

Diocese of Broken Bay

Parish Priest: Fr Jim McKeon
Jim.McKeon@bbcatholic.org.au

Assistant Priest: Fr Aldrin Valdehueza
Aldrin.Valdehueza@bbcatholic.org.au



The Catholic Parish of Epping & Carlingford



CONNECT



WORSHIP



GIVE



SERVE



GROW

YEAR C

1 JUNE 2025 THE ASCENSION OF THE LORD
8 JUNE 2025 PENTECOST

Our Lady Help of Christians'

31 Oxford Street, Epping

St Gerard Majella's

543 North Rocks Road, Carlingford

Phone

02 9876 2853

Website

eppcarl.org.au

Email

eppcarl@bbcatholic.org.au

Giving

Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)

We are growing!

We averaged 1227 people at Mass over the last four weekends, up from 1120 when we counted in May last year.

Some of this is likely due to the new carpark at OLHC, but we grew by more than 100 people last year, and the year before that also, which had nothing to do with new buildings, but everything to do with people.

If you are one of the 100+ people who are new to the parish this year, then welcome – we hope you will find a church home here. If you are one of the 1120 who were here already, thank you for making a welcoming space for those who are new.

And to all of us, let us continue to reach out, to invite, and to make people welcome so that our parish is a place where people can grow in their relationship with Jesus and be known and loved.

~Fr Jim

Getting Involved: Part of the strength of our parish is not just how many people are here at Mass, but how many people are volunteering in ministries, both in and around Mass, but also in outreach to the wider community. Next Sunday, Pentecost, we celebrate the work of the Holy Spirit in our lives and the gifts and charisms which are given to believers for ministry. At Mass we will be inviting you to volunteer for a ministry which you feel God inviting you to and equipping you for. Just tick the box on the form on your seat, and the coordinator of that ministry will be in touch to invite you in.



Welcome to Fr Joey Frez

who will be celebrating Masses this weekend at St Gerard's whilst Fr Aldrin is away on leave. He will also be celebrating Masses at OLHC on June 14th & 15th when Fr Jim will be assisting with a seminarians' retreat. Fr Joey is our diocese Vocations Director and he will be inviting us into this ministry with him.

Clergy Conference: Fr Jim, Fr Aldrin, Deacon Richard and Matthew French will be at the diocesan clergy conference from June 9-13. Mass will be celebrated Monday 9.30am at St Gerard's as usual, and Fr Andrew Murray will celebrate the Wednesday 9.30am Mass at OLHC. There will be no Mass on Tuesday night at OLHC, but adoration of the Blessed Sacrament will be on from 5pm – 6.30pm, and there will be Communion Services on Thursday and Friday. All clergy are expected to attend the conference so it is likely most parishes will likewise have limited Masses.

OLHC Car Park is open on the weekend of 31st May & 1st June.

Readings

1 JUNE 2025

Acts 1:1-11

Hebrews 9:24-28, 10:19-23

Luke 24:46-53

8 JUNE 2025

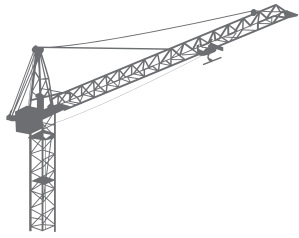
Acts 2:1-11

Romans 8:8-17

John 14:15-16, 23-26



PARISH NOTICES



OLHC Car Park: The builders have advised that, due to the recent heavy rainfall, the planned closure of the car park and School areas in Epping has been rescheduled to **June 7th and 8th** for the tower crane dismantling. We apologise for the inconvenience. For any updates, please visit our parish website here: bbcatholic.org.au/epping-carlingford/news-events/headlines/news or follow our facebook page: facebook.com/CatholicParishOfEppingAndCarlingford



ECUMENICAL SERVICE

To celebrate the **Week of Prayer for Christian Unity**, the communities of St Albans Anglican Church, Epping Uniting Church, West Epping Uniting Church and Catholic Parish of Epping and Carlingford invite you to an Ecumenical Service.

