

Responsorial Psalm Response Be with me, Lord, when I am in trouble.	Gospel Acclamation Praise to you, Lord Jesus Christ, king of endless glory! No one lives on bread alone, but on every word that comes from the mouth of God. Praise to you, Lord Jesus Christ, king of endless glory!
---	--

WEEKEND MASSES

Epping	5pm Vigil, 8:30am, 10:15am, 6:00pm
Carlingford	6:00pm Vigil, 7:45am, 9:30am

WEEKDAY MASSES

	Mon.	Tues.	Wed.	Thur	Fri	Sat.
EPPING	No Mass	12:15pm	9:15am	12:15pm	12:15pm	9:15am
CARLINGFORD	9:30am	No Mass	9:30am	9:30am	9:30am	No Mass

HEALING MASS **Carlingford**—1st Thursday, **Epping** — 3rd Wednesday

EXPOSITION OF THE EUCHARIST: **Epping** Saturday 9:45-10:15am, **Carlingford**, 4th Thursday 10:00am

SACRAMENT OF RECONCILIATION: **Epping** Saturday 9:45-10:15am **Carlingford** Saturday 5:00—5:30pm
OR BY APPOINTMENT

BAPTISMS AND WEDDINGS: BY APPOINTMENT

PARISH OFFICE: 29 Oxford Street, Epping NSW 2121 **PH:** 9876 2853 **Email:** parish@eppcarl.org.au

ST GERARD MAJELLA PRIMARY SCHOOL: **PH:** 9871 1633 **Email:** sgc@dbb.catholic.edu.au

OUR LADY HELP OF CHRISTANS PRIMARY SCHOOL: **PH:** 9868 3322 **Email:** olhc@dbb.catholic.edu.au

Lord, in Jesus your Son, you restored to us the gift of Everlasting life. Grant that life to:

Recently deceased: Bruce Laird, Peter Laird, Jose August da Rosa, Tammie Birch, Brian Walsh, Fr Leo Donnelly, Pat Tay, Francesco Nicita.

Anniversaries: Mary & Ted Tomlinson, Dick Brownlow, Col Wilde, Dorothy Deane,

Also for: Abbie, John & Michael Nolan, Young Hwan Ho, Yong Min Ho, Young Seok Seo, Soo Woog Jid, Maria Hur,

Please pray for those who are sick: Sean Huhse, Joel Steinberg, Patricia Rumble, Dean Pan, John Davies, Nicole Greenfield, Michael Furlong, Saulius Dovydas Balsya, Residents of Wesley Rayward Nursing Home, Rose Prior, Mark Di Palma, Anthony Conlon, Andrew Hannam, The Craig Family, Fr Mick Court, Margaret Maher, Anna & Leo Bruzze, Gerhard Stieger, Ron Jenkins, Dorothea Ellis, Rebecca Lawler, Ben Thornton, Elaine Finlayson, Jan Doherty, Brian Walsh, Patricia O'Connor, Walter Souhrada, Stephen Last, Kathy Noonan, Greg Walsh, John Gilberti, Stella Nathan, Catherine Walsh, Brendan Stone, Melanie Loudoun, Mary Wijewardana, Pam Taig, Elaine Hunt, Arnold Day, Maureen Carlon, Fr Adrian Borst, Ausustine Hong, Luba Charlton, George Khouri, Antony Hogan, Ingrid Connor, Steve Toth, Martin & Gay Flood, William Jones, Kath McCarthy, Nicholas Rajanayagen, Maria Lee, Joyce Fewtrell, Patricia Muschalik, Ernest Lau, Delma Soria, Sr Atanasia Lee, Maria Llave, Maria Belisario, Fe Llave, Stella Edwards, Boyet Llave, Fara Vargas, Kathy Walsh, Theo Stevens.

Due to privacy laws, names of the sick and deceased can only be put in the bulletin with the permission of the immediate family.

Our Parish Playgroup

Carlingford: Gerry's Playgroup meets on a Monday (during school term) at 9:30am in the parish hall. For further information please contact Lisa Snow on 0413 666 007 or email lisasnow@optusnet.com.au

Epping: Little Engines Playgroup at Epping has not yet commenced for 2019. More information to come.

