

# ST ANTHONY'S PARISH

## NEWSLETTER

Saturday/ Sunday 15<sup>th</sup>/16<sup>th</sup> February

Postal Address: PO Box 217, Drayton North, Qld. 4350

Ph 4636 1737

Email: [admin@stanthonysparish.com.au](mailto:admin@stanthonysparish.com.au)

Web: [www.stanthonysparish.com.au](http://www.stanthonysparish.com.au)



Priest Director: Fr Peter Dorfield  
 Parish Leader: Sr Maria Joyner pbvm  
 Priestly Ministry: Fr Nandana Saparamadu  
 Chair Parish Council: Mr Jim Tiernan  
 Parish Secretary: Mrs Noela Nolan  
 Safeguard Rep: Mrs Nicole Rangiira  
 School Principal: Mrs Louise Pflingst

### Office Hours –

Maria – Mon-Wed & Fri 9-4

Noela – Tues-Fri 8.30-2.30

Fr Nandana – Tues-Fri 9-4

Weekends - CLOSED

### Church Opening Hours

Monday-Friday 9am – 4pm

Saturday 5.15pm - 7.15pm

Sunday 8am – 10am

*“A Place at the Table for All”*

*We acknowledge the living culture of the Giabal and Jarowair peoples, the traditional custodians of this land*

### Sixth Sunday in Ordinary Time – Yr A

**First Reading:** Ecclesiasticus 15:15-20  
 He never commanded anyone to be godless.

**Responsorial Psalm:**  
 Happy are those who follow the law of the Lord!

**Second Reading:** 1 Corinthians 2:6-10  
 God in his wisdom predestined our glory before the ages began.

**Gospel Acclamation:**  
 Alleluia, alleluia!  
 Blessed are you, Father, Lord of heaven and earth;  
 you have revealed to little ones the mysteries of the kingdom.  
 Alleluia!

**Gospel:** Matthew 5:17-37  
 Such was said to your ancestors; but I am speaking to you.

### \*Parish Notices\*

**We hold up and remember all those who have died recently:** Karl Rangiira (*Brett's dad*), Michael McMahon (*Marg Morris' brother*), Noela Cribb, Tom O'Connor (*Longreach*)

**For the Anniversaries of our loved ones:** Laurence Schneider, John Cartwright, Tony Cartwright, Mee Queen Aeria, Olga Andress, Myrtle Moore, Joe Hanna

**and the Anniversaries of the deceased Priests of the Diocese:**  
 Rev Msgr Michael Potter, Ven A/Deacon Robert O'Shea, Rev Fr Raymond White, Most Rev James Byrne DD, Rev Msgr John Bergi, Rev Fr Michael Hayes, Rev Fr Michael Cronin, Rev Fr Henry MacFarlane, Rev Fr Brian O'Dwyer, Rev Fr Michael Sheehan.

**We hold up in prayer all those who are sick including the following Parishioners:**  
 Daniel Bell, Brian Conrick, Thora England, Eileen Garvey, Carmel Graham, Neville Harris, Rita Irwin, Pat Kamler, Elsie Kirby, Malcolm Kirby, Aaron Marsh, Margaret Morris, Damian Potter, Joan Potter, Maureen Scheikowski, Gayle Sherman, Vonnie Sherman, Rod Sleba

**As well as the following friends & family members:** Regina Albion, Alan Benson, Rita Berry, Brian & Hazel Bowtell, Barry Cuthbert (*WA*), Roslyn Day, Maureen Feehelly (*Pat Cullen's sister*), Sr Zoe (*Christina*) Fitzpatrick (PBVM), Yvonne & Bruce Gardiner (*Brisbane*), Gabby Hanlon (*Marie Heslop's niece*), Frank Hickey, Ralph Hickey, Jim Horder, Stephen Mackenzie (*Pam Hahn's son*), Jim & Margaret Macarthur-Onslow, Cheryl McCurran, Mary McCurran, Paul Murphy (*Pat's son*), Paul Park, Brian Potter, Kevin Schick (*Val's brother*), Harley Stewart, Noela Sheriff, Neil Syme, Denis & Ruth Volter, Frank White (*Cairns*), Martin Yong, Jill, Debbie & Paul.

