

<b>Responsorial Psalm Response</b> Ps 22 R v. 1 The Lord is my shepherd; there is nothing I shall want.	<b>Gospel Acclamation</b> <b>Glory to you, Word of God, Lord Jesus Christ!</b> I am the light of the world, says the Lord; whoever follows me will have the light of life. <b>Glory to you, Word of God, Lord Jesus Christ!</b>
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<b>WEEKENDS</b>						
<b>Epping</b>	<b>All Masses cancelled until further notice.</b>					
<b>Carlingford</b>						

<b>PRAYER OF THE CHURCH</b>						
<b>WEEKDAYS</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	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** Healing Mass cancelled until further notice.

**EXPOSITION OF THE EUCHARIST: Epping** Saturday 9:15-10:15am, **Carlingford**, TBA 10:00am

**SACRAMENT OF RECONCILIATION: Epping** Saturday 9:30-10:15am **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:** Pam Paynter (Neville Wilkin's sister), Maria N T Dong, Carol Rodricks, John F Feld, Lalitha Janet, Joe Calleija, Lalitha Janet, Doo Hwan Ji, Lizeth Albornoz Gonzales, Joan Rideout,

**Anniversaries:** Wendy Slattery, George Kain,

**Also for:** Carol Hudson, Young Hwan Ho, Young Min Ho, Young Seok Seo, Maria Hur, D Choi,

**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, John Lyons, Joe Younis, Greg Walsh, John Gilberti, 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.

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

**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.

**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.

**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 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@bbccatholic.org.au

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

**Parish Website:** www.bbccatholic.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**

**FOURTH SUNDAY OF LENT**

**22-3-20**

**Samuel 16:1.6-7.10-13**

**Ephesians 5:8-14**

**John 9:1-41**

Dear sisters and brothers,

As you are only too well aware the heightened level of precaution which has been announced by the Australian Government in the past few days regarding COVID-19 has set in motion many changes, cancellations and procedural changes in all aspects of our lives. On Thursday night Bishop Anthony announced one of the most significant changes in the history of the Catholic Church in Australia in **the temporary cessation of most "public" Masses within our diocese** in response to new government regulations restricting assemblies of people indoors to numbers of no more than 100 persons. Along with many others, I feel a deep sadness and grief that the Coronavirus situation has necessitated this action however the health and wellbeing of everyone has to be our primary concern. At the same time be assured Fr Bogdan and myself will still celebrate Mass for the intentions of each one of you and in particular for all those impacted by the Coronavirus here and throughout the world.

While the ideal is always that we 'physically' participate in the Eucharistic celebration, a good 'second-best' option may be viewing Mass on TV or any other "live streaming" options which our diocese or parish may be able to introduce. **Indeed, if anyone has the technological knowledge and can assist with the possibility of live streaming a Mass each week from the parish I would greatly appreciate if you could contact me directly.** Also, the diocese will attempt to make resources in prayer and spirituality available for home use and in particular provide further assistance for people to make a "spiritual communion" when unable to physically receive Holy Communion.

**Please note that funerals, baptisms, and weddings can still proceed providing the number attending does not exceed 100 persons. Also, our parish office still remains open for all your enquires and the priestly ministry of Fr Bogdan and myself is still available as usual including the Sacraments of Reconciliation (Confession)**

**at the usual advertised times on Saturdays (as well as by appointment!), and the Anointing of the Sick.** For those who usually attend weekday Masses, we are also looking at other possibilities for people to safely gather at those same times within our churches for other forms of prayer such as the Prayer of the Church and the rosary. The Church doors will remain open as usual for everyone to come, rest, and pray in the presence of our Lord. **Exposition of the Blessed Sacrament will still proceed on Saturday morning at Epping from 9.15am along with Reconciliation until 10.15am.** At St Gerard's I will give some thought as to a more suitable time for Exposition other than the fourth Thursday of the month at 10am and look at the possibility of making this available on a more regular basis. **Prayer is definitely key as we seek to respond as a faith community to this crisis.**

Given the events of this past week and recent directives from Government, Church, and medical authorities, **I have now decided to postpone people "physically" coming together for Alpha until after this crisis has passed.** This will also apply, for the time being, to all of our proposed discipleship formation programmes including our Bible formation series and our proposed Catholicism series. Along with our Missionary Discipleship Coordinator, I will consider other options to enable people to still grow in their faith and retain their connection with the parish from home over coming months.