- **Venue:** *Our Lady Help of Christians' Church* (undercover parking is available via 6 Cambridge Street)
- **Date:** *Wednesday, 4th June*
- **Time:** *11 am* (the Service runs for about 45 minutes and will be followed by light lunch)

While there is no charge for the meal, a financial contribution of approximately \$10 will be appreciated. Enquiries: Lorraine Lobsey 0438605773



ALL WELCOME!

Please invite your friends.

Community Dinners: Last Thursday 55 people gathered in the OLHC hall on a cold and wet night to launch the Community Dinners. There was such a generosity of spirit and enthusiasm as we formed into four teams, each of whom will provide dinner one week each month. We will launch on **Thursday July 3rd with dinner at 6pm** for anyone (Catholic or not) who would like to share a meal in company. We want to reach out into the wider community to make everyone welcome.



**WALK WITH CHRIST**

CORPUS CHRISTI



SUNDAY 22 JUNE
AFTER 9:30 AM MASS
ST. GERARD MAJELLA, CARLINGFORD

If you would like to take part in the procession at CBD,
please gather at Epping Station concourse by 1:30 pm.



OUR LADY HELP OF CHRISTIAN'S KidzPlay Playgroup Epping

★ **Starts 4th June 2025!**
Wednesdays | 9:45am - 11:30am
(during school term)
OLHC Parish Hall
33 Oxford Street, Epping

**Make Friends.
Share Faith &
Have Fun!**

 **Babies to preschoolers are welcome to come along and join us for:**

- Weekly arts and crafts
- Stories and prayer
- Music & dance!

For enquiries:
Christine Carpio
0414 753 799



ALPHA COACHING DAY

BROKEN BAY ALPHA COACHING DAY 2025

Alpha

Alpha Teams, and anyone interested in learning more about Alpha, are invited to join this Coaching Day, where you will be equipped to run Alpha in your parish.

The day will include setting vision for and embedding Alpha in the parish, building a team, small group facilitation coaching, Alpha retreat coaching, promotion and invitation.

LIMITED PLACES. REGISTRATION ESSENTIAL
RSVP BY 27 JUN 2025



Register using QR
code or go to:

<https://www.trybooking.com/DBAXV>

For more information contact tania.rimac@alpha.org.au



SATURDAY 5 JULY 2025
9AM - 4PM

OUR LADY HELP OF CHRISTIANS
PARISH HALL
33 OXFORD ST EPPING



Facilitated by
TANIA RIMAC
Alpha in a Catholic
Context Specialist

Parish Office Address

Parish Centre, 33 Oxford Street, Epping NSW 2121
(car park entry via 6 Cambridge Street)

Parish Office Hours

Monday to Friday - 8:30am to 3pm

Parish Team

Parish Secretary

Marcella Letteri Ph: 9876 2853

Email: Marcella.Letteri@bbcatholic.org.au

Business Manager

Deacon Richard Houwing Ph: 9876 2853

Email: Richard.Houwing@bbcatholic.org.au

Admin. Assistant

Michael Davies Ph: 9876 2853

Email: Michael.Davies@bbcatholic.org.au

Coordinator of Sacramental Programmes, Children's Ministries & Parish Communications

Lynn Siau Ph: 9876 2853

Email: Lynn.Siau@bbcatholic.org.au

Youth Ministry Coordinator

Holly Lawton Ph: 0404 710 588

Email: Holly.Lawton@bbcatholic.org.au

New Parishioner Engagement Coordinator - St Gerard's

Belinda Shi Ph: 0414 753 362

Email: Belinda.Shi@bbcatholic.org.au

New Parishioner Engagement Coordinator - OLHC

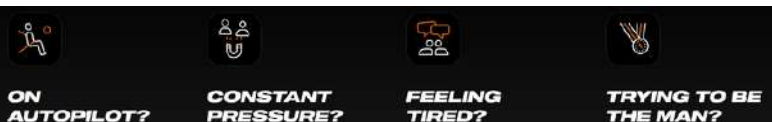
Christine Carpio Ph: 0414 753 799

Email: Christine.Carpio@bbcatholic.org.au

Sacristan - OLHC

Dennis Porteous Ph: 9876 2853

Email: Dennis.Porteous@bbcatholic.org.au



Join us for **Men Alive! Now at Epping**. A space for men to connect, grow, and share in faith with bible study. Every **fortnightly Thursday, 7PM, at OLHC Epping Lower Ground Meeting Room**.

