

Diocese of Broken Bay

Parish Priest: Fr Jim McKeon
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Our Lady Help of Christians'

31 Oxford Street, Epping

St Gerard Majella's

543 North Rocks Road, Carlingford

Phone

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[Sacrament of Reconciliation](#)



The Catholic Parish
of Epping & Carlingford



YEAR B

17 MARCH 2024 FIFTH SUNDAY OF LENT

24 MARCH 2024 PALM SUNDAY OF THE PASSION OF THE LORD



Easter is the celebration of the death and resurrection of Jesus, which is the central event of human history. Join us for the three liturgies of Holy Thursday, Good Friday and Easter at both churches:

- **Holy Thursday March 28th** 7.30pm (no morning Mass)
- **Good Friday Stations** 10am
- **Good Friday Passion** 3pm
- **Easter Vigil** 7pm

These are long and solemn services which are *important for adults*, but not so suitable for very young children. The more family-friendly service will be the Good Friday Stations at 10am at St Gerard's which will again be an outdoor procession, starting at the hall and making our way up to the church.

We also celebrate the Office of Readings, a short, stark service of psalms and reflection on **Holy Saturday 10am at St Gerard's**. Please note there is *no 8am morning Mass at OLHC* on Holy Saturday.

Easter Sunday follows the usual Sunday times, except, there will be no 5pm Sunday night Mass at St Gerard's on March 31st:

OLHC Epping

- 8.30am
- 10.15am
- 7pm

St Gerard's Carlingford

- 7.45am
- 9.30am
- No evening Mass

Palms for Palm Sunday: Once again we are relying on your generosity to provide palms for the parish to use on Palm Sunday March 24th. We don't need large palms (contact the parish office directly if you have these), but smaller ones which can be cut into pieces for individual use. Please bring them to the church on **Saturday March 23rd**.

Palm Sunday Procession: Every year we have a procession with palms and singing with our ecumenical covenant churches. We invite you to **meet at St Alban's Anglican Church (3 Pembroke St Epping) at 9.30am** for the procession to start at 9.45am. We'll walk together to OLHC in time for 10.15am Mass, or you can continue down Oxford St to conclude at Epping Uniting Church.

Readings

17 MARCH 2024

Jeremiah 31:31-34

Hebrews 5:7-9

John 12:20-30

24 MARCH 2024

Isaiah 50:4-7

Philippians 2:6-11

Mark 14:1-15:47





The **Chrism Mass** will be celebrated at **7.30pm on Tuesday, 26 March at Our Lady of the Rosary Cathedral, Waitara**. The priests of our Diocese gather for this celebration with Bishop Anthony Randazzo to renew their priestly commitment. During Mass, the oils of Catechumens and the Sick are blessed, and the Chrism is consecrated and then taken back to each parish for use in various Sacramental liturgies throughout the year. All parishioners are warmly invited to attend this sacred occasion in the life of our Diocese.



Project Compassion Boxes with your donations to support overseas aid and development through Caritas Australia can be brought back on Palm Sunday or Holy Thursday where they will be included in the procession of gifts. You can also give directly at caritas.org.au



Calling for Singers!

The G Majors are returning for Easter!!

Male singers are needed for the **Stations of the Cross at St. Gerard's at 10am** and for the **Good Friday Passion service at OLHC at 3pm**.

JOIN US

We are singing NEW MUSIC. No auditions are necessary.

Rehearsals: Sunday, March 17 and 24 at St. Gerard's at 6.30pm

Please bring your folders and your voices.

Enquiries: Pat Fernandes at cedpat@internode.on.net or phone 0407908640.



THE LAST WEEKS OF LENT

An Invitation to discover the Sacraments

Within the Catholic faith there are 7 sacraments to bring us closer to God and in doing so, receive his divine grace. We can all embark on this journey at different stages within our lives, some as young babies with the help of our parents and others in adulthood.

You may have some burning questions or just want guidance on where to start. So we invite you to attend an information session to find out more.

