

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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Ph.: 9876 2853

Email: Bogdan.Skupien@bbcatholic.org.au

Email: parish@eppcarl.org.au

Parish Office: 9876 2853

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

YEAR A

THE ASCENSION OF THE LORD

24-05-20

Acts 1:1-11

Ephesians 1:17-23

Matthew 28:16-20

Dear sisters and brothers,

It was with great joy that I opened both of our parish church doors last Saturday for people to come, rest and engage in personal prayer and reflection. That same feeling was also evident in the faces of those who visited during the days since with one person saying that they felt they "had come home".

Once again, a reminder to everyone that in accordance with government regulations only **ten** people can be inside the church at any time. **On each and every occasion that you visit you are asked to sanitise your hands on both your arrival and departure, as well as write your name and contact details in the book provided.** The reason the name and contact details are required is in case someone visiting the church was found to be COVID-19 positive, it would then be possible to trace others who may have been present around the same time and have them tested also.

As indicated in last weekend's bulletin, from this coming Monday, 25th May, weekday Masses will be celebrated at the usual rostered times within both parish churches **for up to ten people** in addition to the priest. In order to make the process as fair as possible, **people will need to book to celebrate Mass and only those with a booking will be able to attend.** Due to the recording of the Sunday Mass on Saturday mornings, the usual 9.15 Mass at Epping will be celebrated at 12 noon followed at 12.30 by Exposition and Reconciliation concluding with Benediction at 1pm.

To book for a weekday Mass everyone must phone the parish office on 9876 2853. Email requests will not be accepted. The reason for this is to make the system as fair as possible for everyone whatever their technological skills or abilities might be. Priority will be given to try and ensure as many people as possible get a chance to celebrate at least one Mass over the coming weeks. In addition, you can also join a waiting list in case we unexpectedly have a place available.

After consulting with the parish team and PPC Executive, **it is clear that the restriction to ten people makes it very difficult to open our Sunday celebration such as our Mass on Demand to a congregation.** Even if Fr Bogdan and myself were to celebrate an additional six or so Sunday Masses it would still mean only sixty or so parishioners would be able to celebrate Mass on any one weekend. We sense that parishioners and others are generally happy with the online Mass, despite occasional technical issues, and the test of 'fairness' would suggest we leave the situation as it presently is for the time being. It is also worth noting that the suspension of the Sunday obligation for Sunday Eucharist given by Bishop Anthony on March 18th continues in recognition that the restriction to ten people will not allow everybody access to a Sunday Mass.

The North Sydney parish put it well when it said, "As we know people are missing receiving the Eucharist with real pain; but let us remember the Good Lord comes to us in many ways, especially through the Word of God and through the needs of our neighbours; either way, we touch him and his woundedness".

...continued on page 2

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The Parish Website address is:

www.bbcatholic.org.au/eppingeppingcarlingford

....continued from the cover

Finally, this Sunday 24th May is the Feast of Our Lady Help of Christians, Patroness of Australia and one of the chief patrons of our parish. Our Sunday Mass on Demand will be celebrated at OLHC church at Epping. In celebrating this feast day, we look to Mary for her help, protection and guidance especially during these days of pandemic, as well as celebrating the many gifts God has given us here in Australia. Given the recent approval of our DA for the parish site at Epping we also ask Mary's guidance as we take steps to enhance the mission of the Gospel in one of the principal areas of Sydney dedicated to her under this title. As the Feast of the Ascension on a Sunday takes priority in the Church's liturgical calendar, the Mass propers will be for the Ascension however acknowledgment will be made of Mary's feast day also.

In recognition of the way, the COVID-19 pandemic continues to affect Australians lives including their worship, the Catholic bishops of Australia also approved the entrustment of the country to the care of Mary Help of Christians on her feast day during their recent plenary conference. The bishops noted, "In this month of May, Pope Francis has urged us to look to her to intercede for us in this time of affliction; and to Mary we will entrust our homeland later this month, looking to a mother's unfailing love. May she who is Health of the Sick and Help of Christians pray for us now, that we may see Jesus with her eyes, the eyes of Easter, and love Him with her heart, which is the heart of faith: "O Mother of the Word incarnate, despise not our petitions but in your mercy, hear and answer us" (Memorare).

