

Responsorial Psalm Response

Ps 26:1.4.13-14 R v.1

The Lord is my light and my salvation.

Gospel Acclamation**Alleluia, Alleluia!**

Jesus preached the Good News of the kingdom and healed those who were sick.

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	9:15am	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**EXPOSITION OF THE EUCHARIST:** Epping Saturday 9:45-10:15am, Carlingford, 4th Thursday 10:00am**SACRAMENT OF RECONCILIATION:** Epping Saturday 9:45-10:15am Carlingford Saturday 5:00—5:30pm OR BY APPOINTMENT**BAPTISMS AND WEDDINGS: BY APPOINTMENT****PARISH OFFICE:** 29 Oxford Street, Epping NSW 2121 **PH:** 9876 2853 **Email:** parish@eppcarl.org.au**ST GERARD MAJELLA PRIMARY SCHOOL:** **PH:** 9871 1633 **Email:** sgc@dbb.catholic.edu.au**OUR LADY HELP OF CHRISTANS PRIMARY SCHOOL:** **PH:** 9868 3322 **Email:** olhc@dbb.catholic.edu.au**Lord, in Jesus your Son, you restored to us the gift of Everlasting life. Grant that life to:****Recently deceased:** Geoffrey Ranson, Rod Michie, Peter Balint, Soon Sik Choi, Margaret Collins, Peter Baker (Son-in-law of Margaret & Gordon Floyd).**Anniversaries:****Also for:** Young Hwan Ho, Young Seok Seo, Yong Min Ho, Maria Hur, Roger & Jean-Claude Nina, Tomo & Katarina Medved, Vjekoslav & Juliana Medved, Karlo & Draga Puskaric.**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, Dorothea Ellis, 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 Madafoglio, 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 immediate family.****MEMORY INNOVATIONS CENTRE OPENING 27 JANUARY 2020 IN WAITARA**

Professionally run courses designed for seniors to enhance memory and wellbeing. Courses available in cooking, exercise, brain function, art and dance! Have fun, connect with others and use emerging technologies. Carers welcome! Limited places.

Please call Jessica on 9481 2659 or visit <https://www.catholicaredbb.org.au/aged-care/>.**AMM MONTHLY MASS AND NOVENA:**

The monthly AMM Mass and Novena will be held in Saint Anthony's Church, 54 Agincourt Rd., Marsfield,

Day: Saturday,
Date: 1st February
Time: 10.00 am

All Welcome!

**Government-funded Home Care Packages**Catholic Healthcare's local Care Advisors can work with you to create a customised support plan. Their in-home services include gardening, shopping, meal preparation, transport and nursing. **Get a quote on 1300 734 350****The Catholic Parish of Epping and Carlingford
Diocese of Broken Bay****Our Lady Help of Christians' Church**

31 Oxford Street, Epping and

St Gerard Majella Church

543 North Rocks Road, Carlingford

Parish Priest: Fr Peter Dowd,**Ph.:** 9876 2853**Email:** peter@eppcarl.org.au**Parish Office: 02 9876 2853****Assistant Priest: Fr Bogdan Skupien****Ph.:** 9876 2853**Email:** Bogdan.Skupien@bbcatholic.org.au**Email:** parish@eppcarl.org.au**Parish Website:** www.bbcatholic.org.au/eppingcarlingford**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****THIRD SUNDAY IN ORDINARY TIME—AUSTRALIA DAY****26-01-20****Isaiah 8:23-9:3****1 Corinthians 1:10-13.17****Matthew 4:12-23****Letter from the Vicar General – 2020 Australia Day Message**

Dear brothers and friends,

As Bishop Anthony is currently on leave, it is my privilege to write to you again – now on the approach of the Australia Day weekend. I thank you for taking to heart my recent letter about how we might best frame our response as a Diocese to the national bushfire crisis, for the way in which our parish communities have prayed for the relief we now experience, and for the manner our neighbourhoods have prepared to contribute financially to the Vinnies Bushfire Appeal being conducted in all our parishes this coming weekend.

