Monty & Eltham

The Catholic Parishes of St Francis Xavier & Our Lady Help of Christians



We acknowledge the Wurundjeri people who are the traditional custodians of this land and pay respect to the elders past, present and emerging of the Kulin Nation.

The Sacred Month of November

Our wonderful tradition gives the Church time to reflect upon the reality of death, universal and personal. In War-time and in Peace we are called to remember young life and sacrifice given over to every country. So, in this sacred month we hold in our hearts those people who we also love and dearly miss every day. Family, relatives and friends who have passed away recently or from many years ago - we hold all these people in our prayers at every mass during November.

• COP26 - Glasgow, World Climate Summit - Our Future.

We pray that World leaders have the courage to move forward on such important matters.

• Cleo Smith, aged 4, was found alive and well after being kidnapped some 18 days ago.

The absolute joy of this moment and miracle was shared by the whole world. Great News!

• Melbourne Cup Day - the first Tuesday in November, was a fantastic sunny day shared by a huge number of people socialising not at the track but down the beach. What a lovely day.

Our official COVID Safety Officer will be at all the Masses this weekend checking everyone into MONTY & ELTHAM churches - you can't miss him, and he is very well known to you - so please have your Double Vaccination Status visible for our Parish Sheriff to view - he is your Moderator!

love of people and parishes and his wonderful priesthood over the past 75 years. Plenty of stories and photos to reflect upon. Please hold Terry in your prayers now and always.

Michael

Covid-Safe Child-Friendly Parishes:

• Face masks are to be worn at all times

- Please record your presence via: QR Code on your phone, this is essential for Record Keeping and if necessary, tracing and numbers
- Vaccination Status <u>double vaccinated</u> = 80 people in attendance; <u>unknown/</u> <u>single or zero vaccinated</u> = 30 people in attendance
- Please use **Hand Sanitiser** provided or other personal appropriate cleaning agent
- **Natural air flow** windows and doors open
- Please maintain **social distancing of 1 person per 4 square metres** (families not included) at all times













For all volunteers and staff:

WWCC — current working with children's check

Code of Conduct — ensure you have signed the annual code of conduct <u>Please note:</u> *current* Covid Regulations allow for <u>only 80 people</u> in the Churches of St. Francis Xavier & Our Lady Help of Christians.

This parish has a commitment to ensuring the safety of children and vulnerable people in our community. For more information visit $\underline{pol.org.au/eltham}$ or $\underline{pol.org.au/montmorency}$.

PARISH TEAM & INFORMATION



Parish Priests

Terry Kean - Pastor in Solidum

terry.kean@cam.org.au

Michael Sierakowski - Moderator

michael.sierakowski@cam.org.au

Barry Caldwell

Parish Office

86 Mayona Road

9435 4742

Mon - Fri 9am-3pm

montmorency@cam.org.au

Kate Kogler: Parish Secretary

eltham@cam.org.au

Peter Williams: Child Safety Officer

SFX&OLHC.ChildSafety@cam.org.au

Website: <u>www.pol.org.au/montmorency</u>

www.pol.org.au/eltham

(pol stands for Parish OnLine)

Facebook:

St Francis Xavier Parish Montmorency

Monty & Eltham Newsletter & Facebook items:

eltham@cam.org.au

<u>Schools</u>

<u>St Francis Xavier Primary School</u> <u>Principal</u>: Philip Cachia: 9435 8474 <u>principal@sfxmontmorency.catholic.edu.au</u> <u>www.sfxmontmorency.catholic.edu.au</u>

Holy Trinity Primary School

Principal: Vince Bumpstead: 9431 0888 principal@htelthamnth.catholic.edu.au www.htelthamnth.catholic.edu.au

Our Lady Help of Christians Primary School Principal: Patrick Green: 9439 7824 school@olhceltham.catholic.edu.au www.olhceltham.catholic.edu.au

RECONCILIATION

available upon request please call the Parish Office 9435 4742

Collections: 31 October 2021		
Community	Thanksgiving	Presbytery
OLHC	\$1,050.00	\$1,244.45
SFX	\$2,107.00	\$702.35



Monty & Eltham Calendar of Events

Saturday 6

6:00pm Mass - 80 people Montmorency

Sunday 7

8:30am Mass - 80 people Montmorency
10:00am Mass - 80 people Eltham
1:00pm Baptism - Raphael Montmorency