Fr Peter

Prayer for Mary, Our Lady Help of Christians

**Loving God,
God of all, you give us this beautiful land,
Australia, and its people.
We pray that under Mary's protection we may live
in peace and harmony.
Help us to appreciate the richness and diversity of
our own nation.
You guide us with your Spirit.
May Mary, Help of Christians, protect and guide us
as we strive to live as your faithful people.
We ask in the Spirit of Jesus your Son.
Amen**

Prayer Requests

Do you have a prayer request - especially during the difficult times each of us is facing.

**Do You Have
A Prayer Request?**

Please Let Us Know



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

Charitable Works Fund Appeal

We give thanks to our Parish family who have continued to support the Charitable Works Fund (CWF). Your donations are distributed among 5 charities that provide faith based support to the people in the Diocese of Broken Bay. One of these charities is St Lucy's School, located in Wahroonga which provides a Catholic, nurturing education for children with disabilities. David Raphael, School Principal, kindly provided us with an update...

St Lucy's has continued to operate during the Covid-19 pandemic focusing on the health, wellbeing and safety of staff and students. Due to the critical need with our vulnerable families, we were pleased that St Lucy's was allowed to stay open through Term 1 and we started Term 2 with approx. 80% student attendance. For St Lucy's students, consistency, familiarity and security goes a long way to help them on their educational journey. For our parents, many of whom have had to work from home, the continued service was a major factor in their ability to navigate these unprecedented times. Students have also learnt a great deal more about hygiene in times of a global pandemic and have, to whatever degree possible, worked hard at being as independent as possible. Their ability to be flexible and adaptable has impressed their teachers and families alike.

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.

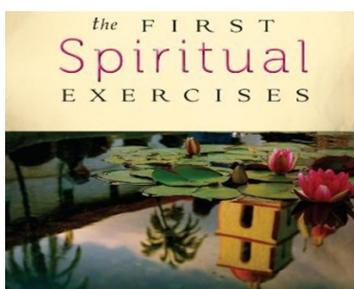
You reflect on your life for around an hour a day for six days of the week. Each day brings back memories and invites you to pray to discover how God has been and continues to be with you in all your personal life experiences.

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 24th 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.



Mass Online

Epping Carlingford Parish -

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

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



Laudato Si' Week 2020

Laudato Si' Week 2020 marks the fifth anniversary of Laudato Si', which was signed on 24 May 2015. Pope Francis' encyclical on care for our common home, Laudato Si', is an inspiration during moments of difficulty. It encourages us to reflect on the values we share and create a more just and sustainable future.

The theme of Laudato Si' is "everything is connected." During Laudato Si' Week, we come together as one people around the world to prayerfully discern the lessons of this moment. While the world experiences a history-defining crisis, we reflect and prepare to build a better world.

Laudato Si' has been welcomed as a document of deep and abiding beauty, and it has prompted people around the world to reflect more deeply on Creator and creation. Its vision of integral ecology, which sees connections between how we treat God, nature, and each other, offers simple but profound truths about the bonds that unite us.



From Lynn's desk

Children's Ministries

Kidz Word had a lovely time on Sunday! Instead of an adult leading Kidz Word live, our parish community children gathered live within our private Facebook group, in the comfort of their homes, for a "Watch Party". Facebook Watch Party is a new feature for groups that allows the Administrator of the group to hold a live screening of pre-recorded videos. Group members can all watch and comment on the videos at the same time to create a *shared viewing* experience.

I showed a 15-minute self-made video of some children in our community reading, reciting the Creed, praying (and singing!) for the 6th Sunday of Easter. Fr Peter also made an appearance reading the Gospel, interacting with the children and introducing his childhood friend, Max, to us during his homily.... all done online!



In the last week leading up to Sunday, parents had sent in video clips of their children for this "movie" to be edited and made. Thank you to the efforts of the parents and children who made this Watch Party possible! It was great fun and we might do this again once a month, in place of the Children's Mass we would normally have, until such time we can gather within the church again.

That's it from me this week and remember: children always 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

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

We are now on our 19th consecutive day reading a chapter of Matthew each day!

Our weekly zoom meetings on Fridays from 7:30-8:30pm are still happening for further reflections, discussions and prayer.

