

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

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Assistant Priest: Fr Bogdan Skupien
Ph.: 9876 2853
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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 A **SIXTH SUNDAY OF EASTER** **17-05-20**

Acts 8:5-8,14-17

1 Peter 3:15-18

John 14:15-21

Dear sisters and brothers,

Last Wednesday Bishop Anthony wrote to the clergy of the diocese as follows:

"The past seven weeks have been some of the most extraordinary in the experience of the Church in Australia. Since 19 March, we have not been able to gather for Mass through our ordinary Eucharistic assemblies, and since 23 March our churches have been closed. These historic developments have assisted in keeping the people of our country safe, and it has been a remarkable blessing that we have not experienced the devastation of the pandemic seen in other countries.....

On Sunday 10 May, the Premier Ms Gladys Berejiklian announced the NSW Government's response to the Federal Government's announcement on Friday 8 May, regarding a three-step plan to ease social and economic restrictions imposed to address the transmission of the COVID19 virus. In respect to our own context, we can note the following which is now possible. Each of these provisions is contingent on practising social distancing of 4 square metres per person and hand hygiene through the ready use of sanitiser."

• Churches are now able to be open for private prayer, with a limit of 10 people in the church at any one time. The names of each person at the gathering must be recorded.

- Please note that as of this weekend the doors of our two parish churches are open during the day with the above regulation required to be observed by anyone who wishes to visit. A book will be provided for you to place your name and contact details.**

Each person will need to ensure that a distance of at least one seat behind and in front is vacant between each person. It is a legal requirement that the above procedures are followed to the letter.

Other changes are as follows:

- Religious gatherings, either formal or informal, are permissible inside churches for groups not more than 10 people.

For Masses generally: the number is 10 plus the priest. The number 10 includes people such as servers, readers, musicians. It is important that we do not flaunt the regulation of only 10 people inside the church, such that it doubles in number because of all those regarded as 'assistants.'

(Please note that parishioners will begin to be able to celebrate weekday Masses here at Epping and Carlingford from Monday 25th May. Further information as to how this will be managed, given the restriction on numbers, will be available in the parish bulletin of the weekend of the 23/24th May. I will be meeting with the parish team in coming days to consider ways we can do this in a manner which avoids favouring any person/group over another)

ALSO:

For Weddings: the number is 10 plus the priest and the bride and groom.

For Funerals: the number is for indoors, 20 plus the priest and the funeral director attendants; for outdoors, 30 plus the priest and the funeral director attendants.

For Baptisms: the number is 10, including family and guests, plus the priest.

For the recording/live streaming of Masses: the number of those present in the church should remain under 10, plus the priest.

...continued on pg. 2

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YouTube Channel



Sunday Mass on YouTube
https://www.youtube.com/channel/UC_t43V_sQu1LK2LM_Q6akIA

.....continued from cover

The Sacrament of Reconciliation (Confession) will be available on request by contacting either Fr Bogdan or myself by email or phone. We will also provide rostered times in next week's bulletin.

Once again I remind everyone that it is important, we record the names of all those who are present at any of these religious gatherings as this is part of the government's strategy of tracking and tracing so that should someone become infected with the COVID19 virus it is possible to locate those with whom they have been in contact, practice social distancing of 4 square metres per person and hand hygiene through the ready use of sanitiser at church entrances.

Finally, as many of you have probably heard by now, **our DA for the development at our parish Epping site which was lodged in August 2018 has finally been APPROVED by the Sydney Central City Planning Panel!** At this stage I simply want to sincerely thank **all** those who have assisted me and the parish in working on this project over the past six or so years. To have received a unanimous decision in our favour is a testimony to the hard work and commitment of so many who have walked this journey with us including our own PPC and PFC, Bishops Peter and Anthony as well as our previous Diocesan Administrator, Fr David Ranson, representatives from the Diocesan Curia **especially Emma McDonald** without whom the project would probably have not made it this far, CSO, our OLHC principals, our legal personnel, and of course our team from Stockland's and Architectus just to name a few.