Date: Thursday 21st March 2024

Venue: Our Lady Help of Christian's Church Epping

Time: 7:30 - 8:30pm

RSVP: Belinda.shi@bbcatholic.org.au

Stations of the Cross



6pm OLHC Church, Epping
7pm St Gerard's Church, Carlingford

Last Friday before Good Friday:
22nd March

Reconciliation will be available on **Monday 6:30pm - 7:30pm at OLHC** and **Thursday 9:30am - 10:30am at St Gerard's** during Holy Week, in addition to our usual parish Reconciliation times. At St Gerard's on Holy Thursday morning, this will be held within the **Exposition of the Blessed Sacrament**. Reconciliation will also be available on Good Friday after the morning Stations and afternoon Passion liturgies. However, from past experience expect long lines and waits of up to one hour. Instead, you might like to come to reconciliation at one of the usual times:

- Tuesday 5pm – 6pm at OLHC
- Thursday 10am – 10.30 at St Gerard's
- Saturday 8.30am – 9am at OLHC
- Saturday 5.15pm – 5.45pm at St Gerard's



OUR DEVOTIONS TEAM BRINGS TO US:

HOLY HOUR

DIVINE MERCY SUNDAY



APRIL 7
3-4 PM
ST. GERARD'S

Exposition and Adoration of the Blessed
Sacrament, Divine Mercy Chaplet,
Confession and Procession.

Parish Team

Parish Secretary

Marcella Letteri Ph: 9876 2853

Email: Marcella.Letteri@bbcatholic.org.au

Business Manager

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

Joanna Mak Ph: 0404 710 588

Email: Joanna.Mak@bbcatholic.org.au

New Parishioner Engagement Coordinator - St Gerard's

Belinda Shi Ph: 0414 753 362

Email: Belinda.Shi@bbcatholic.org.au

Pastoral Worker - OLHC

Simone Noel Ph: 0414 753 799

Email: Simone.Noel@bbcatholic.org.au

SAINTS AMONGST US

PRIVILEGE AND GENEROSITY:

Is visiting the housebound and bringing them Communion a chore? According to our current parish team, it is NOT! At our coffee gathering this week, I lost count of how many times each of them used the word PRIVILEGE to describe their ministry. The word I would use is generosity... taking time out of their busy lives to drop in for a chat, a prayer, a cup of tea (sometimes in the fancy fine bone china), perhaps the Gospel reading of the day.

Most of the team "fell into" this ministry when a friend or acquaintance requested communion but all have stuck with it. Why? They cite the extraordinary relationship that evolves (sometimes over decades) because Jesus is the initial reason for their meeting and because there is more than just a social connection, there is a spiritual one. "I tell you things that I don't tell anybody else, not even my family". Listening to others' deepest regrets or heaviest grief may seem confronting to me but to our team, that too is a privilege.

Our ministers come home bearing the Holy Spirit's gifts of love, peace, joy but sometimes physical gifts (some more unusual than others 😊): delicate napery embroidered with heart, lemons from the backyard and a showering of gratitude and blessings. Without even thinking of it as generous, our ministers also give: a Christmas card that gets stuck in the letterbox, a precious olive wood cross from Bethlehem that gives comfort at the time of death, help with ironing and sorting of paper messes...

Is this really a privilege? They are adamant: "We see others' faith at the end of their lives. It builds our own faith".

~Simone Noel



SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



FIRST RECONCILIATION 2024

The children are halfway through their preparations! This weekend of the 16th & 17th March, they will be presented at some Masses to receive the Act of Contrition. When you walk past the boards/wall, do have a read the prayers for peace they have written! Please remember to keep them in your prayers and their families too, as they travel this Lent to learn about the greatest love and mercy from God in this Sacrament of Reconciliation.

WANTED: Kids to participate in our Easter Sunday Morning Family Masses



For St Gerard's: please sign your children up via this link - volunteersignup.org/8LQBF by the 24th March.

For OLHC: please sign your children up via this link - volunteersignup.org/JC38J by the 24th March.

Please contact Lynn.Siau@bbcatholic.org.au if you require more information. There will be morning tea after Mass and plenty of Easter eggs! Lots of fun and joy for your family. We can't wait to see you!

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 Tuesday 26th March 2024**. 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. Please note that PDFs will have to be reformatted and the clarity of your notice will be compromised. Do 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

YOUTH MINISTRIES



Cana (Year 6-9): We are meeting on the **22nd March** at St Gerard's in the parish hall **7:30-9pm** for an Easter Egg hunt! **No meeting on 29th March due to Good Friday.** 543 North Rocks Road, Carlingford.



