

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 Jim McKeon
Tel.: 9876 2853
Email: jim@eppcarl.org.au

Email: parish@eppcarl.org.au

Assistant Priest: Fr Bogdan Skupien
Tel.: 9876 2853
Email: Bogdan.Skupien@bbcatholic.org.au

Parish Office: 9876 2853

YEAR B

SEVENTEENTH SUNDAY IN ORDINARY TIME
EIGHTEENTH SUNDAY IN ORDINARY TIME

25-07-21
01-08-21

2 Kings 4:42-44
Exodus 16:2-4.12-15

Ephesians 4:1-6
Ephesians 4:17.20-24

John 6:1-15
Mark 6:24-35

Dear Parishioners,

We continue to live in lockdown until July 30th, and we know that lockdown or tight restrictions may continue beyond this time too. We cannot just hold our breath and hope that it will be over, rather we need to adjust our lives to the present circumstances, and try to find the good and the new opportunities which may emerge. You'll see in this bulletin some opportunities to gather in small groups for discussion and prayer, and to gather with the wider parish for prayer and worship.

You'll also read of some work which has been continuing in the parish, behind the scenes, to keep us moving forward.

For many of us there is a deep longing for the community of the Church, and of taking part in the Eucharist. I invite you to think about the Eucharist as being like protein. Vitamin C is a nutrient which our bodies cannot store, and it gets flushed from our bodies, so we need to have it daily. The protein we eat, by comparison, becomes part of us, woven into every cell of our bodies, and so even when we are deprived of protein for a time, we can continue to be healthy and strong, because we have been built up by the protein we have eaten before. So too, we are built up, spiritually and emotionally by our regular sharing in the Eucharist, and even though it may yet be some time until we can again share Eucharist together, we can draw from the spiritual nourishment which we have already received, and remain strong because of it. – Fr Jim

Reaching out: We know that for some people the loneliness and isolation of lockdown can be very difficult. If you are struggling and need to talk to someone, please call the parish office and the phone will divert to Fr Jim or Fr Bogdan. We also have a team of volunteers, "The Circle of Friends" who are phoning people who are on the parish database to reach out and keep people connected.

Mass and Liturgy online:

Livestreamed Mass at 5pm Saturday 24th and 6pm Saturday 31st on our Facebook page <https://www.facebook.com/CatholicParishOfEppingAndCarlingford/>. This will be available on our parish YouTube channel https://www.youtube.com/channel/UC_t43V_sQu1LK2LM_Q6akIA from Sunday morning.

Fr Jim will be leading a family-friendly, interactive **Liturgy of the Word** on Sunday night which has now moved to 5pm. This will use the scripture readings of this weekend's Mass and we can respond in prayer and discussion. <https://us02web.zoom.us/j/84235360479?pwd=eFdjWlhCcE5sc3h5TmtLTnFVdUV1UT09>

Fr Jim's homily for this weekend will be on his youtube channel <https://youtu.be/TkDoVct3Q6c>

Lynn Siau runs prayer and scripture based **activities for children** in a safe private facebook group <https://www.facebook.com/groups/255948268913440/> at 10.00am on Sunday.

Prayer during the week: Our parish is gathering for the Evening Prayer of the Church each weeknight at 6pm just for 15 minutes, which is a nice way to connect with one another and to give thanks to God for the day. <https://us02web.zoom.us/j/87526812991>

Faith groups: Two new groups are starting next week which offer an opportunity to learn about and practice prayer:

Time for God: A Guide to Mental Prayer will be a book club to help people grow in a deeper relationship with God through reading, practicing, and sharing. This will be on Monday nights at 7.30pm for 6 weeks, starting from July 26th Contact Hien.vu@bbcatholic.org.au for the zoom link.

First Spiritual Exercises are an experience of Ignatian prayer, with a scaffolded prayer meditation together, which you can then practice each day. This will be on Tuesdays at 8pm for 5 weeks starting July 27th or Wednesdays at 1.30pm for 5 weeks starting July 28th. Contact jim@eppcarl.org.au for the zoom link.

The Weekly bible group continues to read and pray with the scriptures of the following week. Friday mornings at 10.30am. Contact mariefblack3@gmail.com for the Zoom link.

.....continued on page 2

...continued from the cover

The Men of St Joseph meet each Thursday night talk and pray about how to be, like St Joseph, a man after God's own heart. Contact Fr Bogdan Bogdan.skupien@bbcatholic.org.au for the Zoom link.