Most importantly, a huge thank you to all our parishioners including the parents of OLHC school, who have been part of our various parish consultation meetings, have expressed their opinions verbally or via email and have kept all of this in prayer! By no means is the job done, nor is the consultation process concluded as we now move to the detailed planning process in preparation for the construction phase. In coming weeks and months, I will keep you updated as to our next steps and parish gatherings when possible to continue to draw on your thoughts and support as we continue to witness and serve this part of God's vineyard as missionary disciples!

Fr Peter

Charitable Works Fund Appeal



The Charitable Works Fund supports five charities that provide faith based services to the people of the Diocese of Broken Bay. The Covid-19 pandemic has impacted many areas of our lives. This week we look at how the Confraternity of Christian Doctrine (CCD) is providing Catholic Special Religion Education lessons to public school students.

Learning from Home SRE Lessons

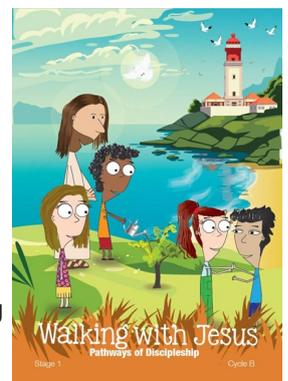
Special religious education (SRE) has been temporarily paused until schools are back to normal so the CCD team has been busy developing *Learning from Home* lessons. The lessons cover all stages of learning from Kinder to Year 12 and can be viewed at Catholic SRE Online by clicking the button below.

Catechists

While catechists are not going into schools during the pandemic, they have been praying for the students and their families during their normal class times. Many catechists are also taking the opportunity to keep their training requirements up to date by undertaking the online training courses which CCD offer. Additionally, the CCD team will be offering Zoom Safeguarding training for all SRE catechists during the month of June.

Liaison with Department of Education

CCD has been working closely with the Department of Education to ensure that online SRE learning is made available through schools. The Department and SRE Providers are also working closely to ensure a smooth return to face-to-face teaching when it safe for volunteers, teachers and students.



Donations can be made online at www.givenow.com.au/cwf and will support our Parish quota. CWF Envelopes are also available from the parish office at Epping and outside the Church at Carlingford.

Circle of Friends

If you are all self-isolating or staying at home and need some help, we want you to know you are not alone and where possible we would like to help. Whether it's a regular call to check in on how you are going, picking up made up scripts from the chemist, helping with shopping or praying with you, we have parishioners who have already stepped up to offer their time and service for you. The idea is that we use this time especially to create what one of our parishioners referred to as a "Circle of Friends" within the parish.

Some of the ways we can offer you support are:

- A friendly phone call to check-in.
- Urgent supplies for example , picking up medical prescriptions.
- Errands such as posting mail, picking up parcels.
- Prayer support—to chat, to listen and to pray with you.
- Computer support, for example how to connect to video chats or online Masses, how to buy items online.



If you would like some support or know someone else in need please let us know by calling the parish on 9876 2853 or send an email to maree@eppcarl.org.au. Of course, all requests will be treated with the strictest confidence. Also if anyone is able to offer their services with providing any of the above areas could you also please make contact with the parish as noted above.

We have been hearing some great stories about how people are coming together praying in new and different ways either on their own or with their families.

We would like to hear your stories also to share anonymously with the wider parish! Please send a brief description to me at my email address peter@eppcarl.org.au

Invitation to make a Retreat in your home from 1st or 2nd June

This retreat asks you to read from the *First Spiritual Exercises*, which is the title of the book written to introduce you to St Ignatius of Loyola, who wrote the *Spiritual Exercises* for the Jesuits.

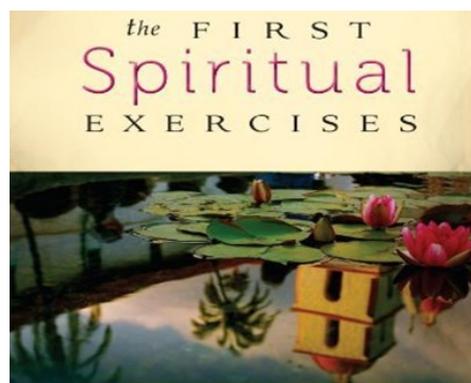
You reflect on your life for around an hour a day for six days of the week. Each day brings back memories and invites you to pray to discover how God has been and continues to be with you in all your personal life experiences.