### NORMAL WEEKDAY MASS TIMES - Refer weekly program for changes

<b>St Anthony's:</b>	Wednesday & Friday Tuesday & Thursday	9.15am 5pm
<b>Our Lady of Lourdes:</b>	Tuesday - Thursday Friday	10.00am 5.30pm
<b>St Thomas More's:</b>	Monday & Friday Tuesday	9.00am 5.30pm
<b>Sacred Heart:</b>	Monday – Friday Tuesday	6.30am 12.10pm
<b>St Patrick's Cathedral:</b>	Tuesday– Saturday	7am
<b>RECONCILIATION</b>		
<b>St Anthony's:</b>	Saturday	5.30pm – 5.45pm
<b>ADORATION</b>		
<b>St Anthony's:</b>	1 <sup>st</sup> Friday Monthly	8.45am – 9.15am

### Parish Calendar of Events

Feb 15<sup>th</sup> – Plenary gathering  
 Feb 16<sup>th</sup> – Plenary gathering  
 Feb 18<sup>th</sup> – Friendship Group meeting  
 Fr Nandana back from leave  
 Feb 19<sup>th</sup> – Plenary gathering  
 Feb 22/23 – Project Compassion launch w/e  
 Sacramental Program meetings  
 Feb 23<sup>rd</sup> – Pre Lenten gathering  
 Feb 25 – Parish visit to Sychar  
 Parish Finance Committee meeting

**Feb 26 – ASH WEDNESDAY**

### \*\*\* Parish Events/ News \*\*\*

#### Birthdays and anniversaries for February –

Michael O'Brien (65 on the 6<sup>th</sup>), Keith Shepherd (85 on the 25<sup>th</sup>), Celia Warr, Tom Nolan, Damian Wyllie, Trevor Wyllie, Michael Cooney, Jim Tiernan, Karen Tiernan, Rod Spalding, Judith Fitzgerald, Carmi Adhil & Jim Lindquist all celebrate their birthdays. Pat & Jill Sullivan celebrated their 60<sup>th</sup> wedding anniversary on Feb 7. Congratulations & best wishes to everyone. Don't forget to let us know when your birthday or wedding anniversary is.



## Weekday Mass times during January & February:

Normal weekday masses resume this week with Fr Nandana returning from leave.

### Lenten Program 2020:

Lent begins on February 26 so you need to think about which group you would like to join. Books are available now at a cost of \$10 each, please see Noela at the Parish Office. The program being used this year is 'Be Opened' – A journey to new life from the Brisbane Archdiocese. Last year we ran 3 groups and will do so again, unless someone wants to lead a group at another time. Please place your name on sheet in foyer to indicate your preferences.



#### **Lenten Program Groups –**

- Mondays at 11am in the Church
- Tuesdays at 6pm in Parish Office
- Wednesdays at 10am in Unit 39, Drayton Villas
- Wednesdays at 10.15am in Parish Office
- Books are available in Parish Office for \$10

**Planned Giving Program:** If you would like to support our Parish financially, this may be done by Direct Debit, or via our weekly envelope system. For further information, please contact the Parish Office. All contributions are gratefully accepted.



PARISH PASTORAL COUNCIL MEMBERS	PARISH FINANCE COMMITTEE MEMBERS	PARISH CO-ORDINATING TEAM	
Jim Tiernan - Chairperson Fr Peter Fr Nandana Mick Gorring Louise Pflingst Ed Briffa Sr Maria Joyner David Tutty Chris Gwydir	Tony Meldon - Chair Tom Warren Greg Bowdler Peter Hanna Keith Shepherd Trish Zeller Fr Peter Noela Nolan	Celia Warr Sr Maria Joyner Tim Fitzgerald Lloyd Bailey Fr Nandana	<b>Baptisms</b> 1st & 3rd Sunday – during 8.30am Mass For more info contact office.  <b>Marriages:</b> By appointment, contact office.

**Australian Catholics:** Available in the foyer.

**Horizons:** Available in the foyer.

**The Swag:** Available in foyer - \$1

**Majellan Magazine:** Available in the foyer - \$4 ea

**Catholic Leader:** Available online only.

**Circle Dancing:** Each **Tuesday (Except during School Holidays)** at 2.30pm in the Community Centre. Any enquiries may be directed to Michael 4638 4753.

