

Diocese of Broken Bay

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Our Lady Help of Christians'

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YEAR A

2 APRIL 2023 PALM SUNDAY OF THE PASSION OF THE LORD

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.

No 9.30am Mass on Holy Thursday April 6th.

No 9.15am Mass on Easter Saturday April 8th.

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 on Good Friday 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. We will gather in the lower carpark, adjacent to the hall. **Carpark gates will be closing after 9.50am** to ensure pedestrian safety, so please arrive early. This will go ahead regardless of weather. The church will be open for people with limited mobility who are unable to stand for 45 minutes or walk 200 meters, to pray the Stations privately.

The **back gate** onto Roselea Way will be open for Easter services at St Gerard's.

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.

Fasting on Good Friday: Good Friday is a day of fasting, including abstinence from meat. BUT - Bishop Anthony's Lenten Penance notice highlights that "This Lenten Practice is not to be a burden



Readings

2 APRIL 2023
Isaiah 50:4-7
Philippians 2:6-11
Matthew 26:14 - 27:66



cont'd... "Fasting on Good Friday"

upon those who have health issues or special needs". This is also true of the one hour fast before receiving Communion. Many people remember the time when this discipline was to fast from midnight, and still attempt to do this, but this can be problematic for older people who need to maintain their hydration and blood sugar levels. Please be gentle with yourself. The fast is for an hour before Communion, not the start of Mass, meaning that it should be quite possible to have breakfast before coming to Mass, and arrive replenished and ready to engage fully in Mass.

The strict fasting of Good Friday (skipping a meal, having only light meals, etc) including abstinence from meat applies to people aged 14-60 only. Perhaps a greater fast for many of us might be from all screens and entertainment, to let the day be one of quiet reflection on what Jesus has done out of his love for us.



A vibrant yellow and pink poster for a Happy Easter Family Mass. At the top left is a sunburst with a cross. The text 'PRAISE & WORSHIP & EAT AFTER!' is at the top. The main title 'Happy EASTER' is in large, colorful letters with bunny ears on the 'H'. Below it, 'FAMILY MASS' is on a yellow banner. A blue banner says 'EVERYONE IS WELCOME'. The date and time '9TH APRIL 2023 8:30AM' are in a yellow box. The location 'OUR LADY HELP OF CHRISTIANS, EPPING' is at the bottom, with an email to sign up: Lynn.Siau@bbcatholic.org.au. A small 'CONNECT' logo is on the right.



A poster for an Easter Family Mass set against a background of a basket of colorful Easter eggs. The word 'EASTER' is in large white letters. Below it, '9:30AM FAMILY MASS' is in yellow. A text box says 'The Easter Sunday morning tea and the EGGHUNT is on after Mass on school grounds!'. The date and location 'SUNDAY 9 APRIL 2023 ST GERARD'S CARLINGFORD' are at the bottom in yellow.

Please contact Lynn.Siau@bbcatholic.org.au if you would like your child to participate in either Easter Sunday Family Kidz Mass. The children can read prayers, be involved in the Gospel mime, or one of the processions. There will be a generous spread of a sumptuous morning tea after Mass and plenty of Easter eggs! Lots of fun and joy for your family. ❤️

MONEY COLLECTIONS & HOSPITALITY

a) We will take up a cash collection at all Easter Masses and this will be divided equally between the First Collection (supporting the bishop and priests of our diocese) and the Second Collection (supporting all of our parish ministries). **We need volunteers to take up the collection.** Please put your name on the list at the back of the church.



b) Please return your Project Compassion boxes or envelopes to the church on Holy Thursday night or Easter Sunday. If you wish to claim a tax deduction please count the money in the box and put your details with it.

c) We will take up the annual collection for the Holy Land on Good Friday. Envelopes will be on the seats.

Hospitality at St Gerard's: Would you bring a plate for supper after the Easter Vigil or the 9.30am Masses at St Gerard's? Please put your name on the list at the back of the church.