Once a week you join with others making the retreat online using Zoom. The retreat directors explain how the "Spiritual Exercises" work and help those making the retreat understand how the Holy Spirit is moving in them. This time is full of insight and encouragement.

To find out more **ask Kay on 0428 830 482** soon, so you can **RSVP by Sunday 17th May**.

The Retreat groups start on the 1 @ 2 June

P.S. We can assist you with setting up Zoom on your computer or iPad.



Position Vacant Director, Office for Evangelisation • Full time, 38 hours per week • Pennant Hills based

Applications close: Sunday, 24 May 2020.
The successful applicant must be eligible to work in Australia; hold a current unrestricted drivers licence; and will be required to undertake a pre-employment National Police History Check.

Receiving a Copy of the Weekly Bulletin

If any parishioner does not have access to a computer and would still like to receive a copy of the weekly bulletin, please contact the parish office on 9876 2853 or Email: maree@eppcarl.org.au



From Lynn's desk

Children's Ministries

Dear all, with the restrictions easing gradually, I have yet to hear when I am able to gather with families in person for any children's programmes. However I am not one to sit and do nothing (I even eat in my sleep... nah, just kidding... I might dream of sitting down for a meal instead of eating on the go)! ☺

So, at this moment, other than Kidz Word and other online parish activities, I am planning on recording what I hope will be an educational short video for children (5 years and up) called "A Walk through our Church". The video will aim to show children parts of our church building and such furnishings as the pews, hymnals, presider's chair, altar, crucifix, tabernacle, articles in the sacristy and so on. At the same time, there will be a brief explanation of the religious significance of each item.

I am contemplating the cast and crew of this short video at the moment. I hope I can work this out because I rather like this idea of letting the children get to know our local church more "wholly" since most know the body of the church is made up of our community, you and the people around them.

That's it from me this week and remember: children will require the presence of a responsible adult when you access online parish activities.

As always, if you would like more details or if you require assistance in signing up for any of our parish online initiatives (YouTube channel, Facebook, Kidz Word, Bible Reading, Prayer Ministry, Alpha, RCIA, Zoom meetings and Instagram) please [feel free to contact me. I am more than happy to assist.](#)

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

Mass Online

Epping Carlingford Parish - Sunday Mass on YouTube
<https://www.youtube.com/channel/UCt43VsQu1LK2LMQ6akIA>

or

Go to the parish website home page and click on the first tile marked "Mass on Demand."



OUR PARISH ANTIOCH COMMUNITY

Antioch are meeting online (via zoom) this Sunday 6-8pm!

To join, please message our parent support, Joanne (joanne_sin@hotmail.com)

or youth minister, Joanna Mak (joanna@eppcarl.org.au or 0404 710 588).

Also, follow us on our Facebook page, @Epping & Carlingford Antioch Community!

CANA: OUR Yr. 7-9 YOUTH GROUP

Our Cana (year 7-9) youth group meetings is currently postponed.

If you want to stay in touch, please email or message Joanna (email: joanna@eppcarl.org.au or mobile: 0404 710 588) to receive weekly Cana newsletters and updates.

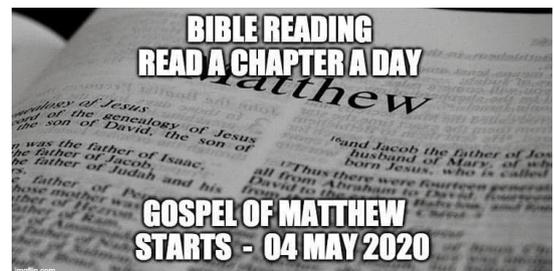
Parish Bible Reading Group

Our Bible Reading group started this week! We are reading one chapter of Matthew each day.

Please join us either on our Facebook page via this link <https://www.facebook.com/groups/1148887152176778/> or join our Whatsapp group by texting 'Matthew28' to Joanna on 0404 710 588.