Antioch (Year 10/16 year olds-23 year olds) meets on the **17th and 24th March, 6-8pm** at St Gerard's meeting room. **No meeting on Easter Sunday.**

Contact the new Antioch parent support if you have any questions: Cres & Lui Yparraguirre Mobile: 0449228514



Emmaus young adults (23-30 year olds) - Our young adults group will be meeting at St Gerard's meeting room on the **19th March 7-8:30pm.** The topic will be on motivation.



Annual leave: Joanna will be on annual leave from the **8th-27th March.** For any youth group enquiries in this time, please contact Fr Jim at **Jim.Mckeeon@bbcatholic.org.au**

FROM OUR CATECHISTS



Saint John Paul II's Church of Proclamation:

All the baptised were called to the task of evangelisation, which required every baptised Catholic to develop a personal relationship with Jesus Christ as Lord and Savoir and to commit themselves to being instruments by which others came to know Christ. Evangelisation belongs to the entire Church, not just to religious professionals in the clergy and consecrated life.

The scope of evangelisation is global: it involved deepening the faith where the Church was strong, the re-evangelisation of those parts of an older Christendom that had become lax in their belief, piety and witness; the first evangelisation of places where the Gospel had never been successfully planted, and Christian witness in the worlds of economics, culture, politics, and the mass media.

The proclamation of the good news concerning Jesus Christ as a joyful message is to all the world and that proclamation is what the Church is *for*.



Would you like to take the joyful message of Jesus Christ to our children and young people?

Would becoming a Catechist be your Lent Resolution?

If you are interested to become a catechist or to obtain more information regarding this ministry, please contact **katherine@eppcarl.org.au** for primary school or **trish@eppcarl.org.au** for secondary school or call the Parish Office during office hours at 9876 2853.

FROM OUR PARISH SOCIAL JUSTICE TEAM

Clean Up Australia Day: On March 3rd a few of our parishioners (young ones as well) took part in Clean Up Australia Day as part of social justice commitment to care for our common home which Pope Francis challenges us to do in Laudato Si'. Come and join us next year! Here is what our young parishioner **Liam Hays (11)** had to say:

"On March 3rd, I got to participate in clean up Australia in Epping. I didn't think that we would have much rubbish to collect. However, once we started it at Boronia Park and headed along the train line we found a lot of rubbish. Some people were really happy that we were cleaning up the area and thanked us. It was great to have other people from our Parish helping out. I definitely want to do it again next year and make a difference."



A DELIGHTFUL TESTIMONIAL FROM OUR PARISHIONER – MICHELLE LOVENIA



Hi, I'm Michelle! You might have spotted me behind the piano during Mass or in the pews on Sunday morning. My husband William and I made a joyful leap from Indonesia to Australia in November 2022. Our introduction to St. Gerard's was pure magic: after residing in Carlingford, going to a new church on our first Sunday in Australia, we were greeted with an outpouring warm smiles and cheerful hellos from fellow parishioners, warming our hearts and making us feel instantly at home.

In the following month, I also expressed my interest in accompanying Mass which I have been doing since I was 14. With open arms, I was given the chance to join and help the music ministry. Ever since then, I

have felt really grateful for this newfound community and the joy it brings to our life each week.

Growing up in a Christian family taught me a foundation of faith, love and compassion. Through the teachings and values from my family, I learned the importance of kindness, forgiveness and service to others. Furthermore, entering the Catholic Church has been a journey of discovery, filled with profound insights and spiritual growth. The reverence for Mother Mary and the saints has expanded my understanding of intercession and the communion of Saints. Through reflection and participation in the liturgy, I continue to uncover the beauty and richness of the Catholic faith, enriching my journey of faith and strengthening my relationship with God. I look forward to discover where this journey will take me, and all of this can only happen with the support from God, Fr. Jim, Fr. Aldrin and my dear fellow parishioners."

MORE PARISH NEWS & UPDATES

Ministers of Communion: We are blessed to have many Extraordinary Ministers of Holy Communion in our parish, both sharing Communion at Mass, and taking the Eucharist to the housebound and in aged care.

Australian Catholic University supported by the Australian Catholic Bishops' Conference is offering a 5 week online course for Extraordinary Ministers to deepen our ministers' theological and liturgical understanding.

The parish will sponsor a few of our ministers to do this course. Contact CentreforLiturgy@acu.edu.au and then contact Fr Jim for payment.



menALIVE - Single or married men aged 18 and up. Join us fortnightly @ **St Gerard's parish meeting room from 7:30pm to 8:30pm.** Our next meeting is on:

- 21 March 2024

Contact: phillip.senger@eppcarl.org.au to find out more.