**McFixit Handyman**

Free quotes.

Ring Mike

0434 878 160

**The Catholic Parish of Epping and Carlingford Diocese of Broken Bay**

Our Lady Help of Christians' Church
31 Oxford Street, Epping and

St Gerard Majella Church
543 North Rocks Road, Carlingford

Parish Priest: Fr Peter Dowd,
Ph.: 9876 2853
Email: peter@eppcarl.org.au

Parish Office: 02 9876 2853

Assistant Priest: Fr Joey Frez
Ph.: 9872 3400
Email: joseph@eppcarl.org.au

Email: parish@eppcarl.org.au

Parish Website: www.bbcatholic.org.au/eppingcarlingford

Welcome to our Parish of Epping and Carlingford consisting of our two worshipping communities of St Gerard Majella's at Carlingford and Our Lady Help of Christians at Epping. If you are new to the area or visiting today we are glad that you are with us, and we hope that our celebrations of the Eucharist together will provide both nourishment and challenge on your Christian journey.

YEAR C**FIRST SUNDAY OF LENT****10-03-19****Deuteronomy 26:4-10****Romans 10:8-13****Luke 4:1-13****Stations of the Cross—Fridays**

Stations of the Cross will commence at 6:30pm at Our Lady Help of Christians' Church, Epping. The Stations of the Cross will continue each Friday during Lent.



'The Light is On for You' will begin at 7:00pm at Our Lady Help of Christians Church, Epping. This is an exciting initiative for Lent, that seeks to welcome people to our churches in the Diocese for quiet time, prayer and the Sacrament of Reconciliation. This initiative will continue each Friday night at Epping during Lent.

Blessing of Palms— Palm Sunday. On Palm Sunday, 14th April, we will gather together with the community from St Alban's Anglican Church and Epping Uniting Church for a common blessing of palms, before our principal Sunday morning celebration at Our Lady Help of Christians, Epping commencing at 10am. After the blessing, we will then move out into Cambridge Street, and then process up Oxford Street to our various Churches.

Chrism Mass—Tuesday, 16th April—Chrism Mass will be celebrated at the Cathedral, 23 Yardley Street, Waitara commencing at 7:30pm.

Project Compassion boxes and envelopes are available at the back of each church. Please take one or two with you!

Lenten Groups This week the Lenten Programme "Compassion" commenced, with several Lenten Groups gathering throughout the parish. May the Holy Spirit guide these groups in their prayer.

LENTEN ECUMENICAL SERVICES

A reminder that we will again have a weekly Ecumenical Service each Tuesday evening of Lent at 7:45pm. Please note the dates in your diary and help to make the Lenten season of renewal a time of building the bridges of Christian unity.

The programme will be as follows: **Tuesdays @ 7:45pm**

Please note...If you are planning on coming along to the service at St Gerard's on Tuesday 19th March, **could we ask you to bring a plate to share for supper.**

Date	Church
12 Mar.	St Alban's Anglican Church Preacher Fr Peter Dowd
19 Mar.	St Gerard's Catholic Church Preacher: Rev G Woolnough
26 Mar.	Epping Baptist Church Preacher: Bishop Ross Nicholson
2 Apr.	West Epping Uniting Church Preacher: Rev Paul Weaver
9 Apr.	Epping Uniting Church Preacher: From Epping Baptist Church

Our Baptismal Fonts and Lent

From the 6th March, Ash Wednesday, the baptismal fonts in our two churches will remain empty as we await the refreshing waters of Easter.

Parish Mission Statement

We are a diverse Catholic community centred in the Eucharist. We gather for worship to serve and reach out to others as we grow in relationship with God and each other.

March 2019 Safeguarding Message

A culture of Safeguarding values SERVANT LEADERSHIP....."Like good stewards of the manifold of grace of God, serve one another with whatever gift each of you has received." - 1 Peter 4:10

DELAY TO THE OLHC SITE DEVELOPMENT AND SCHOOL RELOCATION

School Relocation to St Agatha's – December 2020 to the end of Term 1 2022

Dear parishioners and all parents of OLHC school Epping, as you would be aware, we originally anticipated the school would be temporarily relocated from December of this year (2019). However, due to delays in the planning approvals process, this date will be now be postponed for 12 months.

