

## Diocese of Broken Bay

Parish Priest: Fr Jim McKeon  
[Jim.McKeon@bbcatholic.org.au](mailto:Jim.McKeon@bbcatholic.org.au)

Assistant Priest: Fr Aldrin Valdehueza  
[Aldrin.Valdehueza@bbcatholic.org.au](mailto:Aldrin.Valdehueza@bbcatholic.org.au)

### 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](http://eppcarl.org.au)

### Email

[eppcarl@bbcatholic.org.au](mailto:eppcarl@bbcatholic.org.au)

### Giving

### Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



## Readings

**15 JUNE 2025**

Proverbs 8:22-31

Romans 5:1-5

John 16:12-15

**22 JUNE 2025**

Genesis 14:18-20

1 Corinthians 11:23-26

Luke 9:11-17



## The Catholic Parish of Epping & Carlingford



CONNECT



WORSHIP



GIVE



SERVE



GROW

YEAR C

15 JUNE 2025 THE MOST HOLY TRINITY

22 JUNE 2025 THE MOST HOLY BODY AND BLOOD OF CHRIST

## How to reverently receive Holy Communion

Next weekend is the Feast of Corpus Christi, that is, the Body and Blood of Christ. The Church allows people to receive the Body of Christ **either on the hand or on the tongue** (General Instruction to the Roman Missal 161), and Bishop Anthony Randazzo has affirmed this for our diocese. During the covid pandemic Communion on the tongue was strongly discouraged for hygiene reasons and many people whose preference may have been to receive on the tongue graciously refrained.



We are now far enough away from the depth of the pandemic that it seems timely to remind people that the choice is theirs as to how to best receive Holy Communion. There is a rich tradition in the Church for receiving both on the tongue and on the hand. What is most important is that we are **inwardly reverent**, and aware that it is **Jesus Christ** whom we are receiving.

St Augustine wrote that we don't receive the Lord without first adoring Him. When you are the second in the line, make a small bow in preparation. In Australia this has replaced the genuflection which was the previous custom. When the host is presented to you and the minister says "**The Body of Christ**", the "**Amen**" you reply is your assent that you believe that this is Christ's body and that you desire to receive Him.



If you are receiving on the hand please ensure your hands are clean. Place your **non-dominant hand above your dominant hand, slightly cupped** to receive the host on your palm. St Cyril wrote that we are to make **a throne** of our hand for we are receiving a king, and to hold the host more carefully than if we

received a precious gem. After saying "Amen" and receiving the host on your hand take one step only to the left or right, and then with your dominant hand pick up the host and place it in your mouth. Do not pinch or take the host from the minister's hand, but always receive it on the palm of your hand.

If you are receiving on the tongue say "**Amen**" **before putting out your tongue**. Put your tongue out slightly, your head slightly back unless you are taller than the minister, with your mouth open wide enough that the minister can place the host on your tongue. It may be helpful to practice this in front of a mirror. **Be careful not to move** your tongue, lips or head at this time. Wait not just until you feel the host on your tongue but until the minister has removed their fingers before you close your mouth.



*continued next page...*



While neither way is objectively 'better', there may be times when one way will be preferable for you. If your hands are full with a child in your arms, or holding a walking stick, or you have limited dexterity in your hands then Communion on the tongue will be preferable for you. If you have been sick, or are still sick and there is any possibility that your breath or saliva could transmit illness, then Communion on the hand will be preferable.

~Fr Jim & Fr Aldrin

## PARISH NEWS



The Catholic Parish  
ECC  
of Epping & Carlingford

CONNECT

You are invited to our  
**Community Dinner**

Hey, it's Free!

Starting → JULY 03

**EVERYONE**  
is welcome here!

Every Thursday, 6pm

OLHC Church  
Parish Centre

33, Oxford Street,  
Epping 2121

**Community Dinners:** On Thursday July 3<sup>rd</sup> we are launching Community Dinners in the parish hall at OLHC as a way of building community among parishioners and to reach out to the wider community beyond the church, just as Jesus modelled in his ministry.

Everyone is welcome at the Community Dinners, and we hope there will be a diversity of single people and families, young and old who come to share in this community.

