

Diocese of Broken Bay

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

Assistant Priest: Fr Aldrin Valdehueza
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

Email

parish@eppcarl.org.au

Single Donation

Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)

[Holy Week & Easter Times](#)



Readings

19 MARCH 2023

1 Samuel 16:1, 6-7, 10-13
Ephesians 5:8-14
John 9:1, 6-9, 13-17, 34-38

26 MARCH 2023

Ezekiel 37:12-14
Romans 8:8-11
John 11:1-45



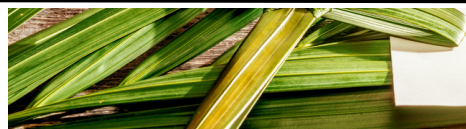
The Catholic Parish of Epping & Carlingford

Lord, I can see...

YEAR A

19 MARCH 2023 FOURTH SUNDAY OF LENT

26 MARCH 2023 FIFTH SUNDAY OF LENT



Holy Week & Easter Preparations



Palms: Palms are no longer commercially available, so we're hoping that there might be some parishioners who would be able to donate some palm, olive or other branches to decorate the churches and for people to wave. Please bring them to either church on **Friday March 31st** or the morning of **Saturday the April 1st**.

Footwashing: Would you like to have your feet washed as a symbol of service at the Mass of the Lord's Supper on Holy Thursday night? There's a sign up sheet in OLHC. People will be approached directly for St Gerard's.

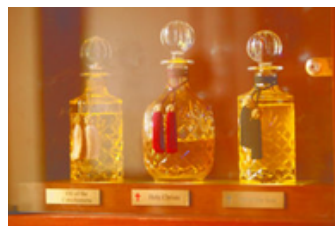
Additional Communion Ministers will be needed for Easter Liturgies. Sign up sheets will be in each church for designated Communion Ministers to volunteer.

There will be supper after the Easter Vigil at St Gerard's. There's a sign up sheet if you can bring a plate.



The Hospitality Team would greatly appreciate your help with setting up and serving supper/refreshments at our Easter Vigil and Easter Sunday celebrations. Please contact Alice So on 0452 372 628 to join our team for Easter!

Palm Sunday procession: As with previous years, we will be joining our ecumenical covenant churches for a procession on Palm Sunday. Come and join us either **after the 8.30am Mass, or before the 10.15am Mass**. Gather at **St Albans' Anglican Church Pembroke St at 9.45am**, then process to OLHC in time for 10.15am Mass, or optionally up to Epping Uniting Church.



The Chrism Mass will be celebrated at **7.30pm on Tuesday, 4 April 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.



Did you know there are more than 150 people taking part in either The Search or the weekly Lenten Program? The Grow pillar of our parish vision is that everyone will take part in at least one activity to grow their faith each year. What will you do this year?

Easter Liturgies:

OLHC Epping

- Holy Thursday 7pm
- Good Friday Stations of the Cross 10am
The Lord's Passion 3pm
- Saturday Easter Vigil 7pm
- Easter Sunday 8.30am, 10.15am and 6pm



St Gerard's Carlingford

- Holy Thursday 7pm
- Good Friday Stations of the Cross* 10am
The Lord's Passion 3pm
- Holy Saturday Morning Prayer 10am
- Saturday Easter Vigil 7pm
- Easter Sunday 7.45am, 9.30am and 5pm

*the church will be open for people with limited mobility to pray Stations privately.

While everyone is welcome to every liturgy, it is worth noting that the Lord's Passion at 3pm on Good Friday is a longer and very solemn service, less suitable for young children. Likewise the Easter Vigil is a longer service.

Stations of the Cross at St Gerard's will be an outdoor procession again this year, which we think might be more engaging especially for children who find it hard to sit still. This will go ahead regardless of weather. The church will be open for people with limited mobility who could not stand for 45 minutes or walk 200 meters to pray the Stations privately.

The Easter 8.30am and 9.30am Masses will include children's involvement as usual, and the Sunday evening Masses at both churches will be tailored to teenagers and young adults and their families.