Since the development application (DA) was lodged last year, several factors have delayed the approvals process. These relate predominately to both the City of Parramatta Council and Transport for NSW requesting more information as well as some proposed amendments to the design.

Rather than disrupt the life of the school midway or throughout a school year, after very careful consideration it has been determined that we should allow a full 12 month delay to resolve the remaining issues.

This means the new temporary relocation dates to St Agatha's will now be from December 2020 until the end of Term 1 2022.

We appreciate your understanding and want you to know that together with Stockland, we are working hard to ensure the best outcome for our parish generally and in particular our parish school at Epping. We understand this could create uncertainty for parents, which is why we are telling you now - to give you as much notice as possible. We will continue to keep everyone informed throughout this process.

If you have any questions, or would like more information, we are holding an information evening for parents and all interested parishioners on:

Wednesday, 27th March at 7:30pm in the parish hall at Our Lady Help of Christians, Epping. We hope you can join us.

Supporting Our Parishes

Our parishes create a strong positive presence in our communities, and enjoy essential partners in our Catholic schools.

Our Catholic identity finds fluent expression through them. The Catholic Church has a strong tradition of giving that follows in the footsteps of St Paul who spoke about caring for one another; it has established and supported many worthwhile charities throughout its long history.

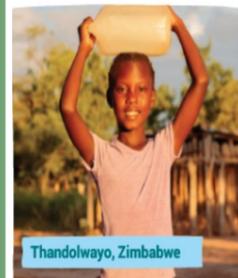
This culture of charity continues on, but a parish can only sustain itself and these charitable works with the help of its parishioners whose generosity makes great things possible. We ask you to consider this when thinking about your Charitable commitments to your parish. A church is not merely a building but the people who breathe life into it.

What happens to the Second Collection?

Money from the second collection supports the maintenance of the parish buildings and pastoral programs. The parish must work within its own budget and is unable to draw funds for expenses from any source other than its own income. Loans for church works are permitted as long as they can be serviced. Some of the expenses covered are:

1. Parish running costs, e.g. administration, insurance, utilities, general maintenance and upkeep of the Church, presbytery and parish property.
2. Parish staff salaries including superannuation.
3. Priests' care expenses.
4. Charitable Works Fund shortfall. The collection combines income from planned giving envelope and cash on plates.

Project Compassion—100% Determination



Thandolwayo, Zimbabwe

Life in her village in north-western Zimbabwe wasn't easy for 12 year old Thandolwayo.

Thandolwayo lives with her grandparents and attends the local school which has just 35 students.

Every morning Thandolwayo would walk seven kilometres and risked being attached by crocodiles as she collected contaminated water for her family. She'd then go to school feeling exhausted.

Thandolwayo's grandparents sell pearl millet bran to fisherman and farmers for animal feed. They also sell chickens—but the income it brings isn't enough to support the family.

Thandolwayo's hope to be a nurse seemed almost impossible to realise, until Caritas Hwange helped the village to install two solar powered pumps and two 10,000 litre water storage tanks. The pumps draw the water up from the river to the storage tanks.

Thanks to Caritas' support, water is now on tap in the village, benefitting the whole community—and Thandolwayo can concentrate on her education.

"Now I can bathe every day, the distance to collect water for the family has been reduced." Thandolwayo says. "We now drink clean, safe water and diseases are no longer affecting us."

The plentiful water supply has also triggered new ventures. Water is being used to mould bricks for building houses and to pound maize to sell. Plans are underway to establish a community garden and a fish pond, to generate a better income.

"Hope is important because it makes me work harder so that I achieve what I want to be when I grow up." Thandolwayo says.

We fast from the joyful words of the Gloria during these days of Lent as we prepare our hearts and our community to celebrate once again the saving death and resurrection of Jesus

ECUMENICAL RELATIONSHIPS

Our parish is strongly committed to ecumenism and a formal Covenant has been signed with the Anglican Parish of Epping, Epping Uniting Church, West Epping Uniting Church and Epping Baptist Church.