The online bible reading group is reading through the whole bible in a year with the help of podcasts and videos. Contact Joanna Mak joanna@eppcarl.org.au for the links.

RCIA for people interested in becoming Catholic. Contact Dennis Porteous dennis@eppcarl.org.au

Everyday Mysticism, an opportunity to listen to a reflection on contemplative prayer then to spend time in prayer together will be postponed until we can gather in person.

Phone number problems: The parish phone line 9876 2853 is having intermittent service outages in which it appears to be disconnected. At these times, please call 0455 213 795.

Prayer anytime: The free "Pray as You Go" app scaffolds daily prayer and meditation you can take with you anywhere <https://pray-as-you-go.org/home/>

Senior Servers and Communion Ministers: Fr Jim has appointed Anthony O'Reilly as coordinator of Senior Servers and Communion Ministers at St Gerard's. Anthony will liaise with existing servers and ministers, as well as inducting and training new servers and ministers. With this role established, we will return to having two senior servers rostered at each Mass at St Gerard's.

Denis McNamara: You might notice that Denis McNamara's name is not on the listing of parish staff on the bulletin this week. Denis will be returning to continue his great work of encouraging missionary discipleship, but is at present taking a well earned break with his wife Maureen. Denis will continue his role but in a different format, coming on board twice for two blocks of time each year to offer two faith formation programs. He will be leading Unlocking the Mysteries of the Bible in October.

Youth-led Mass: Recently the Parish Pastoral Council announced that as part of the pastoral plan, we have discerned to start a new youth Mass on Sunday nights at St Gerard's. At present our Antioch youth group meet at St Gerard's 3 out of 4 Sunday nights of the month. It makes sense that the youth Mass and youth group be positioned so that one flows into the other, and in any other time we could look to move the Antioch meeting to OLHC each Sunday to connect with the Sunday night Mass. With the redevelopment of the OLHC site starting next year however, there will be no opportunity for any post-Mass gatherings, which raises the possibility of instead starting a Sunday night Mass at St Gerard's. Further reflection noted that there is a strong cohort of senior primary school students at St Gerard's who would likely connect to a Sunday night Mass there, as well as our catechist outreach to three state high schools: Cheltenham Girls High, Carlingford High and James Ruse High. With the decision to move forward with planning for a new Mass, Mt St Benedict College and Marist College Eastwood have also expressed interest in having an involvement with this Mass. We can now announce that we will commence a 5pm Sunday night Mass at St Gerard's starting October 17th. This will be a Mass, like any other, for the whole parish, and it will be youth-led, in that the ministries will be mostly led by teenagers, young adults and their families. Sunday night Mass will continue at OLHC Epping.

St Gerard's Statue: Around ten years ago the statue of St Gerard Majella which was previously inside St Gerard's Church was moved outside as part of a memorial wall on the eastern side of the church. Although a small canopy was constructed over it, it has deteriorated in the weather. Fr Bogdan has taken it down to clean it, and proposes to then move it to the front of the church where it will be under cover and be illuminated. Please give any feedback to Fr Bogdan bogdan.skupien@bbcatholic.org.au or the parish office by Aug 1st.

Parish Logo: In the coming months design work for the new buildings at Epping is continuing. Signage will be part of this design, which gives us the opportunity to think about creating a logo for the parish, other than the sketches of the two churches which is on our letterhead. Earlier this year a parishioner Chloe, offered the logo which you see here. It incorporates the Cross, with the letters "E" and "C" for Epping and Carlingford gathered around the Cross. The rays from the centre remind us of a monstrance, making the Eucharist visible to us for worship. Fr Jim would like your feedback about this as a possible logo to be adopted by the parish for official signage and communications – jim@eppcarl.org.au

Parish Forum: With the uncertainty of the current Covid-19 lockdown and how long it may last, the Parish Forum scheduled for 19 August to provide you an update on the OLHC, Epping development project will now be postponed to the end of September, in the hope we may be able to gather in person at that time. Should we still not be able to meet in person come the end of September, we will host the information sharing session with you via zoom instead. This delayed timing will be better as it relates to the project update and particulars I can provide with you at that time including the project timelines, appointment of the builder, parish and school relocation, as well as the opportunity to share with you the outcome of the detailed design work – the renders and drawings of the interior and exteriors for the new parish facilities. I will advise the new parish forum date in the coming weeks – Fr Jim McKeon

NATIONAL HOMELESSNESS WEEK, 1-7 AUGUST 2021

On any given night, 116,000 people in Australia are experiencing homelessness, which is not ‘rooflessness’. Only 70% of people without a home are sleeping rough. The vast majority of homelessness is hidden—people in crisis accommodation, rooming houses, insecure housing, overcrowded dwellings, or couch surfing. A home means security, stability, privacy, safety, and being able to control your space.