We are intentionally **family friendly**, so there is no alcohol at the dinners, and no smoking anywhere on church and school grounds.

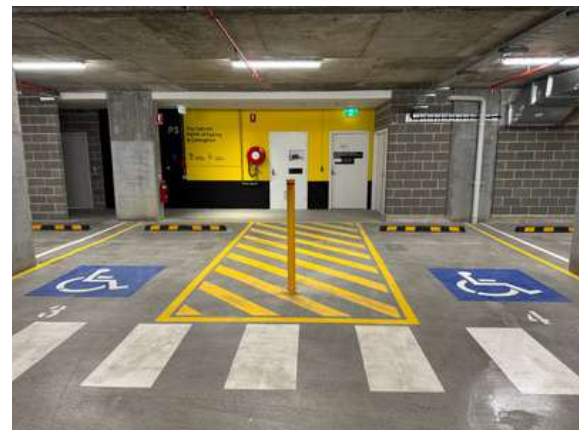
We want to create an atmosphere conducive to meal time conversation in contrast to a culture where many people eat on the run.

Dinner will be provided by four teams of volunteers. If you have a specific dietary need let the serving team know, and they will identify which food which will be best suited to you. Food will be cooked fresh every week, so all leftovers are given away at the end of each night.

**Spread the word** and feel free to invite a friend. Every Thursday night from July 3<sup>rd</sup> 6pm – 7pm.

## OLHC Car Park remains OPEN!

**Accessibility Parking:** For those requiring accessible parking, be it for assisted walking or wheelchair access, we recommend using the designated bays within the Car Park rather than parking in the forecourt area in front of the School or Parish Centres. The accessible bays in the Car Park offer a safer and shorter route, with lift access to the Ground Floor and entry to the Church via the link bridge between the Parish Centre and the Church. This ensures a fully level path of travel. **Parking on the School or Parish forecourt is not permitted**, as it poses safety risks to pedestrians.



**Works in the Car Park:** Please be advised that the crane and hoist used for construction of The Cambridge will be dismantled and removed between June 10 and June 28. During this period, an escorted forklift will be transporting components through the Car Park approximately 3 to 4 times per day. We ask all drivers to remain alert and exercise caution while moving through the Car Park. At this stage, the Car Park **remains open until further notice**.



We apologise for the inconvenience around the uncertainty. For any updates, please visit our parish website here: [bbcatholic.org.au/epping-carlingford/news-events/headlines/news](http://bbcatholic.org.au/epping-carlingford/news-events/headlines/news) or you can follow our parish facebook page: [facebook.com/CatholicParishOfEppingAndCarlingford](https://facebook.com/CatholicParishOfEppingAndCarlingford)



## FAITH AND DEVOTIONS

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.

explore

life  
faith  
meaning

Alpha

## You're Invited

**Alpha** is an opportunity to explore life, faith and God in a friendly, open and informal environment.

New Epping Parish Hall,  
Our Lady Help of Christians,  
33 Oxford Street, Epping NSW  
Friday 18 July, 7:00 PM - 9:30 PM



Scan to Register

Enquiries? Please Email: [alpha@eppcarl.org.au](mailto:alpha@eppcarl.org.au)

#Alpha

### 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](mailto:Marcella.Letteri@bbcatholic.org.au)

### Business Manager

**Deacon Richard Houwing** Ph: 9876 2853

Email: [Richard.Houwing@bbcatholic.org.au](mailto:Richard.Houwing@bbcatholic.org.au)

### Admin. Assistant

**Michael Davies** Ph: 9876 2853

Email: [Michael.Davies@bbcatholic.org.au](mailto: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](mailto:Lynn.Siau@bbcatholic.org.au)

### Youth Ministry Coordinator

**Holly Lawton** Ph: 0404 710 588

Email: [Holly.Lawton@bbcatholic.org.au](mailto:Holly.Lawton@bbcatholic.org.au)

### New Parishioner Engagement Coordinator - St Gerard's

**Belinda Shi** Ph: 0414 753 362

Email: [Belinda.Shi@bbcatholic.org.au](mailto:Belinda.Shi@bbcatholic.org.au)

