

<b>Responsorial Psalm Response</b> Happy are they who hope in the Lord.	<b>Gospel Acclamation</b> <b>Alleluia, alleluia!</b> Rejoice and be glad; your reward will be great in heaven. <b>Alleluia!</b>					
<b>WEEKEND MASSES</b>						
<b>Epping</b>	<b>5pm Vigil, 8:30am, 10:15am, 6:00pm</b>					
<b>Carlingford</b>	<b>6:00pm Vigil, 7:45am, 9:30am</b>					
<b>WEEKDAY MASSES</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat.</b>
<b>EPPING</b>	No Mass	12:15pm	<b>10:00am</b>	12:15pm	12:15pm	9:15am
<b>CARLINGFORD</b>	9:30am	No Mass	9:30am	9:30am	9:30am	No Mass
<b>HEALING MASS</b>	<b>Carlingford</b> —1st Thursday, <b>Epping</b> — 3rd Wednesday					
<b>EXPOSITION OF THE EUCHARIST: Epping</b> Saturday 9:45-10:15am, <b>Carlingford</b> , 4th Thursday 10:00am						
<b>SACRAMENT OF RECONCILIATION: Epping</b> Saturday 9:45-10:15am <b>Carlingford</b> Saturday 5:00—5:30pm <b>OR BY APPOINTMENT</b>						
<b>BAPTISMS AND WEDDINGS: BY APPOINTMENT</b>						
<b>PARISH OFFICE:</b> 29 Oxford Street, Epping NSW 2121 <b>PH:</b> 9876 2853 <b>Email:</b> parish@eppcarl.org.au						
<b>ST GERARD MAJELLA PRIMARY SCHOOL:</b> <b>PH:</b> 9871 1633 <b>Email:</b> sgc@dbb.catholic.edu.au						
<b>OUR LADY HELP OF CHRISTANS PRIMARY SCHOOL:</b> <b>PH:</b> 9868 3322 <b>Email:</b> olhc@dbb.catholic.edu.au						
<b>Lord, in Jesus your Son, you restored to us the gift of Everlasting life. Grant that life to:</b>						
<b>Recently deceased:</b> Valda Ellison, Ming Cheung Yeung, Chan Chee Keong, Seah Khung Img (Auntie of Lynn Siau), Mieke Van Werdt, Alicia Doyle, Bruce Laird, Peter Laird, Jose August da Rosa, Tammie Birch,						
<b>Anniversaries:</b> Roger & Jean-Claude Nina,						
<b>Also for:</b> Mary Anne, Anthony & Hugh Mulligan,						
<b>Please pray for those who are sick:</b> 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 Fawcett, Patricia Muschalik, Ernest Lau, Delma Soria, Sn Atanasia Lee, Maria Llave, Maria Belisario, Fe Llave, Stella Edwards, Boyet Llave, Fara Vargas, Kathy Walsh, Theo Stevens.						
<i>Due to privacy laws, names of the sick and deceased can only be put in the bulletin with the permission of the immediate family.</i>						

### Our Playgroup in the Parish

**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



### Celebrations this Week Sixth Week in Ordinary Time

**Friday:** Feast, The Chair of St Peter, apostle  
**Saturday:** Memoria, St Polycarp, bishop, martyr

### Friday Night Talks at the SVD

**Topic:** The Gospel according to St Luke –an introduction.  
**Presenter:** Fr Elmer I Ibarra, SVD Bible Apostolate Coord., SVD Australia Province  
**Date:** 23 February 2019  
**Time:** 7:30-8:30pm  
**Venue:** SVD Community Hall 199 Epping Rd, Marsfield  
**Admission:** Free!!

Date	Mass	Epping	Mass	Carlingford
23/02/19	5:00pm	Fr Peter Dowd	6:00pm	Fr Joey Frez
24/02/19	8:30am	Fr Peter Dowd	7:45am	Fr Joey Frez
24/02/19	10:15am	Fr Peter Dowd	9:30am	Fr Joey Frez
24/02/19	6:00pm	Fr Peter Dowd		

## 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

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

**Email:** parish@eppcarl.org.au

**Parish Website:** www.eppcarl.org.au

**Parish Office: 9876 2853**

**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**

**SIXTH SUNDAY IN ORDINARY TIME**

**17-02-19**

**Jeremiah 17:5-8**

**1 Corinthians 15:12.16-20**

**Luke 6:17.20-26**

Dear Parishioners,

It is with great delight that I can announce the launch of the new parish website this week! One of the key priorities in the Parish Pastoral Plan for 2018-2019 was the modernisation and updating of the parish website. In order to access the new parish website please go to [www.bbcatholic.org.au/eppingcarlingford](http://www.bbcatholic.org.au/eppingcarlingford). We have also redirected the previous URL to the new address.

The modernised website is simple and easy to use across various device forms with quick access to key information and latest news from the parish.

Thank you to all who volunteered your time and skills to revamp and modernise our parish website. I would like to offer a particular word of thanks to **Mark Stanton** and **Siby Joseph** who contributed their talents and many long hours of hard work in ensuring that we now have an important tool for spreading the "Good News" of Jesus Christ especially as it is lived within the Catholic parish of Epping and Carlingford. A special thanks must also go to **Ezra Szandala**, Digital Communications Officer in the Office of Communications – Diocese of Broken Bay as well as the wonderful cooperation of our parish secretaries, **Maree** and **Dennis**.

This is an exciting time for our parish and we hope you find this as a great communication tool enabling parishioners to access information about the life of the parish, its resources, programs and latest on the upcoming events.

Secondly, I would also like to thank those that gave personal testimonies last weekend about their experience of being part of the Lenten reflection programme. Once again I extend an invitation to **ALL** parishioners to consider being part of this experience of faith and parish community in 2019. One day a week for six weeks is the commitment being asked of you and we will do everything possible to find a time and venue which suits your schedule. Please find registration forms in the seats and return them to the boxes at the entrances to the church or the parish office.

Finally, **Joanna Mak**, our new youth minister will be speaking briefly at Carlingford this weekend and then Epping the following weekend. This is the first time in a number of years that we have had a Youth Minister here in the parish and her speaking over these weeks gives us all a wonderful opportunity to get to know her a bit more. As has been the tradition in the past you will have an opportunity to financially support her work by contributing via the envelopes in the seats and placing your contribution with any of the two collections over the next couple of weekends.

*Fr Peter*

### Being a disciple is to be a life-long learner. As disciples we look for ways to grow in our faith.

One way offered to all in our parish is to learn more about Jesus this Lent. We can learn more by meeting with others to read the Sunday Gospel and hear what others have learnt. We want every single person to take the initiative to keep growing in their relationship with Jesus, learning about their faith with other believers and worshipping God. The key is for each disciple to take ownership for their own journey.

Lenten groups are a place for disciples to meet Catholics, to make friends and to grow in faith.

I invite you to fill in the form that is on the seats in the church. You can meet in a home. You can join others in the parish meeting rooms. Let us know where and when and the team assisting Fr Peter with the Lenten groups will be in touch with you. These groups are also an excellent place to invite friends and neighbours to grow together.

*Denis McNamara ~ encouraging Missionary Disciples*

### Lenten experience of a parishioner Testimony told at a Mass last Sunday

My name is Maria and our family have been parishioners here for over 6 years now. As Lent is fast approaching, I am here to tell you about the Lenten Groups and invite you to join a group within our parish.

During Lent we are reminded to give up something. It was about this time last year that I started thinking about what I can do for Lent and as I kept thinking about it, it eventually led me to pray to God and ask him – "Lord, what do you want me to do this Lent?". Well, the answer didn't take long. Around this time last year, while Phil and I were serving morning tea, Fr. Peter approached us and asked if we would consider forming a Lenten Group. He would then give our contact details to the person organizing it so we can get a little briefing of how to lead a group.