This weekend we mark a number of important occasions. We commit by action to respond to those who have been so deeply affected by the crisis that has marked our nation over the last number of months; we commemorate Australia Day and the momentous turn the land in which we live took with the beginnings of European settlement in the late 18th century, mindful of the impact this had for our First Peoples. Throughout our Church, we also celebrate Word of God Sunday recently initiated by Pope Francis to make us more mindful of the power of God's Word, especially as it is proclaimed to us through our rich tradition of Scripture which speaks with ever new and fresh possibility to us.

The Word of God comes to us in the texts of Scripture in a unique and unrepeatable way. Above all, God speaks to us in Jesus, the one Word ever uttered by the Father as the 16th century St John of the Cross taught. However, God speaks to us, through Christ, in other diverse ways. At his funeral, just prior to Christmas, my father asked a saying to be placed in the front cover of the Mass booklet, "Lord, I've read your Gospel not in the Bible alone." I do not know where he discovered it, but it conveys how God is always speaking to us: in the depths of our hearts and consciences; through our relationships; and through the events of our experience. In our discipleship, Mary the Mother of the Word teaches us to live in expectation and openness of this voice of God – to receive this Word with both humility and possibility, and to nurture it with both attention and care.

.....continued on pg 2

**SPECIAL COLLECTION AT
MASSES ON AUSTRALIA DAY
WEEKEND**Parishes across the country will be taking up a special collection at Masses on Australia Day with all funds to be donated to Vinnies' bushfire appeal (bit.ly/Help_Bushfire_Victims)

We hope you will all take the time to pray with us for those who have been affected by the bushfires and for an end to this crisis.

catholic.org.au/bushfires**Vinnies Bushfire Appeal Australia Day Weekend Special Collection**A Special Collection will be held this weekend (25/26 January) to raise funds for the Vinnies Bushfire Appeal to support bushfire-affected communities. Donations can be made in cash in the 'leaving collection' at the doors of the church as you leave the church or at www.bushfireappeal.com.au.Parishioners wishing to donate individually and receive a tax-deductible receipt can donate through a link to the **Vinnies Donations Page** on the Diocesan website (www.bbcatholic.org.au).Thank you to those who have already contributed to support affected communities. We are also called to pray for those affected, especially those who have lost loved ones, for those fighting the fires and for an end to the ongoing crisis. Prayers and other resources can be found on our website <https://www.bbcatholic.org.au/give/bushfires/resources>

Date	Mass	Epping	Mass	Carlingford
01/02/20	5:00pm	Fr Bogdan Skupien	6:00pm	Fr Peter Dowd
02/02/20	8:30am	Fr Peter Dowd	7:45am	Fr Bogdan Skupien
02/02/20	10:15am	Fr Peter Dowd	9:30am	Fr Bogdan Skupien
02/02/20	6:00pm	Fr Bogdan Skupien		

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.

Safeguarding Message

National Catholic Safeguarding Standards: Leadership, monitoring & improvement.
Standard 1—Committed leadership, governance and culture.

A commitment to Safeguarding; Promoting a Safeguarding Culture; Safeguarding Policies; Code of Conduct.

....continued from the cover.

The circumstances of this summer have been a word to us in Australia we cannot ignore. It is a word that calls for our response. We cannot go further into the new year without attending to the difficult questions about the changes to our climate and their impact on our landscape, wildlife, communities and livelihood. Hearing this word, we cannot avoid the responsibility that belongs to each of us to live and to act in a different way for the sake of our environment. Though we have been blessed these days with some relief from the intensity of the crisis, we must face now its long-term impact. The lives of people and communities have been irrevocably changed. The environmental, emotional and economic implications are simply enormous and will endure well into the future. This, too, must be a word to us that not only stirs our compassion, but which also galvanizes social and political action to effect real change.

Over these months we have witnessed extraordinary service and courage. Our firefighters and all those who have been involved on the frontline of this national crisis deserve our utmost esteem and gratitude. They have taught us best what being Australian means. They, too, are a word to us just as are the many stories of community support that the tragedy has narrated. We can express our gratitude most by learning from them. We best honour our memory of their selflessness by working together to bring about something different for our country so that the future might present with hope rather than anxiety. May this be the commitment of our celebration of Australia Day this year. May our commemoration be one of special reflection, of particular invitation, and bear the opportunity for a new way of living in this land so ancient and for which we have stewardship in concert with our Aboriginal brothers and sisters from whom we must always learn and journey forward together.

Yours sincerely in Christ,
Very Rev Dr David Ranson
Vicar General

Alpha begins Tuesday 3 March 2020—Parish Hall, Epping



Alpha begins on Tuesday 3rd March when we ask the question, **Who is Jesus?** Many have received grace and friendship through Alpha and now experience a new relationship with the Holy Spirit. Alpha is the work of the Holy Spirit.

In your times of prayer, please ask the Holy Spirit to move the hearts of those who are searching and those hoping to grow in their faith. Please pray that people will *come and see* and will discover *there is more to life*, with a personal relationship

Alpha Formation Meeting

There will be a meeting of the Alpha Formation Team on **Tuesday 28th January** at 7:30pm in the Staff Room (Rm 2 on the verandah).



Gwen Ilic has just received the Senior Citizen of the Year award. Congratulations and best wishes from the Parish Family.



Congratulations to our Catechists for receiving the 5 Years Service Award from the Ministry of Confraternity of Christian Doctrine (CCD) in recognition of their continuous contributions to bringing the Word of God to the Children. The photo from left : Brenda La'Porte, Hamish La'Porte, Fr Peter, Noreen Sorabji.

PRAYER FOR THOSE AFFECTED BY BUSHFIRE AND DROUGHT:

Eternal God,
In wisdom and love you created our earth to sustain us and give us life.

We turn to you now in faith, hope and love, asking you to look with favour on our fire-ravaged and drought-stricken land, on our starving and displaced animals, on our failing crops and burning farms, towns and forests.

Strengthen, sustain and give new heart to our farmers and to all who are affected by drought; be with those who support them.
Strengthen and comfort the victims of the fires, those who have lost family, friends, property and stock. Protect our volunteer firefighters and all members of essential services.

In your loving providence,
send abundant rain to quench the fires and to restore our parched earth.

Father of all compassion,
hear our prayer through
Jesus Christ your Son,
in whom the promise of new life has dawned,
and through the power of the Holy Spirit,
the Lord the giver of life:
Renew your faithful people;
Renew the face of the earth.

Our Lady of the Southern Cross,
Mary, help of Christians –
Pray for us.
St Mary of the Cross MacKillop –
Pray for us.

THE NICENE CREED

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven, (all bow)
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.
Amen.

The Truth Justice and Healing Council
www.thecouncil.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.

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.



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Reflection on this Sunday's Gospel—Struggling With Our Own Inadequacy

It is hard to measure up. In our lucid moments we admit this. Rarely is there a day when we could not echo these words by Anna Blaman:

I realized that it was simply impossible for a human being to be and remain good or pure. If, for instance, I wanted to be attentive in one direction, it could only be at the cost of neglecting another. If I gave my heart to one thing, it left another in the cold. No day and no hour go by without my being guilty of inadequacy. We never do enough, and what we do is never well enough done, except being inadequate, which we are good at because that is the way we are made. This is true of me and of everyone else.

Every day and every hour brings with it its weight of moral guilt, as regards my work and my relations with others. I am constantly catching myself out in my human failings and, in spite of their being implied in my human imperfection, I am conscious of a sort of check. And this means that my human shortcomings are also my human guilt. It sounds strange that we should be guilty where we can do nothing about it. But even where there is no set purpose, no deliberate intention, we have a conviction of our own shortcomings, and of consensual guilt, a guilt which shows itself all too clearly in the consequences of what we have done or left undone.

To be human is to be inadequate, by definition. Henri Nouwen occasionally expressed similar feelings: There is a nagging sense that there are unfinished tasks, unfulfilled promises, unrealized proposals. There is always something else that we should have remembered, done, or said. There are always people we did not speak to, write to, or visit. Thus, although we are very busy, we also have a lingering feeling of never really fulfilling our obligations. A gnawing sense of being unfulfilled underlies our filled lives.

