



18th June 2018 Term 2 Week 8

St Canice's Catholic Primary

Phone: 4780 6800

Email: stcanices@parra.catholic.edu.au Website: stcaniceskatoomba.catholic.edu.au Facebook: St Canice's School Katoomba



Growth through love and learning

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Dear Parents and Carers

Dear Parents and carers,

With just 3 weeks to go until we complete the second Term for 2018, there are still many things happening at the school.

Next week is the start of Parent Teacher Interview Week. This is an important time for all parents and carers to meet with your child's Teacher to discuss the report and their child's achievements. To schedule a time, go to www.schoolinterviews.com.au and enter the code 7azq4, if you have any questions, please contact the Office on 4780 6800.

Next week also marks the beginning of our annual S@S (Sculptures At School) exhibition. It is the culmination of many hours of work from each student at the school. The quality of the artwork and the written work from each student is amazing.

On Sunday 24th June, the Grand Opening of S@S and our Creative Arts Expo

will take place. Everyone is invited to the Parish/School Hall from Ipm for the Ceremony followed by a walk around the school for the S@S exhibition. The school will sing for the first time, the new song written for the school about our Totem - the 3 Sisters. The String Ensemble, Choir and Drama group will all perform. Koala Kafe will be open for business to raise money for Mini Vinnies. Face Painting will be available for all who attend. Come and see our entries for the Writing competition and the Photographic competition as well. The S@S theme this year is "Save Our Trees", which relates directly with the Gospel reading from Sunday's Mass. In Mark 4: 26-34, Jesus said that the Kingdom of God is like a mustard seed that needs to be nurtured and cared for to grow strong to be able to help and protect others. Through S@S we are encouraging students to plant that seed of creativity and passion to be able to grow inside them and then branch out in the future to help them grow and become the best person they can be. Allowing each student to achieve the best they can is our goal here at St Canice's.

Mr Mark Geerligs Principal

St Mary of the Cross MacKillop Parish Father Carlos Walker & Father Sean Bradley

Presbytery Contact Ph: 02 4782 2804 Fax: 02 4782 6090

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Mass Times

Friday: Katoomba 12 noon Mass
Saturday: Katoomba 9.30 am Mass Saturday Vigil: Leura 5pm Mass
Sunday: Wentworth Falls 8am Katoomba 10am Leura 5pm
Rosary: Monday Katoomba 8.30 am, Tuesday Leura 4.45pm,
Wednesday Wentworth Falls 9.30 am, Friday Katoomba 11.30 am.
Saturday Katoomba 9 am.

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Enrolling Now for 2019

Stage 2

Next Tuesday 26th June (weather pending), Stage 2 will be walking to our totem, The 3 Sisters, to help clean-up the track.

Parents and Carers who would like to join us, are most welcome. The students will be leaving after morning tea and walking down Lurline St to the 3 Sisters.



School Volunteers.

The Catholic Education Department requires all Parents and Carers who would like to assist on excursions or volunteer in the classroom complete the Volunteer module.

To complete this module, log in to http://www.parra.catholic.edu.au, select the icon Volunteers and Contractors, then choose the green volunteer icon. Complete the volunteer form and then the training module. St Canice's is then automatically notified.

Sports News

On Friday 1st June the whole school went down to Pitt Park at Wentworth falls to participate in the Athletics Carnival. There were high spirits, much cheering and some great competitive racing to be had on the day. A big thank you to all the parents who stayed and helped with timing, marshalling and getting children to where they needed to be. These days cannot run without you. Thank you to the wonderful staff at St Canice's who all participated with enthusiasm and helped with the smooth running of the day. A special mention to the group of lovely parents who provided hot chocolate and watermelon and raise nearly \$300 for our school. Well done!

Congratulations to the many children who will be off to the Nepean Zone.

A letter will be coming home to you this week.

The age champions are as follows:-

Junior Boys:- Mark Papalia Junior Girls:- Mikayla Rose Mezei II Year Boys:-Thomas MacNamara

II Year girls:- Isabella Preston Senior Boys:- Julian Brischetto Senior Girls:- Kayla Sayers

Well done for not only showing us your talent, but your excellent sportsmanship, and sportswomanship.

The overall winner of the day was the Red (Wentworth) team. The effort champions were the Green (Kedumba) team

Kellie Clarke - Sports Co-Ordinator

Shot Put

Shot put events will be held at the Nepean Zone Athletics Carnival on the 10th August, 2018.

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To be considered for this event you will need to bring a print out from your Little Athletics Club with your shot put distances on it and give it to Mrs Clarke as soon as possible. A decision will then be made as to whether you qualify for entry to the Nepean Zone. Please have entries to Mrs Clarke by Friday 22nd July.

High Jump Competitors

High Jump events will be held at the Diocesan Athletics Carnival on Thursday 23rd August at

Blacktown International Sports Park, Athletics Track, Rooty Hill.

HIGH JUMP will NOT be held at zone carnivals. To facilitate selection of the children to participate in these events children must meet the qualification heights and have their heights verified from their Little Athletics Achievement results.

Please note the NEW qualifying heights for HIGH JUMP are a GUIDE:

Junior	Girls	Qualifying height – 1.00m
Junior	Boys	Qualifying height – 1.00m
II yrs	Girls	Qualifying height – 1.05m
II yrs	Boys	Qualifying height – 1.05m
Senior	Girls	Qualifying height – 1.10m
Senior	Boys	Qualifying height – 1.10m
	-	

The twelve best entries will be invited to compete. All school's will be informed of who has been selected to compete.

The entrants will receive a consent form to attend the Diocesan carnival after the closing date.

If you believe your child qualifies for these events please bring your print out with heights on it.

Please have entries to Mrs Clarke by Friday 22nd July.

Can You help?

We are seeking Families who may be interested to host a Japanese Student 28th July—5th August 2018. What you need to provide:

- A comfy bed
- Three meals a day
- Daily transport to and from St Canice's Primary.

Students attend School during week days and enjoy family life with you on the

weekend.

For further information or any questions Contact the Office on 4780 6800.



PLEASE DOWNLOAD THE SKOOLBAG APP

Skoolbag is a free app that can be downloaded to your phone, iPad and computer as a form of communication with the school.

Skoolbag **IS NOT** a social media app. It is available from iTunes and Google Play.

Just search for St Canice's Katoomba and you will see our school crest. All school notes and newsletters are updated onto this site and you will receive an alert when something is uploaded or there is an important

when something is uploaded or there is an important announcement.

SkoolBag

Write for Fun and Photography Competition

A reminder that entries for the Write for Fun competition closes this Friday 22nd of June.





Entries for the Photography Competition closes this Wednesday 20th of June.

Online Uniform Ordering Information

Abel Schoolwear are the Uniform providers for St Canice's Primary. Uniforms may be purchased at any time throughout the year by visiting their secure webstore as set out below

- I. Go to www.abelschoolwearshop.com
- 2. Select "Shop" from the menu page
- 3. Select St Canice's Primary School
- 4. Start shopping.

Goods will be delivered directly to your home. Abel Schoolwear is now located at Unit 3 / 2 Peachtree Road, Penrith.

Phone 473 I 2388 Fax 02 473 I 2263 PO Box 1920 Penrith NSW 2750





A Message from Miss Elizabeth (AFLO)

Missing School = Missing Out. School starts at 8:40am!!!



Did you know that the best learning time for your child is at the start of the School day. We can help with getting your child to School everyday on time. Talk to your child's Teacher or Miss Elizabeth, Our Attendance Family Liason Officer.

Supervision

A reminder that morning supervision at school commences at 8:20am.

Afternoon dismissal is at 2:50pm.

If your Child needs to be at School out of these hours a prior arrangement needs to be made with Mr Geerligs.

Head Lice Infestation

return to school.

Several cases of head lice have been reported.

We ask that you check your children for signs of infestation daily and if nits or lice are found that you treat them before the children

All children with shoulder length hair or longer are asked to keep their hair tied back in plaits and not loose.

Mrs Friend's Friendly Preschool Reading Group.

Preschooler's and parents are welcome to

roup in the

Mrs Friend's Friendly Preschool Reading Group in the lower part of the library every Tuesday morning for a fun story reading session from 8:40-9:00



St Canice's Primary School has a new digital phone number



The number **4780 6800**, is now replacing 4782 1260. A redirection will be in place for 2 months to allow time for our community to update and familiarise.

NSW Premiers Reading Challenge is On!

The NSW Premier's reading challenge has started, so please encourage your child to participate by reading their book quota so they can receive a certificate from the our Premier in Term 4. The Premier's Reading Challenge books for your child are on display in the library for easy access.

All children have been given their own log ons and passwords so they can access them from home as well.

Visit the website at: www.premiersreadingchallenge.nsw.edu.au

Closes on Friday 31st August.

Some General Rules:

25 books have to be Premiers Reading Challenge approved books and 5 can be personal choice books.

Your child can only read 2 books per series.

Kindergarten, Year 1 and Year 2

Need to read 30 books. These can be read to your child or they can read them on their own.

They can read all PRC books from the K-6 range.

Years 3-4 and Years 5-6

Need to read 20 books. These must be read on their own however someone can help to choose them.

3-4 can read books from the Years 3-6 range.

5-6 can only read books from the Years 5-6 range.

After you child has read their full quota, and if they read a book from home, let us know as they need to be validated by our librarians.

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School Calendar

June				
Week 8				
Tuesday	l 9th	Student Banking Preschool Reading Group	9am	
Wednesday	20th			
Thursday	21st	Italian Music Ukulele / Choir	I2pm	
Friday	22nd	Assembly S3W Mass S3W My School Lunch Box Ensemble	8.50am 12noon 3pm	
Sunday	24th	S@S Grand Opening	1:30pm— 3:30pm	
Week 9				
Monday	25th	Parent Teacher Interviews S@S Exhibition Open My School Lunch Box		
Tuesday	26th	Stage 2 Totem Clean Up Parent Teacher Interviews S@S Exhibition Open Student Banking Preschool Reading Group	11:30 am 9am	
Wednesday	27th	Parent Teacher Interviews S@S Exhibition Open		
Thursday	28th	Parent Teacher Interviews S@S Exhibition Open Italian Music Ukulele / Choir		
Friday	29th	Assembly S2K Mass S2W Parent Teacher Interviews S@S Exhibition Open Ensemble S2W	8:50am 3pm	

Our School Bell Times

8.40am School Begins

10.40 Recess

1.10 Lunch

2.50 End of Day

My School Lunch Box

The My School Lunch Box supplies healthy and fresh lunches delivered to our school on Mondays and Fridays. Simply browse the menu on the website and select the food and drinks required. Enter the school, child, class and day. Payment can be made via credit card or PayPal. myschoollunchbox.com.au

KOOSH

Katoomba Out of School Hours operates at 10 Station Street Katoomba . Phone 4782 2533 or 0478 166 352



Term 2

Tuesday 1st of May Friday 6th July

Term 3

Tuesday 24th July Friday 28th September

Term 4

Monday 15th October Wednesday 19th December

TERM 2 FEES ARE NOW OVERDUE
IF YOU ARE EXPERIENCING DIFFICULTY,
PLEASE CONTACT
THE OFFICE ON 4780 6800

Subscribe to the Parent Calendar and Newsletter

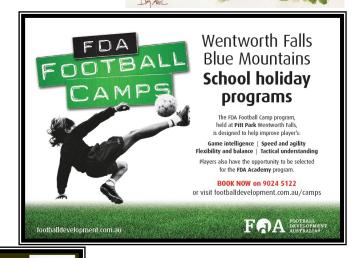
www.stcaniceskatoomba.catholic.edu.au

What's On in Our Community



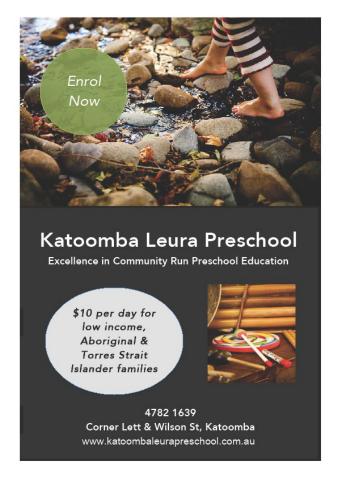


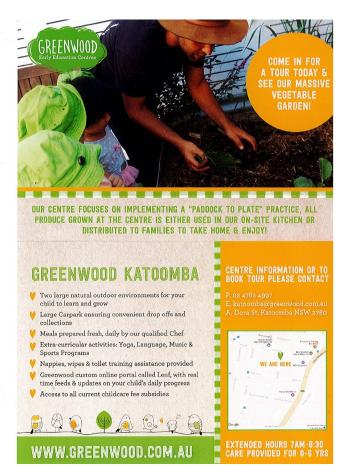














- Please contact Shery on: 02 4784 2472 or
- ☑ Email us on Cherryblossomelcleura@gmail.com
 ☐ Find us on Facebook Cherry Blossom Early Learning Centre
- Instagram CherryBlossomelcleura

KIDZPLA



Fridays 9.30-11.30am St Hilda's Church Hall, Katoomba



Come and have fun! We have a jumping castle slippery dip, exciting Bible story time and craft. Morning tea is provided for kids & adults.