Of course, all areas of parish life are under review. This weekend we celebrated with many of our young people their **Sacrament of First Reconciliation.** My congratulations to all those who celebrated this sacrament for the first time! In coming weeks and following on from further advice from the diocese, I hope to be able to confirm what procedures will be followed for other Sacramental programmes due to be held later this year.

.....continued on pg 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.

...continued from the cover of the bulletin

As you can appreciate this news of the cessation of our usual parish Masses has been sudden and we are still waiting for clarification from the Diocese on a number of related matters before we can have a clear picture on how we can proceed into the future during this time. Be assured I will do everything possible to inform you of further changes if and when they come to hand,

Let me be clear that no matter what happens as a result of the situation surrounding Coronavirus, **your parish here at Epping and Carlingford will always be "open for business!!"** At the same time, we are being challenged now to think "outside the box" as to how creatively we continue to minister in faith and love to our people offering them the hope and consolation of the Gospel in challenging times. Indeed this may be a positive fruit of our current Lenten "desert" experience that we discover new ways of connecting with and ministering the Gospel for our people now and in the future.

**Most importantly through the weeks and months that lie ahead, it is important we stay connected and focused on what we are about as a community of faith and that we maintain connections with one another, especially the most vulnerable in our parish and neighbourhood.** The fact that we may not be able to access certain homes, nursing homes or hospitals as freely as before doesn't mean we can't find other means to remain in touch, for example, by phone. Of course, our prayerful remembrance can also remain a major source of strength and comfort for those who feel anxious and concerned at this time.

**Also, one important way we can all keep communication occurring is via the parish bulletin which can be viewed online via the parish website at [www.bbcatholic.org.au/eppingcarlingford](http://www.bbcatholic.org.au/eppingcarlingford) OR can be received at your personal email address.** For those who don't already receive the bulletin by email could I encourage you to send an email to Maree at the parish office at [maree@eppcarl.org.au](mailto:maree@eppcarl.org.au) and we can organise for the bulletin to be sent to you.

Also, clearly the parish and diocese will take a huge financial hit over these weeks so if you are not already signed up to our direct debit planned giving programme and would like to contribute on a regular basis please contact Dennis at [dennis@eppcarl.org.au](mailto:dennis@eppcarl.org.au) or call the parish office on 98762853.

Jesus reminds us all, **"Do not be afraid I am with you!"** May these words continue to speak of encouragement, balance, and comfort as we seek to journey together over these days.

Finally, I leave you with this reflection which was brought to my attention in recent days.

"As we hold one another in prayer let us pray for all those suffering from this virus, those families who have lost loved ones and for the many doctors, nurses and first-responders putting their own health at risk. May Our Lord protect them as they protect us.

May this global crisis be a time of grace for all peoples; a time when we come together as one human family. Let it bring out the best in each one of us, helping us realise we are all sisters and brothers, sons and daughters of God.

And as the people of Jesus's time watched and marvelled as he "went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people," (Matthew 4:23) may our world soon feel the healing touch of his loving presence. Brother Robert Schieler, FSC

Fr Peter

#### Chrism Mass

**Singers and Musicians from across the Diocese are warmly invited to lead the congregation in prayerful song at this year's Chrism Mass.**

**When:** Tuesday 7 April 2020

Rehearsal on the day in the Cathedral from 6:00 PM for 7:30 PM Mass start.

(Supper provided)

**Where:** Our Lady of the Rosary Cathedral, Yardley Avenue, Waitara

Run Sheet will be sent out closer to the date.