Join the conversation at our parish menALIVE group by clicking on the following link <https://chat.whatsapp.com/KHhr2uNQcBh7HfX4TWOF0j> or via the QR code on the right.



Lenten Programs: Nearly 100 people have been meeting in small groups throughout Lent to read and pray with the Sunday scriptures or to do the First Spiritual Exercises. These groups will conclude in these last two weeks of Lent. Keep an eye out for our next faith formation program called **Metanoia** which we'll be doing on Tuesday nights after Easter, and for training for a team to lead **Alpha** which we'll do in Term 3.



CARLINGFORD CHARISMATIC PRAYER GROUP

Invitation to Come and See!

WHEN: Sundays 11am (after 9.30am Mass morning tea)

WHERE: St Gerard's Church (Children's room at back of church)

STUDY SERIES: 'How to Pray for Someone You Love' by Bruce Downes Ministries

CONTACT: Margaret at 0401 133 368 or via email mtmkelly@optusnet.com.au

CHARISMATIC PRAYER REQUEST MINISTRY



Need someone to pray with you? Our Charismatic Prayer Request Ministry is here for you. Whether you're seeking prayers for yourself or others, for any intention, big or small, we're here to support you.

How to Request a Prayer:

- **Pick up a form** - Prayer request forms are available at the back of the church.
- **Fill it out** - Write down your prayer request. Remember, it can be for any intention, whether for yourself or others.
- **Submit your request** - Place your completed form in the designated box at the back of the church.

Your prayer requests will not only be prayed over by our Charismatic Prayer Group, but will also be passed on to Charismatic NSW, Charismatic International, and Bruce Dowens Ministries on your behalf (tick the 'pass on' box). If you would like the request to remain private, just place an X on the form. God knows your intentions and who you are. All prayer requests are strictly confidential.

Share Your Blessings:

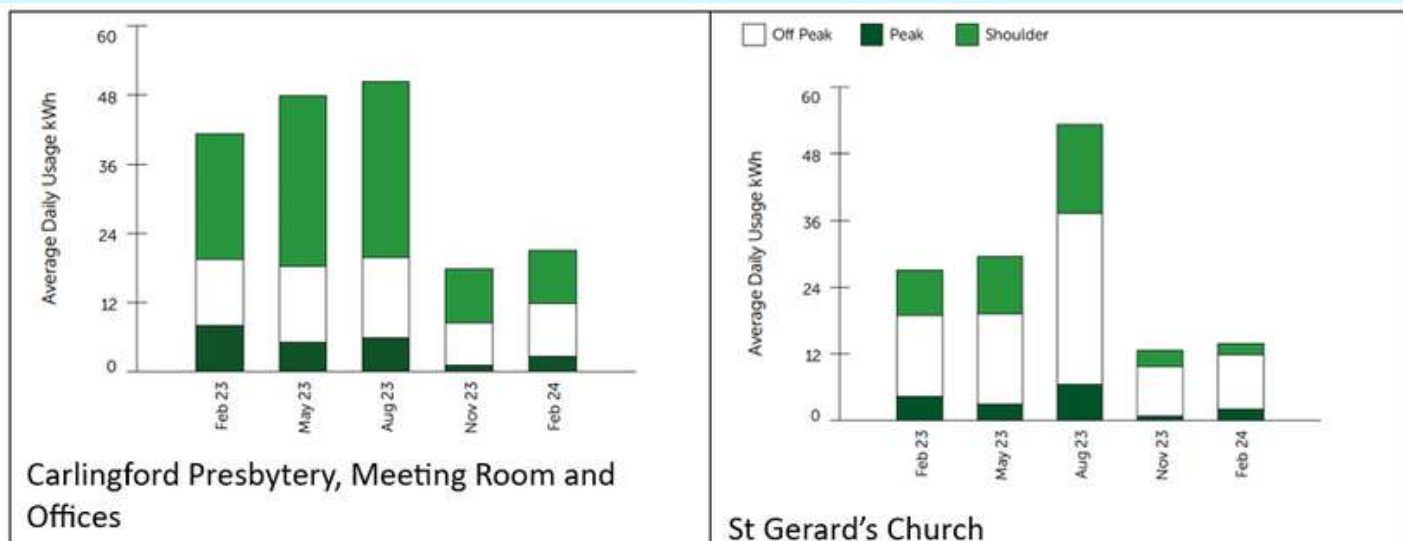
When your prayers have been answered, we invite you to complete a green 'answered' form. We love to hear about the blessings and miracles happening in our community! Remember, you are not alone. Our Charismatic community is here to pray with you and for you in your needs, no matter how big or small. Let us lift each other up in prayer.