Monday 8

9:30am Days for Girls Montmorency

Tuesday 9

9:30am Mass - 80 people Montmorency

Wednesday 10

6:30am Meditation - 80 people Montmorency 9:30am Mass - 80 people Eltham

Thursday 11

9:30am Mass - 80 people Montmorency
10:30am ASRC Montmorency

Friday 12

9:30am Mass - 80 people Eltham

Saturday 13

6:00pm Mass - 80 people Montmorency

Sunday 14

8:30am Mass - 80 people Montmorency
10:00am Mass - 80 people Eltham
12:00pm Baptism - Frankie Eltham
12:00pm Baptism - Oscar Montmorency

Tuesday 16

9:30am Mass - 80 people Montmorency
10:00am Craft Group Montmorency
11:00am Prayer Shawl Eltham

Wednesday 17

6:30am Meditation - 80 people Montmorency
9:30am Mass - 80 people Eltham
11:00am Small Church Community Montmorency
7:00pm Regional St Vincent de Paul Meeting Montmorency

Thursday 18

9:30amMass - 80 peopleMontmorency10:30amASRCMontmorency2:00pmMass @ Garden ViewsLower Plenty

Friday 19

9:30am Mass - 80 people Eltham

Saturday 20

6:00pm Mass - 80 people Montmorency

Sunday 21

8:30am Mass - 80 people Montmorency
10:00am Mass - 80 people Eltham

Tuesday 23

9:30am Mass - 80 people Montmorency

Wednesday 24

6:30am Meditation - 80 people Montmorency

Thursday 25

10:30am ASRC Montmorency

Friday 26

9:30am Mass - 80 people Eltham

Saturday 27

6:00pm Mass - 80 people Montmorency

Sunday 28 - First Sunday of Advent (Year C)

8:30am Mass - 80 people Montmorency 10:00am Mass - 80 people Eltham

Tuesday 30

9:30am Mass - 80 people Montmorency
10:00am Craft Group Montmorency

MEMOIRS OF 15 YEARS

A Word of Introduction

The date of my retirement, Sunday November 21st is fast approaching.

So Fr Michael suggested that I write something, with particular reference to my time in St Francis Xavier Montmorency and more recently

Our Lady Help of Christians Eltham. Michael suggested that I tell this story in the bulletins of these next three weeks and I am grateful for his suggestion.

In the first two weeks of the bulletin, I write mainly about my story in St Francis Xavier Montmorency and I write with a sadness that my time at Eltham has been so brief and so diminished by the pandemic. Yet I have really appreciated the welcome of Our Lady's Community and I express a very profound thanks to all of you who are part of this Community. I have met so many fantastic people at Our Lady's and I would like to name you, but I would be sure to leave out many.

In this week's bulletin I will share memoirs of my 15 years at Montmorency, mindful that although it is my story, it is also your story. We have shared the journey together and long may we continue to be connected.



Next week I will write about the 'jewel in the crown' of my time in Montmorency and I'll leave you to guess what that might be. Again it is your story as well as mine.

My final reflection will be somewhat brief, but will take up the idea of pilgrimage, drawing from my experience of the Camino Frances to Santiago and relating it to the pilgrimage of my life. It is more a reflection on my learnings in life with a lead-into the life ahead of me in retirement. Hopefully it will resonate with you in the story of your life.

So here goes and although it feels somewhat self-focussed for me to be writing about myself, please let me indulge in the memoirs of a wonderful 15 years of life with you.

MEMOIRS

It all began for me at Montmorency on 10th January 2007. It was a roasting hot summer day. I had just finished 9 years as parish priest of Sacred Heart St Kilda West and St Columba's Elwood and although it was a wonderful experience, it was also demanding and difficult. I had recently celebrated my 60th birthday.

I remember the welcome of the St Francis Xavier Community and quickly realised that this Parish has loved their priests. Fr Franc Casamento and Fr Peter Matheson had obviously given great leadership, were greatly respected and their memory continues to bless the Parish. The assistant priests were also very well remembered. So I knew that this was a really positive place for me to come as priest and it has always been this way. Here I am now, 15 years later, and on the brink of retirement.

I remember the first Parish Council Meeting. As we were introduced to each other, each member of the Council was asked to say why they had agreed to be on the Parish Council. Will I ever forget Michael O'Meara saying, 'well to be honest I was worried about who was coming to replace Fr Peter and I wanted to keep the b..... honest'? And he continued with words I will never forget, 'looks like I'm already redundant.'

