

**Responsorial Psalm Response**

Ps 50:3-6.12-14.17 R cf v. 3

Be merciful, O Lord, for we have sinned.

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

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
<b>EPPING</b>	No Mass	12:15pm	9:15am	12:15pm	12:15pm	9:15am
<b>CARLINGFORD</b>	9:30am	No Mass	9:30am	10:00am	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:** Erna Fischer, Fr Denis Callahan, Dorothea Ellis, Dorothy Hullet (one of the founding members of St Gerard's), John Harold Bowring, Pam Paynter (Neville Wilkin's sister), Maria N T Dong, Carol Rodricks, John F Feld, Lalitha Janet,*Please pray for Joe Calleija who died last week.**The funeral Mass will be held on Tuesday 3rd March at 10am at OLHC Church, Epping***Also for:** Young Hwan Ho, Yong Min Ho, Young Seok Seo, Maria Hur, Doo Kwan Ji, D Choi, Mary Anne, Anthony & Hugh Mulligan, Cosmo Gallo,**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, Bev Aliprandi, Barbara Madafiglio, Greg Walsh, John Gilberti, MarciaPower, Stella Nathan, Catherine Walsh, Brendan Stone, Melanie Loudoun, Mary Wijewardana, Elaine Hunt, Arnold Day, 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, Elizabeth Barton.**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.**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.

Date	Mass	Epping	Mass	Carlingford
07/03/20	5:00pm	Fr Peter Dowd	6:00pm	Fr Bogdan Skupien
08/03/20	8:30am	Fr Peter Dowd	7:45am	Fr Bogdan Skupien
08/03/20	10:15am	Fr Peter Dowd	9:30am	Fr Bogdan Skupien
08/03/20	6:00pm	Fr Peter Dowd		



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**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 Bogdan Skupien****Ph.:** 9876 2853**Email:** Bogdan.Skupien@bbcatholic.org.au**Email:** parish@eppcarl.org.au**Parish Website:** [www.bbcatholic.org.au/epppingcarlingford](http://www.bbcatholic.org.au/epppingcarlingford)

**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****FIRST SUNDAY OF LENT****1-3-20****Genesis 2:7-9;3:1-7****Romans 5:12-19****Matthew 4:1-11**

Dear sisters and brothers

As a community of God's people, we not only at times welcome but also farewell people from ministries and in some cases, sadly, the parish also who have contributed much to the life of our Church here at Epping and Carlingford in significant ways. The Church is ultimately the people who make up The Body of Christ and we are and have been greatly blessed by the faith and generosity of so many of you who give generously of your time and talent.

Two weeks ago, I announced that **Brian McShane** was stepping down as the organist at our 7.45am Mass at St Gerard's Carlingford for personal reasons. Brian has ministered in this role for over fifty years which includes time spent in our first St Gerard's Church (now the parish hall). Words can't adequately express our deep gratitude for Brian's example of faith, humble service, conscientious reliability and availability in providing for the musical needs of the liturgy and those gathered for worship each Sunday. Brian, you will be missed from the music ministry however you continue to be a greatly valued member of our parish family. Our prayers are with you and your family at this time.

Secondly last Monday evening **Gwen Illic** stepped down from her role as President of the SVDP Conference at Carlingford. Our congratulations to **Les Kemp** who was elected and generously accepted to take on this role. A special word of congratulations also to **Gordon Floyd** who was presented on Monday evening with a papal blessing for fifty years of service to the work of SVDP. Gordon is greatly admired and respected by all who know him and our deepest congratulations and thanks are extended to him for his many years of service to assisting the poor and marginalized within our society.

As many of you know Gwen and Voy will be leaving our parish sometime over the coming months and in preparation for that Gwen has felt it necessary to relinquish her role as President and involvement with the Carlingford Vinnies conference at this time. Gwen's commitment to Vinnies over many years has been exceptional and her concern especially for those who are in need is well known and deeply appreciated not only by the immediate recipients of her care but by the wider parish and community at large. While we will have an opportunity to thank Gwen more broadly for her contribution to the wider parish at a later date, for now, I would like to sincerely thank you, Gwen, for your contributions to the SVDP and for the many ways you have brought the "face" and outreach of Christ into the lives of so many who have been blessed by your ministry of care and compassion. Our sincere thanks and prayers accompany you and Voy, especially at this time.