**Friendship Group:** Meet 3<sup>rd</sup> Tuesday of the month at 10am in the Community Centre, **(except Dec & Jan)**.

**Wednesday Morning Tea & Faith Sharing:** Meet at 10am each Wednesday in the Parish Office. All welcome.

**Parish Coordinating Team:** Meet each Friday. **Sunday Singers:** dates to be advised

**Social Justice Group:** Meet 1<sup>st</sup> **Wednesday of month** at 5pm in Parish Office **(except Dec & Jan)**.

### Prayer of the Week:



Dear God,

Help me today to understand what love really means.  
 I don't mind the red and pink, the plentiful chocolates, and construction paper hearts.  
 I don't mind that the florists are having a lucrative day.  
 I don't mind whatever romantic comedy will be coming out in theatres,  
 whatever beautiful heroine falls in love with a hunky hero  
 even though they started out as enemies.  
 I don't mind the corny poetry and sappy love songs and interminable kissing.  
 I think love is allowed to include all of these things. Amen.

### Newsletter via email:

Each Friday the newsletter and various other attachments (*that are too much for the printed newsletter*) is sent out via email. Some of these attachments are the School Newsletter, Parish Calendar and flyers for upcoming events both within and outside the parish. If you would like to be added to the email list please see Maria or Noela, or write your name & email address in the Pink Correspondence book in the foyer.

## Transport to Mass:

The Parish is eager to assist those elderly people, living within the parish, without transport of their own to attend weekend mass. If you are interested in this would you please contact Maria or Noela at the Parish Office.

## Playgroup:

St Anthony's Playgroup each Monday, from 9am-11am in the Parish Community Centre. The playgroup is affiliated with Playgroup Queensland and will be an informal and relaxed morning for parents, grandparents and carers to bring along their children for a morning of fun, social interaction, learning and new experiences. Tea/coffee/water provided, please bring your own morning tea. Each Monday morning, during school term you are invited to come along. Cost is \$3/child to cover cost of resources. For more info please phone Kate 0407 128 936 or join the Facebook group – St Anthony's Playgroup Toowoomba.



## Playgroup Items:

There is a box in the foyer where you can drop off items for the Playgroup to use. Such items required are –

- Cardboard rolls, eg. Toilet, paper towel, etc
- Small boxes, eg. Tissue, shoe, etc
- Wool
- Craft items suitable for toddlers
- Toys suitable for toddlers – MUST be in good condition

Thanks for your assistance.



A **Plenary Council** is the highest formal gathering of all local churches in a country. Our Plenary Council 2020 is being held so that we can dialogue about the future of the Catholic Church in Australia.

The Plenary Council will be held in two sessions. The first will be held on October 4th to 11th, 2020, in Adelaide, and the second session will be held in mid-2021 (possibly in May).

The **first stage** of preparation for the Plenary Council was listening and dialogue. **The second stage is listening and discernment.** Looking at the National Themes for Discernment, for the second stage of the Plenary Council journey all Australians Catholics are encouraged to communally discern how God is calling us to be a Christ-centred Church that is: Missionary and evangelising; Inclusive, Participatory and synodal; Prayerful and Eucharistic; Humble, Healing and merciful; A joyful, hope-filled and servant community and Open to conversion, renewal and reform.

We will be having discernment sessions for this **second stage** on **Saturday 15<sup>th</sup> after the 6pm mass, Sunday 16<sup>th</sup> after the 8.30am mass, and Wednesday 19<sup>th</sup> at 7pm.**

Actions discerned from these discussions will be submitted to the Discernment writing groups and will help form agenda items for the Plenary Council.

Please be supportive of the process of being open to the Spirit in our local and national church through **prayer and participation** in one of these gatherings.

More information can be found on the Website ..... <https://plenarycouncil.catholic.org.au/>

### **CHILD SAFE PARISH**

We are a Child Safe Parish: all children, young persons and vulnerable adults visiting have a right to feel safe and be safe. If you are concerned for any form of abuse that is immediate you should call 000; a significant risk or harm, whether or not you have formed this belief on reasonable ground, you should immediately raise your concerns with our Parish Child Safety Officer – Nicole Rangiira 0437 382 408.

Children leaving the Church during Mass are to be accompanied by an adult. Thank you.

## Social Justice Thought for the Week:



A 19th-century palace in prime position in the centre of the Vatican has been converted into a homeless shelter on Pope Francis' orders. Sitting on prime real estate just off St Peter's Square, the building could have generated significant income for the Catholic Church as a luxury hotel, but Pope Francis had other intentions. He personally directed his Almoner (his officer in charge of distributing services to the poor) to convert it into a homeless shelter.