THE LAST WEEKS OF LENT

Lenten Ecumenical Liturgies: We hosted the first of our annual Lenten Liturgies of the Word at OLHC this month with our neighbouring Christian churches. Join us -

- March 21st Epping Uniting Church Preacher: Rev Phil Lui
- March 28th St Alban's Anglican Preacher: Fr Jim McKeon

This week's liturgy from Epping Uniting Church will be livestreamed at

[https://us02web.zoom.us/j/969005918?](https://us02web.zoom.us/j/969005918?pwd=ZktPVE1mcXJNVVFJWVG9oejZGZWZQT09)

[pwd=ZktPVE1mcXJNVVFJWVG9oejZGZWZQT09](https://us02web.zoom.us/j/969005918?pwd=ZktPVE1mcXJNVVFJWVG9oejZGZWZQT09)

Meeting ID: 969 005 918 and Passcode: 000560



Reconciliation will be available after the 9.30am Masses on Monday and Wednesday during Holy Week, in addition to our usual parish Reconciliation times. Reconciliation will also be available on Good Friday after the morning Stations and afternoon Passion liturgies.



Stations of the Cross are held on Friday evenings during Lent at:

6pm St Gerard's Church, Carlingford
6pm Our Lady Help of Christians' Church, Epping

The remaining dates are:

- 24 March 2023
- 31 March 2023



Palm Sunday

Please join us for a Palm Sunday Special Service at
The Stations of the Cross

Macquarie Park Cemetery and Crematorium
Sunday 2 April 2023

Gather from 2pm for a 2.30pm service
In association with The Holy Spirit Parish, North Ryde
Parking available nearby and close to the new
Mausoleum of the Holy Way and at Ascension Hill, with a
short stroll to The Stations of the Cross.
Undercover seating at The Stations of the Cross.

Macquarie Park Cemetery & Crematorium
Cnr Delhi and Plassey Road, North Ryde NSW 2113 Phone:
02 9805 0499 info@nmclm.com.au nmclm.com.au

OLHC UPDATES

OLHC Redevelopment: The majority of piling and capping beam works are now complete and Richard Crookes Constructions commenced bulk excavation and installation of ground anchors in mid-February. Bulk excavation will continue throughout March. New temporary toilets have been installed on the southern side of the church. We had requested the builder to assist with installation of air conditioning in OLHC Church this year. They have advised us that this cannot take place as it may trigger undesired building code upgrades to the Church which at present are not part of the scope of works which require ongoing approvals and construction certificates. We will be able to do this installation separately after practical completion of the parish and school buildings next year. Photos below to share; it is going down 12.5m! *Photo credit: Dennis Porteous.*



View from the Sacristy looking down towards Cambridge Street



View looking up to the church from Cambridge Street

OHLC Organ: Many people will have noticed recently that the organ at OLHC is failing due to age, with loud electrical static sounds often occurring after an hour or so of use. We have tried upgrading the electricity supply to the organ with a power conditioner, but this did not solve the problem. The replacement component that we have now identified needed for this type of organ (Ahlborn Galanti) is no longer available. We are exploring what options are available to us.

Parish Team

Parish Secretary

Dennis Porteous Ph: 9876 2853

Email: Dennis.Porteous@bbcatholic.org.au

Parish Facilities & Operations Coordinator

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 & 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 - OLHC

Serena Kozanic Ph: 0414 753 799

Email: Serena.Kozanic@bbcatholic.org.au

New Parishioner Engagement Coordinator - St Gerard's

Belinda Shi Ph: 0414 753 362

Email: Belinda.Shi@bbcatholic.org.au



A bouquet of thanks to each and every one who came, and to those who worked behind the scenes, you made our **World Day of Prayer** a joyful prayer service for the people of Taiwan. Our numbers doubled the attendance from last time, and we were able to offer warm and welcoming hospitality to our visitors (and there were nine different churches present) – as a community we were at our beautiful best. Together the responses to the prayers was strong as was the uplifting hymns in full voice. We enjoyed hearing how God had led Joan in her life and we enjoyed the generous spread of delicious food afterwards. Our parish did itself proud. Earlier in the morning Paula, a parishioner who comes from Taiwan, thanked us for praying for her country. Praise God, the people of Taiwan felt the warmth of our thoughts and prayers for them that day.

~ Lorraine Lobsey



FIRST RECONCILIATION 2023

We move into our concluding session this week where we examine how sometimes our poor choices of words and actions hurt others, how we are all connected and why hurting others and ourselves also hurts God. We remind the children throughout their preparation that we are created in God's Image and therefore we must always try our best to be as good as Jesus.

We will also look at what happens during the Reconciliation Liturgy in the Second Rite, explain why we celebrate this Sacrament with a reading from the Gospel of John "The Peace of Christ" and that it is a source of healing and help which we can turn to throughout our lives.

