



ST PAUL'S

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*Bulletin Highlights*

*Second Sunday of Ordinary Time - Year B*

*14th January 2018*

*Farewell Mass for Bishop Peter*

The Western Macarthur and Southern Highlands parishes will be hosting a farewell Mass for Bishop Peter Ingham at 7:30pm on Wednesday 7 February 2018 at St Paul's Church, Camden.

Bishop Peter Ingham will preside and preach at the Mass which will be the last opportunity for many parishioners around the Diocese to say their farewells. Everyone is warmly invited to attend.

Refreshments will follow immediately after the Mass. No RSVP is necessary.



*Antioch Reunion*

Calling all candidates, oldies, clergy, billet families, musicians, kitchen angels and friends of Antioch. A reunion is set for Saturday 3rd March 2018 including a meet and greet afternoon tea, celebratory mass and dinner. General enquiries to Dianne Hukins 0412840772 or Ann Packham 0423869803. Musicians wishing to be involved in celebrations please contact Elise (Nicholls) Burns 0407781359. Pass it on. To register your interest and to receive an invitation please email [antioch.wollongongdiocese@gmail.com](mailto:antioch.wollongongdiocese@gmail.com).



**A Word of Thanks**

Thank you to Groves Funeral Directors who once again provided a beautiful live tree for the Christmas season to Camden Parish. We have been truly blessed!



*Cathedral Books & Gifts*

A great range of excellent quality religious gifts are available from Cathedral Books and Gifts. A beautiful selection of bibles, books, missals, rosaries, plaques, crucifixes, medals, statues and greeting cards, candles, etc. perfect to commemorate Confirmation, Communion and Baptism. Enter the store via Crown St, Xavier Centre, Wollongong. Enquiries phone 4222 2484.

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*Term 1, 2018*

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## **For Parents and Carers.**

**123 Magic & Emotion.** Coaching for Parents/Carers of children aged 2-12 years. Learn to be present and consistent as a parent. Provides a structured approach to managing your child's challenging behaviours. 3 x 2 hour sessions held weekly \$45 Tuesdays 27 Mar & 3, 10 Apr, 9:30-11:30am.

**Circle of Security Parenting.** A must for all parents. Children who feel secure have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. Understand your child's world by learning to read your child's emotional needs. 5 x 2 hour sessions held weekly \$75 Tuesdays 6, 13, 20, 27 Feb & 6 Mar, 4-6pm OR Thursdays 8, 15, 22 Feb & 1, 8 Mar 9:30-11:30am.

**Keeping Kids in Mind.** For Parents/Carers of children and young people post separation. Helps separated parents to learn to deal with the emotional and practical issues of parenting after separation. Explores the impact separation has on you and your whole family. 5 x 2 hour sessions held weekly \$100. Tuesdays 6, 13, 20, 27 Feb & 6 Mar, 4-6pm OR Thursdays 15, 22, 29 Mar & 5, 12 Apr, 9:30-11:30am.

**Seeing Red.** Introduction to managing challenging emotions. For all Parents/Carers. Anger is a natural emotion that is felt by everyone. Controlling feelings of anger can be tricky. Learn to recognise, communicate and listen to your feelings and learn to express anger in a constructive way. 3 x 2 hour sessions held weekly \$45. Mondays 12, 19, & 26 Mar, 1-3pm OR Wednesdays 21, 28 Mar & 4 Apr, 9:30-11:30am.

**CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing:**

- family and relationship difficulties
- grief and loss
- changes in personal or family situations
- stress/anxiety/depression

Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling.