



# Together

*The Newsletter of St Michael's Meals*  
*Issue 1*  
*2021*

St Michael's Meals aims to offer love and practical help for the homeless, the sick and those in need. In this issue of Together we place the spotlight on our youth. They will be our leaders. They already care about important issues and they want to make a difference. They have the capacity to develop creative solutions to the problems that face those in need. So, in the next few pages we are going to, in a sense, travel in time and look into the future. But we do not need a time machine. Our youth will show us. The Editors

## YOUTH GROUP

St Michael's Youth Group was recently re-established during the trying period of COVID-19, in July 2020. Our mission is to encourage the young to learn more about their faith and beliefs, by instilling in their hearts the love and peace of the Lord. Monthly meetings and Youth events have been organised with the aim of creating a social environment that makes them feel comfortable to communicate with one another, thus building our church community. Moreover, interactions with other sister church youth groups have been arranged with the purpose of engaging the youth and strengthening relationships and social groups.

Topics for the monthly meetings have been chosen by our youth themselves and are discussed amongst themselves as a focus group through lively questions and activities. Our aim is to make the meetings as educational and interactive as possible, while keeping them interesting and stimulating. We have a busy year ahead of us, and we are looking forward to the participation of not only our youth but also all parishioners and others in the weekly Sunday mass, the church's weekly homeless food run, the youth monthly mass, meetings, and activities.

Through the monthly meetings and collaborations with other sister church groups, the youth have the opportunity to discuss all issues and to express their feelings and thoughts about today's society and the church. This creates a platform for communication and support as well as for educating and guiding the youth and others. With such discussions, we hope to enlighten our youth spiritually, guide them to our Lord, and help strengthen their faith.

Rymonda, Mary, Etienne and Joe are the founders and coordinators of the St Michael's Youth Group. They all share a strong commitment and vision for our youth and are driven by their deep love for their church.

Having grown up ourselves in St Michael's church and being the descendants of families who were closely involved in the establishment of our church and eparchy, it is our goal to see our church fill up, as it was with many previous generations.

Our aim is to revive our church, draw back parishioners, create Sunday schools, encourage more church gatherings, welcoming people of all ages and our youth so that all together may be fulfilled with the blessings of our Lord.



ST MICHAEL'S YOUTH GROUP CO-ORDINATORS  
L-R: ETIENNE SAAD, RYMONDA STANBOULI, JOE ZANBAKA AND MARY KHARMA.

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### How you can be a part of St. Michael's Youth Group

Please follow our parish Facebook and Instagram pages for up-to-date information on our activities, or contact our Youth leaders on:

- ♦ St Michaels Melkite Catholic Cathedral (Facebook)
- ♦ @stmichaelmelkite (Instagram)

## PRECONCEPTIONS CORRECTED

In my first encounter with the newly formed St Michael's Youth Group, I was unreasonably loaded with a few prejudgements acquired from my experiences and observations as well as a few movies that I watched. I was very worried that I would be out of place and perhaps estranged among a bunch of teenagers, who belong to a different culture altogether, one which was certainly foreign to me.

My worries vanished quickly and I discovered that I was wrong. I surely

enjoyed their challenging thoughts, which brought back to my mind my own challenging teenage years. I admired the way the Youth Group was formed and organised, thanks to the effective input of four devoted young leaders. I was also delighted to be presented with a 2021 program, consistent with COVID-19 safety requirements.

I wish that this dynamic and enthusiastic Youth Group inspires and encourages other youth in the neighbourhood and wider Sydney. I also wish that the

leading team enables our younger brothers and sisters to drink from the well of spiritual knowledge of our church, creating the appropriate atmosphere to link them with the less fortunate of our society.

Lastly, I ask the Lord, who himself was once a teenager and most probably experienced some of the challenges that every teen goes through, to protect St Michael's Youth Group and grace them with His abundant blessings.  
Fr Gerges

## A COIN HAS TWO FACES



On one side of a coin is the image of a prominent person; often symbolic of power, privilege and status. On the other side is the coin's monetary value. As a young person, you're likely to be a part of Generation Z, being born between 1997 and 2015. As a member of this generation, you are constantly faced with attempts to navigate power, privilege, status, and value. Perhaps as a digital native your world is dominated by your social media presence. Your feeds tell you what to look like, what to wear, how to behave. If a coin were minted in your honour, the front of your coin would contain the image of how you would like the world to see you, whether this image is real or not; the back of the coin, your value reflected in the number of likes you receive.

Maybe as a member of this generation,

you see the world as being in constant crisis — economic, political, climate, environmental, social crises? The nightly, daily, hourly news feeds constantly remind you of the problems in the world: murder, violence, theft, drug trafficking. Perhaps the front of your coin is an image of despair, the back of the coin having no value.

I would suggest that whilst these two coins are to a degree valid, there is another coin to consider. The image on the front is you, created by God, being perfectly and wonderfully made (Psalm 139). An image in which God has blessed you with gifts of the Spirit (1 Corinthians 12). You may recognize these gifts in an image of yourself or they may at this time still be hidden, revealing themselves in the course of your life.

The back of the coin is the plan of God's life for you. Your value is measured by the things you will do. Each of you will do things in your life for others. Ideally you will 'do things for people, not because of who they are or what they do in return, but because of who you are.' (Mother Teresa).

As a teacher, I would often challenge my students to think about the obituary which would be read out at their funeral. I know this may sound like quite a morose task and in some sense maybe it is, but I ask this with a purpose.

I ask the students the following questions, which I now ask you to also consider for yourself: What would you like people to say about you? How would you want to be remembered after you are gone? Interestingly, but not surprisingly, many use the following adjectives: kind, supportive, passionate, caring, understanding, creative, funny, a good person. Perhaps you also would like these words to be used to describe yourself. I remind the students that God does indeed have a plan for their life, that He has blessed each of them with specific gifts and talents to be used to live a life that honours and values who they are and who they were created to be.

Your hope is in knowing that you have been perfectly and wonderfully made and God has a plan for your life.

Julie Maakrun

## MELKITE HERITAGE DISPLAY: ARCHIVING OUR CHURCH'S PAST FOR OUR FUTURE



A VIEW FROM WELLINGTON ST., WATERLOO, TO THE FORMER ST. MICHAEL'S MELKITE CATHOLIC CHURCH. ALTHOUGH THE SITE WAS SOLD IN 1977, THE ORIGINAL FAÇADE AND OTHER ARCHITECTURAL FEATURES STILL REMAIN.

I have a meaningful connection to our wonderful Melkite rite coupled with the fact that my family has a very long and important commitment to the church.

Since the days, when my family arrived in 1934, my late ancestor, Monsignor Malatios Chahoud, served as Parish Priest of St. Michael's at Waterloo. During his tenure, he sponsored his nieces and nephews (my grandparents' generation) to come to Australia. They all resided in the presbytery until they could afford homes of

their own. This association has meant that, for as long as I can remember, St. Michael's has always had a special place in my families' hearts and I am often told stories by my grandparents and their siblings about the time they spent there and, the parishioners and local residents they met who would later become close friends.

With all this in mind, the seeds of an idea were forming as early as March 2018 as to how I might adequately commemorate the very significant milestone of our church's 130-year presence in Australia (1891-2021). At

## Melkite Heritage Display: archiving our Church's past for our future (cont.)

that time, I began detailed research involving sourcing photographs, text excerpts and other primary historical data. To my great surprise and delight, there was a wealth of archival material for me to work with that I sourced from storage in the Cathedral, the Eparchy Centre at Greenacre, Sydney City Council, the National Library of Australia and from the generous material donated by families.