HAVE YOU TOLD US? If you have recently changed your address, phone number or email. For parishioners who give by credit card, does your credit card expire in the near future? Please give the parish office a call on 9876 2853 if you have received a new credit card and/or a new expiry date.

AFTER HOURS SICK CALLS— 9876 2853

Outside office hours our office phones divert to Fr Peter and Fr Joey at home. In the event that they are unavailable, their answering machines will record your message or ring the number given in the message. However, if possible please restrict routine enquiries to office hours.

ADMITTED TO HOSPITAL

A reminder that if you are admitted to hospital, please try to ensure that you write down your religion as Catholic on the admission form, so that you can receive Catholic services

Accommodation Sought

Young, single man seeking accommodation in Epping. He works in Epping. If you can help please contact the Parish Office 9876 2853.

Beyond Our Parish

Special Talk—Parenting Purity to Teens

Date: 20 March 2019 Wednesday **Time:** 7:00pm
Venue: St Monica's Parish Hall
Hosted by: Mr Simon Carrington (Fire Up Ministries)

This free-of-charge talk is especially relevant to parents who have teenage children. Catholic teachings on chastity, family and commitment to love will be presented, and how parents can communicate these Catholic values to their children.

All adults and parents are welcomed.

About the speaker, please go to the website:
<http://fireupministries.com>

All enquiries please email to: tobstmonica@gmail.com

Position Vacant—Director of Communications—Pennant Hills—Full Time

If you are interested in applying for this position, please apply online or via recruitment@bbcatholic.org.au and include a cover letter, statement as to the selection criteria (which explains how you meet the requirements of this role which is available from the parish office at Epping) and a current CV.

Applications close **COB on Monday 25 March 2019**. Please note that the successful candidate will be required to undergo pre-employment screening including a Working With Children Check (WWCC) and National Police History Check (NPHC).

THE APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, *[all bow.]*

born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

The Truth Justice and Healing Council

www.thecouncil.org.au
Ph.: 6234 0900

Catechist Corner - "YES, WHY NOT!"

'I want to help but I work full time and have crazy hours. It's impossible, I cannot be a catechist.' This was something in my mind when I first heard about the Catechist Recruitment appeal 6 years ago.

I work as an architect and we do have crazy hours. Something it can be from morning till 10pm or even midnight. I had worked normal office hours on the weekend for 3 months straight during a certain phase of my assignment.

At that time I was exhausted with the work that I had. My head kept telling me 'it's impossible,' my heart, however, said 'There must be something else in life besides work and I can do something with children.'

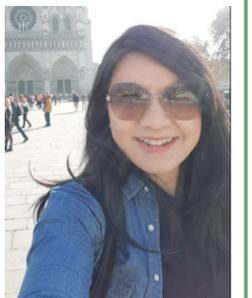
It took me 2 years of struggle before a small voice said to me 'Why not, just ask!.' I went to my then employer with the expectation that my proposal would be rejected. On the contrary, my employer accepted that 'I can come to work late for 36 out of 52 weeks so long as I make up for the late times.'

The 'Yes, Why not II!' keeps me going when I changed my job twice. During the interviews, I told my prospective employers that I am doing voluntary work and will be late for work on Thursdays during school terms but will make up for them. Voilà! Here I am going on to my fourth year as a catechist.

I actually receive much more than the time I put in for doing the classes. Seeing the children, teaching them about Christ, sometimes noticing that some of them applied what they have learned in the classroom and even in their daily lives, all these lift my spirit and even the stress from my work. The children have made a difference to me.

As the bible said 'Ask and you shall Receive.' I hope my story can relate to some of you, 'listen to your inner voice and say "WHY NOT I."

Thank you for reading my story. Regina (Maya) Soeryanto is one of our catechists currently teaching at a primary school in Epping.



Reflection on this Sunday's Gospel—Images for Lent

What is the meaning of Lent? Why do we set aside forty days each year to voluntarily give up some legitimate enjoyments so as to prepare for Easter?

The need for lent is written right into our DNA. Perhaps a look at some of images for lent can help make this clearer.