Regular cooking mornings where the young children themselves do the cooking!

Parents can chat with others while kids play.

\$5 per child per week Any enquiries? Call Robyn ph. 0438401088



The simplest way

...to be a SunSmart pro!

Test yourself with these SunSmart questions!

- 1: When do I need to use sun protection?
- 2. How can I be sun safe?
- 3. How can babies stay safe?

Answers

- 1. We need to use sun protection whenever the UV is three or above. In most of NSW, this is 11-12 months of the year. Check the SunSmart App every day to be sure.
- 2. It's simple, just Slip, Slop, Slap, Seek and Slide!
- 3. Children under 12 months should be kept out of direct sunlight. Sunscreen is not recommended for children under 6 months. Remember to carry out a sunscreen usage test.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program



Nepean Blue Mountains Local Health District





Nutrition Snippet

The simplest way

...to buy produce in season.

Buying fruit and veg in season is much cheaper than other times of the year. Plus it's better quality and tastes better

Winter - June, July, August

Apple (Red Delicious, Granny Smith), Avocado, Custard Apple, Grapefruit, Kiwifruit, Lemon, Lime, Mandarin, Melon (Honeydew),

Nashi, Orange (Navel), Passionfruit, Pear, Rhubarb.

VEGETABLES

Artichoke (Jerusalem), Beans (Green), Beetroot, Bok Choy (Pak Choy), Broccoli, Brussels Sprouts, Cabbage (Chinese), Capsicum, Carrot, Cauliflower, Celery, Eggplant, Leek, Lettuce, Mushroom, Onion, Parsnip, Peas (Snow, Sugarsnap), Potato, Pumpkin, Silverbeet, Spinach, Swedes, Sweet Potato, Tomato, Zucchini.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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Nepean Blue Mountains Local Health District





Nutrition Snippet

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...to love your freezer.

To help beat the morning school rush, spend a couple of hours on the weekend doing a big cook up of freezer friendly lunches and snacks that can be ready on hand to add to the kid's lunch boxes.

Home-made baked goods such as muffins, scones, pikelets, bliss balls, pizza, frittata and mini quiches can be made in then advance, wrapped individually and frozen.



Items such as sandwich bread, milk poppers, yoghurt tubs and smoothies can be frozen. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.

Many vegies in season can be cut up and frozen to save time with food prep later on (i.e. spinach, zucchini and pumpkin).

Visit healthylunchbox.com.au for more freezer-friendly recipes.

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Nutrition Snippet

The simp√est woy

...to make cauliflower & spinach dahl.

Ingredients

- 1 tbsp olive oil
- 1 tbsp mustard seeds
- 1 red onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated 1 tbsp curry powder
- 1 tsp turmeric
- 1/2 tsp ground coriander
- 1/3 tsp paprika
- 4 1/2 cups vegetable stock
- 1 cup dried red lentils
- 1 can chickpeas, drained &
- rinsed 2 cups cauliflower florets
- 2 cups baby spinach
- 1/4 cup fresh coriander

Naan bread or steamed rice

Method

Heat a large saucepan over a medium heat and add the olive oil. When hot, add the mustard seeds and cook for one minute. Add the onion, garlic, ginger and sauté for 5 minutes. Add the curry powder, turmeric, ground coriander and paprika and sauté for a further minute.



Add the stock, lentils and chickpeas and stir to combine. Bring to a simmer and then cover and reduce heat to medium low. Cook for 20 minutes and then fold through the cauliflower. Cover again and cook for another 8 minutes. Add the spinach and fold through. Top with fresh coriander and serve with Naan bread or steamed rice.

Visit healthylunchbox.com.au for more healthy recipes.