*.....continued on p.2*

### 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.

### February 2019 Safeguarding Message

A culture of Safeguarding values COMPASSION....."Finally all of you, have unity of spirit, sympathy, love for one another, a tender heart and a humble mind" - 1 Peter 3:8

.....continued from column two on the cover

While Fr Peter is conversing with us, at the back of my mind, I am conversing with God – saying "this must be what you want me to do Lord" and needless to say, we said yes.

Joining the Lenten Groups initiative of the parish was really a good experience for us to journey with God during Lent and this time we did not do it alone but with fellow parishioners.

During the group meetings of once a week for 6 weeks, we got to pray together, listen and reflect on God's Word, and sharing and discussion of our reflection. But the blessings do not end after 6 weeks. Because of joining the Lenten group, we now know a few more parishioners, we converse with them more often, ask prayers from one another and just keeping in touch every time we see them in church gatherings. They are no longer just "familiar faces" we see every Sunday Mass.

Brothers and sisters, I hope you will consider joining a Lenten group this coming Lent. It starts on the week of Ash Wednesday (6<sup>th</sup> of March) and ends on the week before Holy Week. Thank you very much for listening and giving us an opportunity to invite you all.



The **Light is On** is an exciting initiative this year for Lent that seeks to welcome people to our

churches for quiet time, prayer and the Sacrament of Reconciliation.

Churches around the Diocese will be open on **Friday evenings in Lent, 8, 15, 22 & 29 March, and 5, 12 April. The Light is On will be here at the Epping and Carlingford Parish.**

The opportunity for Reconciliation will occur after the Stations of the Cross at OLHC Epping each Friday as shown above.

**Times: 6:30pm -7:00pm Stations of the Cross  
7:00pm—8:00pm Quiet time & Reconciliation**



On Thursday 7th February we celebrated our monthly Healing Mass at St Gerard's. Afterwards we enjoyed a cuppa, and said 'farewell' to Jan Doherty, who is moving out of the parish. We shall miss you Jan!

### **How happy are you who are poor: yours is the kingdom of God. But alas for you who are rich: you are having your consolation now.**

In the Gospel today we hear Luke outline beatitudes and woes. How do we understand poor and rich? This is difficult, because the average Australian is the wealthiest citizen of all the country in the world! Or is there something more to the words that Jesus means by contrasting poor and rich? How would you explain what Jesus meant? A few thoughts:

The poor are desperate, without what is essential for security. They know they depend on God and on others and they live out their life for others. A priest visiting Christmas Island detention centre, said everyone came to the Easter liturgy, for everyone was praying and hoping for help. Can you think of an example in your life? Is it one you can share?

The rich for Jesus are those are those who focus on personally 'having it all'. They change the attitude of "mind over matter" to mean 'I don't mind and you don't matter'. They strive to acquire and to dispossess. Their attitude is that they act as though, 'who they are' is 'what they have'. Their wealth without responsibilities, their power over. Their success is without a sense of ever having received or been gifted by someone greater than themselves.

We usually have a foot in both being poor and feeling bad about it and being rich and feeling wishful for more wealth. We are conflicted. (If only we won Lotto our problems would end! If only this, or if only that..)

How do you understand what Jesus meant by *Happy you Poor* and *Alas for you Rich*?

This could lead to a great conversation. If you are poor, where are you experiencing this *Kingdom of God* and if rich, where are you experiencing this *consolation now*?

Our Lenten challenge is to review our current attitudes. Let Jesus enlighten and guide us to live by the Be-attitudes. We can also avoid some woeful consequences from the wrong attitudes.

We hear St Paul state the fact that makes all the difference to our lives.

*Christ has been raised from the dead.*  
Our belief and our hope in Christ is "We too will be raised from the dead!"