#### 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

### PARISH STAFF

**Parish Secretary:**  
**Dennis Porteous** Ph.: 9876 2853  
Email: [dennis@eppcarl.org.au](mailto:dennis@eppcarl.org.au)

**Asst. Parish Secretary:**  
**Maree Balzlat** Ph.: 9876 2853  
Email: [maree@eppcarl.org.au](mailto:maree@eppcarl.org.au)

**Pastoral Care Assistant:**  
**Maree Balzlat** Ph.: 9876 2853  
Email: [maree@eppcarl.org.au](mailto:maree@eppcarl.org.au)

**Parish Support Worker (PSW) Sacramental Programmes and Children's Ministries**  
**Lynn Siau**  
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Email: [lynn@eppcarl.org.au](mailto:lynn@eppcarl.org.au)

**Sacramental Programme Assistant:**  
**Lisha Abraham**  
Ph.: 0407 255 593  
Email: [kids.Sacrament@eppcarl.org.au](mailto:kids.Sacrament@eppcarl.org.au)

**Pastoral Support Worker (PSW) Youth:**  
**Joanna Mak**  
Ph.: 0404 710 588  
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**Missionary Discipleship Coordinator:**  
**Denis McNamara**  
Ph.: 0410 041 944  
Email: [denis.mcnamara@eppcarl.org.au](mailto: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 [psecretary@eppcarl.org.au](mailto:psecretary@eppcarl.org.au)

**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.

### LENTEN ECUMENICAL SERVICES

**Our two remaining Lenten services have had to be cancelled**

### 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

### SOMETHING SPECIAL FOR EASTER 2020 CHOCOLATE PASCHAL LAMBS Made from Cadbury Chocolate (Milk + White)

Beautifully packaged and lovingly made by the Michaelite Community



Selling price: \$8.00

**The lambs are a special symbol of Easter and a good way to raise funds for the Missions in Papua New Guinea**  
**For more information please contact Fr Bogdan**



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CONTACT URSULA SIMPSON

0409 366 063

[ursula@k6tutoring.com.au](mailto:ursula@k6tutoring.com.au)

[www.k6tutoring.com.au](http://www.k6tutoring.com.au)

**Please be advised that the weekend shown below has had to be cancelled. This is due to travel restrictions for one of the presenters.**

#### Marriage Enrichment Weekend :

*Take the time to step back from everyday distractions and rediscover your relationship!*  
17<sup>th</sup> – 19<sup>th</sup> April, 2020 at Mt Carmel Retreat Centre, Varroville, NSW

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### 'The Light is On for You at Epping and Carlingford'

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 27 March - Carlingford**  
**Friday 3 April - Epping**

### FACEBOOK PAGE

Follow our Facebook page 'Catholic Parish of Epping and Carlingford' and keep updated on what's happening in our parish. We will be posting prayers and readings to keep us united as a community.

### THE SACRAMENT OF RECONCILIATION AND LENT

Since Lent is the time of Easter preparation please make use of the whole of Lent to celebrate the Sacrament of Reconciliation (Confession).

Reconciliation is celebrated during Lent on:

#### Saturday

Morning 9:30 am—10:15 am at Epping  
Afternoon 5:00 pm—5:30 pm at Carlingford

#### Friday

Evenings after the Stations of the Cross. (see notice for the Light is On re alternating each week between the two churches.)

### The following activities will take place this week:

St Gerard's Monday Night Rosary Group  
Some Lenten Groups (check with your group)  
Antioch Meeting on 22nd March  
The Light is On—Reconciliation & Stations  
The Sacrament of Reconciliation  
RCIA meeting  
Celebrations of the Prayer of the Church

#### HE SECOND READING

Ephesians 5:8-14

*But now you are light in the Lord.  
Christ,  
cast your  
light upon us.  
Let it shine out,*

*and let  
it fix upon  
every sorry place,  
every wonderful face,  
every single place that might  
need your love.*

Anne Osdieck

### Reflection on Sunday's Gospel

Another riveting narrative from John's gospel. More than once, Jesus was condemned for healing on the Sabbath. In this reading, one such incident is described at length, in a way that calls to mind words of this gospel's Prologue: 'The Word was the true light, and his own people did not accept him'. The courageous refusal of the 'man born blind' to be intimidated by the authorities of the synagogue, when even his family refuse to stand by him, has given us one of the most memorable incidents in the gospels. Like the story of the Samaritan woman, this incident is recounted in a manner that gives expression to a profound meditation upon the saving work of Christ.

The Saviour himself intones the theme of this meditation: 'I am the light of the world'. The powerful symbolism of light often finds expression in the Scriptures. It is often appealed to in the Psalms, the confession of faith of the ordinary people in old Israel – God's Word is 'a light on the path' of life (Ps 119); Yahweh himself is Israel's 'light and salvation' (Ps 27). The contrast between light and darkness is often appealed to in the New Testament, as in today's reading from Ephesians.

The tragedy of spiritual blindness is vividly exemplified in the refusal of the Pharisees to be open to what was confronting them in the signs given through the ministry of Jesus - as their empty reasoning is made to look foolish by the straightforward honesty of the man they are trying to intimidate. 'You can be his disciple', they declare in their frustration, 'We are disciples of Moses'. And, as he responds to their arguments, pointing out that his miraculous healing shows that Jesus is surely 'a prophet' and that he must have 'come from God', the man who was born blind is progressively 'enlightened' – to be finally welcomed by Jesus into the company of his disciples, making his confession, 'Lord, I believe you are the Son of Man' – the very title that was to seal the fate of Jesus before the Sanhedrin.

As he urges the Ephesians to a life of authentic discipleship, Paul contrasts a life of 'goodness, right living and truth' with the 'shameful' things done in the dark. The story of the 'man born blind' and his courage in the face of great odds reminds a community with deep roots in old Israel of the challenge of genuine discipleship.

It is now well recognised that the meditation upon Christian faith and life that gave us John's gospel was made against the background of the Church's sacramental life. It may well be that today's narrative – with its progressive reference to anointing, washing and confession of faith – is influenced by the baptismal practice of the community. In the early centuries, the instruction of the catechumens concerning the Church's sacramental life was an 'enlightenment'. It is interesting to note, at a time when the catechumenate is assuming an increasing importance in the life of the church, that these instructions made frequent use of John's gospel.

John Thornhill SM

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### Letter from Bishop Anthony

18th March 2020

*To the People of God in the Diocese of Broken Bay*

The historic and momentous times in which we live have impelled the Australian Government to issue today new preventative measures to limit the transmission of the COVID-19 coronavirus as a matter of public health emergency.

A public health emergency of the kind that we are experiencing is a rare event. Today the Prime Minister reminded us that an event such as the COVID-19 outbreak has not been seen for 100 years. Given the directions provided by the Government and after a most careful consideration of the circumstances of our own Diocese and its various parish communities, it is with great regret and a heaviness of heart, that I share with you the following:

Effective from Friday 20 March, in the Diocese of Broken Bay:

- All public Masses are hereby suspended until further notice.** Accordingly, this includes a dispensation for all the Faithful in the Diocese from the obligation to participate at Mass on Sundays and holy days of obligation (cc.87 51; 1247).  
It will be possible to celebrate the weekday Mass for Thursday 19 March, The Solemnity of St Joseph provided that the congregation does not exceed 100.
- The celebration of Holy Mass by the priest privately is to continue** and may include, if possible, the assistance of an adult minister. Previously scheduled intentions, including the Sunday Mass pro populo may be fulfilled in this manner.
- The Faithful are encouraged to keep the Lord's Day holy and celebrate Sunday as a domestic church by taking time to pray together as a household (c. 1248 52).
- The Sacrament of Baptism:** Baptisms are still to be celebrated provided that the number attending does not exceed 100. It is important that thought be given to providing families the option of postponing the Baptism of their child. Those families who wish to proceed with the celebration should be advised to limit the number of family and guests attending (preferably immediate family and godparents only). Baptisms must be staggered so that only one child is baptised in the one event, with the water refreshed for each ceremony.
- The Sacrament of Confirmation:** The Government's announcement today will impact on the celebration of the Sacrament of Confirmation and the schedule for the same. I will consider how to attend to this in the coming weeks. All programmes of preparation for the Sacrament of Confirmation should be suspended until the schedule can be reviewed.
- Funerals** in a church remain possible provided that the number in the congregation does not exceed 100. In accepting bookings for funerals, it will be important that Parishes work with the Funeral Director to so ensure this. The advice is that those attending should be limited to immediate family. Some Funeral Directors are already making arrangements for live-streaming of the funeral so that the number of people in the church is kept to a minimum.
- Weddings:** It may be that weddings be postponed. However, should a wedding proceed it will be limited to the same provisions of no more than 100 in the church.
- Sacrament of Reconciliation:** Our churches are to remain open for the availability of the First Form of the Rite of Confession in the usual way. The Second Form of the Rite of Confession should be suspended during this time. I am aware that a number of our Parishes have suspended their programmes of preparation for the Sacrament of Reconciliation. This has been effected in accord with the principles applied to school gatherings. Some of our Parishes, however, have already completed their programmes of preparation and are ready to celebrate the Sacrament. In this event, the following advice is offered:
  - It would be unfortunate, having completed the programme, that the momentum for the celebration of the Sacrament be interrupted.
  - A gathering of people for the Sacrament — in the Second Form of the Rite- should be suspended as it is most likely families will express significant concern about this.