Men Alive EPPCARL
WhatsApp group

To find out more, please contact
men.alive@eppcarl.org.au

Scan the QR code on the right to join our
WhatsApp group or contact +61 401208694.
See you there!



SACRAMENTAL PROGRAMME



FIRST EUCHARIST 2025

We are approaching the final preparations for the children, readying their hearts to receive our Lord for the first time. There have been many thoughts from them on the true presence of Jesus in the bread and wine. The children have learnt a big word: **Transubstantiation**.

"Huh? What does that mean?" followed by attempts to say it.

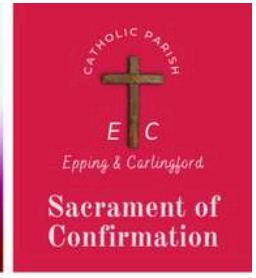
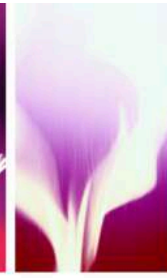
"Trans means to change. Substance is the very essence of a thing. So the bread and wine has become the Body and Blood of Christ, but because the taste and appearance does not change, you can't tell that they have changed. By the power of the Holy Spirit from the priest's prayers, Jesus has come to us in such a special way. Everytime you receive Holy Communion, you take a piece of Jesus within you, the bread that transubstantiated into Jesus."

"Wow, is that why some Saints sacrificed themselves to protect the bread?"

Praise be to God. Always. He works wonders. Always. Please keep the children and their families in your prayers as they approach becoming fully initiated members of the Church.

First Eucharist will be celebrated in our parish at the following dates and time:

- Sunday 8th June at at 10:15am Our Lady Help of Christians' Church
- Sunday 15th June at 9:30am St Gerard's Church
- Sunday 22nd June at 9:30am St Gerard's Church



CATHOLIC PARISH OF EPPING & CARLINGFORD

2025 Confirmation

For children in Year 3 & above
who are baptised

Enrolment commences
beginning of July.

Please register your interest now
to avoid missing out.



Sunday 22nd June is the Solemnity of The Most Holy Body and Blood of Christ. Our parish Devotions Team is organising a Eucharistic Procession. The First Communicants will have the opportunity to participate in this awesome procession.

We are blessed to have the team enrich the lives of our young parishioners, some of whom have never participated in a Eucharistic Procession.

A huge morning tea will be prepared by our Year 3 parish school parents to celebrate this special occasion. All are most welcome to attend!

Lynn Siau - Coordinator of Children's Ministries,
Sacramental Programme & Parish Communications
Lynn.Siau@bbcatholic.org.au or phone 9876 2853

COMMUNICATIONS

Article submission deadline: If you would like to submit an article from your ministry for inclusion in the next edition of our parish bulletin, please send it to Lynn.Siau@bbcatholic.org.au before **10am on Wednesday 11th June 2025**. Kindly understand I am unable to accommodate late submissions. Please send in a Word document. Photos or graphics are acceptable in PNG or JPEG format. Do note that PDFs will have to be reformatted and the clarity of your notice will be compromised. Remember to provide an email address, a contact name and number in your article. Thank you.

Other ways to connect:



FACEBOOK



INSTAGRAM

eBulletin: If you know someone who would like to receive the electronic version of the bulletin, please forward this link for them to fill in via a desktop, the form on our website: bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter

Trivia Night

THEME: ICONIC DUOS + GROUPS

\$20 ENTRY

SUPPORTING ACYF

FOR OUR YOUTH TO ATTEND THE AUSTRALIAN CATHOLIC YOUTH FESTIVAL 2025

SATURDAY 28 JUNE 7.00 PM
-10.00 PM

543 NORTH ROCKS RD, CARLINGFORD

RSVP BY 20 JUNE TO HOLLY AT
HOLLY.LAWTON@BBCATHOLIC.
ORG.AU OR BY QR CODE



Get Ready for a Night of Fun, Laughter & Friendly Competition!