*If our hope in Christ has been for this life only, we are the most unfortunate of all people.*

Paul sees life differently. For him, what matters most is an eternal perspective, a hope for the everlasting life of being in love and being with all those you have loved and been loved by. This is life for eternity with God, *Who is Love*.

Look around. Say hello and greet them with the sign of peace. We are looking forward to being raised from the dead. See if you could get to know them in this life, in a Lenten group!

*Denis McNamara ~ encouraging Missionary Disciples*

### GLORIA

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
**Amen.**

### 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

### Can You Help??

"Celebrating the 100<sup>th</sup> anniversary of the beginning of the parish of Our Lady Help of Christians, Epping in May 2017 we located much of the unknown as well as known history, very early documents and treasured instruments of the church which we assembled and wrote about in "A Paddock out the Back". Everyone who attended that celebration was thrilled.

With the coming changes in Epping generally and the site of our Church and school we need to sort through and assemble much of the material which led to our display and published history. By properly assembling and protecting these historical documents and pieces they can remain as treasures and be passed on to future generations.

Please, are there any historians, lovers of history, parishioners generally who would be interested in assisting - sorting, collating, record keeping the materials we located and now have stored relating to our interesting history. Collating and properly storing at this stage means our history is passed on to future generations. Being part of a team saving and storing history is far more exciting to those doing it as well as to later generations than being told that it took up too much space and was disposed of. Much of Australia's history has been lost that way.

Please think about this and telephone your interest in joining a group:

**If you are able to assist, please contact the parish office on 9876 2853 or email [maree@eppcarl.org.au](mailto:maree@eppcarl.org.au)**

### THE NICENE CREED

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
**At the words that follow, up to and including 'and became man', all bow.**  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

### The Truth Justice and Healing Council

[www.thecouncil.org.au](http://www.thecouncil.org.au)  
Ph.: 6234 0900

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## Reflection on this Sunday's Gospel Reading—Happy are You

"The glass is either half empty ...

... or broken," said a discouraged detective in one of Jonathan Kellermann's mystery novels.

The beatitudes Jesus proclaims this Sunday seem for all the world like the broken option. Blessed are those who are poor, hungry, weeping, hated, excluded, insulted, and denounced. Are these really beatitudes?

What is a beatitude supposed to be, anyway?

They were an ancient formula for encouraging people to do good. For instance, in this week's Responsorial Psalm, which is the first psalm in the bible, we read, "Blessed is the one who does not take the wicked for his guide, nor walks the road that sinners tread."

Blessed are you if you stay empty, if you become a spacious home for God, for other human beings, for the long-suffering earth.

And Psalm 41 says, "Happy those concerned for the lowly and poor; when misfortune strikes, the Lord delivers them. ... " Jeremiah 17 has "Blessed is the one who trusts in the Lord . . . , he is like a tree planted [next to] water that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green."

Beatitudes are numerous and beautiful in the Old Testament. They all say this: if you do a particular thing, you will receive blessings. Beatitudes were consolations, helping their hearers to be good persons.

But Jesus seems to have reversed the idea. Blessed are you if you do the deed of suffering.

Wait, Lord, what do you mean? I am supposed to seek to be penniless and sorrowful and in pain? Why would you want me to be in such a terrible state?

There have been many opinions on this. But your author has his own guess.

A person has to be open and empty in order to let God and others come in. If we want to love and be loved we need to have space at the center of who we are. And then goodness will come in.

Consider a rich person who "has everything." Isn't he tempted to let his possessions define who he is? "Attack my property and you attack me," he might say. Possessions become an "instead of." Instead of love I choose something more stable [so it looks]: cars or boats or corporations or just plain power. Instead of eating only what I need, each North American who goes to a restaurant can eat enough for five people! Would you like another order of French fries, the waiter asks after we have already finished a steak the size of a serving plate and a quadruple order of fries.