During Homelessness Week, one practical way you can help is by making an online donation to Catholic Care’s ‘**Shout a Mate a \$6 plate**’ fundraiser for Mary Mac’s Place. The link to the website is:
<https://www.catholiccareddb.org.au/shout-a-mate-a-plate/>.

Mary Mac’s was commenced by parishioners of St John the Baptist Church, Woy Woy, and the work has continued through Catholic Care, supported by many volunteers.

Mary Mac’s is open to anyone who is homeless, transient or needing a helping hand. Mary Mac’s traditionally supplies a sit down meal served to our companions by our wonderful volunteers. Currently we are offering a takeaway meal due to lockdown restrictions. But it’s more than just a place to get a meal—it provides connection, value and belonging without judgement.

Mary Mac’s offers a place to shower and to wash clothes. We offer friendly support to address the experience of isolation and loneliness of some vulnerable people in our community. Mary Mac’s can provide a pathway to other services like Legal Aid, homelessness support services and health assistance. With assistance from our community partners, a selection of food is available daily as a take home for those in need, and from time-to-time we also provide food hampers.



www.shoutamateplate.org.au

Celebrations this Week—17th Week in Ordinary Time

- 26/7 Monday: Sts Joachim and Anne parents to the Blessed Virgin Mary.
- 29/7 Thursday: St Martha
- 31/7 Saturday: St Ignatius of Loyola.

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

Pastoral Support Worker (PSW) Youth:
Joanna Mak
 Ph.: 0404 710 588
 Email: joanna@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

GRACE

Group Radio Association of Carlingford & Epping



Episode 18

Tune in for our new episode where we discuss World Refugees Day and dive into our next Power Parable - The Lost Sheep. Join us also for an interview with Joan and Kerry followed by some interesting insights on investing in friends.



www.anchor.fm/grace2020



Celebrations this Week—18th Sunday in Ordinary Time

- 03/8 Tuesday: St Dominic
- 04/8 Wednesday: St John Vianney
- 06/8 Friday: The Transfiguration of the Lord.

Parish Information



Children's Liturgy – Kidz Word is once again online at 10am every Sunday whilst we are all staying home. We call this the "Couch Edition" of our regular church gathering! The families have been having great fun at the sessions led by a parent leader. Our 2 special guests Fr Jim and Seminarian Hien, were a BIG hit last week. Fr Jim reckons he will join in again this week to sing a song or two!

How this works: Children and their parents come together online to do activities such as sing, pray, listen to or watch a video clip on the Sunday's Gospel. Role-play and a quick game is sometimes involved where time permits. A good dose of wholesome God-loving time together at **10am on Sunday**.

All you need to do is click on this link to join our private Facebook group: <https://www.facebook.com/groups/255948268913440>. Answer a few safeguarding questions to keep our community safe for children and you're in! All information to join the online session are posted within the group, including activity sheets for you to print as well as the link to the online session.

See you then!

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

WELCOME TO THE MEN OF ST JOSEPH



The group is dedicated to Catholic men, who together spend time, to pray and to discuss how Catholic men live in today's world, discuss and support Catholic family issues and choices we make. You are most welcome to join us on Thursday, 29th July & 5th August at 6:30 pm, in the parish meeting room, Carlingford if lockdown is lifted, otherwise we will come together via Zoom if still in lockdown.

SUPPORTING THE PARISH WHILE WE ARE IN LOCKDOWN

Our parish creates a strong positive presence in our communities, and enjoy essential partners in our Catholic schools. Our Catholic identity finds fluent expression through them.

The Catholic Church has a strong tradition of giving follows in the footsteps of St Paul who spoke about caring for one another; it has established and supported many worthwhile charities throughout its long history.

This culture of charity continues on, but a parish can only sustain itself and these charitable works with the help of its parishioners whose generosity makes great things possible.

We ask you to consider making a donation to the Catholic Parish of Epping and Carlingford. To do so please use the following bank account:

Commonwealth Bank of Australia
BSB: 062 784
Account No: 100 012 613

Use your name as the reference and either 1st Coll. or 2nd Coll.