Please keep the children and their families in your prayers as they undergo their preparation for Reconciliation. May they fully understand that being able to receive this Sacrament is ultimately being a privileged recipient of God's love and mercy!

FIRST EUCHARIST 2023

Enrolment for First Eucharist will open on Saturday, 1st April. In our Diocese of Broken Bay, children who have celebrated the Sacraments of Baptism, Confirmation, undergone preparation for Reconciliation and who are currently in Year 4 or above are invited to enrol.

Lynn Siau

Coordinator of Children's Ministries, Sacramental Programme & Communications

Lynn.Siau@bbcatholic.org.au

Family Kidz Mass - Easter Sunday



Please contact Lynn (details below) if you would like your child to be assigned a role to lead in prayers, the Easter mime and processions.

At OLHC, the 8:30am Mass is now the family-children focused Mass. If your children would like to help out by participating in roles like Offertory processions, reading of prayers or singing, please contact Serena.Kozanic@bbcatholic.org.au or call Serena at 0414 753 799.

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 29th March 2023**. 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 remember to provide an email address, a contact name and number in your article. Thank you.

Other ways to connect:



FACEBOOK



INSTAGRAM



GRACE RADIO

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 the form on our website: bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter

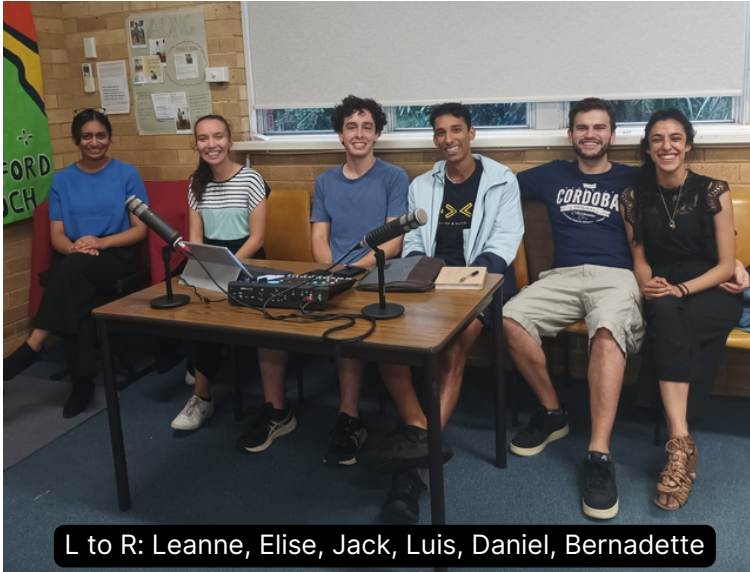
YOUTH MINISTRIES



the parish hall watching The Search, dinner provided!

Emmaus young adults (23-30 year olds) - Our young adults group will next meet on the **21st March, 7-8:30pm**. We will be in

Let's meet some of the amazing team members behind the GRACE podcast:



L to R: Leanne, Elise, Jack, Luis, Daniel, Bernadette



Cana (Year 6-9) - Cana is on the **17th and 24th March, 7:30-9pm**. Join us weekly on Fridays during the school term. 543 North Rocks Road, Carlingford - entrance via North Rocks Rd.

We launched a **brand NEW parent youth group**. The next one will be on the **24th March** at St Gerard's meeting room - free dinner provided and we will watch 'The Search'. Cana kids will also have free dinner. It will be a **Mexican themed dinner** for Cana youth and parents!



Antioch (Year 10/16 year olds- 23 year olds) - Antioch will meet on the **19th and 26th March** in the Antioch meeting room.

Contact the parent support if you have any questions: Kirk Koelmeyer (0420 874 824) or Louise Koelmeyer (0404 496 554).



Tap me to listen to the latest episode!



We also have Facebook groups for Antioch and Emmaus.

If you would like to join or would like more information on any of our 3 youth groups, please contact the Youth Minister, Joanna Mak on 0404 710 588 or email her at Joanna.Mak@bbcatholic.org.au

PARISH SUPPORT FOR REFUGEES AND ASYLUM SEEKERS

Social Justice: This month Fr Jim, Mark Smith and Phillip Vassallo from the Parish Social Justice Team, along with members of our parish and our St Vincent de Paul conference joined with 1000 people at an election forum led by the Sydney Alliance and hosted by Bishop Vincent Long.