### New Parishioner Engagement Coordinator - OLHC

**Christine Carpio** Ph: 0414 753 799

Email: [Christine.Carpio@bbcatholic.org.au](mailto:Christine.Carpio@bbcatholic.org.au)

### Sacristan - OLHC

**Dennis Porteous** Ph: 9876 2853

Email: [Dennis.Porteous@bbcatholic.org.au](mailto:Dennis.Porteous@bbcatholic.org.au)

**What Is Alpha?** Alpha is a series of interactive sessions that explore the basics of the Christian faith in a friendly, open, and informal environment. It's a place to connect with others, ask big questions, and share your thoughts - no pressure, no judgment. Each session includes:

- A meal or refreshments (because food brings people together!)
- A short talk or video on a key topic of faith
- A small group discussion where you can say anything or nothing at all

Whether you're new to Christianity, curious about faith, or looking for a fresh start, Alpha is for you. Everyone is welcome.

**Come and see what it's all about. You might be surprised.**

## SACRAMENTAL PROGRAMME



**Warmest and heartiest Congratulations** to the children who received their First Holy Communion last weekend at OLHC and to those who will receive Our Lord for the first time this and next weekend 15<sup>th</sup>/22<sup>nd</sup> June at St Gerard's: Marley Akindoyin, Oliver Bennett, Arisa Castalone, Alicia Chan, Charlotte Choi, Adaline Cooksey, Emilia Corral Urzua, Liam D'Amore, Olivia Dargan, Charlotte Diep, Samantha D'Silva, Isabel D'Silva, Alexander Egan, Lyann Fernandes, Nathaniel Guild, Elizabeth Hannaford, Chevalier Hyun, Chavella Hyun, Charlotte Jones, Zayn Kat, Hayden Keenan, Natalie Kim, James Kozanic, Lucas Le, Yunseo Lee, Ethan Leung, Hugo McNicholas, Blair Melgar, Christy Narag, Bethany O'Neill, Jonah Rhee, Caleb Rondilla, Cid Ruiz, Joshua Saba, Xavier Saez, Clarissa Saldanha, Christopher Samyia, Anya Singham, Vivienne Snow, Audrey Steele, Harry Stevens, Christian Strumendo, Jamie Strumendo, Ethan Strumendo, Grace Stutchbury, Mason Texier, Riley Tilao, Callum Truong, Skye Tsang, Giuliana Vella, Lucas Walsh, Zoe Wang, Seth Watson, Ari White, Christopher Wong, Imogen Woodham and also Anton Manuel who participated in our programme to learn about the Eucharist, having received it as an infant.

**Please continue to keep these children and their families in your prayers.**

The parish would like to thank the parents and carers, our Parish School Principals, Barbara Yee and Dominique O'Sullivan, teachers, catechists/volunteers who have helped support these children as they prepared for their First Eucharist. A special mention to Carol Saba for organising photography. Thank-you also to our sacristans, servers, music ministry and hospitality team, for their assistance in making this journey smooth and memorable for the families!

We are very blessed to have a **morning tea celebration generously contributed and prepared by St Gerard's Year 3 school parents**. This will be held after the morning Masses under the school shelter shed on the 15th and 22nd June. **All are invited to come and congratulate the children and their families!**



Sunday 22<sup>nd</sup> June is the Solemnity of The Most Holy Body and Blood of Christ. Our parish Devotions Team is organising a Eucharistic Procession. All 2025 First Communicants and family are invited to participate in this awesome procession.

### 2025 CONFIRMATION



**For children in Year 3 & above who are baptised** Confirmation will be celebrated by Bishop Anthony at our parish this year on Thursday 25th September. Enrolment commences start of July. Please register your interest now to avoid missing out. Contact Lynn (details below) to receive email notifications for enrolment.

**Lynn Siau**

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

[Lynn.Siau@bbcatholic.org.au](mailto: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](mailto:Lynn.Siau@bbcatholic.org.au) before **10am on Wednesday 25th 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](http://bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter)





Ready to take on the Youth of Broken Bay? Our **Interparish Sports Day** returns on Sunday 6 July at Our Lady of the Rosary Cathedral in Waitara. Get your friends and be ready to play epic games of Basketball, Volleyball and Soccer



Join us for our **Parish Trivia Night** on Saturday 28 June from 7pm at St Gerards. All proceeds raised will support our youth attending the Australian Catholic Youth Festival in Melbourne this November.