Religiously the richest image we have for lent is the image of the desert, of Jesus going into there voluntarily to fast and pray. Scripture tells us that Jesus went into the desert for forty days and, while there, he ate nothing. This doesn't necessarily mean that, literally, he took no food or water during that time, but rather that he deprived himself of all physical supports (including food, water, enjoyments, distractions) that protected him from feeling, full force, his vulnerability, dependence, and need to surrender in deeper trust to God. And in doing this, we are told, he found himself hungry and consequently vulnerable to temptations from the devil—but also, by that same token, more open to God.

There is some necessary inner work that can only be done in sadness and heaviness and we need sometimes to enter these voluntarily.

The desert, by taking away the securities and protections of ordinary life, strips us bare and leaves us naked, both before God and the devil. This brings us face-to-face with our own chaos. That's an image for Lent.

But we have some wonderfully rich anthropological images for lent as well. Let me briefly mention three of them.

In virtually every culture there is, somewhere, the concept of having "to sit in the ashes for a time" as a necessary preparation for some deep joy or fulfillment.

We see this, for example, in the story of Cinderella. The name itself, Cinderella, holds the key: It is derived from two words: Cinders, meaning ashes; and Puella, the Latin word for young girl. Etymologically, Cinderella means the eternal girl who sits in the ashes, with the further idea being that, before she, or anyone else, gets to put on the royal clothes, go to the ball, and dance with the prince, she must first spend some time sitting in the ashes, tasting some emptiness, feeling some powerlessness, and trusting that this deprivation and humiliation is necessary to help bring about the maturity needed to do the royal dance.

There is a similar concept inside some North American Native cultures, where it is accepted that, in everyone's life, there will come a season where he or she will have to spend some time sitting in the ashes. For example, in some tribes, when they used to live communally in long-houses, the fires for heating and warmth were kept in the center of the house so that a partially open roof could function as a chimney. Ashes would, of course, accumulate around the fires and occasionally someone from the community would, for a period of time, simply sit in the ashes, quiet, withdrawn from ordinary activities, and take little food or water. Eventually a day would come when he or she would get up, wash off the ashes, and resume normal activities. Nobody asked why. It was taken for granted that this person was working through something, a depression or crisis of some sort, and needed that space, that quiet, that withdrawal, to trudge through some inner chaos and demons. In short, he or she was seen to need a Lenten season.

A third image is that of being a child of Saturn. In some mythologies, Saturn was thought to be the planet that causes us to feel sadness and despondency. And so if you were a poet, an artist, a philosopher, a writer, or a religious thinker you would want, sometimes, to sit under Saturn, that is, to enter voluntarily into certain inner areas of the soul that ordinarily you might want to avoid precisely because they trigger chaos, sadness, heaviness, and despondency. Part of the idea was also that, occasionally in every person's life, you would for a time become a child of Saturn, meaning that you would be overcome by a certain sadness and heaviness and would have to cease your normal activities and sit for a time with that, patiently learning some lessons that only a certain sadness could teach you. Again, the idea was that there is some necessary inner work that can only be done in sadness and heaviness and we need sometimes to enter these voluntarily.

Finally, there is yet another rich image in anthropology to help us understand lent, the image of our own tears as reconnecting us to the flow of life. The image is simple: Our tears are salt water. As is the ocean which is ultimately the origin of all life on this planet. What our tears do is to put us back into touch with the physical origins of all life on this planet, salt water. The idea then is that, occasionally, it is good to forsake the joys of life for the salt of tears because only tears can deepen us and help us connect to our origins and grounding.

Lent is meant to do exactly that.

Ron Rolheiser

Used with permission of the author, Oblate Father Ron Rolheiser. Currently, Father Rolheiser is serving as President of the Oblate School of Theology in San Antonio Texas. He can be contacted through his web site, www.ronrolheiser.com.




Invitation to
St Gerard's Open Day

Wednesday 13 March 9.15am—11am
School Hall



SHOP

Our Lady Help of Christians' Catholic Primary School
8 Cambridge Street, Epping

Open Day
Wednesday 13th March
9:00am—11:00am



Meet the Principal,
Dominique O'Sullivan
Phone 9868 3322

Monday Night Rosary
is held at
St Gerard's Church,
commencing at 7pm and
concluding at 8pm.