Join us for our *Annual Parish Trivia Night* on **Saturday, 28 June** at 7pm in the **St Gerard's Parish Hall!**

This year, we're raising funds to help our amazing youth attend the **Australian Catholic Youth Festival (ACYF)**. **ACYF** is a powerful three-day experience where young people from all over the country come together to grow in faith, friendship, and their walk with Jesus.

So rally your **iconic duos, dream teams, and trivia masters**, and get ready for a night to remember! If you are interested in donating a prize or would like to RSVP, please scan the **QR code** or email holly.lawton@bbcatholic.org.au we can't wait to see you there!

Tap on the QR codes!



CANA

YOUTH GROUP
FAITH . FUN . FRIENDS

COME ALONG AND LEARN MORE ABOUT FAITH, PLAY SOME GAMES AND MAKE NEW FRIENDS!

FOR STUDENTS IN YEARS 7-9

Term 2 Dates

2nd May
16th May
30th May
13th June
27th June

Please join our Facebook Group for Parents



St Gerards Church Hall
 7:30PM-9:00PM
 Fridays Fortnightly During School Term

Are you in year 7-10 and looking for new ways to deepen your faith & friendships? Join us fortnightly on Fridays 7:30-9:00pm at Cana.

At **Cana** we play games designed to help us grow in fellowship, listen to talks about different aspects of the faith and our Christian life and build a community of young people passionate about learning their faith. **We will next meet on Fridays 13th and 27th June in the Hall at St Gerards.**



Antioch Youth Group meets weekly on a Sunday from 6-8pm at St Gerards to share talks presented by the youth for the youth. If you are in **year 10 – 23 years old** we welcome you to join us and get involved in the wonderful activities of this youth group.

Emmaus Young Adults group meets on a Thursday evening from **6:30pm - 8:30pm** in the meeting rooms at Our Lady Help of Christians Church in Epping. Emmaus is for those aged 23 – 30 who want to learn about ways to live out the faith and build a community of peers aiming to do the same. We would love for you to join us at our **next meeting on Thursday 12th and 26th June.**





NO ONE CHOOSES TO BE HOMELESS

THIS WINTER,
HELP PEOPLE BREAK FREE FROM THE
CYCLE OF POVERTY AND
HOMELESSNESS.

2025 Winter Appeal: This Winter, the Society is focusing on addressing homelessness, highlighting the factors that lead to homelessness and the support needed to recover and rebuild over the long-term. Please consider donating to the "Vinnie's Winter Appeal" to help.

How to donate:

- Envelopes will be available on the seats and at the entrance to the Church.
- You are invited to make your donation with the assistance of one of the members of SVDP at the entrance after Mass. They will also be able to accept card donations and provide a receipt straightaway.
- Alternatively donations can be made by completing the 'Vinnies Envelope' and placing it in the 'Second Collection Box'. We will mail the receipt to you.
- Please also note that at St Gerard Majella Carlingford you may make your donation at the 'Piety Store'.



Flood Support: We know that thousands of people have been devastated by floods in the Hunter and Mid-North Coast, some of them not for the first time, and now face the long slow work of rebuilding their homes, businesses, schools, churches and communities. You can donate directly to the Diocese of Lismore (which covers from Laurieton up to the Queensland border at <https://www.lismorediocese.org/donations/>

MORE PARISH NOTICES & EVENTS



Laudato Si': Did you know that our amazing morning tea and BBQ teams at St Gerard's wash up dozens of reusable cups each Sunday, saving thousands of plastic cups from going to landfill each year? What can you do to reduce your plastic waste this week?

Nametag Sunday: Gentle reminder it is Nametag Sunday this weekend, **31st May/1st June**. All Masses. Come with your own nametag or use the labels we provide at the entrance to both churches. Our hospitality team will assist you with huge smiles!



A gentle reminder that **St Gerard's Healing Mass** will be on **Tuesday 3rd June, 10am in the meeting room**. Come join us to pray for yourself and others who are sick, and join us for morning tea. A plate to share would be welcome. Should you require transport please contact Carole Wilson at 9869 1036.