**Cana** Youth Group will meet for the final time this term on Friday 27<sup>th</sup> June from 7:30pm-9:00pm for a Movie Night. If you are in year 7-9, we welcome you to join us! We also have a holiday day trip on 15 July to strike bowling at Macquarie centre, please send your expression of interest to Holly at [Holly.Lawton@bbcatholic.org.au](mailto:Holly.Lawton@bbcatholic.org.au)

**Antioch** Youth Group (Yr10 – 23 Yrs old) meets weekly on Sundays from 6:00pm-8pm at St Gerards. If you are in Yr 10 – 23 years old come along and see the warm community of young people learning about faith, life and friendship together.

**Emmaus** Young Adults (23-30) continues to meet fortnightly on a Thursday 6:30pm-8:00pm at Our Lady Help of Christians Church in Epping. We welcome you to join us for our next meetings on Thursdays 26 June and 10 July.







**St Vincent de Paul Society**  
NSW  
*good works*

**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. 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'.

## MORE PARISH NOTICES & EVENTS



Our **KidzPlay Playgroup OLHC** has started - and it was so much fun! We prayed, sang songs, played with toys, made new friends, and shared lots of smiles. The room was full of happy kids and friendly mums and dads! If you have a preschooler, come join us **during school term!**

- Where - OLHC Parish Hall
- When - Wednesdays 9:45 to 11:30 am

*Everyone is welcome - we'd love to meet you!*

For more information on OLHC KidzPlay, please contact Christine on 0414 753 799 or email her: [Christine.Carpio@bbcatholic.org.au](mailto:Christine.Carpio@bbcatholic.org.au)



**From Laudato Si':** This year marks the tenth anniversary of this landmark teaching from Pope Francis on a Catholic approach to ecology. Recently groups in our parish read it together and discovered insights like: "The Spirit of life dwells in every living creature and calls us to enter into relationship with him. Discovering this presence leads us to cultivate the ecological virtues" (LS 88)

**LAUDATO SI'**



**Fr Jim is away June 13-21** assisting with a retreat for seminarians. Diocesan Vocations Director Fr Joey Frez will be celebrating Masses at OLHC this weekend.

## NEWS FROM OUR PARISH SCHOOLS

### Opening & Blessing of Parish Centre, OLHC School and CatholicCare OSHC:

Thursday 29 May was a wonderful celebration for all as Bishop Anthony Randazzo blessed our new facilities. Bishop Anthony went through every room of our wonderful new school and blessed each room with holy water. He also blessed every OLHC student and stopped to speak with every class.

Thank you to all the parishioners and OLHC families who joined us for Mass and morning tea. OLHC students and staff enjoyed a joyful celebration with cupcakes, prayer cards, and medallions to mark the occasion. Parents shared in the festivities with a beautiful sponge cake, though perhaps not as exciting as the students' blue icing! It was a wonderful day for our community, and as Bishop Anthony reminded us, we have much to look forward to as a people of faith, hope, and love.







## Year Six Leadership Day at St Gerard's Catholic Primary School:

On Tuesday 10th June, Year 6 students at St Gerard's Catholic Primary School joined the Catholic Schools Broken Bay Leadership Day. They were joined online by other Year 6 students from across the Diocese.

The day started with a virtual liturgy. The Gospel reading was Luke 1:46, part of the Magnificat, which Mary sings after learning she will be the mother of Jesus. Students reflected on how Mary demonstrates the leadership qualities of humility, faith, inspiration, and gratitude.

Bishop Anthony and Danny Casey (Director of Catholic Schools Broken Bay) spoke about their leadership journeys. They encouraged students to be brave, kind, and to step forward as God has called them to be.

After the presentations, students did activities in small groups to practise their leadership skills. They used Scriptures to learn more about being good leaders. It was a fun day, preparing them for high school and beyond.