When we are in touch with ourselves, we can relate to these words, these expressions of inadequacy. At the end of the day, we cannot measure up and cannot fail to disappoint others and ourselves. Generally the fault is not that we are insincere or that we do not put out the effort. The fault is that we are human. We have limited resources, get tired, experience feelings we cannot control, have only 24 hours in our day, have too many demands on us, have wounds and weaknesses that shackle us, and thus know exactly what St. Paul meant when he said: Woe to me, wretch that I am, the good I want to do, I cannot do; and the evil I want to avoid, I end up doing!

That may sound negative, neurotic, and stoic, and it can be those things, but, appropriated properly, it can generate hope and renewed energy in our lives. To be human is to be inadequate, by definition. Only God is adequate and the rest of us can safely say to ourselves: Fear not you are inadequate! But a God who made us this way surely gives us the slack, the forgiveness, and the grace we need to work with this. Personally, I take consolation from the gospel parable of the ten bridesmaids who, while waiting for the bridegroom, all fell asleep, wise and the foolish alike. Even the wise were too human and too weak to stay awake the whole time. Nobody does it perfectly and, accepting this, our congenital inadequacy, can bring us to a healthy humility and perhaps even to a healthy humor about it.

But it should bring us to something more: prayer, especially the Eucharist.

The Eucharist is, among other things, a vigil of waiting. When Jesus instituted the Eucharist he told the disciples to keep celebrating it until he returned again. A biblical scholar, Gerhard Lofink, puts it this way:

The early apostolic communities cannot be understood outside of the matrix of intense expectation. They were communities imminently awaiting Christ's return. They gathered in Eucharist, among other reasons, to foster and sustain this awareness, namely, that they were living in wait, waiting for Christ to return.

I try to celebrate Eucharist every day. I do this because I am a priest and part of the covenant a priest makes with the church at his ordination is to pray the priestly prayer of Jesus, the Eucharist and the Liturgy of the Hours, regularly for the world. But I do it too, more personally, for another reason:

The older I get, the less confident, in some ways, I am becoming. I don't always know whether I'm following Christ properly or even know exactly what it means to follow Christ, and so I stake my faith on an invitation that Jesus left us on the night before he died: To break bread and drink wine in his memory and to trust that this, if all else is uncertain, is what we should be doing while we wait for him to return.

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.

Lenten Groups ~ Grow in faith with family, friends and neighbours

Lent begins with Ash Wednesday on 26 February. Groups of parishioners will begin to meet weekly to read the Gospel for each Sunday of Lent and learn more about Jesus.

Why did he die on the cross and how could he rise from the dead?

Those who were hosts or supported groups last year are meeting this **Wednesday 29th January** in the staff room beside the parish office at 7.30 pm.

If you were one of over 200 in a Lenten Group last year, please let others know they can join a group or invite people to their home.

Each person receives a personal copy of the Lenten book

If you would like to learn more or see how you could set up a Lenten group for your friends and neighbours, please contact Maree at the parish office or myself