Yet the principle running through all the beatitudes is this: you are blessed if you don't cram yourself full. Full of food, drink, pride, drugs, fame, sex, visits to the beach, stunning hair-do's, flattest abs, shiny teeth, fast cars, every kind of wealth, and of course reputation. Instead, blessed are you if you stay empty, if you become a spacious home for God, for other human beings, for the long-suffering earth.

We are built to be quiet receivers, people who know they are empty and yet are patient. There is only one reality, only one Being who can give us the bread of life, who can satisfy our deep hunger for love. Don't you want to welcome it into your soul instead of flying around at fastest pace having fun fun fun?

Blessed are you if you let go into his arms.

John Foley, SJ

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### Administrative Assistant to the Primary School SRE (Catechist) Coordinator for the Parish of Epping and Carlingford Voluntary Position

#### Role:

To assist the SRE Coordinator in performing administrative work and providing support to activities with the catechists.

**Responsibilities** (partner with the SRE Coordinator): Assist in the preparation for the new SRE school year .

- Assist with annual activities - Combined state schools mass - Recruitment drive etc.
- Assist with organising such things as - Catechists general meetings and - Maintenance of contact details

#### Skills:

- Good communication capability in both speaking and writing.
- Good working knowledge of tools such as Word, Excel, PowerPoint and Email.
- Good capability to plan, commit and deliver.
- Able to work independently and to work well with people.

Please contact Katherine Tam on 218catechists.ps@gmail.com or call the Parish Office on 9876 2853 for more information

## PARISH DIARY FOR THIS WEEK

Day	Date	Time	Event
Sun.	17/02/19	9:30am	Liturgy of the Word—Kidz Word
		10:15am	No Children's Mass at Epping
		11:15am	PMR Carlingford—Baptism Preparation Meeting
Mon	18/02/19	6:00pm	PMR Carlingford—Antioch Group meets
		9:00am	PH Epping—Little Engines Playgroup
		9:30am	PH Carlingford—Gerry's Playgroup
		9:30am	<b>Mass at St Gerard's</b>
		7:00pm	Epping Baptist Church—Combined PPC Meeting
Tue.	19/02/19	6:30pm	for a 7:00pm start.
		7:30pm	PMR Carlingford SVdP meeting
		7:30pm	CH Carlingford—Rosary Group
		12:15pm	<b>Mass at Our Lady Help of Christians Church</b>
		7:00pm	CH Carlingford Adult Choir Practice
Wed.	20/02/19	7:30pm	SVdP Meeting at the Epping shop
		7:30pm	PMR Carlingford Sacramental
		9:30pm	<b>Mass at St Gerard's Church</b>
Thur.	21/02/19	10:00am	<b>Healing Mass at Epping</b>
		9:30am	<b>Mass at St Gerard's Church</b>
Fri.	22/02/19	12:15pm	<b>Mass at Our Lady Help of Christians Church</b>
		3:30pm	PMR Carlingford First Reconciliation Session 1
		9:30am	<b>Mass at St Gerard's Church</b>
		10:00am	PMR Carlingford Scripture Reflection
		12:15pm	<b>Mass at Our Lady Help of Christians</b>
Sat.	23/02/19	4:30pm	CH Epping Rosary for the Immaculate heart of Mary
		7:00pm	PH Carlingford CANA Group
		9:15am	<b>Mass at Our Lady Help of Christians Church</b>
		9:45am	Exposition and Reconciliation
		10:15am	Benediction
Sun.	24/02/19	3:00pm	PH Carlingford First Reconciliation Session 1
		5:00pm	Vigil Mass at Our Lady Help of Christians Church
		5:00pm	Reconciliation at St Gerard's
Mon.	25/02/19	6:00pm	Vigil Mass at St Gerard's Church

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

## 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 of time of building the bridges of Christian unity.

The programme is as follows:

Day	Date	Church	Preacher
Tuesday	<b>12 Mar.</b>	St Alban's Anglican Church	Fr Peter Dowd
Tuesday	<b>19 Mar.</b>	St Gerard's Catholic Church	Rev Greg Woolnough
Tuesday	<b>26 Mar.</b>	Epping Baptist Church	Bishop Ross Nicholson
Tuesday	<b>2 Apr.</b>	West Epping Uniting Church	Rev Paul Weaver
Tuesday	<b>9 Apr.</b>	Epping Uniting Church	Preacher from Epping Baptist Church

## 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:**  
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Email: maree@eppcarl.org.au

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

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

**Pastoral Support Worker (PSW) Youth:**  
**Joanna Mak**  
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Email: joanna@eppcarl.org.au

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

### 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 during your stay.

### THE SEASON OF LENT – ASH WEDNESDAY

Ash Wednesday falls on **Wednesday 6th March.**

Please be part of our Ash Wednesday celebrations of Mass as we enter into the time of Lent:

#### Epping

**9:15am (we will be joined by the OLHC Primary School for this Mass).**  
**7: 30pm Evening Mass**

#### Carlingford

**9:30am (we will be joined by St Gerard's School for this Mass).**  
**7:30pm Evening Mass**



**Children's Sacramental Journey - First Reconciliation 2019**

At all our Masses this weekend, we welcome the children who will begin their preparations towards celebrating First Reconciliation. This Rite of Enrolment marks the continuation of a faith journey for the children who received the Sacrament of Confirmation in September last year or for some, at Baptism. This journey in particular also highlights the continuous companionship of their parents.

During this Rite at all the Masses, the children will hand out a special 'Please Pray for Me' card to members of the parish. Should you have the honour of becoming a Prayer Companion for one of these children, please remember to keep them and their parents in your prayers as they prepare to celebrate their First Reconciliation, for it is an opportunity for us to show these families they are not alone in this journey; we are accompanying them! The families will also be presented with their Reconciliation Preparation Book during this Rite, which confirms their enrolment and commitment to this special journey.

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](mailto:kids.sacrament@eppcarl.org.au)

**Children's Liturgy of the Word - 6<sup>th</sup> Sunday in Ordinary Time**

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 at St. Gerard's Church Carlingford, Kidz Word will explore The Beatitudes with the children in the readings, explaining to them each one of us has different needs and struggles. However we are all here together and we have a choice to make a difference and help make others feel better.

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](mailto:lynn@eppcarl.org.au) We look forward to hearing from



**Children's Mass - Epping**

Instead of Kidz Word, there will be a Children's Mass at 10:15am at Our Lady Help of Christians' Church at Epping this Sunday 17<sup>th</sup> February.

The children can be involved in welcoming, singing, readings, prayers and processions. We invite your children to participate! Please email Therese for more information: [ohlchildrensmass@gmail.com](mailto:ohlchildrensmass@gmail.com)



Lynn Siau  
Sacramental Programmes & Children's Ministries  
0407 255 593  
[lynn@eppcarl.org.au](mailto:lynn@eppcarl.org.au)

**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!



**EPPING HEALING MASS**

Our Healing and Anointing Mass will take place on **Wednesday, 20<sup>th</sup> February at 10:00am** in the Church. Morning tea will be served at the conclusion of Mass in the meeting room. Catering: Genevieve and team.

**The Catholic Parish of Epping and Carlingford "Facebook Page"**

The Catholic Parish of Epping and Carlingford now has a Facebook Page! 'Like' the page and follow us so you can stay connected with us. Invite your friends to the page too!



**Youth Page**

**CANA: OUR yrs. 6-9 YOUTH GROUP**



**Cana is on this Friday, 22nd February 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](mailto:joanna@eppcarl.org.au) or 0423 717 550.