All welcome!



PARISH DIARY FOR THIS WEEK

Day	Date	Time	Event
Sun.	10/03/19	9:30am	Kidz Word at St Gerard's Church
		10:15am	Kidz Word at Our Lady Help of Christians' Church
		2:00pm	PMR Carlingford Happy Family Chinese Group
		3:00pm	PH Epping First Reconciliation Session 3
		6:00pm	PMR Carlingford Antioch Group meeting
Mon	11/03/19	9:00am	Little Engines Playgroup Epping—NOT Available
		9:30am	PH Carlingford Gerry's Playgroup
		9:30am	Mass at St Gerard's
		10:15am	PMR Carlingford—Lenten Group
		7:30pm	PMR Carlingford SVdP meeting
Tue.	12/03/19	7:30pm	CH Carlingford Rosary Group
		12:15pm	Mass at Our Lady Help of Christians' Church
		1:00pm	PMR Carlingford—First Reconciliation
		7:00pm	CH Carlingford Adult Choir Practice
		7:45pm	Ecumenical Lenten Service at St Alban's Anglican Ch.
Wed.	13/03/19	9:15am	Mass at Our Lady Help of Christians' Church
		9:30am	Mass at St Gerard's Church
		10:00am	PMR Carlingford—Lenten Group
		10:15am	CH Epping OLHC School Reconciliation Yr. 5
		4:00pm	PMR Epping—Transforming Practices
Thur.	14/03/19	7:00pm	PMR Epping—PPC Meeting
		7:30pm	PMR Carlingford—Lenten Group
		9:30am	Mass at St Gerard's Church
		11:00am	Mass at the Poplars Nursing Home
		12:15pm	Mass at Our Lady Help of Christians' Church
Fri.	15/03/19	3:30pm	PMR Carlingford First Reconciliation Session 4
		7:00pm	PMR Carlingford—Antioch Lenten Group
		7:30pm	PMR Epping—Lenten Group
		9:30am	Mass at St Gerard's Church
		10:15am	PMR Carlingford—Lenten Group
Sat.	16/03/19	12:15pm	Mass at Our Lady Help of Christians' Church
		4:30pm	CH Epping Rosary for the Immaculate Heart of Mary
		6:30pm	CH Epping - The Light is On Stations/Reconciliation
		7:00pm	PH Carlingford CANA Youth Group
		9:15am	Mass at Our Lady Help of Christians' Church
		9:45am	Exposition and Reconciliation
		10:15am	Benediction
		3:00pm	PH Carlingford First Reconciliation Session 4
		5:00pm	Mass at Our Lady Help of Christians' Church
		5:00pm	CH Carlingford—Reconciliation
		5:45pm	PMR Carlingford Chinese Group
		6:00pm	Mass at St Gerard's Church

PH—Parish Hall, CH—Church, PMR—Parish Meeting Room

THE NEW PARISH WEBSITE

www.bbcatholic.org.au/eppingcarlingford
contains a complete directory of parish life and downloads of important documents.

PARISH STAFF

Parish Secretary:
Dennis Porteous Ph.: 9876 2853
Email: dennis@eppcarl.org.au

Asst. Parish Secretary:
Maree Balzulat Ph.: 9876 2853
Email: maree@eppcarl.org.au

Pastoral Care Assistant:
Maree Balzulat Ph.: 9876 2853
Email: maree@eppcarl.org.au

Parish Support Worker (PSW) Sacramental Programmes and Children's Ministries
Lynn Siau
Ph.: 0407 255 593
Email: kids.sacrament@eppcarl.org.au

Sacramental Programme Assistant:
Marcella Letteri
Ph.: 0407 255 593

Pastoral Support Worker (PSW) Youth:
Joanna Mak
Ph.: 0423 717 550
Email: joanna@eppcarl.org.au

Missionary Discipleship Coordinator:
Denis McNamara
Ph: 0410 041 944
Email: denis.mcnamara@eppcarl.org.au