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Nepean Blue Mountains Local Health District



DISTIND OTHER

Pentecost Pastoral Letter

A Pentecost Pastoral Letter from Bishop Vincent Long OFM Conv and the Bishops Commission for the Plenary Council can be found here: www.catholicoutlook.org/pentecost

Relic of St Anthony of Padua

Parishioners and friends of St Anthony of Padua are invited to join the celebrations commencing with Mass and 9 days of Novena on St Anthony's Feast day, Wednesday 13 June 2018, culminating in the reception of the Holy Relic on Thursday 21 June and Masses and public veneration of the Relics on Friday 22 June. See St Anthony of Padua Parish, Toongabbie website www.stanthonyschurch.org.au or phone 02 9631 3316 for full details of the celebrations.

Peter's Pence Collection

The Peter's Pence Collection is traditionally taken up throughout Catholic parishes around the world either on 29 June, the Solemnity of Saints Peter and Paul, or on the Sunday closest to this Solemnity. This collection helps provide the Holy Father with funds for emergency assistance to those in need. The proceeds enable Pope Francis to assist the most disadvantaged in emergency situations including victims of war, oppression, and disasters. Thank you for your generosity.

ACYMC 2018

Early-bird registration for the Australian Catholic Youth Ministry Convention hosted by the Diocese of Parramatta on behalf of the Australian Catholic Bishops is now open at www.acymc.org.au. The event will host up to 500 adult delegates who are engaged in ministry with young people in parishes, schools, agencies and ministries of the Catholic Church. Rooty Hill RSL, September 21-23.

Contact James Camden, Director, Catholic Youth Parramatta for more information (02) 8838 3428 or james.camden@parracatholic.org

Pilgrimage from Prague to Dubrovnik in September-October School Holidays
A three-week pilgrimage - The Shrines and Cathedrals of Central Europe - from Prague to Dubrovnik in the September-October School Holidays will be led by Fr John McSweeney from St John 23rd Parish, Stanhope Gardens. For more information contact Harvest Journeys on 1800 819 156 or info@harvestjourneys.com for more information.

Positions Vacant

- Administrative Assistant CatholicCare, Orchard Hills
- Financial Counsellor Richmond & Blacktown offices More details at: www.ccss.org.au
- Head of Property Development Services Diocese of Parramatta More details at: www.parracatholic.org/employment
- Communications & Stakeholder Officer More details at: www.csnsw.catholic.edu.au
- Vocations Officer (part-time) Diocese of Broken Bay More details at: recruitment@bbcatholic.org.au or www.dbb.org.au

Candidacy for Holy Orders: 24 June

Bishop Vincent Long OFM Conv will be accepting into Candidacy for Holy Orders of Mr Roderick Pirotta, Mr John Cinya, Mr Roque Dias and Mr Thong Nguyen at St Patrick's Cathedral on Sunday 24 June at 11am.

At The Well: 29 June

Young women are invited to an informal and intimate gathering to encourage dialogue on topics such faith, love, career and life. Guests include Sr Rosie Drum, Malia Lolesio and Joy Adan. Friday 29 June from 7pm at 1-5 Marion Street, Blacktown. \$5 entry. Tickets are limited and registrations required at paracatholic.org/the-well. Contact Qwayne, Local Engagement Leader, Catholic Youth Parramatta for more information on 02 8838 3481 or qwayne.guevara@parracatholic.org

Nigerian Mass in Igbo: 8 July

Rev Fr Chukwunonyerem Akamadu, Chaplain to the Nigerian Catholic community, will celebrate Mass at 11.30am at Our Lady Queen of Peace Parish, 198 Old Prospect Road, Greystanes. Contact Fr Akamadu tel 0451 174 438. Stella Nwosu 0405 478 472.

The Permanent Diaconate: 8 July

The discernment program for those who are interested in finding out more about this Vocation will be held at St John 23rd Parish, 160 Perfection Avenue, Stanhope Gardens 2768. Come and learn more about vocations to the Diaconate and have a chat with our team members. We are looking for men aged between 35 to 55 and residing in the Diocese of Parramatta. Our discernment program consists of five sessions, with each session dealing with different aspects of the Diaconate. The meetings will commence at 3.00pm until 6.00pm followed by the Parish Mass and Fellowship. The 2018 dates on Sundays: 9 September, 4 November. For further information visit www.parracatholic.org/permanent-diaconate or please contact any of the following deacons: Deacon James – 0425 213 832, Deacon Tan – 0407 270 782, Deacon George – 0408 440 769

Catholic Men's Seminar: 3 August

The 2018 'Faith in Marriage' Seminar address is entitled 'Marriage & Men in Contemporary Society' and will be given by Robert Falzon co-founder of menALIVE. All parishioners are warmly welcome to attend this free event on Friday 3 August at 7.30pm at the Institute for Mission, 1-5 Marion St, Blacktown. Please RSVP to lmf@parracatholic.org or phone 02 8838 3460.