For zoom, you can either click the link:
<https://us02web.zoom.us/j/88465320381>

Or

Using a smartphone App

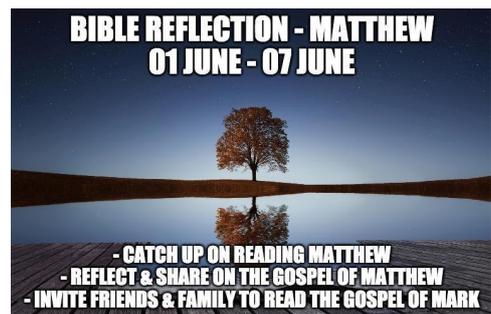
1. Open zoom application
2. Click the join button
3. Enter meeting ID *88465320381*

Or via a telephone

+61 2 8015 2088

Enter meeting ID *88465320381*

After reading Matthew, we will reflect on our experiences of Matthew before begin reading Mark on the 8th June. Invite your friends and family!



Praying together during COVID-19

It's 10am Friday morning and as I sit in front of my computer, Zoom windows begin popping up on my screen as people join our Group Reflection Of Gospel meeting. We meet every Friday via Zoom now that we are socially isolating due to COVID19.

This group has been meeting for quite some years now. It began under the guidance of Father Colin, and then Sister Pauline became the facilitator followed for many years by Howard Carey. We are a group of parishioners who meet every Friday to read the following Sunday's readings and reflections. We discuss our thoughts about the readings and how we relate the Gospel message to our life in today's society.

When social isolation became mandatory we decided to use Zoom as a platform to continue our regular meetings. We were tentative at first. Many of us had never used Zoom but with help from our group technician we were soon online, excited to see each other.

It is wonderful to see as many of our group, who are able to meet, on Zoom however we all look forward to being able to gather in person in the Carlingford Meeting Room after 9.30am Mass each Friday when restrictions are lifted. Until then we count ourselves blessed that technology allows us to come together in a virtual meeting room.



Keep In Touch

From The Catholic Parish of Epping and Carlingford

Keep informed, keep exploring, keep on thinking about the things that matter the most and move us.

If you would like to receive Keep in Touch please forward your email address to the parish office,

Contact number: 9876 2853

Email: maree@eppcarl.org.au

WEEK of PRAYER for CHRISTIAN UNITY 2020



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.

There will be a Zoom service to mark the Week of Prayer for Christian Unity. This will take place on Sunday May 24 at 3pm. It is being arranged by the NSW Ecumenical Council. Archbishop Zaia, Metropolitan of the Assyrian Church of the East will give the Homily, and Bishop Long, Catholic Bishop of Parramatta, as well as other church leaders and representatives, will also take part. You will be able to see the service streamed live on the NSW Ecumenical Council Facebook page. As someone who only uses Facebook for close family contacts, I had no problems finding the page by googling "NSW Ecumenical Council Facebook".

To enter the Zoom service, use Zoom ID 598 273 654. For people who are familiar with Zoom, this may be more relevant.

Dates of Interest

- 24 May** Ascension of the Lord (2105: Pope Francis' Encyclical Laudato Si' On care for our common home.
- 25 May** Our Lady Help of Christians, Patron of Australia
- 26 May** World Communications Day. National Sorry Day
- 27 May** Beginning of National Reconciliation Week.
- 28 May** 2000: 250,000 people walk for reconciliation in Sydney
- 29 May** International Day of UN Peacekeepers. 1992: Launch Of Torres Strait Islander flag.
- 31 May** Pentecost Sunday

Director, Office for Evangelisation

- Full time, 38 hours per week
- Pennant Hills based

See the [website](#) for more information.

For an information pack or enquiries, please contact recruit@bbcatholic.org.au

Applications close: Sunday, 24 May 2020.

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— Painful Goodbyes and the Ascension

Among the deeper mysteries in life perhaps the one we struggle with most is the mystery of the Ascension. It's not so much that we misunderstand it, we simply don't understand it.

What is the Ascension?

Historically it was an event within the life of Jesus and the early church and is now a feast-day for Christians, one that links Easter to Pentecost. But it is more than an historical event, it is at the same time a theology, a spirituality, and an insight into life that we need to understand to better sort out the paradoxical interplay between life and death, presence and absence, love and loss.