Carlingford Conference

VINNIES CLOTHING DRIVE

Saturday 30 March 2019

from 8:30am

All clothing and bric-a-brac
Collected from our parish

Collect bags and **PRINT**
Your name, address & phone number
(court year of St Gerard's Church)



WN BULL
FUNERALS

Leaders in Personal Service

www.wnbull.com.au
wnbull@wnbull.com

9519 5344

An Australian owned company



Children's Sacramental Journey - First Reconciliation 2019

This weekend, the children who are preparing for their First Reconciliation will receive a copy of the Act of Contrition during all Masses. The Act of Contrition which we explain to the children as a "Sorry" prayer, comes with it a recognition of not just their unloving choices, but also the huge effort required to **choose to want** to try their best to love others and the need to seek help in doing so.

Our third session on Forgiveness offers the children some simple steps they can take to make peace with their family and friends. Firstly, by being honest and owning up to the unloving words and actions that were said and done, then the importance of saying sorry and lastly to do something to show that person and God they want to make peace.

We lightly touch on helping them understand pride can sometimes be the reason people are unable to say sorry and also forgiveness can sometimes take time. We then link this to the stories we have read on The Loving Father, The Lost Sheep and also to this week's Gospel reading on Zacchaeus, the Tax Collector. All these readings are reminders to the children of God's everlasting love for us, always forgiving and with prayer we learn to love others so as to return God's love, for He created us all and loves us all equally.

The group sessions are family-centred and encourage parent-child interaction with activities to help children explore the key concepts of the sacrament in an age-appropriate and fun way.

Please keep them in your prayers to fully understand Reconciliation ultimately as being a celebration of God's love and mercy for us!

We always like to hear from you and look forward to building a fruitful relationship! If you have any queries or would like more information regarding your child's sacramental journey within our parish, please feel free to send an email to kids.sacrament@eppcarl.org.au

Children's Mass - Epping

There will be a Children's Mass at 10:15am at Our Lady Help of Christians' Church, Epping on Sunday 17th March.

The children can be involved in hospitality, readings, prayers and processions. We invite your children to participate! Please email Therese for more information: olhc-childrensmass@gmail.com.



ROSARY FOR THE INTENTIONS OF THE IMMACULATE HEART OF MARY The rosary for the intentions of the Immaculate Heart of Mary will be recited every Friday afternoon at 4:30pm in Our Lady Help of Christians' Church. You are most welcome!

Children's Liturgy of the Word - First Sunday of Lent

Children's Liturgy (Kidz Word) is an age-appropriate Liturgy of the Word offered at the 9:30am Sunday Mass at Carlingford and the 10:15am Mass at Epping during school terms. The presiding Priest calls forward the authorised adult leaders and children just after the Collect (Opening Prayer) and the children are invited to go with the leaders to the parish meeting room.

During Kidz Word, the leaders lead the children through prayers, songs/mimes and readings. The children reflect on the same Scripture readings as the rest of the assembly. They are taught a simplified message of the readings and are encouraged to share that message with their family and friends after Mass.

This week, Kidz Word will explore the season of Lent. Lent is the time to get ready for Easter. The children will be invited to notice the changes as they enter the church, the colour and if they see any flowers. They will also get a special activity page which they are encouraged to put on the fridge to remind them to "do a loving thing today".

Adult volunteers are needed to lead Kidz Word each week, as well as to assist with the supervision of the children. This is a great opportunity for adults and middle/high school youth to help these eager youngsters celebrate God's Word. A Working with Children's Check will be required, which we can assist you with.

If you would like to help bring this meaningful ministry to life so God's Word can reach the hearts of our young children, please contact the parish office on 9876 2853 or email me at lynn@eppcarl.org.au We look forward to hearing from you!

Lynn Siau
Sacramental Programmes & Children's Ministries
0407 255 593
lynn@eppcarl.org.au



2019 EASTER VIGIL CHOIR

We will once again celebrate the Easter Vigil 2019 as one parish at St Gerard's Church, Carlingford on Holy Saturday 20th April at 7:00pm.