~Julia Martinovich

**Parent Engagement Coordinator  
of OLHC and St Gerard's Primary Schools**

## OTHER NEWS AND EVENTS

### Celebrations this Week

#### Ordinary Week 11

19 June Thur: *St Romuald*

21 June Sat: *St Aloysius Gonzaga*

#### Ordinary Week 12

23 June Mon: *St Paulinus of Nola*

24 June Tue: THE NATIVITY OF SAINT JOHN THE BAPTIST

27 June Fri: THE MOST SACRED HEART OF JESUS

28 June Sat: *St Irenaeus, The Most Immaculate Heart of Mary*



## IS GOD CALLING YOU TO MAKE A DIFFERENCE IN VOCATIONS MINISTRY?

### SERRA VOCATIONS MASS AND DINNER MEETING

THURSDAY 26<sup>TH</sup> JUNE 2025

AT SACRED HEART CHURCH PYMBLE

COMMENCING WITH MASS AT 6.30 PM

Our Mass celebrant will be our chaplain **Father Aldrin Valdehuesa**.

Our guest speaker will be Sister Virginia Bourke RSJ. Her topic will be the life and times of Father Julian Tenison Woods, co-founder of the Sisters of Saint Joseph of the Sacred Heart with Saint Mary MacKillop

EVERYONE IS WELCOME, SO PLEASE COME AND SEE.

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians, novices, and for the residence of Joseph House Discernment Centre. Please also pray for the perseverance of existing vocations.

For catering purposes kindly telephone Henry or Anna Leung on **0478 083 116** or email [annaytleung@yahoo.com.au](mailto:annaytleung@yahoo.com.au) or telephone Terry Scanlan on **0438 887 295** or email [terry\\_scanlan@bigpond.com](mailto:terry_scanlan@bigpond.com) if you are planning to attend.

*Pope Leo XIV: From the heart of Jesus, let us learn to have compassion on the world.*



## CATHOLIC EVANGELISATION LEADERS GATHERING 2025

**WEDNESDAY  
9 JULY  
12:30PM - 4:30PM**

Starting with Mass followed by lunch and gathering.  
Caroline Chisholm Centre  
2/423 Pennant Hills Rd, Pennant Hills

SCAN TO REGISTER

HOSTED BY

CATHOLIC  
DIOCESE OF  
BROKEN BAY

FOR ALL ENQUIRIES PLEASE EMAIL [MISSION@BBCATHOLIC.ORG.AU](mailto:MISSION@BBCATHOLIC.ORG.AU)

### Pope's Prayer Intention for June 2025

During the month of June, traditionally dedicated to devotion to the Heart of Jesus, the Pope invites us to pray "that each one of us might find consolation in a personal relationship with Jesus, and from his Heart, learn to have compassion on the world."



# THE MOST HOLY TRINITY - 15 June 2025

Ps 8:4-9 Response: O Lord, our God, how wonderful your name in all the earth!

## Gospel Acclamation: Alleluia, Alleluia!

Glory to the Father, the Son, and the Holy Spirit: to God who is, who was, and who is to come.

### WEEKEND MASSES

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

### WEEKDAY MASSES

	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>	
<b>EPPING</b>	-	6:00pm	9:30am	-	-	8:00am	
<b>CARLINGFORD</b>	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**



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

- Sr Rosalie Carlon
- Guy Chan
- Lillian Chan
- Anita Hofmann
- Greg Forrester
- 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** - Pat Rumble, Clare Gallagher, Lynne Elwyn-Saul, Barry Keogh (Anne Kilby's brother), Leannedra Kang, Takahiro Toya

**Anniversaries & Remembrance** - Deborah Bryant (1<sup>st</sup> Anniversary), Chin Joo Gan (Lynn Siau's father), Megan Barnett (Anne Kilby's daughter), Emmalea Jane Gavin (Margaret Coonan's granddaughter), Frank Cavaleri (Marcella Letteri's uncle), Maria Vu (Fr Hien's mother), Grace Spyrou (Kevin Siau's aunt), Mary Cullen, Horace Falzon

# THE MOST HOLY BODY AND BLOOD OF CHRIST - 22 June 2025

Ps 109:1-4 Response: You are a priest for ever, in the line of Melchizedek.

## Gospel Acclamation: Alleluia, Alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.