For OLHC, those who are able to assist to please contact Felicity on fmkm100@gmail.com or Therese on olhceppingministry@gmail.com





**Sunday
16th April**
3PM ST GERARD'S CHURCH
DIVINE MERCY

Divine Mercy Sunday is celebrated on the second Sunday of Easter and 8 days after the passion, death, and resurrection of Jesus Christ, where the gift of mercy is given freely to all. **At St Gerard's**, there will be a **3pm service on the 16th April** where the chaplet and prayers of Divine Mercy will be said, and confessions heard. Jesus promised a profound and immense grace to those who would celebrate the feast of Divine Mercy.



YOUTH CORNER

**YOUTH SPORTS TOURNAMENT
AGES 12+
16TH APRIL 6-8PM,
SUNDAY
AFTER THE YOUTH
MASS**

**Basketball
Table tennis
Futsal
Ultimate Frisbee**

@Parish Hall, St Gerard's
For any questions, contact the Youth Minister, Joanna Mak on Joanna.Mak@bbcatholic.org.au or 0404 710 588



Antioch (Year 10/16 year olds-23 year olds) - Antioch will have our **Easter egg hunt on the 2nd April!** We will be running events in the school holidays including our **sports event on the 16th April and laser**

tag outing on the 23rd April. (Note: no Antioch meeting on Easter Sunday, 9th April) Contact the parent support if you have any questions: Kirk Koelmeyer (0420 874 824) or Louise Koelmeyer (0404 496 554).



Cana (Year 6-9) is on a break. We resume on the **28th April**. Come join us for our youth sports event on the 16th April, 6-8pm! Details above.



Emmaus young adults (23-30 year olds) - Our young adults group will next meet on the **4th April, 7-8:30pm**.

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

OTHER NOTICES

Celebrations this Week

PASSION SUNDAY (PALM SUNDAY) - HOLY WEEK

6 Apr Thursday: HOLY THURSDAY

7 Apr Friday: GOOD FRIDAY

8 Apr Saturday: THE EASTER VIGIL

9 Apr Sunday: EASTER SUNDAY

Mt Carmel Retreat Centre, Varroville, NSW, a stunning & tranquil oasis on the edge of Sydney. Book online at www.wwme.org.au Contact **Christine & Terry Mahony**: 0490 774 419 or email: nswbookings@wwme.org.au

Parish Team

Parish Secretary

Dennis Porteous Ph: 9876 2853

Email: Dennis.Porteous@bbcatholic.org.au

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Richard Houwing Ph: 9876 2853

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Michael Davies Ph: 9876 2853

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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

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 **before 10am on Tuesday 4th April 2023** to Lynn.Siau@bbcatholic.org.au. Kindly understand I am unable to accommodate late submissions. Do remember to provide an email address, a contact name and number in your article. Thank you.

Other ways to connect with us:



FACEBOOK



INSTAGRAM



GRACE RADIO



WEBSITE

PLEASE NOTE: There will not be a Healing Mass in April. Please join us on the 1st Tuesday in May, the **2nd May for the Healing Mass at 10.00am** in the meeting room at St Gerard's. All are welcome. If you are able please bring a plate to share for morning tea.



Marriage Enrichment Weekend:

Learn to live your best life in love!

Join us on **14-16 April 2023** at

Responsorial Psalm Response

Palm Sunday Passion of the Lord – 2 Apr 2023

Ps 21:8-9, 17-20, 23-24

Gospel Acclamation

Palm Sunday Passion of the Lord – 2 Apr 2023

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.

My God, my God, why have you abandoned me?

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 will not be held in April due to preparations for Easter celebrations.

***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



Thank you for your prayers for all our brothers and sisters who are on our prayer list. They are strengthened by our united prayers for them. In case you did not know this, our parish also has a Prayer Ministry group on Facebook. This was established in 2020, when we went into our first lockdown. It still remains active today with occasional prayer requests that come through the office via email or directly posted on this private group. Please feel free to join if you would like to pray for someone or for your own intentions: <https://www.facebook.com/groups/2660800900909668>

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

Recently deceased - Margaret Maher, Lyn Parker, Cedric Fernandes (husband of Pat Fernandes), Jan Doherty

Anniversaries - Maureen Vierboom, Patrick Murphy (Rachel & Stephen's boy), Basil Connors, Patrick Flanagan, Gnanapragasam, Norm Bampton, Ivana Trump