Finally, can I alert everyone that the **Stations of the Cross followed by the Sacrament of Reconciliation (Confession)** will be available each Friday evening during Lent commencing this coming **Friday at 7.30pm at Epping** and then alternating between both churches until Holy Week. Please see the notice in today's bulletin for more information.

Fr Peter



**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.



The Antioch weekend was a huge success and wouldn't have been possible without the support of the parish community. It was filled with music, prayer, personal sharing and was able to bring young people together to form long-lasting friendships. We would like to say thank you and show our appreciation for all the parishioners who donated food, cooked meals, helped out in the kitchen and offered their homes for us all to stay in. We also thank you all for your prayers prior to, and during the weekend, it was truly a life changing experience for many.

From Luis, Elise and the Antioch community

**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.

**CANA: OUR Yr. 7-9 YOUTH GROUP**

If you're in Years 7-9 come along for a night Jam-packed with FUN & FAITH EVERY FRIDAY night of the School Term. 7:30 pm—9:00 pm In the Carlingford parish hall.

It's a great place to catch up with old friends And meet some new ones.

Please remember that a small donation when you come along to the meeting would really help out with the costs of the night. Thanks ☺

All enquiries to Joanna 0404 710 588



**OUR PARISH ANTIOCH COMMUNITY**

This Sunday 1st March, there will be a BBQ at St Gerard's, commencing at 5pm for a 5:30pm start. If you are Yr.10 to 22years of age, We would love to see you.



For more information call Joanne 0416 030 927



**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



Tonight (Mon. 24/02) at Carlingford SVdP (Vinnies) meeting we presented long time member Gordon Floyd with an Apostolic Blessing for his 50+ years of service to our conference. We also acknowledged the service of outgoing president Gwen Ilic who is leaving both the conference and the parish.

Thank you both for your service, commitment, and dedication to Vinnies. We also acknowledge the presence tonight of Regional President Michael Thom and Central Council President John Donnelly—thank you for your valuable guidance and counsel.



**Do you know someone who has a child with a Disability?**

St Lucy's School is a Catholic school dedicated to students with disabilities.

To find out more please join us at one of our Open Days in March or visit [www.stlucys.nsw.edu.au](http://www.stlucys.nsw.edu.au)  
**High School Open Day Wahroonga Campus 6th March**  
**K-6 Wahroonga Campus Open Days 10th & 26th March**  
**K-1 Narrabeen Campus Open Day 20th March**

**The Truth Justice and Healing Council**  
[www.thecouncil.org.au](http://www.thecouncil.org.au)

**Saturday Sessions with Katie**

All welcome to attend an introductory session to FertilityCare on Saturday 7 March, 10.30am - 11.30am at the Caroline Chisholm Centre, Pennant Hills.

Natural medical approach to managing infertility, family planning and reproductive issues.

For further information or to RSVP, please email Katie at [katie.fullilove@bbcatholic.org.au](mailto:katie.fullilove@bbcatholic.org.au)

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[olhcdbb.catholic.edu.au](http://olhcdbb.catholic.edu.au)

**Our Lady Help Of Christians Catholic Primary School**  
 Principal: Ms Dominique O'Sullivan  
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 Email: [olhc@dbb.catholic.edu.au](mailto:olhc@dbb.catholic.edu.au)

**St Gerard's**  
**Open Day**

**Wednesday 11 March**  
**9.15am—11am**  
**in the Hall**

**LENTEN ECUMENICAL SERVICES**

A reminder that we will again have a weekly Ecumenical Service each **Tuesday evening of Lent at 7:45pm. Everyone is welcome!**

The dates and venues are as follows:

Date	Church	Preacher
03/3	<b>Epping Uniting Church</b>	Rev. Peter Dowd
10/3	<b>OLHC Church</b>	Rev. Paul Weaver
17/3	<b>St Alban's Anglican Church</b>	Rev. Howard Bennett
24/3	<b>Epping Baptist Church</b>	Rev. Tammy Hollands
31/3	<b>West Epping Uniting Church</b>	Rev. Greg Woolnough



## Reflection on Sunday's Gospel—Our Three Temptations

Cosmologists today tell us that the universe has no single center. Its center is everywhere, every place, every planet, every city, every species, and every person.

But we already knew this.

Faith tells us that what ultimately defines us and gives us our identity and energy is the image and likeness of God in us. We are God's blessed ones, masters of creation, special to God and special within creation.