We would like to invite parishioners from both churches to join our Parish Easter Vigil Choir to celebrate this most important Mass of the year.

Watch this space for rehearsal dates and times.

To indicate your interest, please email

Elizabeth on dneasti@optusnet.com.au
Fran on mikecunneen@optus.com.au

Be part of this special music group to celebrate this pinnacle point of our liturgical calendar!



We Need Counters—Can You Help!!

The Collection Counter assists in the timely and accurate counting of weekly (Sunday morning) and special collections for the parish. The team must consist of at least three people. Confidentiality and discretion is imperative to the safety and security of the collection counters, staff and the parish.

To register, please contact Dennis Porteous, our Parish Secretary on 9876 2853 or email dennis@eppcarl.org.au

Youth Page

CANA: OUR yrs. 6-9 YOUTH GROUP



Cana is on this Friday, 15th March from 7:30-9pm in the St Gerard's Parish Hall.

Anyone between year 6 to 9 is welcome to come and bring a friend or two!

If you have any questions, please contact Joanna Mak on

joanna@eppcarl.org.au or 0423 717 550.

OUR PARISH ANTIOCH COMMUNITY This Sunday 10th March

Why not Come along to the Antioch meeting to hear a **great talk**, join in **discussion time**, get into some **awesome music**, take time out for prayer and meet heaps of great young people from our parish!



The meeting starts at 6pm, in the Parish meeting room @ Carlingford,

so head on down and bring a friend.

All young people from Yr. 10 to age 22 are **VERY WELCOME!**

For more information Joanne—0416 030 927

"It was at Antioch that the believers were first called Christians." ~Acts 11:26



40 Days and 40 Nights

To do lent means to be **led** into the desert and to **listen** to what Jesus has to say. To do Lent is to take the time to **learn**. Jesus was led by the Spirit to be tempted by the devil!

Could we learn to say what Jesus said when we face decisions and could be tempted to take the easy option?

- ◇ *Man does not live on bread alone but on every word that comes from the mouth of God.*
- ◇ *You must not put the Lord your God to the test.*
- ◇ *Be off Satan! You must worship the Lord your God, and serve him alone.*

To do Lent as a disciple, you would learn from the Gospel events read at Mass each Sunday of Lent. These are some options:

- ◇ Join a Lenten Group—fill in the form and put it in the box at the Church door and I will contact a group for you.
- ◇ If you cannot join a group you can download the APP—**FROM LAST SUNDAY'S BULLETIN which I can send again from home!**
- ◇ Read the Gospel for Sunday before going to Mass.

Now I offer another opportunity, especially if you are not able to join a Lenten Group. This invitation is to learn you can live a fuller life by listening to *every word that comes from the mouth of God*. Many of these wise words come through the author John who wrote the "Gospel according to John."

Have you ever read a Gospel from the start to finish? We hear selected parts at Mass. Join us now and read from the beginning to the end during Lent. We will share our thoughts and learn more about John's Gospel by using "WhatsApp."

40 Days and 40 Nights

...see next column

21 CHAPTERS OF JOHN IN 21 DAYS

CHALLENGE YOURSELF BY READING A CHAPTER A DAY, OF THE GOSPEL OF JOHN.

A FEW MINUTES EACH DAY TO LISTEN OR READ USING YOUR SMARTPHONE OR BIBLE.



REFLECT ON THE READING



SHARE YOUR REFLECTION IN A WHATSAPP



THE CHALLENGE STARTS FROM 23 MARCH 2019 AND ENDS ON 13 APRIL 2019

IF YOU WOULD LIKE TO TAKE UP THE CHALLENGE TEXT '21' TO 0435 031 848 (LEON)



CONTACT FOR MORE INFORMATION

For more information email Denis at denis.mcnamara@eppcarl.org.au

The Catholic Parish of Epping and Carlingford Diocese of Broken Bay

This video has a song with drawings about Jesus being led into the desert by the Spirit. It is worth watching as a family. On your Web browser, go to YouTube, then search "40 Days Matt Maher." May all the Lenten Groups become a place of welcome where everyone is at home to share and to learn.

Denis McNamara—supporting Learning Disciples doing Lent