My almost two years of work is now reaching fruition and I have been extremely fortunate that the Dean of St. Michael's, Fr. Gerges Albutros, has been supportive and encouraging of my project. I first approached him to discuss the prospect of presenting a Melkite Heritage Display at our Cathedral as it is the namesake of the original church and many of the sacred vessels and fitments from Waterloo remain (e.g., baptismal font, iconostasis, marble plaque, pews etc.). Having this important initiative displayed in Darlington means that people can view these pieces in the context of the church they are part of.

As I progressed with my project, Fr. Gerges worked hand-in-hand with me

facilitating the realisation of my dream. He allowed me a designated place within the church so that parishioners and visitors alike can have access to appreciate the rich history and legacy of our Melkite Greek Catholic Rite and to learn of the imprint it has left in the religious, social, and political spheres of Australian life.

My hope is that this Heritage Display will remain to inform future generations, researchers, theologians, and historians of our story as Sydney Melkites and stay a central archive where the most precious and significant materials can be showcased. When complete an original vestment, iconography, religious literature, photographs, newspaper clippings and more will be there for all to see! For more information about our heritage please visit my web page: <http://alhs.org.au/?p=1223>.

The exhibition was inaugurated by Bishop Rabbat, Fr Gerges and other dignitaries on Sunday, January 31, 2021. The exhibition will be accessible to all of the wider community before and after Mass each Sunday. Jack Bettar



A GENERAL VIEW OF THE SANCTUARY IN THE 'NEW' ST. MICHAEL'S MELKITE CATHOLIC CATHEDRAL, DARLINGTON. IN DIRECT VIEW IS THE ORIGINAL MARBLE ICONOSTASIS FROM THE OLD PREMISES IN WATERLOO.



THE EUCHOLOGION, THE PRIMARY PRAYER BOOK IN BYZANTINE CHURCHES. THIS 1865 COPY IS FROM THE FRANCISCAN FATHERS MONASTERY IN JERUSALEM.

**Historical Timeline**

- 1880** Mass migration of Melkites from Syria and Lebanon to Sydney.
- 1889** Rev. Fr. Sylvanos Mansour is sent to Australia to minister a growing community.
- 1891** Foundation of St. Michael's Melkite Church in Waterloo is laid.
- 1895** First Mass is held at St. Michael's in the presence of Cardinal Moran.
- 1977** St. Kieran's R.C. Church in Darlington is acquired by trustees.
- 1987** St. Michael's Melkite Church, Darlington, is designated as a Cathedral.

A SAMPLE OF THE EXHIBITS



JACK'S RELATIVES AND THEIR FRIENDS IN FRONT OF ST. MICHAEL'S AT WATERLOO, LATE 1940S.

BACK ROW L-R: FRANK CHAHOUD, JOSEPH SAADÉ, JOHN KASSIS; FRONT ROW L-R: GEORGETTE CHAHOUD, RITA AND ESSA CHAHOUD.



THE ORIGINAL VESTMENT OF FR. AFTIMOS HADDAD, THE LAST BASILIAN CHOUERITE PRIEST TO SERVE ST. MICHAEL'S.

## GETTING TO KNOW ONE ANOTHER

### Young parishioners, Daniel and Natalie Istanbouli.

- Daniel, you have been involved with St Michael's Cathedral for a long time. What does this church mean to you?

*St Michael's Cathedral is home for me. It is where I find myself spiritually, centre myself and can distinguish between earthly cares and spirituality. Since my birth I was connected with St Michael's Cathedral, which is of great significance to me. My parents as well as members of my extended family were either married or baptized in this church, paving the path for my beautiful wife Natalie and myself to get married at St Michael's. During my long association with St Michael's, I have witnessed the church at its peak but sadly have also seen a dramatic decline in the number of parishioners attending the church, especially the youth. However, this has only inspired me to remain determined and hopeful that through the Holy Spirit our youth will find the light and path back to their home at St Michael's Cathedral.*

- What are your aspirations for our church and what directions do you suggest we should take, particularly concerning the youth involvement?