We are also running weekly zoom meetings on Fridays from 7:30-8:30pm for further reflections, discussions and shared prayer, hosted with Fr Bogdan. All are welcome and invite your friends and family! We have our first zoom meeting on the 8th May. The link is here and you click on it

<https://us02web.zoom.us/j/88465320381>. If you are unsure how to set up zoom, please contact Lynn on lynn@eppcarl.org.au or Joanna on joanna@eppcarl.org.au.



Easter Water

If any parishioners would like to receive a small plastic Bottle of Easter Water, please email Lynn Siau lynn@eppcarl.org.au

Faith Formation Done Differently

It seems such a long time ago that I was sitting in the parish hall with a group of parishioners as part of a Lenten program. We managed to take it online, and are still meeting together on the way to Pentecost, in what has become our 'new normal' of seeing friendly faces on computer screens. I discovered that it wasn't that hard, after all, to take the step online. We have access to tools that are so sophisticated now, and are surprisingly easy and intuitive to use.

I'm enjoying immensely everyone's creativity at this time – "virtual foyers" where parishioners can speak via Zoom straight after Mass online; Youth group trivia nights; "lounge room" webinars; and the dedication that has seen parishes take Alpha online in amazing ways. There has been newness and innovation.

I'm also encouraged by people's and organisations' generosity in offering temporary free subscriptions, greater access to materials, or free webinars with amazing Catholic speakers, across the whole Catholic digital world. What a gift this has been! The Pentecost Pilgrimage in particular (see below) is a great resource, offering meaningful and varied reflections to nurture us on the way to Pentecost.

We've suddenly found out how to find a daily Scripture reflection online (catholic-daily-reflections.com) ; and a free commentary on the books of the Bible (mbfallon.com). We found a new daily prayer app (pray-as-you-go.org); a bible reading app (bibleinoneyear.org) and a new podcast (thiscatholiclife.com.au). Many are gathering daily or weekly to pray or read the Scriptures with family, parishioners, or even friends around the world.

What will we take with us on our own personal journey from this time? What new habit might be starting to form that will continue to nourish us, even after covid-19 has settled?

We should not lose the learning of this time. Of course, we are an incarnational Church, and real-life community and engagement is essential to who we are. Church in the digital space can't replace that, and by the time our next eNews comes around at the start of June, we may well be re-gathering in person in some way.

We should not let our creativity and innovation come to an end. We can see this period as a stepping-stone to a richer and more varied way of being Church, of finding new ways to build meaningful relationships in our parishes, as well as reaching out into our wider community, with whatever tools we can, to invite more people into a relationship with Jesus Christ. We have discovered how creative we can be, and how quickly we can mobilise ourselves to adapt to new situations. These are great learnings to encourage us going forward. Of course, we can trust that the Holy Spirit continues to walk with us and guide us each step of the way. Please continue to pray for a new outpouring of the Holy Spirit this Pentecost upon our Church and us all.



Pina Bernard, Tania Rimac and Katie Fullilove
Catholic Life & Faith Formation Team



Next Week is a Week of Prayer for Christian Unity 24 - 31 May 2020

The week between the Ascension and Pentecost Sunday is dedicated each year to praying for Christian Unity. The theme this year is: *"They showed us unusual kindness" (Acts 28:2)*. It calls us to move from shared prayer to shared action. The international resources for the 2020 Week of Prayer for Christian Unity have been prepared by the Church in Malta. The theme remembers the historic shipwreck of Paul on the island of Malta and calls us to a greater generosity to those in need.



Prayer Requests

Do you have a prayer request - especially during the difficult times each of us is facing. If you would like to pray for any special intention send your request to...

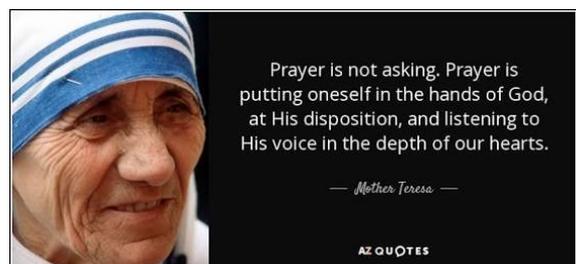
Bogdan.Skupien@bbcatholic.org.au or

Facebook link:

<https://form.jotform.com/201323501410837>

we are more than happy to pray for you.