...continued on pg. 6

....continued from pg. 3

- d. If this is not possible due to local circumstances, then the liturgical celebration should be suspended to a later time in the year.
9. **Sacrament of Anointing.** In the celebration of the Sacrament, priests are given permission to lay on hands by holding them above rather than upon the head. Anointing the forehead is sufficient
10. **In respect to the forthcoming Holy Week and Easter Liturgies** I am currently considering how best these may be celebrated in the current circumstances and will advise in the coming weeks. I will discuss this with the Council of Priests which is to meet next Tuesday 24 March.
11. **As the community of the Church in Broken Bay, I urge you to pray.** It has always been our tradition to turn to God in prayer when difficulties arise, especially when a health emergency of this kind effects so many people. I commend to you in a particular way the Rosary of the Blessed Virgin Mary. The Rosary, which is a Marian prayer, has Christ at its centre. When we pray the Rosary, we meditate upon the life, death, and resurrection of the Lord, through the intercession of the Virgin Mary. In the words of Saint John Paul II, "With the Rosary, the Christian people sits at the school of Maty and is led to contemplate the beauty of the face of Christ and to experience the depths of his love. Through the Rosary the faithful receive abundant grace, as though from the very hands of the Mother of the Redeemer." (Rosarium Virginis Mariae I )  
As you pray the Rosary, I encourage you to ask for the grace that we need in our Church and in our world at this time. Be confident in your prayers and trust that the Mother of Our Lord will accompany you and lead you to her son, Jesus. Recall the words from the Memorare prayer, and be inspired not to lose hope: "Remember, O most gracious Virgin Maty, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided."  
The Rosary is a marvelous prayer that can be prayed alone, in families, or in small groups. Through this marvelous prayer, may Mary's motherly compassion keep our whole family safe from every danger. Through her intercession may all the people of Australia be sheltered from harm. And may people everywhere profit by the voice of Catholics united in prayer.

My brothers and sisters, we are living in uncharted times with implications about which we are uncertain. It is essential that our communities of Faith remain beacons of hope during this difficult and challenging time.

**It is important that our churches do not close** and that they remain open for prayer and personal devotion. There are many ways by which a small number of people in our parishioners may still wish to gather, remaining compliant with the law — for small group Rosary, for Exposition and Benediction, for the Way of the Cross. Indeed, I encourage small groups to use our churches for prayer, especially on a Sunday when the Blessed Sacrament may be exposed for Adoration, according to the norms governing such a practice.

Our diocesan Office for Evangelisation is currently preparing pastoral resources for use in the face of the limitations for gathering.

It is also important that our Parish offices remain open and be available for our parishioners. It is critical that all our parishes consider the most creative ways by which to retain communication with their people.

In naming this emergency, it is essential that each member of the community takes responsibility for maintaining good personal hygiene. It is also very important that those members of our community who require assistance: the young; the elderly; people with disabilities; the poor and the sick; the homeless; are cared for and not abandoned.