The forum was attended by Catholics, other Christians, people of other faiths and civil society groups to speak with one voice to NSW Treasurer Matt Kean and Shadow Treasurer Daniel Mookhey about shared issues of justice including affordable housing, rental rights, clean energy and energy costs. Both were asked to commit to a number of issues including ending "no grounds" evictions which cause instability and distress particularly for low income families.

The treasurer said he couldn't commit to this, but just three days later the NSW Government announced they would commit to replacing 'no grounds' evictions with a set of 'reasonable grounds' for terminating periodic tenancy agreements based on community consultation.

This shows the power of the Church's advocacy when we join with other groups and speak with one voice. www.sydneyalliance.org.au may be a coalition which we as a parish can join. Pictured above are Matt Kean and Daniel Mookhey on stage with Bishop Vincent Long and other leaders.



GIVE

MY LENTEN PROMISES

Lent is a time of giving, prayer and fasting. Kids under the age of 14 are not required to fast from food, but there are other ways to make this time in Lent special and holy. Here are some ideas to get you started. Can you add to the list?

- Give up sibling rivalry.
- Take on unloading the dishwasher without being asked.
- Take on feeding the family pet
- Give up that pile of laundry that is all over your bedroom floor
- Give up chocolate.
- Give up saying "no" when your parent asks you to help them
- Give up looking at your phone/tablet during meals
- Take on telling your family members one good thing every day



The
Catechists/Catholic
SRE teachers wish you
and your families a
Holy Lent and a
Blessed Easter!

Please use the link below to receive your Lent and Easter children activity booklet with a special message inside from your Catechists.

https://issuu.com/bbcatholic/docs/lent_and_easter_booklet_2

Our catechists reach out to hundreds of students in 9 Public State Schools in our Parish with Special Religious Education (SRE) classes.

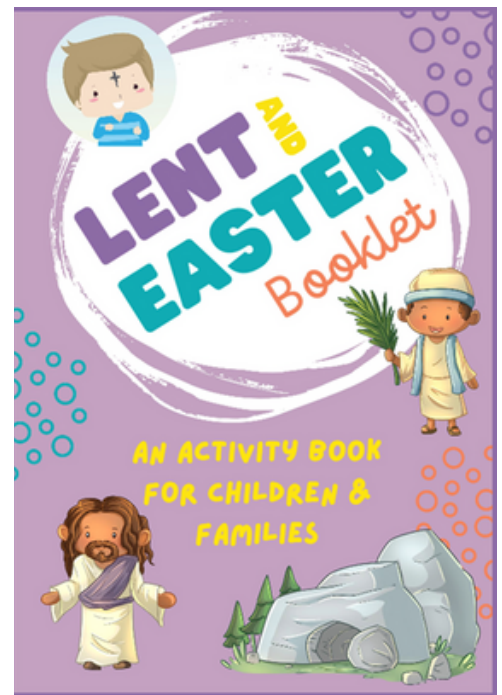
Primary Schools

- Epping Public School (Tuesday : 9:20, 9:50am)
- Epping North Public School (Thursday : 2:10, 2:40pm)
- Epping West Public Schools (Tuesday : 11:40am, 12:10, 12:40pm)
- Epping Heights Public School (Friday : 9:10am)
- Murray Farm Public School (Tuesday : 9:00, 9:40, 10:20am)
- Roselea Public School (Wednesday : 11:30am, 12:05, 12:30pm)

Secondary Schools

- Carlingford High School (Wednesday : 10am, 11am)
- Cheltenham Grils School (Thursday : 10am)
- James Ruse Agricultural High School (Wednesday : 2pm)

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.



OTHER NEWS & NOTICES

Catalyst for Renewal Reflection Morning: We gather again in the **parish hall of Hunters Hill on Saturday, April 1st. 9.30 - 12.30pm**. Sister Michele Connolly RSJ will lead our reflection. I can't recommend Sr Michele too highly. She is a gifted speaker and teacher. No need to book. We do ask for a donation. Tea & Coffee provided. A time to be still. Enquiries Carole Wilson 9869 1036. Come and See.

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.