*I believe the church needs transparency from the top. Churches have a hierarchy model, with information passing from the top down. The lack of transparency can lead to misunderstanding or misinterpretation, creating an unsettling atmosphere. With uncertainty among the community, people tend to discuss certain issues and become increasingly frustrated over matters that could have easily been clarified. Sadly, the youth of the church suffer; they hear how sad and frustrated their parents are about church related matters. In addition to this discouraging fact, the current social problems the world faces, only results in the youth feeling disengaged. We need to hear the voice of the youth rather than to suppress them, they may have the answers.*

- As a young couple with a baby tell us about your experience

*in meeting each other and your decision to tie the knot in the Melkite rite.*

*I met Natalie 11 years ago, when she was 16 and I was 17. I instantly fell in love with her and knew she was going to be my wife and we would start a family together. Very early in our relationship, I introduced Natalie to St Michael's church. Even though she belongs to the Roman Catholic Church, she admired my commitment and dedication in serving my church and the Melkite traditions. She embraced this wholeheartedly and joined me in attending Sunday masses, becoming a regular parishioner and now a member of the Parish Council. Natalie has told me that the love she has for me has drawn her closer to the church. On my part, the love and commitment I have for my wife draws me closer to God. What better connection can you have with your wife than receiving Christ together each Sunday! What better celebration is there than to pray together in God's house! Now with our son Noah joining us as a family, we will continue to serve our church and grow in God's love.*

- How does your faith influence your marriage and the way you bring up your child?

*It is a simple equation: God, my wife Natalie and myself. Without this equation, there is no love. Our religion continuously describes God as Love. Therefore, I cannot experience nor know true love without this equation. Furthermore, my calling in life, well my first calling, is to be a good husband to Natalie. This means to follow in the footsteps of Saint Joseph, to be obedient and to understand marriage and fatherhood. God has blessed me with a family, a beautiful child has come into our lives who has taught me unconditional love, the love of a father and that of a husband. To fully understand the equation, does take time and commitment. Attending mass, listening to the word of God and praying, as a family is so important*

*because a family without God is not complete. Too often in my profession I see people, who sadly distance themselves from their families and only focus on their earthly needs without considering God in the equation. Time and time again, I see the adverse outcomes, the sadness and loneliness this brings to them.*

- Finally what advice would you give young married couples contemplating parenting?

*We should thank our parents for opening the door to our faith, showing us the right path, and loving us unconditionally. This is the first experience we all have of love. Never hide your faith or be ashamed of it. Remember Jesus was mocked for speaking the truth. He is always with you. Love your wife or husband unconditionally, be attentive and listen to them because God speaks through them and you do not want to miss the opportunity. Love cannot be found in materialistic things but is found in the church. When you look at your partner praying and receiving Christ you will see a glow that you have never seen before. Pray for one another and be patient in your prayers for they will be answered. Ask God for support in your relationship and remember to always add God to your equation, making Him the centre, the beginning, and the end of everything, and then you will certainly experience real happiness and contentment.*



DANIEL AND NATALIE  
SHOWING THEIR OFFSPRING, BABY NOAH

#### A Prayer for the youth to achieve their goals

*Dear Lord, thank you for letting me lean on you. Fill my heart with your healing love and the power of your strength, so that I may live the life you planned for me. In Jesus' name. AMEN*

## YOUTH GROUP PHOTO JOURNAL

November 14, 2020

Our first combined youth event with St Michael's Youth, St John's Youth and St Rita's Youth was filled with laughter, guessing jars, trivia night and plenty of food. A most successful event with amazing people.