OLHC Parking

Policy: This is a gentle reminder of our parking policy. Please see the notice on the right and also visit our parish website for full details on car park use, or scan the QR code on the right.

FREE PARKING FOR CHURCH SERVICES

Parking is free during the following times for Mass, Adoration, and Reconciliation. Charges may apply outside these hours.

Saturday	7:40 - 9:30 am 4:40 - 6:30 pm
Sunday	8:00 am - 1:00 pm 6:30 - 8:30 pm
Tuesday	4:40 - 7:15 pm
Wednesday	8:15 - 10:30 am
Thursday	6:30 - 9:15 am

Parking for parish activities is arranged separately. For details, scan the QR code.



Celebrations this Week

Easter Week 7

2 June Mon: *Sts Marcellinus and Peter*

3 June Tue: *St Charles Lwanga and companions*

5 June Thur: *St Boniface*

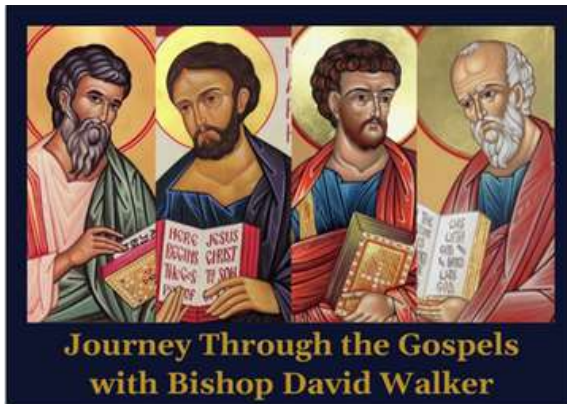
6 June Fri: *St Norbert, St Marcellin Champagnat*

Ordinary Week 10

9 June Mon: *Mary, Mother of the Church*

11 June Wed: *St Barnabas*

13 June Fri: *St Anthony of Padua*

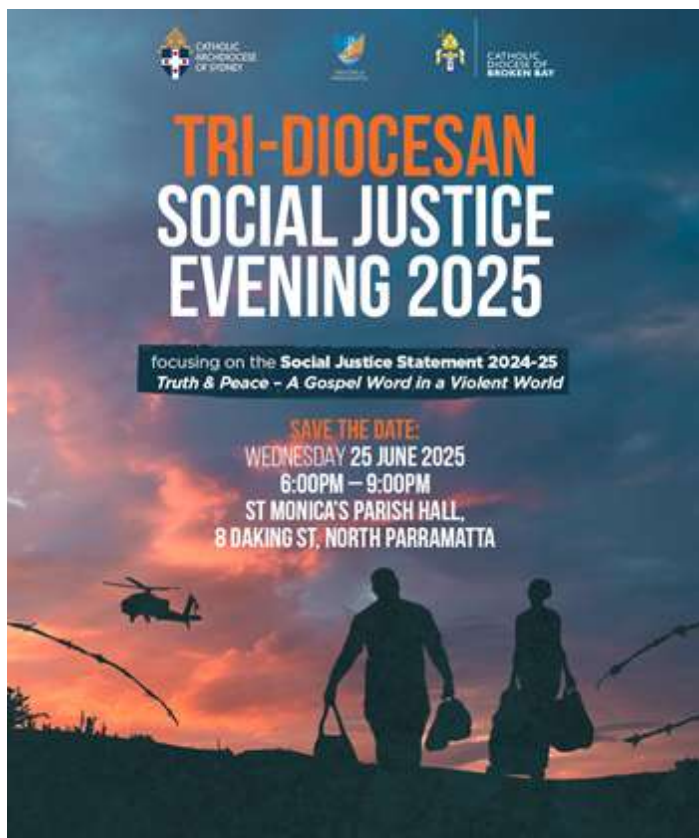


Bishop David Walker has spent a lifetime reflecting on the Gospels, studying Scripture, and exploring how they guide Christian discipleship. Now, he invites you to join him in a series of enriching discussion on the Gospels.