1st Collection supports the needs of priests of the parish.

- The priests' monthly salary.
- Upkeep of the presbytery, e.g. food, utilities, cleaner, etc.
- A small percentage to cover the expenses of the Bishop especially in caring for elderly priests.

2nd Collection

- Parish running costs e.g. administration, insurance, utilities, general maintenance and upkeep of the church, presbytery and parish property.
- Parish staff salaries/
- Priests Car Expenses.

Any other questions please contact Dennis Porteous on 9876 2853 or dennis@eppcarl.org.au



A very big thank you to all those parishioners who so generously donated to the CWF Appeals. We reached our quota for the financial year 2020/2021.

Youth And Young Adults - For more information on any of our three youth groups please contact the Youth Minister, Joanna Mak on 0404 710 588 or joanna@epccarl.org.au.



ANTIOCH (YEAR 10-16 YEARS OLD - 23 YEARS OLD)

Antioch meets every Sunday nights for games, a talk, share groups, prayer and dinner after.

Join us on the **25th July and 1st August** we will be **Meeting online on zoom from 7-8:30pm, (Youth Liturgy on zoom at 6pm)**

<https://us02web.zoom.us/j/82804745330>
Meeting ID: 828 0474 5330

Contact parent support: **Joanne 0416 030 927**
Karen 0421 506 577



CANA
YOUTH GROUP



John 2:11 'The first of these miraculous signs, Jesus performed at Cana.'

CANA (Years 6-9)

Join us on Friday nights
7:30—9:00pm
on the **23rd July** by Zoom
30th July in by Zoom

Meeting ID: 840 3868 2054

For further information call
Joanna Mak on 0404 710 588
or email joanna@epccarl.org.au

We also have Facebook groups for Antioch and Emmaus, so if you would like to join, please contact the Youth Minister.

THANK YOU PLANNED GIVERS!!

Just a reminder that due to lockdown the planned giving receipts will not be available until the end of July.
All receipts will then be available at the back of both churches. Thank you for your patience.

PARISH FINANCE COMMITTEE will meet online via Zoom on **Wednesday 28th July at 7:30pm.**

HEALING MASS AT ST GERARD'S

If lockdown has been lifted there will be a Healing Mass at St Gerard's on Wednesday, 5th August. As we take time to pray for God's healing strength either for ourselves or those we know. There would be no morning tea due to COVID-19 restrictions.

REFLECTION ON NEXT SUNDAY'S SCRIPTURES

A reminder that our weekly time of reflection on the coming Sunday's Scriptures will take place via Zoom. Please email Marie Black to obtain the weekly resources including readings, reflections and activity. All welcome!

Email address: marieblack3@gmail.com

To Join Zoom Meeting use the following link,
<https://us02web.zoom.us/j/89779603951?pwd=Zy9qOEQwRFdBUGptSDloZkc1OXNCQT09>

Meeting ID 897 7960 3951 Password 394734



Emmaus Young Adults (23-30years old)

Our young adults group meets once a fortnight on Tuesdays 7-8:30pm.

We are on zoom and our next meeting is on 27th July.

<https://us02web.zoom.us/j/86955115016>
Meeting ID: 869 5511 5016

For more information contact the Youth Minister, Joanne Mak on 0404 710 588 or joanna@epccarl.org.au

Marriage Enrichment Weekend

We are offering an opportunity for you to learn to become the best version of yourselves together and live your best life in love!

Come and join us on August 21 - 22, 2021 at a Live-Out Marriage Encounter Weekend at St John Bosco Parish, Engadine.

Book online at www.wwme.org.au or contact Christine & Terry Mahony on 0490 774 419 or nswbookings@wwme.org.au



Reflection - Feed the Hungry

A cynic once quipped: "What would you get if you crossed a radical liberal social justice advocate with a strongly conservative pious daily communicant?" The answer? Dorothy Day!

That's a quip which can serve to throw some light on how one might begin, today, to live out the first corporal work of mercy, the command to feed the hungry. How do we feed the hungry?

To feed the hungry means to consume less ourselves, to do some fasting, and to live in a simplicity that puts us in more solidarity with the poor

Even if we are convinced, and perhaps even obsessed, by Jesus' command to do this, how, in fact, can it be done today? The world is a big place and millions upon millions of people live in hunger. Moreover we live a situation of compounded complexity of every sort, political, social, and economic. There is no simple way to get resources from the rich to the poor, from your table to the table of someone who is hungry. How can you live out Christ's command to feed the hungry, given the complexities of today's world?