The pain in this kind of letting go is often excruciating, as parents know, but to refuse is to truncate life. The Ascension names and highlights a paradox that lies deep at the center of life, namely, that we all reach a point in life in which we can give our presence deeply only by going away. So that others can receive the full blessing of our spirits.

What does that mean?

When Jesus was preparing to leave this earth he kept repeating the words:

It is better for you that I go away! You will be sad now, but your sadness will turn to joy. If I don't go away you will be unable to receive my spirit. Don't cling to me, I must ascend. (John 16:7ff)

Why is it better sometimes that we go away?

Any parent with grown children has heard similar words from their children, unspoken perhaps but there nonetheless. When young people leave home to go to college or to begin life on their own, what they are really saying to their parents is:

Mom and dad, it is better that I go away. You will be sad now, but your sadness will turn to joy. If I don't go, I will always be your little boy or little girl but I will be unable to give you my life as an adult. So please don't cling to the child you once had or you will never be able to receive my adulthood. I need to go away now so that our love can come to full bloom."

The pain in this kind of letting go is often excruciating, as parents know, but to refuse is to truncate life.

The same is true for the mystery of death. For example: I was 22 years old when in the space of four months both of my parents, still young, died. For my siblings and me the pain was searing. Initially we were nearly overwhelmed with a sense of being orphaned, abandoned, of losing a vital life-connection (that, ironically, we had mostly taken for granted until then). And our feelings were mainly cold. There's little that's warm in death.

But time is a great healer. After a while, and for me this took several years, the coldness disappeared and my parents' deaths were no longer a painful thing. I felt again their presence, now as a warm, nurturing spirit that was with me all time. The coldness of death turned into warmth. They had gone away but now they could give me their love and blessing in a way that they never could fully while they were alive. Their going away eventually created a deeper and purer presence.

The mystery of love and intimacy contains that paradox: to remain present to someone we love we have to sometimes be absent, in ways big and small. In the paradox of love, we can only fully bless each other when we go away. That is why most of us only "get" the blessing our loved ones were for us after they die. Mystically, "blood and water" (cleansing and the deep permission to live without guilt) flow from their dead bodies, just as these flowed from Jesus' dead body.

And this is even true, perhaps particularly so, in cases where our loved ones were difficult characters who struggled for peace or to bless anyone in this life. Death washes clean and releases the spirit and, even in the case of people who struggled to love, we can after their deaths receive their blessing in way we never could while they were alive. Like Jesus, they could only give us their real presence by going away.

"It is better for you that I go away!" These are painful words most of the time, from a young child leaving her mother for a day to go to school, to the man leaving his family for a week to go on a business trip, to the young man moving out of his family's house to begin life on his own, to a loved one saying goodbye in death. Separation hurts, goodbyes bring painful tears, and death of every kind wrenches the heart.

But that is part of the mystery of love. Eventually we all reach a point where what is best for everyone is that we go away so that we can give our spirit. The gift of our lives can only be fully received after we ascend.

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

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: Leonardus Tommy Hendra, Colin Patten, Marj Hanlon, Maria Neves, Bev Aliprandi, Maria Pereira.

*Please pray for Trish Gravenor who died on 14 May 2020
The funeral was held at Macquarie Park Cemetery*

Please pray for those who are sick: Sean Huhse, Joel Steinberg, Patricia Rumble, Dean Pan, John Davies, Nicole Greenfield, Michael Furlong, Saulius Dovydas Balsys, 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, 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.

A Letter from the Bishops of Australia

A Word of Encouragement to the Catholic People of Australia
By using the link below you can read the Bishops' letter.

<https://www.catholic.org.au/acbc-media/media-centre/media-releases-new/2266-word-of-encouragement-to-the-catholic-people-of-australia/file>



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/>

Help for Migrants during the Pandemic

The Scalabrinian Missionaries are offering help to any migrant parishioners who may need a helping hand during the COVID-19 crisis.

Parishioners can sign up on the website to receive \$60 Coles vouchers to help with their grocery costs. To avail grocery voucher, register now: scalabrinian.org/helpline