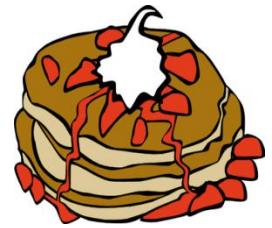
The four-storey building will house around 50 men and women, although the 16-bedroom facility has capacity for more during cold winter temperatures. The lower levels will be used to provide social support to the occupants, including computing, reading, recreation, and psychological counselling. Volunteers can also use the building to prepare meals for homeless people who were sheltering elsewhere.

The Vatican requested the construction company in charge of renovating the building to employ homeless people during the overhaul.

**Laurie Reedy Collection:** The next collection for the fund, which supports refugees and needy families in our local area, will be held February 22/23.

### Pre-Lenten Celebration

Our season of Lent has many similarities to the Muslim celebration of Ramadan, so for the past few years our parish has taken the opportunity to share Shrove Tuesday (or pancake Tuesday) with our Muslim friends from the neighbouring mosque. Because Tuesday, being part of the working week, is not convenient for many folk, this year, as our pre-Lenten celebration, we are having a Muslim/Catholic gathering on **Sunday Feb 23<sup>rd</sup>, 4.30pm-6.30pm**, at St Anthony's Community Centre. We would love as many parishioners as possible to come and participate.



Please bring a plate to share – pikelets/pancakes/fruit/nuts etc. Just a gentle reminder: if you are making pancakes or buying cream, please consider the dietary requirements observed by the Muslim community. Some vanilla extract/essence contains alcohol and gelatine often contains a pork extract, so neither is certified as halal. It is good to check the labels of these products for halal certification or simply google "halal vanilla", etc to run a check.

Please come along, bring your friends and enjoy a delicious afternoon tea and good company before we move into the more reflective and sombre season of Lent.

### Meeting Report from the Social Justice Group

As last week's meeting was our first gathering for 2020, we spent much of the time discussing where we would focus our energy this year. We dealt in detail with the parish celebration of St Bakhita so joyously organised and led by the wider African community (many thanks, Susan and Malual). We then moved on to the pre-Lenten gathering with our Muslim neighbours, support for Protea Place, anti-trafficking advocacy, Migrant and Refugee Sunday, NAIDOC Week, the Commemoration of the Battle of One Tree Hill, Celebrating Creation in September, the release of the 2020 Social Justice Statement, October's Walk Together and the pre-Melbourne Cup festivity, right through to World Day of the Poor in November. As you can see, 2020 promises to be a busy year for us. As always, we will try to keep everyone informed. Many thanks in advance for the ready support and generosity with which you engage in and support so many of our parish social justice activities.

A gentle reminder: we meet on the **first Wednesday of each month at 5.00pm** in the Parish Office. We'd love to hear your ideas, so come and join in our next meeting on **4 March. ALL WELCOME!**

Next meeting Wednesday, **March 4<sup>th</sup>** at 5pm in Parish Office.  
New members welcome.

### Resource Corner - Living Justly Blog:

The Social Justice Commission have a new post on their blog, *Living Justly*. David Tutty (Executive Officer, Social Justice Commission) has written about what it means to acknowledge Australia's First Peoples when we come together. Read: [What are the Implications of Acknowledgment of Country?](#)

### Help for the homeless:

There are approx 500 homeless people in Toowoomba and another 1,000 at risk of becoming homeless. We are not sure how many are women, but Protea Place offers showers, lunch, clean clothes, washing and drying facilities

and counsellors and other such services to women. They are open from 10.00 am - 2.00 pm Monday, Wednesday and Friday. They would really appreciate donations of **white** towels and bath mats and the following toiletries. The women can take them with them and as they don't have anywhere to store things, the items need to be small. Not the hotel size, but more the travel size. Below are listed examples and typical costs:

Shampoo and Conditioner <b>100ml</b>	\$3.70 each
Deodorant roll-on or small spray	\$1.75
Toothbrush	\$3.50
Toothpaste 115 gr	\$2.75
Hairbrush	\$6.00

## \*\*\* News from outside our Parish \*\*\*

### Official Diocesan Launch Of Project Compassion:

**Date:** Sunday, February 23 **Time:** 9:00am Mass **Venue:** St Patrick's Cathedral, Tmba

Bishop Robert McGuckin will celebrate Mass for the launch and commission student representatives from the schools around the diocese. All are welcome to attend Mass and a special morning tea.