Generally speaking, rightly and wrongly, we look to our governments, to the United Nations, relief organizations, social services, welfare, and other such agencies to do this for us. Given the scope and complexity of poverty and hunger in the world, the tendency is to look over our shoulders to something massive, to some big government or agency, to feed the hungry. We tend to feel too small and individually over-powered in the face of hunger's enormity.

But this can be, and invariably is, a rationalization, an abdication, a way of escaping Jesus' command. Ultimately we cannot use the excuse that things are too complicated, that we are too small and powerless, and that only huge organizations can do anything for the hungry. The [Gospel](#) call to feed the hungry is uncompromising and eminently personal. Each of us is called upon personally to do something real and this must be something beyond the normal corporate things we are involved in: paying taxes and giving charity monies to governments and big agencies to enable them to do this for us.

We must do something ourselves.

But what more can we do concretely? How can you and how can I feed the hungry?

There are a couple of possible approaches. Mother Theresa takes one approach. For her, Jesus' command is simple and clear. Each of us should personally, beyond government and other agencies, reach out concretely and touch some poor person or persons. There should be times when we are, literally, taking food to hungry people, working in soup kitchens, giving aid to individual street people, and having a poor person eat at our table. This approach is individual, personal, and concrete. Each poor person has a face, and we do not, at least not all the time, ask questions regarding where they will eat tomorrow or what social problems are causing this hunger. In this view, the demand that we feed the hungry challenges us precisely to reach out beyond ideologies and social theories and irrespective of social structures—like the Good Samaritan, person-to-person, take food to the hungry.

But there is another approach, more abstract though not less critical. In this view, it is less important to feed this or that individual person on a given day than it is to change the social, political, and economic structures that are responsible for that particular person being hungry. This approach is less personal and it is slower, but it can, at the end of the day, be more far-reaching. In it, one attempts to feed the hungry by involving oneself in social justice groups that are trying to change the conditions that produce poverty.

Both of these approaches, in their best expressions, are predicated on some other things: feeding the hungry, as Jesus asks us to do it, involves a reduction in our own standard of living. To feed the hungry means to consume less ourselves, to do some fasting, and to live in a simplicity that puts us in more solidarity with the poor. Feeding the hungry also means prayer. We have some bad habits that only God can cure and thus only the outside power of God can ultimately transform our world.

So which is the best approach? As Christians, our task is not to pick between being a Mother Theresa or a social justice advocate. The gospel asks us to be both. We need to work at transforming the conditions that create poverty even as we, like Mother Theresa, reach out personally, beyond the economics and social issues involved, to feed very individual poor people.

Jesus' command to feed the hungry asks to become a Dorothy Day.

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.

Week 8—Safeguarding Message

The Pastoral Care of the elderly is a priority that must form part of a Safeguarding Action Plan of any Parish community. In the encyclical Fratelli Tutti, Pope Francis reminds us that “no one is saved alone. With this in mind, we must treasure the spiritual and human wealth that has been handed down from generation to generation.”

Evangelisation Broken Bay

It's anticipated that a Bill allowing for the legalisation of euthanasia will be presented to the NSW Government in September. You are invited to a series of online talks by theological and medical specialists on the topic over three Mondays in August, co-hosted by the Dioceses of Broken Bay and Parramatta. You'll also have a chance to submit questions. Fr David Ranson, VG, will give the first session to be held on 2 August at 7:30pm.

For more information or to register please visit:

Parracatholic.org/euthanasia talks or contact Emma Baker at emma.baker@bbcatholic.org.au

USEFUL LINKS

Facebook: <https://www.facebook.com/CatholicParishOfEppingAndCarlingford>

Instagram: <https://www.instagram.com/catholicparisheppcarl/>

Fr Jim's YouTube: <https://youtube.com/channel/UCLpbDNqP8u1Wx4Gm08jJydA>

Epping and Carlingford Website: <https://www.bbcatholic.org.au/eppingcarlingford>

G.R.A.C.E podcast via internet:

<https://open.spotify.com/show/1y2EWOFKWJMRN5tAWJN9am>

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.

E-Bulletin

If you would like to receive the bulletin by email, please send an email with e-bulletin as the subject title to: maree@epccarl.org.au

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 Jim 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.