GREAT BUNCH OF OLD AND NEW FRIENDS, ALL CONNECTED BY LOVE



READY TO WELCOME OUR YOUTH WITH YUMMY FOOD

### A TESTIMONY OF FAITH AND LOVE

When I came to Australia, religion did not play an important part in my life. A few years later, I started to learn more about God and his endless love for all human beings. St Michael's Cathedral was the first church I attended regularly and it was there that I discovered the real beauty and amazing depth of our faith.

I believe that the youth of today need to be more connected with the church and its proper teachings, and not with concepts, which some people think are correct. God's plan for us is to grow in faith and to get closer to Him through the love we have for each other and the love we have for Him. An expression of such love may be found in the work of St Michael's Meals. This great charity emphasises the love God wants us to give to others, especially to the ones in need. I am honoured and humbled to be a part of the board of St Michael's Meals. Thank you for the opportunity to serve!

Etienne Saad

Wednesday, December 16, 2020

Christmas carols for the Homeless



YOUTH GROUP JOINS ST MICHAEL'S MEALS HANDING OUT CHRISTMAS HAMPERS

Sunday, December 20, 2020

Christmas carols at St Michael's Cathedral



SANTA IS FOR EVERYONE: THE VERY YOUNG AND NOT SO YOUNG!

Sunday, January 17, 2021

Our youth enjoying a football game in the sun after a swim. We had a BBQ and were able to enjoy a relaxing summer day while also bonding.



## YOUTH AND HOPE IN A CHANGING WORLD

The "World Youth Report" concluded that "if we want a better future, we have to urgently invest in those who will create it". The youth of today face many challenges and have a huge burden laid on their shoulders: rising unemployment, lower wages, extreme poverty, homelessness, spread of drugs, climate change, the threat of wars, increase in violence and extremism, and now the pandemic. A pessimist may lose faith in the future of our world. But a recent study conducted in 15 countries found that young people are more optimistic about the future than older generations. The youth are confident that they can build a better future for themselves and for those who follow. The United Nations "World Youth Report" is clear: "Young people have the potential to save the world. All we have to do is let them do just that".

But where is our responsibility? It lies in preparing them for the task ahead.

This includes giving them quality education, as this increases their chances of finding suitable work. Young people should be given the opportunity, or indeed be encouraged to go as far as they can, not only at school, but also in technical or tertiary education. The world has changed from what it used to be ten or twenty years ago and is rapidly changing. The future generations need to acquire a mixture of skills. Communication skills, teamwork and critical thinking are now much more needed than memorising facts as we used to study at school in the past. Technology develops very fast today, transforming the work methods and environment, and young people need to be abreast of such changes. But the world is also more connected than before, and the future generation will not be isolated from the world problems.

Amid this, we should not forget the spiritual side of life. While the dictionaries

define religion as a system of beliefs and rituals, the word *religion* comes from a Latin word that means "to bind together", and indeed to belong to a religion includes in addition to sharing its beliefs being part of a community and, sometimes, a culture. Religion teaches us how we should act towards one another, a most essential skill for succeeding in life. One of the saddest things is seeing the disproportionate attendance at a church between the older and younger generations. Some of the young think that rejecting religion is a kind of freedom, yet others see religion as a guide on how to live, it is something that one chooses to do. We should also remember that often our practice of religion changes over the course of our lives. Thus, it is frequent that youth rebel and reject religion and traditions, but we should not give up, they usually come back, particularly if the foundation was strong.

Naguib Kanawati

## "IT IS IN GIVING THAT WE RECEIVE"

Attending St. Michael's Meals this evening for the first time was a truly humbling and uplifting experience. On my visits to the church, I would see dedicated volunteers bringing in delicious home-cooked meals and sorting them into individual food packs. These visits left an imprint on me as I was inspired by their commitment to such a worthwhile social outreach program.

The geographical position of St. Michael's Melkite Cathedral is advantageous in that it allows parishioners to apply the Christian teachings of charity by helping others (especially the disadvantaged) in our local community with social issues that exist in Darlington and the neighbouring suburbs.