The Parish has always had a wonderful gift of hospitality and friendship. Even before the start of Eucharist on Saturday night and Sundays, the Church was alive with the conversation of people greeting each other. Sometimes the opening song for 8.30am Mass was background noise until the chatter subsided. It is a tribute to the parish that so many friendships have been made. The Family Movement group, as too Small Church Communities, have been instrumental in deepening this communion of friendship.

I have experienced deeply the gifts of hospitality and friendship here. So many, many of you have invited me home for dinner and continue to do so. You have offered me your care and friendship across all the years. Will I ever forget those weeks, after my hip surgery and heart operation? Parishioners, or let me say friends, cooked meals for me. I accepted their offers but asked that we share them together in my home at Graeme Ave, Montmorency. And share them we did, and with such wonderful food and company, I recovered brilliantly.

Highlights over the years have included 3 trips for me to the Philippines. Glenys Gayfer, our intrepid leader, has taken many Parish Groups to the Philippines during the years and it is such a joy to see her love of the Filipino people, as too their love of her. All of us who travelled to the Philippines for these social outreach visits have fallen in love with these people. Their simplicity, their faith, their sense of community and their extraordinary hospitality are truly inspirational and my social justice heart has expanded in meeting and sharing something of life with them.



Of course there have been lowlights. In the last 10 years I have faced some serious health issues. Until the age of 66 years, I had lived with hardly an ache or a pain and my trips to the doctor were very few indeed. Then at age 66, I had a gall bladder operation and in the hospital it was discovered that I had atrial fibrillation, a heart issue that means my heart-beat is irregular. So constant blood tests and warfarin tablets were prescribed. At age 68 I had replacement hip surgery and then at age 71, I had a quadruple bypass, replacement of the aortic valve and removal of an atrial appendage. So my medical story has been very different this last 10 years and visits to the doctor, the specialist, the physio, the chiropractor, the dentist, the blood clinic have made me very aware of my ageing years.

Maybe my health issues have been a lowlight and maybe they have also been a highlight. The blessing of friendship has been such a gift. And I think I have learnt to be more appreciative of life and to thank God for the gift of each day. Hopefully I have become more compassionate in my own care of the sick. I have made a fantastic recovery each time and feel blessed with health as I make my way into retirement.

A highlight for me came along when I purchased a house in Graeme Ave, Montmorency. I had been thinking about this for some time as I was finding the Parish House a rather hectic place to live and work in, with all the meetings, appointments and dinners that were part of Parish life. I had longed for some space and a place of my own. My parents had provided well for me in an inheritance from their will, and so I bought 3/26 Graeme Ave and lived there for almost 7 years. It was a good move to do this and hopefully I have learnt some of the skills required in making a home as I come to retirement.

The people I have worked with, the Parish Team and the extraordinary number of volunteers of our Parish have truly given such life to St Francis Xavier, as too Our Lady's Eltham. And they have given such life and encouragement to me as well. I think back to the early days of our Parish Team with Irene, Ana, Barb and Chris. Then Richard joined the team after Irene and then Rose. Beth came into the Team and for many years we worked together enjoying each other's company and working hard to facilitate the wonderful life of this Parish. In more recent times I have valued working with Kate and Gina. Throughout my experience, it has truly been a team effort.

As for the volunteers, how could I ever name them all and if I tried, I would leave out so many wonderful people. The volunteers are the life blood of this Parish. Long may this continue, even in post Covid-19 times.

In thinking of Parish let me also name our Parish Schools of St Francis Xavier and Holy Trinity and more recently Our Lady's Eltham. It has been a joy to be part of these communities and I think of the retreats, the sacrament celebrations, the fun and laughter in the staff room, the friendship of so many staff and parents and families. Sadly my time at Our Lady's has mostly been Covid-19 time and we haven't had the opportunity to really meet each other. I also include CLC (Catholic Ladies College) Eltham as a source of much joy and delight.



Looking back over the years, I name my anniversary celebrations as a highlight and as wonderful occasions of encouragement and blessing for me. I think of my 40th anniversary and of the Eucharist and gathering in the Hall afterwards where I felt deeply the love and friendship of the SFX community.