It is good to remember, namely, that we are God's special, blessed sons and daughters, even when our lives seem empty. And we knew this, long before religion told us. Deep down, whether we admit it or not, we each nurse the secret of being special. And this is not just ego or narcissism but a congenital imprint inside our very souls. Imprinted in the core of our being is the sense that we are not just accidental, anonymous chips of dust, almost invisible on the evolutionary conveyor-belt, destined to flicker for an instant and then disappear forever. We know we are more. We literally feel timelessness, eternity, and immortal meaning inside of ourselves. In our daily lives that often causes more heartaches than it solves. It is not easy to live out our blessed, special status when, most of the time, everything around us belies the idea that we are special. As much as we experience ourselves as special, we also experience emptiness, anonymity, and our ordinariness. And so it can be easy, in the end, to believe that we aren't special at all, but are precisely small, petty spirits, haunted by over-inflated egos.

But, while over-inflated egos do cause their share of heartaches, it is a still an unhealthy temptation to believe that we are not blessed simply because life finds us one-among-six-billion-others, struggling, and seemingly not special in any way. Faith tells the true story: we are, all of us, made in God's image and likeness, blessed, and our private secret that we are special is in fact the deepest truth.

However that isn't always easy to believe. Life and circumstance often tire us in ways that tempt us to believe its opposite. It happened to Jesus.

He too was tempted, and there was a particular prelude to his vulnerability:

During his baptism, he had heard his Father say: "You are my blessed son, in whom I take delight!" Those words then formed and defined his self-consciousness. Knowing that he was blessed, Jesus could then look out at the world and say: "Blessed are you when you are poor ... and meek ... and persecuted."

But throughout his life Jesus struggled to always believe that. For instance, immediately after his baptism, we are told, the spirit drove him into the desert where he fasted for forty days and forty nights—and then "he was hungry." Obviously what scripture is describing here is not simply physical hunger. Jesus was empty in ways that made him vulnerable to believe that he was not God's blessed child. These were his three temptations:

First, the devil tempted him to this effect: "If you are God's specially blessed one, turn these stones into bread." In essence, the devil's taunt was this: "If you believe that you are God's specially blessed creature, why is your life so empty?" Jesus' reply, "One doesn't live on bread alone!" might be rendered: "I can be empty and still be God's blessed one! Being blessed and special is not dependent upon how full or empty my life is at a given moment!"

The second temptation has to do with human glory and its absence. The devil shows Jesus all the kingdoms of the world and says: "All of these will be yours if you worship me!" The taunt is: "If you're God's blessed one, how come you're a big, fat nobody? Not famous, not known, anonymous." And Jesus' reply might be worded this way: "I can be a big nobody and still be God's blessed one. Blessedness doesn't depend upon fame, on being a household name!"

The third temptation follows the same lines. The devil takes Jesus to the top of the temple and challenges him to throw himself down to make God catch him since, in faith, it is promised that God won't let his blessed one "dash his foot against a stone." Jesus responds that we shouldn't put God to the test. The temptation and how we should resist it are both contained in his reply. In essence, what Jesus says when the devil challenges him to throw himself off the top of the temple to prove his specialness is this: "I'll take the stairs down, just like everyone else!" Our blessedness is not predicated on having a VIP elevator, or on having any special privileges that set us apart from others. We are God's blessed ones, even when we find ourselves riding the city buses.

And it is good to remember, namely, that we are God's special, blessed sons and daughters, even when our lives seem empty, anonymous, and devoid of any special privileges because then we won't forever be putting God and our restless hearts to the test, demanding more than ordinary life can give us.

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](http://www.ronrolheiser.com).*

## PARISH DIARY FOR THIS WEEK

Day	Date	Time	Event
Sun.	01/03/20	9:30am	Children's Mass at St Gerard's No Kidz Word
		10:15am	Children's Liturgy at OLHC Church
		3:00pm	PH Epping First Reconciliation—Session 2
		6:00pm	PMR Carlingford—Antioch Meeting
Mon	02/03/20	9:30am	<b>Mass at St Gerard's Church</b>
		10:00am	PMR Carlingford Lenten Group
		7:30pm	PMR Carlingford SVdP meeting
		7:30pm	Rosary group in St Gerard's Church
		7:30pm	SVdP meeting in the Epping shop
Tue.	03/03/20	10:00am	<b>Funeral Mass for Joe Calleja</b>
		12:15pm	<b>Mass at Our Lady Help of Christians' Church</b>
		7:00pm	St Gerard's Church—Adult Choir Practice
		7:30pm	PH Epping Alpha Program
Wed.	04/03/20	9:15am	<b>Mass at Our Lady Help of Christians' Church</b>
		9:30am	<b>Mass at St Gerard's Church</b>
		11:00am	Mass at Rayward Nursing Home
		7:00pm	PMR Epping Lenten Group
		Thur.	05/03/20
10:00am	<b>Healing &amp; Anointing Mass in St Gerard's PMR</b>		
	followed by morning tea.		
12:15pm	<b>Mass at Our Lady Help of Christians' Church</b>		
3:30pm	PMR Carlingford—First Reconciliation Session 3		
Fri.	06/03/20	5:30pm	Diocesan School Staff Mass
		7:30pm	Home Lenten Group at the Barton's home
		7:30pm	Home Lenten Group at the Lucas' home
		7:30pm	Home Lenten Group at Pat McArdle's home
		7:30pm	PMR Carlingford—Combined Music Meeting
		7:30pm	PMR Epping Lenten Group
		7:30pm	RCIA Meeting—Staff Room
		9:30am	<b>Mass at St Gerard's Church</b>
		10:10am	PMR Carlingford Lenten Group
		12:15pm	<b>Mass at Our Lady Help of Christians' Church</b>
Sat.	07/03/20	7:00pm	PH Carlingford—CANA meeting
		7:30pm	The Light is on—Reconciliation/Stations of the Cross
		7:30pm	PMR Carlingford Dads' Club
		8:30am	Lenten Group at Philip & Maria Senger's home
		9:15am	<b>Mass at Our Lady Help of Christians' Church</b>
		9:45am	Exposition and Reconciliation
		10:20am	Benediction
		3:00pm	PH Carlingford—First Reconciliation Session 3
Sat.	07/03/20	5:00pm	<b>Vigil Mass Our Lady Help of Christians' Church</b>
		5:00pm	Reconciliation at St Gerard's Church
		5:00pm	Reconciliation at St Gerard's Church
		6:00pm	<b>Vigil Mass at St Gerard's Church</b>

## PARISH STAFF

**Parish Secretary:**  
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**Missionary Discipleship Coordinator:**  
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**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](mailto:ppsecretary@eppcarl.org.au)

## Friday 6 March is World Day of Prayer

A day when Christian men and women from more than 150 countries around the world come together to pray for reconciliation, ecumenism and a closer understanding. It is a beautiful service of harmony between churches. This year the program has been prepared by the people in **Zimbabwe with the focus - "Rise! Take your mat and walk!"**.

*You are invited to please come and join with our neighbouring churches at:*

**St Albans Anglican Church ,  
Pembroke Street, Epping  
at 10.30 am  
on Friday 6 March**

The speaker will be Mr Derych Schreuder who was born in South Africa.

There will a cuppa after the service but we ask you bring your own sandwich for lunch please.

Please let me know if you would like a lift – Lorraine 9872 4005

**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](mailto:sgc@ddb.catholic.edu.au)**





### Children's Sacramental Journey First Reconciliation 2020

This week, we move into our second preparation session called Choices. In an age-appropriate way, we explore the importance of building a virtuous heart in our earthly lives that can help our souls as we learn what Jesus said, "to love the Lord your God with all your heart, with all your soul and with all your might. This is the greatest and the first commandment. The second is like it: you must love your neighbour as yourself." (Matthew 22:37-39)

God gives us the power and freedom to make choices. In this session, the concept of sin is introduced by way of loving choices vs poor choices, and the consequences of our actions. It aims to teach the children to view things not just from their perspective but also that of others and that sin leads to hurt; loving choices lead to peace.

We will discuss our Australian Saint, Mary MacKillop, how much good she gave to her community in choosing to use God's gifts by helping the poor and starting schools. This reminds the children they are also given the freedom to think, choose and love as we are all created in Images of God and therefore at all times to try to make loving choices.

In the Gospel of Luke, we read The Lost Sheep (15:3-7) where the children will understand if we are 'lost' due to poor choices we have made, Jesus, our Good Shepherd, still seeks us out because he cares for us, so we should not tire of seeking God's mercy.

We also touch on another bible story, Jesus Faces Temptation, to assist the children in understanding even Jesus was tempted but he made a choice to love and serve. This further teaches the children being tempted is normal and they will need to pray for strength to make the loving choices.

If you have any queries or would like more information regarding your child's sacramental journey within our parish, please feel free to drop me a line.

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

**CARLINGFORD HEALING & ANOINTING MASS** Our monthly Healing Mass will take place *this Thursday, 5<sup>th</sup> March* at **10:00am** (no 9:30am Mass that day). Please note the Mass will take place in Meeting Room, and morning tea will be served at the conclusion of Mass.

All are welcome to our monthly Healing Masses (on the 1<sup>st</sup> Thursday of the month at Carlingford and the 3<sup>rd</sup> Wednesday of the month at Epping) as a time to pray for God's healing strength either for ourselves or those we know. Each third month (Mar, Jun, Sep and Dec) we also celebrate the Sacrament of the Sick (Anointing) within these Masses.

**Dads' Club** The monthly gathering of the parish Dads' Club (for all dads in both the Epping and Carlingford communities of the parish) takes place *this Friday 6<sup>th</sup> March* at **7:30pm**. For details contact Tim Paxton 9945 0151. Dads welcome for a relaxing and enjoyable evening.

### 2020 Easter Vigil Ensemble and Choir

We will celebrate the **Easter Vigil 2020** as one parish at St Gerard's church Carlingford on **Holy Saturday 11<sup>th</sup> April @ 7pm.**



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

Our practices will be on a **Tuesday night** in St Gerard's church, commencing – 24<sup>th</sup> March @ 7.30pm. We will also have a **rehearsal** on a Saturday or Sunday afternoon prior to 11<sup>th</sup> April.

To indicate your interest, please email – **by Mon 17<sup>th</sup> March.**

Elizabeth - [dneausti@optusnet.com.au](mailto:dneausti@optusnet.com.au) – or  
Fran - [francunneen@optusnet.com.au](mailto:francunneen@optusnet.com.au)

To celebrate this pinnacle point in the Church's liturgical calendar we encourage you to be part of this special music group.

### Combined Liturgical Music Group Meeting

The next meeting for the Liturgical Music Groups will be held on **Thursday 5<sup>th</sup> March** in the PMR Carlingford commencing at 7:30pm.

**The Parish Pastoral Council Meeting** will take place *this Wednesday 4<sup>th</sup> March* the parish meeting room at Epping commencing at 7:00pm.

### Catalyst for Renewal Reflection Morning

Our mornings will recommence on **Saturday March 7<sup>th</sup>**. Fr Michael Whelan sm will lead our reflection, his topic/theme: 'Presence' – A Way to Change the World. We commence at 9.30 AM and conclude 12.30 PM. We gather in the parish hall of Hunters Hill corner of Gladesville Road and Mary Street. No need to book. Tea & coffee provided. We do appreciate a donation. All are most welcome. "COME AND SEE". Enquiries Carole Wilson 9869 1036.

### Fellow Parishioners

Father Peter on behalf of the Parish has again offered to support the Lenten Foodbank appeal of the Jesuit Refugee Service (JRS) at Westmead. They ask that this Lent you donate one item each week to support refugees living in this community and suggest: Basmati Rice, Tuna in Oil, Cooking oil, Tinned Tomatoes, Long life milk, pasta or spaghetti. Personal care items are also most welcome. A marked box will be left in each Church. Your generosity over the past two years has been greatly appreciated. For further information, contact Tricia Whealy at 0425 270 215

### National Catholic Safeguarding Standards: Leadership, monitoring & improvement

Standard 9 – The Parish regularly reviews and improves systems for keeping children safe  
Key Elements of Standard 9:  
• Regularly reviews and improves practices  
• Analyses concerns and complaints to identify causes and potential system failures  
Reports of the findings of relevant reviews

### Lent has begun

**Pope Francis** said on Ash Wednesday, *Lent is a time to remove all distractions and bitterness from one's life in order to better hear God and those who suffer silently and need help.. It is the right time to turn off the television and **open the Bible.***

*It is the time to disconnect from mobile phones and **connect ourselves to the Gospel.*** Source: CNS.

**Join a Lenten group to connect yourself to the Gospel.** In the group you read the Gospel for next Sunday. It is about Jesus "**being transfigured**" before the three disciples. You will discover how that event reveals who Jesus is. You will hear others in your group reflect on who Jesus is for them.

Check out the list of **Lenten groups** at the entrance to the church. You can come to one in the parish meeting rooms on a Monday or Friday morning or on Thursday evening. If you cannot leave your family, please **take a Lenten Book**, so your family can read the book and say the prayers at home. You can also **download the APP** from Google or Apple ~ **Lent 2020 Be Opened.** You can read and pray using your phone.