Celebrations this Week

4th Week of Lent

20 Mar Monday: ST JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

23 Mar Thursday: *St Turibius de Mogrovejo* (commemoration)

25 Mar Saturday: THE ANNUNCIATION OF THE LORD



Over the past couple of weeks we have been delighted to welcome so many beautiful children into the parish as well as several families preparing for the Baptism of their children. Koa Bolsdon, Angela & Matthew Lee were Baptised at St Gerard's late last month. Elsie Anne, Mila, Luka and Rivaan Nathan will make preparations in the coming weeks to be baptised themselves.

We ask and pray that the gift of the holy spirit be bestowed upon these families as they embark on their journey with God.



Koa Bolsdon and family



Angela and Matthew Lee and family

Multicultural Ministries: We have such a rich mix of cultures in our parish. It is good that there are people from all cultural backgrounds involved in every area of parish life. There might also be the opportunity for people to come together as cultural groups and to contribute as part of that group. There are parishes where, for example, a Filipino choir sing at Mass once a month, which allows a couple of songs familiar in that culture to be sung, alongside hymns already familiar in Australia. Morning teas are another area where a particular culture might contribute in a unique way. If you would like to be part of a choir or a morning tea group from your culture, contact Fr Jim.



Elsie Anne, Luka, Mila and Rivaan Nathan with their parents.

March for the Unborn: The **Feast of the Annunciation** is a day to reflect on all unborn children as we celebrate the conception of Jesus. **St Mary's Cathedral** is hosting the annual Day of the Unborn Child on **Sunday March 26th**. The day begins with Mass at 10.30am, the Angelus at 12pm and then prayerful street procession led by Archbishop Fisher and an address at Parliament House before concluding with Benediction at 1.30pm. See www.lifeandfamily.com.au to find out more. See event advertised on Facebook: <https://fb.me/e/JQUISM4W>

... I will not forget you. I have carved you on the palm of my hands - Isaiah 49

Day of the Unborn Child

Sydney, Sunday
26 Mar 2023

St Mary's Cathedral, Sydney
10:30am Mass
12 noon Street Procession
1:30pm Benediction

Marriage Enrichment Weekend: Learn to live your best life in love! Join us on **14-16 April 2023**

At **Mt Carmel Retreat Centre, Varroville, NSW**, a stunning & tranquil oasis on the edge of Sydney.

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

or email: nswwbookings@wwme.org.au

**The Lord is my shepherd;
there is nothing I shall want.**

**I am the light of the world, says the Lord;
whoever follows me will have the light of life.**

WEEKEND MASSES

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

WEEKDAY MASSES

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
EPPING	No Mass	*	5:00pm	*	*	9:15am	
CARLINGFORD	9:30am	No Mass	9:30am	9:30am	9:30am	No Mass	

EXPOSITION OF THE EUCHARIST: Epping Wednesday 5:30-6:30pm and Saturday 9:45-10:15am,
Carlingford Thursday 10-10:30am

SACRAMENT OF RECONCILIATION: Epping Wednesday 5:30-6:30pm and Saturday 9:45-10:15am,
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 MAJELLA'S PRIMARY SCHOOL: PH: 9871 1633 **Email:** sgc@dbb.catholic.edu.au

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

 **Healing Mass: 1st Tuesday of the month at St Gerard's Meeting Room, Carlingford**
***Tuesday, Thursday & Friday Mass at OLHC on hold till further notice.**

Please pray for.....

For those who are sick and suffering:

- Nancy Walker (family of Eileen Nicoll)
- Martin McGuire (family of Eileen Nicoll)
- Cohen Hadden (family of Pat & Margaret McArdle)
- Graham Yeates
- Dennis Porteous (our Parish Secretary)
- Eric Yeung (brother of Goretti Yeung)
- Margaret Floyd
- Graham Kelly
- Veronica Kemp
- Ethan Seng Mestanza (Mario and Graciela Mestanza's grandson)
- Maureen Carlon (Marie Saul's sister)
- Kevin Saul (Marie Saul's nephew)
- Marie Saul
- Yolanda Calderone
- Loreta Rosario



Ann Campbell wishes to thank everyone for the prayers for her cousin, Sandro, RIP. His suffering is over and he is now resting in God's loving embrace.

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

Recently deceased - Edward Sinha, Augustine Tan

Please pray for Margaret Maher who died on Monday 13th March. Margaret was a long-term parishioner, devoted to her faith, an avid supporter of the St Vincent De Paul Society, and a member of the Adult Choir for many years. She would have turned 93 this week.

Anniversaries - Manuel Restar, Arcenio Mopia

Also for - Mary Anne, Anthony, Maureen & Hugh Mulligan