After contacting the St. Michael's Meals organisers, I was rostered to attend the Wednesday evening 'Christmas Party'. I was a little apprehensive as it would be my first encounter with some of the people who might be suffering from homelessness, mental health issues or drug addiction. However, the prospect of singing carols, providing a hot meal, sharing a conversation and the encouraging nature of my fellow volunteers put me at ease.

At the Cathedral, boxes containing hot and cold meals, fresh fruit and produce were organised, individually packed and loaded into the two vans, marked

with the charity's logo. With close to 40 devoted volunteers, we handed out hampers and sang Christmas carols in both English and Arabic at Martin Place and Central Station. On first approach, I saw dozens of people who are facing food insecurity waiting for our arrival, some chanting "St. Michael's" as the bus came. Many of the homeless await this visit each week and are familiar with the volunteers, some telling their friends about our initiative.

After setting up the tables and handing out my designated fruit box, it was immediately obvious that many of these people wanted to share a conversation more than to simply take a hamper or meal.

For regular members, there seemed to be many memorable faces who welcomed our presence and joined in the carolling! The reality of homelessness and food insecurity in Sydney was most evident for me when an older lady stopped and said "It is so heart-warming for me to see someone so young coming along. You made me feel like a human!" It struck me that too often, thousands of Australians will dismiss or walk past the homeless without even making eye contact. Another lady said: "Oh my! I haven't had cherries in years." as we handed her some of the fruit. The smiles on



JACK ACTING AS SANTA WITH BEAUTIFUL CHRISTMAS HAMPERS TO GIVE AWAY.

their faces and the joy they felt was infectious! Each one of them wished us a "Merry Christmas" and said, "God Bless You!" and we echoed their sentiments!

These experiences have been etched into my memory and I hope that in subsequent weeks, I will have more unforgettable moments that will alter and shape my understanding of social problems that exist in the city that we call fortunate and flourishing.

Jack Bettar

## SPIRITUAL CORNER



### You are Special

Be like a tree  
Stay grounded  
Connect with your roots  
Turn over a new leaf  
Bend before you break  
Enjoy your unique natural beauty  
Keep growing.

And remember you do not need to be perfect to start something good!

### A Prayer of Hope

Isaiah 40:31

"But those who hope in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint".

Lord Jesus, I pray this day for strength, because there are times when things get tough and I feel like quitting.

Lord Jesus, I ask this day for the comforting reassurance of Your love, because there are times when people fail me, and I am tempted to lose hope.

Lord Jesus, I seek this day for your light to guide my steps, because there are times when life is confusing and difficult, and I lose my way.

Help me, O Lord, to pick up the pieces, wipe my tears, face the sun, and start over again, for all is possible when I place my faith and trust in You, my Saving God. Amen.

### The Joy of Giving

*Only what we give away  
Enriches us from day to day  
For not in getting but in giving  
Is found the lasting joy of living  
For no one ever had a part  
In sharing treasures from the heart  
Who did not feel the impact of  
The magic mystery of God's love  
Love alone can make us kind  
And gives us joy and peace of mind  
So live with joy unselfishly  
And you will be blessed abundantly.*