**Call for volunteers for event:** Anyone able to volunteer some time to assist the Project Compassion Launch would be appreciated. Catherine is looking for a small team to assist with directing people to morning tea, setting up, serving and cleaning up the morning tea. Please contact Catherine on [caritas@twb.catholic.org.au](mailto:caritas@twb.catholic.org.au) or 4638 7977 if you can assist.

### UPCOMING EVENTS AT SYCHAR HOUSE OF PRAYER AND SPIRITUALITY

#### Weekly Prayer Groups:

**Date:** Starting from first week in February 2020

**Venue:** Sychar, 69 Margaret St Toowoomba

Copies of weekly schedule available in Foyer.

#### SPECIAL INVITATION FOR ST ANTHONY'S -

I would like to invite the parishioners of St. Anthony's to visit Sychar (House of Prayer and Spirituality) on **Tuesday February 25** at 9.30 am. It will be an opportunity to explore what is available, to chat to the librarians who will be present and to share morning tea together in a relaxed atmosphere. If there is anyone who would like to visit but whose work commitments make it impossible to come at this time, just let me know and I will be happy to arrange a time that suits. Elaine Morzone

#### Facilitated Group Reflection (The Universal Christ, by Richard Rohr):

**Date:** 8 sessions between Thursday 27 February and 30 April (includes a two week break)

**Time:** 4pm-5.30pm

**Venue:** Sychar, 69 Margaret St Toowoomba

**RSVP:** 13/2/20, [sychar@twb.catholic.org.au](mailto:sychar@twb.catholic.org.au) or phone 07 46130933

Come join in a prayerful reflection on a chapter by chapter basis of "The Universal Christ". Flyer available in foyer.

#### Journal Workshop With Sr Pat Quinn:

**Date:** Saturday, March 14

**Time:** 9:00am for a 9:30am start - 3:30pm

**Venue:** Sychar, 69 Margaret St Toowoomba

Journal writing can help to discover your own inner wisdom. The day will include small group sharing and time for quiet in a peaceful setting. You will be given some guiding questions in reflecting on your spiritual journey. Journal writing does not require literary skills. What you write will not be shown to others – it is for your own reflection. Flyer available in foyer with booking details.

\*\*\*\*\*



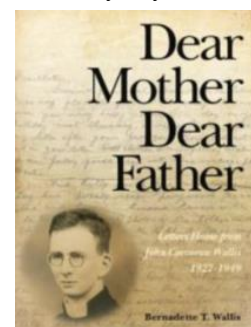
#### John Wallis Memorial Lecture - Lindy Chamberlain-Creighton:

**March 8 @ 2:00pm, St Theresa's Parish, Cnr Curzon & Campbell Sts.**

Lindy Chamberlain Creighton will be speaking in Toowoomba at the invitation of the Missionary Sisters of Service and their mission organisation Highways and Byways – a Community of Service. She will share her story "A Personal Journey of Faith" at St. Theresa's parish centre. Arrive at 1.30 for a 2pm start. Cost \$25, includes afternoon tea. Pay at the door - cash preferred. The lecture is open to all who are interested.

At this same gathering Bishop Bill Morris will also launch a book of the letters of the founder of the Missionary Sisters of Service, Fr. John Wallis: "Dear Mother, Dear Father".

Flyers in foyer. Bookings required. RSVP before 28 Feb. 4634 9786 or email [marycleary5@bigpond.com](mailto:marycleary5@bigpond.com)



