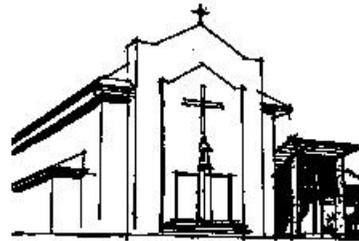


It is part of life that, at some time, we need to call on the help of others. It is often very difficult for people to ask for help—even though they would be only too happy to give help to others if asked.

Please do not delay in asking for help if needed. Some examples ...

- ◆ Have you **lost a loved one** and just need someone to sit and have a cuppa and a chat, as the house seems empty now?
- ◆ Do you need a **nourishing meal** for the family because you are unwell, or because you need to be at a dying relative's bedside? Have you had a baby, or are you undergoing treatment/surgery, or are you simply exhausted? We won't judge the reason for your need—we simply want to help out during difficult and tiring times.
- ◆ Is it difficult for you to get to **Mass** now that you don't drive?
- ◆ Would you like someone to **phone** from time to time?



“Building a community of Jesus’ disciples” St Joseph’s Catholic Church 177 Currie Street Nambour 4560



Matthew 25:35-36

...‘for I was hungry and you gave me food,
I was thirsty and you gave me
something to drink,

*I was a stranger and you welcomed me,
I was naked and you gave me clothing,
I was in prison and you visited me.’*

St Joseph’s Helping Hands

Some helpful numbers to have on hand

**St Joseph's Helping Hands
initial contact -**

Parish Office 07 5441 1034

Parish Priest: *Fr Odinaka Nwadike*
Deacon: *Rev Deacon Adrian Eldridge*

Parish Office: 177 Currie St Nambour
PO Box 569

Parish Phone: 5441 1034

EMERGENCY ONLY number
(serious illness/accident): 3836 3221

Email:
stjoe.nambour@bne.catholic.net.au
Website: www.nambourcatholics.net
Office Hrs: 8.30am—2pm
Mon/Wed/Thurs/Fri
CLOSED Tuesday

ST VINCENT DE PAUL

- ◆ Provides assistance to the needy through its store in Nambour (phone: 5459 5206) Support/Aid: 5459 5202
Referral from Centrelink needed
9am-12noon Monday, Wed. & Friday

ALCOHOLICS ANONYMOUS

- ◆ AA Sunshine Coast District Office
PO Box 1106 Nambour
Phone: 5476 2166



St Joseph's Catholic Parish Helping Hands ministry is here to be of service to parishioners who are in need of help.

Please complete this slip, and either place it in the box provided at St Joseph's church, hand it in at the parish office, or fax to 5441 7632

The information you provide will be treated confidentially.

Name:.....

Phone No. (home).....

(mobile).....

Address:

.....

Yes No

(If you are submitting information on behalf of another person/
family, have you sought their
permission?)

(if 'NO', please write your name phone number so that
we can call you for further information)

Phone call

Communion

We would love to welcome any newcomers—feel free to use this form to let us know if you are new

I am/we are new to the Parish

.....

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