### Memorable quotes from Mother Teresa

#### Advice for the Young and Not-So-Young



- † I can do things you cannot, you can do things I cannot; **Together** we can do great things.
- † Youth is, after all, just a moment, but it is the moment, the spark, that you always carry in your heart.
- † The youth is the hope of our future.
- † The simple Path. Silence is Prayer. Prayer is Faith. Faith is Love. Love is Service. The fruit of Service is Peace.
- † Spread love everywhere you go. Let no one ever come to you without leaving happier.
- † God does not require us to succeed, He only requires that we try.
- † People are often unreasonable and self-centred. Forgive them anyway. If you are kind, people may accuse you of ulterior motives. Be kind anyway. If you are honest, people may cheat on you. Be honest anyway. If you find happiness, people may be jealous. Be happy anyway. The good you do today may be forgotten tomorrow. Do good. Give the world the best you have and it may never be enough. Give your best anyway. For you see, in the end, it is between you and God. It was never between you and them anyway.
- † Not all of us can do great things. But we can do small things with great love.
- † Love is a fruit in season at all times, and within reach of everyone.
- † Some people come in your life as blessings. Some come in your life as lessons.
- † A life not lived for others is not a life.
- † Do not wait for leaders; do it alone, person to person. Be faithful in small things, because it is in them that your strength lies.
- † I used to pray that God would feed the hungry, or do this or that, but now I pray that He will guide me to do whatever I am supposed to do, what I can do. I used to pray for answers, but now I am praying for strength. I used to believe that prayer changes things. But now I know that prayer changes us and we change things.
- † Wherever God has put you, that is your vocation. It is not what we do but how much love we put into it.
- † Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.

Photo: © 1986 Túrelío (via Wikimedia-Commons): [https://commons.wikimedia.org/wiki/File:MotherTeresa\\_090.jpg](https://commons.wikimedia.org/wiki/File:MotherTeresa_090.jpg)

# ST MICHAEL'S CATHEDRAL PASTORAL ACTIVITIES FOR 2021



You are welcome to join us.  
Kindly notify the main contact.

## How you can be a part of St. Michael's Meals

- Pray for us
- Become a member
- Prepare meals
- Join the team in distributing food and clothing
- Donate money (donations of \$2 and above are tax deductible)

## Our Mission Statement

Members of St Michael's Meals treat others with unconditional positive regard, listen to them with care and empathy, and are genuine in offering their services. This special care is also offered to the elderly as well as the youth in the community.

## Our Story:

St Michael's Meals is a core group of dedicated parishioners, led by Fr Gerges, Parish Priest and Dean of St Michael's Melkite Catholic Cathedral.

The group splits on Wednesday nights at 7.00 pm to feed the homeless at Central Station and Martin Place. Our aim is to build a trusting relationship with our friends, the needy, so that we not only feed their bodies, but also their souls. The relief, gratitude and friendship of the people we reach is our reward. No-one chooses to be on the street, we look into their eyes and see the person inside. Each has a story, we know the regulars by name and even know their likes and dislikes. So many have an intellectual disability, who are we to judge the circumstances that pushed them onto the street? The church asks us to imitate the life of the

## Our Vision

- Feed the Hungry with God's love.
- Offer the Homeless weekly nutritious meals and genuine friendship.
- Increase our reach by adding locations or increasing the number of days of our meal service.
- Reach out to the elderly, the sick and those with special needs.
- Involve the youth in our activities and prepare them for future leadership.
- Aim to open a centre to feed, house and clothe people on a regular basis.
- Create a mobile team to reach out and help the less fortunate.
- Extend our meal services to those in homes who are experiencing food insecurity.

saints: so let's listen to their words: St Mother Teresa cautions us "If you judge people, you have no time to love them." Our own Australian St Mary Mackillop encourages us to "Never see a need without doing something about it". It is so true that when we give, we receive so much more. Not only do we feel that we have made a difference to the lives of the people we feed, but it has also created a real affection and camaraderie between the people, who show up every week to serve, and the regular disadvantaged on the streets of Sydney.

The disadvantaged are not only our brothers and sisters who live on the street but also many of the elderly, who suffer from loneliness, isolation and frequently experience difficulties in communication. Our aim is to establish

regular contact with these senior individuals and lend them a hand whenever needed.

With the youth being the future of our society, their involvement in our activities is essential in preparing them to carry the flag and build a better, happier world for everyone.

Our motivation is simple and can be found in the Gospel: Matthew 25: 35-40 "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink. The righteous will ask: Lord, when did we see you hungry and feed you, or thirsty and give you something to drink?... The King will reply: Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

*Design and layout by Leonie Donovan*



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