Denis McNamara

Supporting Missionary Disciples

PARISH DIARY FOR THIS WEEK

Day	Date	Time	Event
			Australia Day
Sun.	26/01/20		Special 'Leaving Collection' for Bushfire Appeal
			Word of God Sunday
		9:30am	No Kidz Word—School holidays
		10:15am	No Kidz Word—School holidays
		7:00pm	PMR Epping—Antioch Meeting
Mon	27/01/20	9:30am	Mass at St Gerard's Church
		7:30pm	PMR Carlingford SVdP
		7:30pm	CH Carlingford Rosary Group
Tue.	28/01/20		Schools Resume
		12:15pm	Mass at Our Lady Help of Christians' Church
		7:30pm	Secondary Catechists Meeting at Mary O'Byrne's home
		7:30pm	Staff Room Epping Alpha Formation Meeting
Wed.	29/01/20	9:15am	Mass at Our Lady Help of Christians' Church
		9:30am	Mass at St Gerard's Church
		7:30pm	Staff Room Epping Lenten Group Formation meeting
		7:30pm	PMR Epping Finance Committee Meeting
Thur.	30/01/20	9:00am	PMR Carlingford Primary Catechists Meeting
		9:30am	Mass at St Gerard's Church
		12:15pm	Mass at Our Lady Help of Christians' Church
		1:15pm	PMR Carlingford Parent Information Session for First Reconciliation
		7:00pm	PMR Epping Discernment Evening for Plenary Council
Fri.	31/01/20	9:30am	Mass at St Gerard's Church
		10:10am	PMR Carlingford Scripture Reflection
		12:15pm	Mass at Our Lady Help of Christians' Church
		4:30pm	No Rosary for the Immaculate Heart of Mary
		7:00pm	PH Carlingford CANA meeting
Sat.	01/02/20	9:15am	Mass at Our Lady Help of Christians' Church
		9:45am	Exposition & Reconciliation
		10:15am	Benediction
		5:00pm	Vigil Mass at Our Lady Help of Christians'
		5:00pm	Reconciliation at St Gerard's Church
		6:00pm	Vigil Mass at St Gerard's Church

PH—Parish Hall, CH—Church, PMR— Parish Meeting Room

Word of God Sunday

Pope Francis encourages Catholics to read and reflect on the Bible. At every Mass, we hear sections of the Bible read to us and we pray with people from the Bible. For example, Jesus taught us in Matthew's Gospel to pray like this. Say "Our Father, who art in heaven ...". The centurion who asked Jesus to come and cure his daughter said to Jesus, "Lord I am not worthy that you should enter under my roof, say but the word and she will be healed" and we pray "Say but the word and my soul shall be healed".

The parish offers you many ways to study the Bible in a Catholic Context.

- o You can join a group in Lent to read the Gospel for the following Sunday and discover more about the Gospel in your **Lenten Group**
- o You could ask the question "Why and how should I read the Bible?" at **Alpha**.
- o After Easter, you can **Unlock the Mystery of the Bible** which follows the story of the Bible.
- o You can also join a group that reads a Gospel or some letters in the Bible. In December a group of around 30 read the 24 chapters of Luke's Gospel.

Denis McNamara

Supporting Missionary Disciples

PARISH STAFF

Parish Secretary:
Dennis Porteous Ph.: 9876 2853
Email: dennis@eppcarl.org.au

Asst. Parish Secretary:
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Parish Support Worker (PSW) Sacramental Programmes and Children's Ministries
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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**

Our next special feast day: Candlemas



The next feast day we will celebrate in a special way is the Feast of the Presentation of the Lord (Candlemas) : on **Sunday 2nd February: everyone is invited to bring along a candle to be blessed** (please note that no candles will be provided – please bring along your own candle so that once blessed it can be part of your home prayer space). Candlemas, coming 40 days after Christmas, celebrates the child Jesus being presented in the Temple and being recognised by Simeon as 'the light of all peoples'.



Children's Sacramental Journey First Reconciliation 2020

Enrolment for First Reconciliation is now open and will close next weekend on Sunday 2 February. Forms are available at the back of both churches and available for download on the parish website www.bbcatholic.org.au/eppingcarlingford

Alternatively, please feel free to contact us and we will forward you the enrolment pack via email. All families whose child/children celebrated Confirmation at our parish in 2019, kindly note that an enrolment pack was forwarded to you on Monday 20 January by email.

In our Diocese of Broken Bay, children who have been baptised and confirmed are invited to prepare for the celebration of this Sacrament. Our Sacramental Programme is advertised through the parish website, bulletins, announcements at Mass, both parish school newsletters, catechists and word-of-mouth. If you do know of anyone whose children are eligible to enrol, please feel free to spread the word for us.

Children's Mass - Carlingford

There will be a Children's Mass at 9:30am at St. Gerard's Church, Carlingford on Sunday 2nd February.