And then more recently, despite Covid-19, we were able to gather in smaller numbers for Eucharist and celebrations at the RSL Montmorency for my 50th anniversary earlier this year. My heart sang on these anniversary occasions and I am so grateful to everyone who attended and particularly to those people who organised these occasions.

I think back on the fantastic celebration of so many Eucharists we have shared together and I give thanks for the participation, the music, the joy of being together. I will always remember Christmas Mass on the oval, with 1500 people. The Baptisms, Weddings, Confirmations and especially First Eucharists will remain in my memory as joyous occasions. Sadly, I have presided at very many funerals. We have said goodbye to so many people we have loved dearly and who will always be a part of our lives and the story of our Parish. It has been an immense privilege for me to preside at these funerals. So often they have been quite extraordinary celebrations of life and faith.

And so, to conclude this part of my story here, let me recall 2019 where change was 'in the air'. Fr Kevin Burke retired as Parish Priest of Eltham, and Montmorency and Eltham were to be linked with a view to becoming joined as one Parish. I indicated to the Archbishop that I would be prepared to stay until retirement but not as Parish Priest and so Fr Michael became the leader/moderator and I became a 'pastor in solidum'.



Both Eltham and Montmorency have been very open to the new arrangement and we were progressing so well in our coming together, until along came Covid-19. Now Covid-19 times have certainly been a lowlight in most of our lives, and who knows how well the future will unfold. And yet it would seem to me that we are still coming together as Parish, even during Covid-19 in a positive and appreciative way.

I appreciate that Fr Michael has been very encouraging and insightful in such challenging and often painful times. I have felt sad for Michael, that in such early days of his leadership, lockdowns have so disabled parish life and coming together.

I certainly wish him well as I come to retirement.

I have found Covid-19 restrictions and lockdowns frustrating given my expectation of being able to share significant time with you in these months prior to retirement.

In thinking back over 15 years our Church has changed dramatically. For many years now we have seen declining Mass attendance. Our young people are noticeably absent from our parish communities. The sexual abuse scandals and cover-ups have had major impact on the Church's reputation and the Church leaders are constantly under scrutiny and criticism. Add to all this clericalism and the patriarchal system of the Catholic Church and the future looks pretty uncertain. Perhaps the Plenary Council will help us find a way forward.

All of this has certainly saddened me as I come to retirement. I remember in my earlier years, Sundays with crowded Churches and young people everywhere. They seem far distant days now. Yet in it all I still remain hopeful. There will certainly be pain and continuing loss into the future but the Spirit is there and when we look at communities like Montmorency and Eltham, there's such gift and goodness in people. Thank you St Francis Xavier Parish for being my community this past 15 years and thank you Our Lady's for a wonderful welcome and for all your support and friendship in my very short stay with you.



I look forward to retirement even though I will miss you dearly. But something that I

haven't really said and yet it has been the centre of my life, not only here, but all my life: I live with a deep sense of gratitude for the life that God has given me. And whatever has happened along the story of my life, it's the presence of the Christ Jesus among us that truly inspires me and nourishes me. And I'm sure that this will continue to be my centre of life.

So concludes part one of my story and next week will have a different focus, but you'll have to wait.

*Terry**



Roster for WEEKEND 13/14 November 2021		
Montmorency		
Eltham		
Dhanasen Family	Pilgrim Rosary Statue	
Haines, Geoff	Reader	
Hall, Vali	Altar Society	
Milwain, Gianna	Altar Society	
Nolan, Kathleen	Commentator	
Nolan, Kathleen	Prayers of the Faithful	

Dear Parishioners,

I had cause to look for a couple of items on the library shelves this week, and unfortunately both were missing.

It's a reminder for me to ask everyone to check whether they have books at home that need to be returned.

Of course our church has been closed for such a long time, and understandably, books may well have been overlooked.

Now we are opening I'd very much appreciate it if you'd return as soon as possible.

Two that were missing: *The Universal Christ* by Richard Rohr and a box of 11 CDs *Life as Participation* also by the great man, R R.

Blessings, Trish Taylor (0402914817)



SVDP Charity Christmas Cards 2021

This year the SFCP Charity Christmas cards are again \$2.50 for a pack of 5 cards All we wish is do is to cover our costs and offer cards about the real meaning of Christmas.