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 E



Our Lady Help Of Christians Catholic Primary School

Principal: Ms Dominique O'Sullivan

8 Cambridge Street, Epping 2121 Ph: 9868 3322

www.olhcdbb.catholic.edu.au

Email: olhc@dbb.catholic.edu.au

St Gerard's Catholic Primary School

Principal: Mrs Barbara Yee
543 North Rocks Road, Carlingford
2118

P: 9871 1633

www.sgcdbb.catholic.edu



Awesome service. Amazing results.

Betty Ockerlander

bettyockerlander@mcgrath.com.au

0408 505 080

McGrath



WN BULL
FUNERALS

Leaders in Personal Service

www.wnbull.com.au

wnbull@wnbull.com

9519 5344

An Australian owned company

Responsorial Psalm Response

17th Sunday in Ordinary Time
Ps 144:10-11.15-18 R. v 16

The hand of the Lord feeds us;
He answers all our needs.

Page 8

Gospel Acclamation

17th Sunday in Ordinary Time

Alleluia, alleluia!

A great prophet has appeared among us;
God has visited his people.

Alleluia!

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.
EPPING	No Mass	12:15pm	6:00pm	12:15pm	12:15pm	9:15am
CARLINGFORD	9:30am	No Mass	9:30am	9:30am	9:30am	No Mass
HEALING MASS	Carlingford —1st Thursday, Epping — 3rd Wednesday (no Healing Mass in Jan.)					

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
Also, **Epping** Monday 6pm and **Carlingford** Friday at 7:30pm **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'S PRIMARY SCHOOL: PH: 9871 1633 **Email:** sgc@dbb.catholic.edu.au

OUR LADY HELP OF CHRISTIANS' 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: Ricardo Antonio Osorio, Rev Fr Anthony Francis Simari (brother of Gwen Ilic), Geraldine Mary D'Souza, Edna Gallen, Elaine Gallen, Marie Lynn, Kathleen McFadden,

Please pray for Val Porter who died this week.

Funeral Mass will be held at St Gerard's Church on Monday, 26th July at 10.00am

Anniversaries: Mark Hillier, Richard Barry, Christine Hyde, Gregory McShane.

Also for: John & Elizabeth McEearney, Jack & Noon Barry.

Please pray for those who are sick: Sean Huhse, Joel Steinberg, Patricia Rumble, Dean Pan, John Davies, Nicole Greenfield, Michael Furlong, Saulius Dovydas Balsya, 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, Brian Walsh, Patricia O'Connor, Kathy Noonan, Dorothy Bonaccorso, Margaret Floyd, Barbara Madafiglio, Radhi Riley, Patrick Thornton, Jan Doherty, Ana Matijasic, Benjamin Verco, Peter Kelly. John Goodwin, George Bell, Michael & Susan Tuite, Benjamin Verco, Noelene Viset, Eileen Brownlow, Leonie Hale, Elaine & Graham Yeates, Anne Kilby, Greg Walsh, John Gilberti, Stella Nathan, Catherine Walsh, Brendan Stone, Melanie Loudoun, Mary Wijewardana, Elaine Hunt, Maureen Carlon, 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, Alex Benjamin Zaragoza, Janice Lemon, Mary Lou Petony, Donald Wong, Joyce Heidke, Eileen Nicoll.

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

Date	Mass Time	Epping	Mass Time	Carlingford
31/07/21	5:00pm	Fr Jim McKeon	6:00pm	Fr Bogdan Skupien
01/08/21	8:30am	Fr Jim McKeon	7:45am	Fr Bogdan Skupien
01/08/21	10:15am	Fr Jim McKeon	9:30am	Fr Bogdan Skupien
01/07/21	6:00pm	Fr Jim McKeon		
07/08/21	5:00pm	Fr Jim McKeon	6:00pm	Fr Bogdan Skupien
08/08/21	8:30am	Fr Jim McKeon	7:45am	Fr Bogdan Skupien
08/08/21	10:15am	Fr Jim McKeon	9:30am	Fr Bogdan Skupien
08/08/21	6:00pm	Fr Jim McKeon		

Responsorial Psalm Response

18th Sunday in Ordinary Time
Ps 77:3-4.23-25.54 R. v. 24

The Lord gave them bread from heaven.

Gospel Acclamation

18th Sunday in Ordinary Time

Alleluia, alleluia!

No one lives on bread alone, but on every word that comes from the mouth of God.

Alleluia!