It is also vital that we remain good and responsible citizens. Please do not panic or fret unnecessarily. By remaining calm and adhering to Government Health recommendations, we play an important role in the community, as together we are vigilant in our attempt to keep all people safe and healthy.

Over the coming weeks, the personnel of our Diocese will continue in their contact with you and ensure that you are fully apprised of any developments which we are constantly monitoring.

Sincerely yours in Christ.

+ Anthony Randazzo

Most Rev Anthony Randazzo DD, JCL  
Bishop of Broken Bay

## YOUTH PAGE

### OUR PARISH ANTIOCH COMMUNITY

#### Meeting this Sunday 22nd March

Why not come along to the Antioch meeting to hear a **great talk**, join in **discussion time** get into some **awesome music**, take time out for **prayer** and meet people!

The meeting starts at **6pm** in the parish meeting room at **Carlingford**.  
So head on down and bring a friend.



For more information call  
Joanne 0416 030 927

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

### Reflection on Sunday's Bulletin

The first two readings at Mass end with the reader saying to us, **The Word of the Lord**. We respond with **Thanks be to God**. Let us listen carefully to know what we are grateful for hearing. Then we can say *Thank you God, for speaking to me*.

In the first reading, the prophet Samuel went to Bethlehem to anoint the future King of Israel. God chose the youngest of 8 boys. Jesse told the prophet, **David is out looking after the sheep** for David was a shepherd. When Samuel prayed and poured the oil on David, *the spirit of the Lord seized on David and stayed with him from that day on*. 1Sam16:13 David was anointed King to **shepherd the people**.

Later in life, God made a promise to King David: **Your royal dynasty will last forever!** The shepherds in Bethlehem were the first to recognise Jesus as **the Son of David**.

Today we pray, Psalm 23, **The Lord is my shepherd**, there is *nothing I shall want*. We are praying with David who wrote it. David put his trust in God; *If I should walk in the valley of darkness no evil would I fear*. His hope was in God. **Surely goodness and kindness shall follow me all the days of my life**.

In the second reading we learn about ourselves. *You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you*. Eph 5:6-10. Our response to hearing we are *children of light* and *discovering what the Lord wants of us*, is **Thanks be to God**

In the Gospel, Jesus "the light of the world", heals a blind man, but it did not end there. The man with sight was evicted from the Synagogue, so Jesus went looking for him and said to him: **Do you believe in the Son of Man?** The man said, "Tell me who he is". Jesus said, *You are looking at him; he is speaking to you*. The man said **Lord, I believe** and **worshipped him**. At the end of the Gospel, we are told, **The Gospel of the Lord** and our response is, **Praise to you, Lord Jesus Christ**.

Jesus offers us a greater gift than sight. The blind man was given that grace to see Jesus for who he truly is and worship him. At Mass, may we too come to see and hear Jesus and in response we praise and worship **Lord Jesus Christ**.

Denis McNamara

Supporting Disciples to become Missionary

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

**WILL BE POSTPONED UNTIL FURTHER NOTICE**

All enquiries to Joanna  
0404 710 588



### Catholic Youth Broken Bay

#### PRAISEFEST CANCELLED

As you would appreciate, CYBB is in the process of evaluating a number of upcoming events in light of the government's advice and that of the Catholic Schools Office in response to Covid-19.

In particular this Friday evening's Praisefest, hosted by MacKillop Catholic College at Warnervale. **Unfortunately, we have made the decision to cancel Praisefest**. Many thanks for all your continued support.

May we continue to pray for healing of all those who are affected by this illness as well as others and for the healthcare workers who are treating them at this time.

Remember to be kind to one another and spread joy when you can at a socially acceptable distance!



**Date: Friday 17 April 2020**  
**Where: The Catholic Parish of Frenchs Forest- Our Lady of Good Counsel, 9 Currie Road, Forestville**

To RSVP email  
[vocations\\_ministry@bbcatholic.org.au](mailto:vocations_ministry@bbcatholic.org.au) or  
[parishoffice@ffcp.org.au](mailto:parishoffice@ffcp.org.au)