We will have a table outside Weekend Masses at SFX hopefully next week to enable people to purchase cards. Alternatively you may purchase the cards from any of the following SVDP Members:-

John Ramsdale Anthony Gioules Mike Said Vinka

0410 128 821 0431 104 642 0417 221 245 0418 345 954

The Book is out of Lockdown!

Fr Terry's book is out of lockdown and now on the move! We are on the home straight now and you will find THE BOOK in they foyer of our Churches of SFX & OLHC after most weekday masses, and DEFINITELY there on Saturday & Sunday. Do get around to it and don't be left out. There is still time and there is still space for your messages to Fr Terry. Should you wish to place a card or photos in Fr Terry's book, you may like to leave them in the parish letter box, 86 Mayona Road, Montmorency.

If you have a few more words to offer than just 'goodbye' you are invited to email them to patsy-skipper@hotmail.com or

Kathleen Nolan <u>maeka@optusnet.com.au</u>, they will be printed and also placed in the book. The book is looking good, thank you for your beautiful contributions.

The Book will be a lovely reminder to Fr Terry of many happy times spent with us. Bless you all.



Prayers of the Faithful for 31 Oct 2021 - 31st Sunday in Ordinary Time

Leader: We turn to our heavenly Father in prayer, asking for his blessings for all those in need.

For our Holy Father, Pope Francis, and all who are called to leadership in the Church, that their work may be blessed and bear abundant fruit.

Let us pray to the Lord. Lord, hear our prayer.

For the gift of true humility, that we are always generous with our gifts of love and compassion towards each other.

Let us pray to the Lord. Lord, hear our prayer.

For all global leaders, we pray that they will seek to lead in ways which are respectful to all people and our planets resources.

Let us pray to the Lord. Lord, hear our prayer.

For healthcare workers, doctors, nurses and all those who continue to care for us during this global pandemic.

Let us pray to the Lord.

Lord, hear our prayer.

As we approach Remembrance Day, we pray for all those who have served their country during times of war.

Let us pray to the Lord. Lord, hear our prayer.

For all who are sick in body, mind or spirit, that they may know the peace and comfort of Christ's love.

Let us pray to the Lord. Lord, hear our prayer.

For those who have died and those whose anniversaries occur at this time, including *Desmond Deehan*, *Rudolf Jakubik*, *Julian Keogh*, *Ian McCabe*, *Russell Mee & Maria Morabito*. We pray for their families and friends who mourn the loss of a loved one, and take comfort in the gift of eternal life in Christ.

Let us pray to the Lord.

Lord, hear our prayer.

Leader: Heavenly Father, you are always with us, teaching us and showing us your way. Hear

our prayers and reveal to us your love and life.

All: Amen

32nd SUNDAY IN ORDINARY TIME 2021

November is a time to remember significant people. We think about people who have been an important part of our lives and who have gone before us in death. We may light a candle in their memory.

Hopefully you will not mind my indulgence in placing before you the memory of own mother Rene Kean. I remember some years ago telling something of her story in a homily at SFX Montmorency. That is quite some years ago and many of you will not know her story.

My Mum was a very loving woman, but not a confident person. She was happy to be in the background, always supporting my Dad, her husband Kevin. He was a brilliant man, a gifted speaker, a very insightful magistrate, a great Dad and husband.

I write however about my Mum today, remembering today's Gospel and the story of the poor widow putting two coins into the temple treasury.

My mother was 56 years old when Kevin, her husband died suddenly. She was devastated and grief stricken. Although a shy woman she loved the company of people, and living alone was not easy for her. Weekends were especially difficult and the nights were often endlessly long for her.

Yet she did not give up on living. She learnt to drive a car, she went overseas for a holiday and she became more involved in her local Parish, St Agnes Highett. In time, she even led Communion Services, something I thought my Mum would never have the confidence to do... to stand in front of people and lead them in prayer. She became a minister of the Eucharist and she took on a Communion round where she would take communion to sick people. She delighted in this.

My mother aged very quickly in her early sixties. An irregular and rapid heartbeat meant she tired very easily. She lost weight and became very fragile physically.

She always dressed beautifully and simply, with an eye for a bargain. I can still see her in her seventies, walking her communion round to visit her 'sickies' with Eucharist. She had given away driving by then, so she walked her communion round, even on the hottest days.

You can see why our family chose today's Gospel for her funeral. We saw Rene Kean as the widow in today's Gospel, the widow, who in her own way put her two small coins into the temple treasury.