Scan the QR code for more info and Register.

lectiodivina.com.au
1800 469 833



LEVANDE | THE CAMBRIDGE

You're invited to a

Sneak Peek Preview

of Epping's premium retirement community

We're delighted to open the doors to The Cambridge for the first time and invite you to an exclusive pre-opening preview of the newest and most luxurious retirement community in Sydney's north.

- Be among the first to step into the building as it takes shape
- View 5 beautifully furnished retirement living apartments
- Discover the beauty and benefits of balcony gardens
- Learn about the resort-style facilities and wellbeing services
- Enjoy live music, afternoon tea and refreshments

Please Join Us

This special pre-opening preview and information session is being held on the **14th June** at 29 Oxford St Epping, from 12pm-3pm, as well as **in July only**. Full details can be found on our website at levande.com.au/thecambridge.

To RSVP, learn more or register for our next information session, contact Jill on 9072 4939 or email jill.fellowes@levande.com.au

Booking is essential

Only a small number of places are available on each day as tour sizes are strictly limited



The Cambridge held its topping-out ceremony on April 10, moving closer to welcoming residents this spring.

THE ASCENSION OF THE LORD - 1 June 2025

Ps 46:2-3, 6-9 Response: God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

Gospel Acclamation: Alleluia, Alleluia!

Go and teach all people my gospel. I am with you always, until the end of the world.

WEEKEND MASSES

Epping	5:00pm Vigil, 8:30am, 10:15am (Family/Children) and 7:00pm (Youth)
Carlingford	6:00pm Vigil, 7:45am, 9:30am (Family/Children) and 5:00pm (Youth)

WEEKDAY MASSES

Note Wednesday morning Mass now at OLHC

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
EPPING	-	6:00pm	9:30am	-	-	8:00am	
CARLINGFORD	9:30am	-	-	9:30am	9:30am	-	

EXPOSITION OF THE EUCHARIST: Epping Tuesday 5:00-6:00pm and Saturday 8:30-9:00am

Carlingford Thursday 10-10:30am

SACRAMENT OF RECONCILIATION: Epping Tuesday 5:00-6:00pm and Saturday 8:30-9:00am

Carlingford Thursday 10-10:30am and Saturday 5:15-5:45pm, **OR BY APPOINTMENT at either church**

BAPTISMS AND WEDDINGS: BY APPOINTMENT

POSTAL ADDRESS FOR THE PARISH OFFICE: PO Box 369, Epping NSW 1710

ST GERARD'S PRIMARY SCHOOL: PH - 7256 2140 Email - sgc@dbb.catholic.edu.au

OUR LADY HELP OF CHRISTIANS' PRIMARY SCHOOL: PH - 9868 3322 Email - olhc@dbb.catholic.edu.au



Healing Mass: 1st Tuesday of the month, 10am at St Gerard's Meeting Room, Carlingford

Please pray for.....

For those who are sick and suffering (new requests):

- Sr Rosalie Carlon
- Guy Chan
- Lillian Chan
- Anita Hofmann
- Louis Yeung (Goretti's brother)
- Elaine Finlayson
- Graham Kelly
- Stephen Last
- Margaret Coonan



Thank you for your faithful prayers. Our brothers and sisters in need are surely strengthened by them. Our parish Prayer Ministry also has a private group on Facebook where you can post your requests directly or email us to do so. Please feel free to join this private group if you would like to pray for someone or for your own intentions: <https://www.facebook.com/groups/2660800900909668> or via QR code on the right.



Lord, in Jesus your Son, you restored to us the gift of Everlasting life. Grant that life to:

Recently deceased - Nishu Bhattacharya, Reji Thomas (Uncle of Joshua Thomas), Robert Tessoriero, Pat Rumble

Anniversaries & Remembrance - Cedric Fernandes, Patrick Murphy, Bert Saul, Bev Aliprandi, Patrick (Pat) Francis Hall (husband of Margaret Hall), Frank Martelli

PENTECOST - 8 June 2025

Ps 104.1ab+24ac, 29b-30, 31+34 (R.30) Response: Lord send out your Spirit, and renew the face of the earth.

Gospel Acclamation: Alleluia, Alleluia!

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.