Plenary Council 2020

Pope Francis has approved the Australian Bishops' decision to hold a Plenary Council in Australia in 2020 and 2021. It is a significant moment for the Church in Australia to make decisions about the future. To prepare the agenda for the Plenary Council, all of God's people are invited to reflect on the question: "What do you think God is asking of us in Australia at this time?" Find out more about the Plenary Council 2020 at the new website, now online: www.plenarycouncil.catholic.org.au

ACU Short Course on Death and Catholic funerals during July

The ACU Centre for Liturgy is offering a public Short Course "From death to new life: preparing and celebrating Catholic funerals" at Strathfield on 4 Wednesday evenings in July. Experienced priests (including Fr Peter Williams) and funeral directors will discuss how they care for the dead and for those who grieve. There will be an opportunity to prepare a Catholic funeral for yourself or a loved one. Register at: www.acu.edu.au/acu_centre for liturgy/short courses or 02 9701 4751 for more information.

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CatholicCare Sydney

Do you know any seniors in your community who could use a little help at home? Our home care services help seniors to enjoy living independently in their own home with comfort and confidence. Call CatholicCare CCareline on 13 18 19 to find out more.

Refugee Week: 17-23 June

Jesuit Refugee Services are requesting parishes, community groups and individuals to join in a unique fundraising event - Cook2Connect - during the upcoming Refugee Week, to support asylum seekers and refugees living in the community. The fundraising event will enable JRS to continue and extend the help they now offer to our suffering brothers and sisters. To register, call JRS on (02) 9356 3888 or email joanna.brooke@jrs.org.au or visit www.jrs.org.au.

Catholic Women Speak: 21 June

On June 21, Catholic women from the Diocese of Parramatta will be given the chance to share their views on the opportunities and barriers to their participation in the Catholic Church at 'Catholic Women Speak,' a special consultation session organised by the Council for Australian Catholic Women. RSVP by June 18, 2018 via director.opw@catholic.org.au or Andrea 0487 388 873. Starts from 5.30 pm at Our Lady of Mercy College Parramatta (enter via Ross St).

Mount St Benedict Centre: 29 June

The Labyrinth is an ancient way or path of pilgrimage leading to a deeper understanding of the continuing call of our Creator God into the transforming, all embracing presence of transcendent light and love. In this one-day workshop we invite you to experience the meditative walking of the Labyrinth itself and the peace, healing and wholeness it can bring you. 29 June 10.00am-3.00pm with facilitator Ralph Kershler. Cost: \$30 Morning Tea provided, BYO Lunch. Reserve your place by email mtstbenedict@goodsams.org.au or phone 02 8752 5390

Holy Hour for Vocations: 5 July

The Sisters of the Holy Family of Nazareth cordially invite YOUTH (age 18-35) to join us for Holy Hour for Vocations on Thursday, 5 July at 7:00 pm. Join us also for pizza at 8:00pm, Holy Spirit Convent, 120 Capuchin Way, Plumpton. RSVP: Sr Paula by 1st June, e-mail: vocationscsfn@gmail.com mob: 0449 656 406

Australian Catholic Historical Society Lecture: 15 July

Emeritus Professor Desmond Cahill OAM - Humanae vitae: The beginning of the end of Tridentine Clericalism? Visit the ACHS website www.australiancatholichistoricalsociety.com.aufor more information.

The Sisters of the Holy Family of Nazareth offer weekend retreats for women aged 18-35 who want to discern their vocation to religious life. These retreats offer a one-to-one encounter and include prayer time, talks and accompaniment. Bring only a holy Bible and a smile! 21 July from 2:30pm at Holy Spirit Convent, 120 Capuchin Way, Plumpton. For more information contact Sr Paula tel 0449 656 406, vocationscsfn@gmail.com

For more events please go to: http://parracatholic.org/events/