Like the widow of today's Gospel, my Mum continued to give of herself. She didn't lose her spirit when my Dad died. She didn't retreat into her shell and say, 'poor me' or 'everyone has to look after me'. My Mum may not have been as poor financially as the widow of today's Gospel, but she had that spirit of giving, and nobody could take that from her, no matter how rich or influential other people might be.

The poor widow of today's Gospel still put her two small coins into the collection. She would have known that the rich people put in much more and we are told in the Gospel, they put in a 'great deal'. That didn't stop her from giving. Her gift is so much more than two coins. Jesus noticed her and said 'this poor widow has put in more than all who have contributed to the treasury; for they have all put in money they had over, but she, from the little she had, has put in everything she possessed.'

Well my Mum didn't give all her money away, although she was extremely generous. She gave of herself when she could have given up on life. For myself and so many others at the funeral that day, she will always be a living memory of the story of the widow's mite.

Perhaps you will think of people like the poor widow in your life.

Terry



Gospel - Mark 12:38-44

In his teaching Jesus said, 'Beware of the scribes who like to walk about in long robes, to be greeted obsequiously in the market squares, to take the front seats in the synagogues and the places of honour at banquets; these are the men who swallow the property of the widows, while making a show of lengthy prayers. The more severe will be the sentence they receive.'

He sat down opposite the treasury and watched the people putting money into the treasury, and many of the rich put in a great deal. A poor widow came and put in two small coins, the equivalent of a penny. Then he called to his disciples and said to them, 'I tell you solemnly, this poor widow has put more in than all who have contributed to the treasury; for they have all put in money they had over, but she from the little she had has put in everything she possessed, all she had to live on.'



Reflection

This is the second of the three excerpts from Mark's account of Jesus' ministry in Jerusalem immediately prior to his passion and death. It falls into two distinct but related parts. The lectionary offers the option of a shorter version that omits the first part, but even the full passage is still relatively short. It would be a pity to opt for the truncated text.

On his way to Jerusalem Jesus had responded to the ambitions of his disciples by declaring that he had come not "to be served but to serve, and to give his life as a ransom for many". Now that he is in the holy city preparing for his fate he reiterates his position. He voices sharp criticism of religious leaders, in this case the scribes, who shore up their status at the expense of the poor. Then he highlights the astonishing generosity of the poor widow.

Jesus' observation that the widow "has put in everything she possessed, all she had to live on" can be interpreted in two different ways. He could be praising her extraordinary trust in and devotion to God, anticipating the imminent unconditional surrender of his own life into God's hands. Or he could be intensifying his criticism of the scribes for persuading such a vulnerable woman to give away the last coins she had to survive on.

Both parts of the reading are vividly sketched miniatures that invite lively proclamation.

Break Open the Word 2021



Let us pray for all those who have gone before us marked with the sign of faith...

Montmorency

For those whose anniversaries are at this time: Desmond Deehan, Rudolf Jakubik, Julian Keogh, Ian McCabe, Russell Mee, Maria Morabito

For those in need of healing, remembering especially:

Damian Brasier Debbie Edgley (nee Vanderwert), Terry Flannery (father of Elisha O'Dowd) Kate Lagerewskij

Eltham

For those in need of healing, remembering especially:

Violetta, Ryan Bennett, Lucy Bibby, Tom Nolan, Paul O'Dell, Les Robertson, Christine Scott, Rosemary Scully, Barbara Snopkowski, Ibyszek Wojciechovski, Sylvek Zyleviczcz

To include an anniversary in the bulletin, please contact Parish Office: 9435 4742 or eltham@cam.org.au

Food Drive for the ASRC Foodbank



Thank you for making a difference to people seeking asylum by providing one of the most basic human rights: food. ASRC Foodbank currently provides free groceries to around 1000 people every week, most of whom have no income and no work rights. EVERY donation makes a difference.

TOP 10 MOST NEEDED ITEMS



1. tuna in oil 400g

2. tinned tomatoes 400g

3. raw, unsalted nuts

4. honey small bottles

5. spices turmeric, cumin, chilli

6. dried fruit

7. disposable razors

8. dishwashing liquid 500/750ml

9. shampoo +conditioner 350/400ml

10. laundry powder 1kg max



inquiries (03)9326 6066 email donatefood@asrc.org.au

Please note that the ASRC does not need baked beans, tinned soup or tinned spaghetti.