**OUR PARISH ANTIOCH COMMUNITY**

**Annual Outreach Weekend was held 8th to 10 February.**

**A big THANK YOU to everyone in the Epping Carlingford Parish.**

The Weekend had finished with a great success.

It could not be possible without the generosity and support from our parishioners; in donating their time with meals, food, accommodations. Thanks also goes to St Gerard School for letting us use the facilities.



30 young people had completed the weekend bringing home the experience of Jesus's love radiated in each other.

Antioch meets on Sundays for young people from Yr. 10 to age 22.

**For more information Joanne—0416 030 927**



**Catechist Corner**

Jesus said, "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these." (Matt 19:14)

Being a scripture teacher was never in my post-retirement bucket list. When my friend told me there was a need for people teaching scripture in state schools, I had no thought of trying this uncharted territory. I reckoned there were several reasons. Although I have migrated from Hong Kong more than 25 years, my Hong Kong English accent still puzzled many local speakers. Being in my own profession over three decades, I had provided training and mentoring to my co-workers and team members. But I could hardly identify any related experience of teaching in a school, especially for young kids. Nevertheless when my friend showed me a flyer about CCDMI Program, its topics and contents caught my eyes. The 14-module program was literally addressing the skill I regarded I was missing. Next I found myself registering to the level one program and, after a few months, working together with my friend as a scripture teacher.

It was still vivid experience in my first few lessons. To lessen my fear, every time before entering the classroom, I would say a prayer usually about something like 'there would be no big drama' or 'I could remember what to say and do and finish my planned lesson smoothly'. Some of my prayers were answered while some were not. When I was upset, I recalled the advice from my fellow scripture teachers - that there were good times as well as bad times but we were there to sow the seeds and let God to do the rest. So far, it has been my stress reliever and spiritual encouragement!

In my first year, I was very much focusing on my plan. For example, I must first set up the sacred place, then to have an opening prayer, next to do a roll call, to help every child finish their worksheets, and most importantly to keep lesson finished on time. Day after days, I found my students were getting bored. I then asked for tips and techniques from my fellow scripture teachers. Through their enlightenment, I could always find some creative and useful ideas. When I saw the happy joyful faces which told me they enjoy the lesson, all my effort has paid off. With hindsight, I was in fact learning in conjunction with my students I taught.

...continued in next column

After three years as a scripture teacher, I treasured the opportunity for each lesson I delivered. I am most grateful to my fellow scripture teachers. They have helped me through these years. One thing I reckon to be very precious is the friendship cultivated in the team. The sense of community is a force that drives us forward. Everyone is working generously with a great heart. The willingness to give and share in the team has told me that Holy Spirit is there amongst us.



Fanny Lau is one of our catechists who is currently on extended leave outside of Australia. She will continue her work in the Ministry when returning from overseas. Below is a photo of her in her pilgrimage to the Holy Land taken in front of **St. Peter in Gallicantu Church** which is built in the slopes of mount Zion.

Church which is built in the slopes of mount Zion.

**2019 World Day of Prayer**

**Friday 1st March 2019 commencing at 10.30 am West Epping Uniting Church**

(Cnr. Carlingford Road and Orchard Street, Epping)

The Service - "Come - Everything Is Ready"- has been prepared by the women of Slovenia (a small country, 1/3 the size Tasmania). Slovenia gained its independence from Yugoslavia in 1991 and today is a member of the EU and NATO.

**Join Us for a conversation with Fr Frank Brennan S.J., A.O.**

Discussing a number of important issues facing the Church at this critical time in our history as well as sharing his insights on various social justice topics.

**When:** Sunday, 3rd March from 2:30pm to 5:15pm

**Where:** St Brigid's Hall in the Shirley Wallace Parish Centre, First Floor, above Holy Family Catholic, 2 Highfield Road, Lindfield (lift access inside foyer of church).

**Bookings:** [www.trybooking.com/468555](http://www.trybooking.com/468555)

Entry by gold coin donation