The children (Kindy and above) can be involved in hospital-ity, readings, prayers and processions. We invite your children to participate!

We always like to hear from you! If you have any queries regarding participation in Children's Mass, Kidz Word or would like more information regarding your child's sacramental journey within our parish, please feel free to drop me a line.

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



Secondary School Catechists Meeting

All Secondary School Catechists are invited to gather at Mary O'Byrne's home for a meeting on Tuesday 28th January at 7:30pm.

Primary Catechist Meeting

All Catechists/Helpers are invited to gather in the Parish Meeting Room at Carlingford, on Thursday 30th January at 9:00am

PARISH FINANCE COMMITTEE will meet **this Wednesday 29th January**, in the parish meeting room at Epping commencing at 7:30pm.

Catechist (SRE) News:

Happy New Year and many thanks to all who have been involved in or supported the Catechist Ministry (Special Religious Education) in the State Schools during 2019!

Welcome to **Mery Auwyang, Vaness Pham, Catherine McCarry & Abigail Yu** who have recently offered to assist in the Primary Catechist Ministry.

Despite these welcome additions, **Teachers, helpers/assistants** are urgently required in the following Primary Schools:

Murray Farm (Tuesdays) Classes between 9:00 & 10.50am;

Roselea (Wednesdays) Classes between 11:30 & 1pm;

Epping Heights (Friday) 9:10 - 9:40am

and in the following High Schools:

Cheltenham (Thursdays **fortnightly**) Classes between 10:00 & 10.50am (1 Teacher & 3 assistants required **now**)

James Ruse (Wednesdays weekly) 2:15 - 3:00pm

First Term Meetings:

High School Catechists: Tuesday 28 January 7:30pm Mary's house.

Primary Catechists: Thursday 30 January 10:15am St Gerard's PMR.

Position Vacant

Volunteer Catechist Resource Manager: Involves a yearly stock take with the Coordinators, management of the 2 Excel Resource Lists & processing new stock. This is not an onerous task but would allow the H/S Coordinator to concentrate more on the Catechists & Teaching.

Enquiries to Mary – see below.

Remember for our Church to grow all of us need to share our greatest Treasure – Our faith in God - so contact Mary or Katherine today!

Mary O'Byrne (High Schools) on 9871 2120 or mary@eppcarl.org.au

or Katherine Tam (Primary Schools) on katherine@eppcarl.org.au or the Parish Office on 9876 2853

FIRST SATURDAY DEVOTIONS

There will be devotions in honour of Our Lady, on the 1st Saturday of the month preceding the 9:15am Mass at Our Lady Help of Christians' Church. This includes the rosary and prayers.

You are most welcome!

BAPTISM IN THE PARISH THIS SUNDAY

Welcome to: Arturo Domenico Vumbaca

Please hold this child and her family in your prayers.



Rosary for the Intentions of the Immaculate Heart of Mary

The rosary for the intentions of the Immaculate Heart of Mary will recommence on Friday 7th February.

Youth Page

The Antioch Community is having its
Annual Outreach Weekend from

Friday 21st to Sunday 23rd Feb.2020

The Antioch weekend is run for youth by youth and is filled with

TALKS, DISCUSSIONS, MUSIC, FOOD , FRIENDS & FUN!

It's a great chance to find out more about yourself, meet heaps of great young people from the parish, and grow closer to Jesus!

Venue: Parish Site at St Gerard's,
543 North Rocks Road, Carlingford

Registration Forms are available at the back of the church

More information Ring Joanne 0416 030 927

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

CHRISTIAN MEDITATION The next Meditation Renewal Day will be on **Sunday 16th February**, at the St Benedict's Monastery, 121 Arcadia Rd, Arcadia (9653 1159). Arrival at 10:00am for a 10:30am start. Presentations, Introductions to Meditation, period of Meditation for ongoing meditators, Book display, BYO picnic lunch, tea and coffee provided, Mass, conclusion at 3:00pm.