### Plenary Council

**Come to learn how to discern and discover what the Spirit is asking of us.**

The Plenary Council can be for us, a movement of the Holy Spirit giving us insight into God's church and calling us to be who we are meant to be as Catholics. Preparation is now in its Discernment phase and your contribution is very relevant. This is a grace to care for the church across Australia. We continue to ask, *What do you think God is asking of us in Australia at this time?*

**Six Themes** have emerged from the feedback last year. You can read about it on the website, *Plenary Council. Catholic.* You can also collect a copy of these documents from the parish office or the sacristy in Carlingford.

**Listen and Discern Sessions** will be offered on

Saturdays that last 2 – 2.5 hours

14 <sup>th</sup> March	PMR Epping	12 midday
21 <sup>st</sup> March	PMR Carlingford	12 midday
28 <sup>th</sup> March	PMR Epping	12 midday

Sundays after Mass that last 1.5 – 2 hours

15 <sup>th</sup> March	PMR Carlingford –	after 9.30 Mass
22 <sup>nd</sup> March	PMR Epping –	after 10.15 Mass
29 <sup>th</sup> March	PMR Carlingford –	after 9.30 Mass

More sessions will be offered after Easter to cover more of the themes  
Could you please indicate which dates/times suit you by writing on the pages at the entrance to the church.

Discernment **is not** a discussion, debate or about demands. Discernment is about our relationship with God and God revealing what is best for believers as a community. **Discernment is** a prayerful experience of listening to the Holy Spirit moving in our spirit to raise awareness. You can learn about discernment on the website.

Will our submissions change what happens at the Plenary Council? I believe, they will for it is a matter of faith and trust that the Holy Spirit working in our small group is the same Holy Spirit working in that big group assembly when they come together later this year.

Join a session to see how the Holy Spirit is melting us, moulding us and using us.

Denis McNamara

*Supporting Missionary Disciples*

### Alpha



Alpha is beginning.

Many came and learnt a lot about Alpha from those who have been blessed through Alpha. The video invited everyone to **Try Alpha.**

This Tuesday 3<sup>rd</sup> March, we begin our Alpha journey and ask the questions that have power to impact our lives. **Who is Jesus? Why did Jesus die? How can I have faith?**

Come and join us at 7 in the parish hall for the evening meal. Bring your questions, for we take time to listen to each other. Come with a friend or neighbour. Encourage someone you know to go.

When you read this at Mass, please pause and pray. Who is that someone waiting to be invited to go to Alpha? Ask the Holy Spirit to use you to invite them and to give you the opportunity to say to them ~ *Alpha is beginning. **Would you come with me this Tuesday evening to Epping?***

Pray for all at Alpha ~ *May their lives be enriched with faith in Jesus, made stronger by the Holy Spirit and lived with more love.*

Take home with you the information pamphlet or the business card to offer when you invite them. These are at the entrance to the church.

The Holy Spirit is working through **Disciples** to become **Missionary Disciples**, who will invite others.

Denis McNamara *for the Alpha team of Hosts and Helpers (10) and support people in the Task Force (6)*

### The Light is On for You'

Will begin at 7:30pm at Our Lady Help of Christians Church, Epping. This is an exciting initiative for Lent, that seeks to welcome people to our churches for quiet time, prayer, the Sacrament of Reconciliation and the Stations of the Cross.

Please note we will alternate between the parish churches each Friday night commencing at 7:30pm during Lent as follows:

Friday 06	March - Epping
Friday 13	March - Carlingford
Friday 20	March - Epping
Friday 27	March - Carlingford
Friday 03	April - Epping

All Welcome!

### KEEPING THE TIME OF LENT

please support the work of Caritas Australia, our Church's aid and development agency, by taking a Project Compassion box and/or set of envelopes. Project Compassion is a wonderful way to turn our Lenten self-denial into Lenten giving.

as Lent calls us to renewal it also calls us as Churches to overcome the barriers which have divided fellow Christians for so long. Please be part of our shared Ecumenical Lenten Celebrations on the Tuesday evenings of Lent.

weekday Mass is a rich way of entering into Lent: the daily readings offer food for our reflection & the Eucharist is our spiritual food for the Lenten journey.

Lenten Groups will meet: - See diary on pg. 3  
All welcome!