Deacon Richard Houwing, our Business Manager, updates:

Benefits of our solar systems

Our energy bills are 49% lower than previously, and we are supplying power to the grid as an alternative to fossil fuel to support the environment. See below:



OTHER NEWS

Celebrations this Week

Lent Week 5

18 March Mon: ST PATRICK (NZ: feast)
19 March Tue: ST JOSEPH,
SPOUSE OF THE BLESSED VIRGIN MARY
23 March Sat: *St Turibius de Mogrovejo*
(commemoration)

HOLY WEEK

PASSION SUNDAY (PALM SUNDAY)

28 March: HOLY THURSDAY
29 March: GOOD FRIDAY
30 March: THE EASTER VIGIL



The Gift of Healing with CHRIS NOONE

"By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus' name and the faith that comes through him that has completely healed him, as you can all see."
ACTS 3:16 NIV

SERVANTS OF JESUS COMMUNITY

OUR LADY OF LOURDES CATHOLIC CHURCH
7 Grantham Road, Seven Hills 2147

6 APRIL 2024

10 am - 4.30 pm

REGISTRATION
FEE

\$20

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

Enquiry contact: Anne M Gatenby agatenby@ccrnsw.org.au

Lunch provided - Collection will be taken up to bless the Speaker



5th Sunday of Lent - 17 Mar 2024

Ps 50:3-4, 12-15 Response: Create a clean heart in me, O God.

Gospel Acclamation: Glory to you, Word of God, Lord Jesus Christ!

If you serve me, follow me, says the Lord; and where I am, my servant will also be.

WEEKEND MASSES

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

WEEKDAY MASSES

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

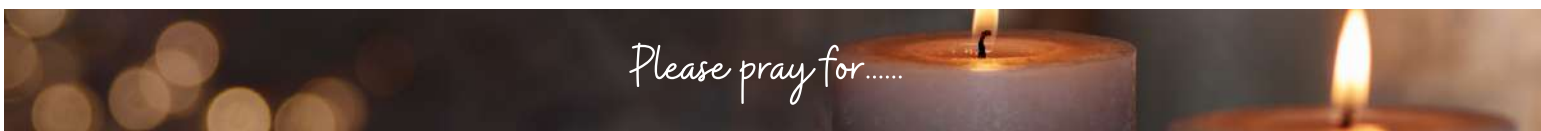
POSTAL ADDRESS FOR THE PARISH OFFICE: PO Box 369, Epping NSW 1710

ST GERARD'S PRIMARY SCHOOL: PH - 7256 2140 Email - sgc@dbb.catholic.edu.au Please note change of phone number

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):

- Dennis Porteous (OLHC Sacristan)
- John Totonjian
- Bev Gibbeson
- Sr. Rosalia Carlon (Marie Saul's elder sister)
- Cohen Hadden
- Peter McArdle
- Katherine Barnett



General Notice for our Prayer List: We would very much appreciate updates so we can inform everyone how things are. Kindly note: we now have a new system for our prayer list. No names will be published indefinitely but they remain on our Prayer Ministry's list until advised by family. We will only publish new requests as they come through each fortnight and they remain published for 2 editions of the bulletin.

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 - Greg Crowley, Jane Sharbean, Richard McCarthy, Paul Grassy, Fay Monk

The family of Paul Grassy wishes to thank everyone for their prayers all these months.

Anniversaries - Brian McCowage, Jane Ng, Fr Matheia Mo, Ming Yang

Also for - Birthday Remembrance for Wendy Slattery (5th March)

PALM SUNDAY OF THE PASSION OF THE LORD - 24 Mar 2024

Ps 21:8-9, 17-20, 23-24 Response: My God, my God, why have you abandoned me?

Gospel Acclamation: Praise to you, Lord Jesus Christ, king of endless glory!

Christ became obedient for us even to death, dying on the cross.

Therefore God raised him on high and gave him a name above all other names.