Please contact the Guest Master, Br Terry, on 0438 282 318 for possible accommodation in monastery guest house. Other enquiries Ann Lomas 9456 4775 or email alomas@bigpond.com or Ann Bergman 9498 2625 or anniebergman@hotmail.com

St Mary's Towers Retreat Centre

Gift of ageing...Awakening...to God's Surprising Gifts! 6 Day Retreat: 6-12 March 2020 \$750 or \$250 for the weekend 6-8 March:

Sr Kerin Caldwell sgs. Kerin has a background in education and this interest strengthened her commitment to adult growth and development. Themes include: Less doing and more being; surprising spiritual growth and new life; Retirement Today—is there such a thing; How am I coping with change; Living now. Come, relax and enjoy God in tranquillity at St. Mary's Towers Retreat Centre.

Mindfulness and the Presence of God—Retreat Weekend 13-15 March 2020 \$250:

Presenters: Michelle Vass & Mr Lou Nulley,
Topics include: Being Mindful in the Christian Tradition; Mindfulness practices; The effect of mindfulness on the brain; Mindfulness meditation; Using the body to help us to be mindful.

Come relax and enjoy God in tranquillity at St Mary's Towers Retreat Centre, Douglas Park, NSW

RSVP Ph: (02) 4630 0233 or

Email contact@towersretreat.org.au

Website: <https://towersretreat.org.au>

CANA: OUR Yr. 7-9 YOUTH GROUP

What an awesome year we've had at CANA!!
Topped off with a fantastic Christmas party!

But for now... **CANA IS ON A BREAK FOR THE SCHOOL HOLIDAYS**

WE'RE BACK FRIDAY 31st January

Further information Joanna 0404 710 588

Australian Catholic Youth Festival testimonies

Our pilgrims (Joshua, Phillip, Antony, Sam and Joanna) want to say a huge thankyou for the Parish's support and prayers to allow us to experience the pilgrimage that happened in December last year. Here are some of our highlights and reflections.

Antony (aged 21)

ACYF was an amazing experience for me. My highlights at the conference were meeting new people and listening to talks that I was interested in. Experiencing adoration on the 2nd night with 5000 other young people was a great moment that I got a lot out of. Another highlight for me was talking to Bishop Gregory Homering from the Lismore diocese, he shared some great advice that really helped me a lot in my faith. I would highly encourage anything thinking about ACYF to attend the next one because it is an excellent place to grow more in your Catholic faith, to learn new skills to apply in youth ministry and a place to be inspired to lead others.

Phillip (aged 18)

My name is Phillip, and I was fortunate enough to travel to Perth for the Australian Catholic Youth Festival 2019 with some friends from Antioch. It was a really great experience overall, and I was able to experience my faith from a different perspective too. One of the highlights for me was when I went to a series of leadership talks by Karl Brown. He was a very passionate speaker, effectively conveying his points about leading others. I think it's important to learn new skills, and I'm hoping to utilise what I gained from him and others in my own community - Antioch and the broader Church. This was my second ACYF experience (after attending the Sydney one in 2017) and I'd recommend any youth or young adults to consider participating in the next one. Why? Because there really is a lot to gain - even in the most seemingly uneventful situations there. For example, one part that stood out was waiting for an hour in the lines for food at the final mass, a lady called Adele walked up to me asking if I knew what food they were serving. I had no idea. However, I ended up having a deep and lovely conversation with her. I also had a nice meal with her group that she came with from rural Queensland. There's a silver lining in every cloud. Just make sure not to miss a great opportunity in your life.

This weekend (25/26th Jan), we will be showing a video of our experiences from our pilgrimage after Mass so make sure you stay and watch it!

Catholic Care—Volunteer opportunity

CatholicCare Diocese of Broken Bay is seeking volunteers who are interested in joining our Finance and Risk Sub-Committee. The role requires a commitment of 2-3 hours each month to participate in meetings, which may be by teleconference. See here for more information and how to apply: <https://catholiccarebb.expr3ss.com/jobDetails?selectJob=150&s=5>.

Applications close Friday 14 February 2020.



Awesome service. Amazing results.

Betty Ockerlander

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McGrath