</td>
<td>0417416678</td>
</tr>
<tr>
<td></td>
<td>Ruth Sutherland SB</td>
<td>43588157</td>
</tr>
<tr>
<td></td>
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<td>0428624296</td>
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</table>

Next Sunday:

First Reading:  Isaiah: 63:16-17; 64: 1, 3-8
Second Reading: Paul:  1: 3-9
Gospel :  Mark: 13: 33-37

Schools:

<table>
<thead>
<tr>
<th>School</th>
<th>Principals</th>
<th>Contact No.</th>
</tr>
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<tbody>
<tr>
<td>St Mary’s K-6</td>
<td>Mr Kevin Williams</td>
<td>43965100</td>
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<tr>
<td>St Brendan’s K-6</td>
<td>Mrs Luanna Fletcher</td>
<td>43581501</td>
</tr>
<tr>
<td>St Peter’s College</td>
<td>Mrs. Michelle Peters</td>
<td>43512344</td>
</tr>
<tr>
<td>MacKillop College</td>
<td>Mr Stephen Todd</td>
<td>43929399</td>
</tr>
<tr>
<td>St Brigid’s College</td>
<td>Mrs Julie Terry</td>
<td>43584278</td>
</tr>
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Special Days of the Week:

Date: 24/11  St Andrew Dung Lac & companions  
Date: 25/11  St Catherine of Alexandria  

Feast of Christ the King  
(Year A)

Responsorial Psalm:  
The Lord is my shepherd; there is nothing I shall want  
Gospel Acclamation:  
Alleluia, alleluia!  
Blessings on him who comes in the name of the Lord! Blessings on the coming kingdom of our Father David!  
Alleluia!
Most Rev Dr Peter A Comensoli DD, STL, MLitt, PhD, 
Has been appointed the third Bishop of the Diocese of Broken Bay.

The Catholic Community of Toukley and Lake Munmorah…

Prayerfully Welcomes Our New Bishop…
….Assures Him of our daily support in Prayer,
and wish Him All the very Best….

Ad multos annos.
Want to communicate better?
Like helping people? What about listening?
JOIN US AT THE COUNSELLING COURSE TO DEVELOP THESE SKILLS:

- Learn about yourself
- Learn about others
- Get on in the Workplace
- Talk effectively with Friends, family, teenagers
- Learn some Counselling Skills and Techniques
- Enjoy better Relationships
- Feel more confident & happy

A 2 YEAR COURSE WHICH HAS BENEFITTED PARENTS, TEACHERS, NURSES, SIBLINGS, FRIENDS, WORKERS

Starts: 1st Tuesday in February – Any Year
When: Tuesdays in Term time, 7.30-9.45pm
At: The Library, Holy Cross College Ryde
517 Victoria Rd, Ryde 2112

For enquiries contact:
Michael Hill 9869 3774 0410 774 432
Carol Harding 0408 705 848
Jannelle Carlille 0431 598 004

or email us: counselling1969@gmail.com