Fr Peter and Fr Bogdan



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: lynn@eppcarl.org.au

Sacramental Programme Assistant:

Lisha Abraham
Ph.: 0407 255 593
Email: kids.Sacrament@eppcarl.org.au

Pastoral Support Worker (PSW) Youth:

Joanna Mak
Ph.: 0404 710 588
Email: joanna@eppcarl.org.au

Missionary Discipleship Coordinator:

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

Parish Pastoral Council

If you have any questions, comments or feedback for the Parish Pastoral Council then please send an email to ppsecretary@eppcarl.org.au

After Hours Sick Calls— 9876 2853

Outside office hours our office phones divert to Fr Peter and Fr Bogdan 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.

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.

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.

St Gerard's Catholic Primary School

Principal: Mrs Barbara Yee
543 North Rocks Road, Carlingford
2118
P: 9871 1633
www.sgddb.catholic.edu
E: sgc@ddb.catholic.edu.au



Our Lady Help Of Christians Catholic Primary School

Principal: Ms Dominique O'Sullivan
8 Cambridge Street, Epping 2121 Ph: 9868 3322
www.olhcddb.catholic.edu.au
Email: olhc@ddb.catholic.edu.au



We are here to help

We want to reassure you that we are here to help. Our Home Care, Residential Aged Care and Retirement Living services are operating today and every day to ensure you keep receiving quality care and support. For more information on our services please watch our Aged Care Services Explained video [here](#) to make the right choice of how we can help. To contact us call 1800 225 474



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Reflection on this Sunday's Gospel—Remembering the Truth

It is a human thing to remember the past. We do it in part to understand better who we are now and how we got that way.

That is why remembering is one definition of liturgy. Under God's impetus we remember what it means to be a follower of Christ today. Especially in this Easter season, the Church is recalling its experience in the weeks after Jesus died and rose again.

Do you remember to say yes to Christ's presence within you?

Let us pretend that we are the historical disciples of Jesus, calling to mind what happened. It is as if we sit around a memory campfire, telling stories.

Remember when Philip said to Jesus, 'Just show us the Father and that will be enough for us?' Of course he was at that very moment seeing Jesus and therefore seeing the Father, but did not know it!

Maybe someone moves closer to the fire and says,

Do you remember the words he said just before his passion and death?
That he would send the Spirit of Truth into our hearts! And that we would not be left orphans!

"Go over it one more time," Someone else whispers. Bravely, one of them tries to.

"God the Abba is so much within Jesus that every time we see him we are seeing God."

Philip nods, reluctantly.

"Then Jesus said":

I will be so much within you—yes, you normal people—that when anyone sees you it will be the same thing as seeing me! And of course, since the Father is in me, they will know the Father too!

Philip gulped. "I ... I almost have it ... maybe ... or maybe not. ... Please say it another way."

"Ok. If I boil it down, this is what I understood of what I remember. Jesus said,

I am going back to the Father, back to the one who sent me.
The world will not see me any more. But that doesn't make me absent from you.
I and the Abba will be within you so that your very insides will be at one with my Spirit and the Father's Spirit.

"Then he put it very simply:

Who sees me
sees the Father.

Who sees you
sees me.

Philip somehow caught a glimpse of daylight.

At least, we find him in the First Reading running from place to place doing miracles and preaching about the Messiah! As scripture puts it,

With one accord, the crowds paid attention to what was said by Philip, when they heard it,
and saw the signs he was doing:

Unclean spirits, crying out in a loud voice,
came out of many possessed people,
and many paralyzed or crippled people were cured.

There was great joy in that city.

Do you also see daylight, at least on some days?

Do you remember to say yes to Christ's presence within you? Do you touch and receive communion at Mass and let yourself evolve into Christ, in the world today? Is your life an increasing process of saying "yes," or is there too much "no"? If the latter, read Sunday's readings again.

Simple? Not really.

Well, maybe it is simple. Just receive and love.