## PARISH WEEKLY PROGRAM

Date	Readings	Mass	Parish Life
Sunday Feb 16 <sup>th</sup>	<b>Sixth Sunday in Ordinary Time</b> First Reading <b><i>Ecclesiasticus 15:15-20</i></b> Second Reading <b><i>1 Corinthians 2:6-10</i></b> Gospel <b><i>Matthew 5:20-22, 27-28, 33-34</i></b>	<b>8.30am Mass</b>	Mass led by Fr Michael 9.30am Morning Tea <b>10am Plenary Council Gathering</b> Fr Nandana back Tuesday!
Monday Feb 17 <sup>th</sup>	Monday of the 6 <sup>th</sup> Week in Ordinary Time First Reading <b><i>James 1:1-11</i></b> Gospel <b><i>Mark 8:11-13</i></b>	<i>No Liturgy or Mass</i>	9am Play Group <b>OFFICE CLOSED</b> 5pm SVDP meeting
Tuesday Feb 18 <sup>th</sup>	Tuesday of the 6 <sup>th</sup> Week in Ordinary Time First Reading <b><i>James 1:12-18</i></b> Gospel <b><i>Mark 8:14-21</i></b>	<b>5pm Mass</b>	10amj Friendship Group meeting 2.30pm Circle Dancing Mass led by Fr Nandana
Wednesday Feb 19 <sup>th</sup>	Wednesday of the 6 <sup>th</sup> Week in Ordinary Time First Reading <b><i>James 1:19-27</i></b> Gospel <b><i>Mark 8:22-26</i></b>	<b>9.15am Mass</b>	Mass led by Fr Nandana 10am Morning Tea & Faith Sharing <b>7pm Plenary Council Gathering</b>
Thursday Feb 20 <sup>th</sup>	Thursday of the 6 <sup>th</sup> Week in Ordinary Time First Reading <b><i>James 2:1-9</i></b> Gospel <b><i>Mark 8:27-33</i></b>	<b>5pm Mass</b>	2020 World Day of Social Justice Mass led by Fr Nandana
Friday Feb 21 <sup>st</sup>	Friday of the 6 <sup>th</sup> Week in Ordinary Time First Reading <b><i>James 2:14-24, 26</i></b> Gospel <b><i>Mark 8:34; 9:1</i></b>	<b>9.15am Mass</b>	Mass led by Fr Nandana 10.15am Coordinating Team meeting
Saturday Feb 22 <sup>nd</sup>	<b>The Chair of Saint Peter</b> First Reading <b><i>1 Peter 5:1-4</i></b> Gospel <b><i>Matthew 16:13-19</i></b>	<b>6pm (Vigil)</b>	5pm Sacramental Program meeting 5.30pm Reconciliation Mass led by Fr Nandana
Sunday Feb 23 <sup>rd</sup>	<b>Seventh Sunday in Ordinary Time</b> First Reading <b><i>Leviticus 19:1-2, 17-18</i></b> Second Reading <b><i>1 Corinthians 3:16-23</i></b> Gospel <b><i>Matthew 5:38-48</i></b>	<b>8.30am Mass</b>	Mass led by Fr Nandana 9.30am Morning Tea 9.45am Sacramental Program meeting <b>4.30-6.30 Pre-Lenten Gathering</b>

### MINISTERS FOR MASS

**Saturday/ Sunday 22<sup>nd</sup>/23<sup>rd</sup> February, 2020 – Week 4**

	6pm Vigil Mass	8.30am Mass
<b>Co-ordinators:</b>	Marg Nolan, Chris Gwydir	Noela Nolan, David Tutty
<b>Welcomers:</b>	Michael & Mary O'Brien	Jenn Stephens, Sandra Neale
<b>AV Operator:</b>	Gerald Hicks	Mick Gorring
<b>Children's Liturgy</b>		Trish Zeller, Sr Maria
<b>Parish Morning Tea:</b>		PPC members
<b>Readers:</b>	Chris Gwydir, Michael O'Brien	Helen Warren, Peter Sheridan
<b>Prayer of the Faithful:</b>	Gill Brandt	Susan Tek
<b>Presentation of Gifts:</b>	Norm & Carol Lovell	Susan & Martin Tek
<b>Ministers of Communion:</b>	<b>Tabernacle:</b> Carol Lovell <b>Pouring Wine:</b> Greg Gabbett Celia Warr, Barry Turner, Marg Nolan	<b>Tabernacle:</b> Sandra Neale <b>Pouring Wine:</b> Noela Nolan Marie McAleer, Val Schick, Gail Johnson
<b>Altar Assistants:</b>	Damian Wyllie, John Roche	Patrick Donohue
<b>Music:</b>	Carolyn Searle & singers	Anne-Maree Spalding & singers
<b>Collectors:</b>	Nev Dredge, Tony Allport	Jim Nolan, Tony Meldon
<b>Church Environment:</b>		
<b>Money Counters:</b>		Feb 8/9
<b>This Week: 16/02</b>	Michael Rooke, Amber Copland, Jim Tiernan	<b>Planned Giving - \$474.00</b>
<b>Next Week: 23/02</b>	Nev Dredge, Tony Meldon	<b>Loose - \$433.10</b>



**Always remember to keep your contact details up to date!**