John Foley, SJ

*Father Foley can be reached at: Fr John Foley, SJ https://liturgy.slu.edu/6EasterA051720/reflections_foley.html
Fr. John Foley, SJ, is a composer and scholar at Saint Louis University.*

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PLEASE NOTE THAT ALL MASSES ARE POSTPONED UNTIL FURTHER NOTICE

SACRAMENT OF RECONCILIATION: BY APPOINTMENT

BAPTISMS, WEDDINGS AND FUNERALS: 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: Michael O'Keeffe, Leonardus Tommy Hendra, Colin Patten, Marj Hanlon, Maria Neves, Bev Aliprandi, Colin Patten, Maria Pereira..

Anniversaries: Patrick (Pat) Hall.

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, Mark Di Palma, Anthony Conlon, Andrew Hannam, The Craig Family, Fr Mick Court, Margaret Maher, Anna & Leo Bruzze, Gerhard Stieger, Rebecca Lawler, Ben Thornton, Elaine Finlayson, Jan Doherty, Brian Walsh, Patricia O'Connor, Kathy Noonan, Alice Eng, Peck Quah, Dorothy Bonaccorso, Narelda & Alan Ryan, Kit Smith, Margaret Floyd, Barbara Madafiglio, John Lyons, Howard, Carey, Bev Gibbeson, Greg Walsh, John Gilberti, Stella Nathan, Catherine Walsh, Brendan Stone, Melanie Loudoun, Mary Wijewardana, Elaine Hunt, Arnold Day, Marcia Power, Maureen Carlon, Fr Adrian Borst, Augustine Hong, Luba Charlton, George Khouri, Antony Hogan, Ingrid Connor, Steve Toth, Martin & Gay Flood, William Jones, Nicholas Rajanayagen, Maria Lee, Patricia Muschalik, Delma Soria, Sr Abanasia Lee, Maria Belisario, Stella Edwards, Fara Vargas, Theo Stevens, Monica Weeden, Thomas Woodward, Wai Chun Wong, Heather Stoodley, Agnes Wong, Irene Winardi.

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

Supporting our Parish Financially

A number of people have enquired as to how they can continue their financial support for the parish during this difficult time. We realise that this may not be possible in the light of growing unemployment and reductions in superannuation returns at the moment and **there is absolutely no pressure on anyone to contribute!**

The First Collection

Supports the needs of the priests of the parish, the retired priests of the diocese and the Bishop.

The Second Collection

Money from the Second Collection supports the running costs of the parish including the payment of staff.

If you are able to contribute, the Church account details are shown below:

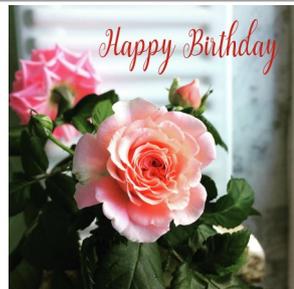
Epping and Carlingford Parish Accounts for Internet Banking with the Commonwealth Bank

First Collection BSB 062 784 A/C No 858 8002

Second Collection BSB 062 784 A/C No 858 8001

In order to record planned giving in the parish office, we would suggest the reference be planned giving number where applicable and surname.

Thank you to all those who have made financial contributions. Your support is very much appreciated.



Dear Mary (Flook),
A very Happy 105th Birthday.
We wish you plenty of smiles,
laughter and love.
May you forever be blessed by
others the way you have been a
blessing to us.

From the Parish Family



This is our parish YouTube channel. You can subscribe to this channel at https://www.youtube.com/channel/UC_t43V_sQu1LK2LM_Q6akIA This has our weekend Mass that is live at 5pm on Saturdays plus other celebrations as well as video clips from Fr Peter.



You can "like" our parish Facebook page here at <https://www.facebook.com/CatholicParishOfEppingAndCarlingford/> This is where you can be kept updated with our latest news and be involved with some Facebook activities as a parish community such as Kidz Word, Bible Reading or live streamed prayers.



We have just hopped on to Instagram! To follow us, please click on this link here <https://www.instagram.com/catholicparisheppcarl/>

A group of people from local churches meets together once a term to pray for Cheltenham Girls' and Epping Boys' High Schools.

In this challenging environment we can support the students, staff and chaplains in prayer.
Please join us on Thursday 21st May from 8- 8:40pm via Zoom.

Contact Katrina Collins to get the Zoom details 0400 488 459/ckjsge@gmail.com