

# Diocese of Broken Bay

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

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The Catholic Parish  
of Epping & Carlingford

## Our Lady Help of Christians'

31 Oxford Street, Epping

## St Gerard Majella's

543 North Rocks Road, Carlingford

## Phone

02 9876 2853

## Website

[bbcatholic.org.au/eppingcarlingford](http://bbcatholic.org.au/eppingcarlingford)

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## Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



## Readings

21 AUGUST 2022  
Isaiah 66:18-21  
Hebrews 12:5-7, 11-13  
Luke 13:22-30

28 AUGUST 2022  
Ecclesiasticus 3:17-20, 28-29  
Hebrews 12:18-19, 22-24  
Luke 14:1, 7-14

YEAR C

21 AUGUST 2022 TWENTY-FIRST SUNDAY IN ORDINARY TIME  
28 AUGUST 2022 TWENTY-SECOND SUNDAY IN ORDINARY TIME

## Faith @ Home

Our homes are the centre of our lives and so at home is where much of our faith will be lived out. Our hope is to encourage and empower you with these resources for you and your family to pray at home each day, personally, and with your children. When you live your faith at home in this way your family becomes a "domestic church" which connects to the bigger church with whom we worship God together on Sunday.

This weekend, we launch "Faith@Home" and we invite all the children to come forward after Holy Communion to pick up a prayer card with a magnet attached behind it. There will be a new prayer and design each week for you to collect. We hope this will encourage you and your family to spend a few valuable minutes together in conversation with God. A big thank-you to Natasha Boswell, Richard Houwing and the PPC for bringing this idea to life!



**Morning Teas:** Thank you to Lorraine Lobsey who has coordinated morning teas at St Gerard's for many years, and to Alice So who is now taking up coordination of this ministry. Thank you too to all the dedicated volunteers at both churches including Kate Falzon who coordinates at OLHC. Hospitality like this is such an important piece of building community, and we are glad that we now have morning tea every week after the 9.30am and 10.15am Masses, and supper after the 5pm Sunday Mass. *We'd like to extend our hospitality ministry to now include the 8.30am Mass at OLHC.* We'll start with once a month, and with enough volunteers we can hold this more often too. Come and say hello to Elena, Ted, Mila and Dani this Sunday or to Felicity and her team on Sept 4th if you'd like to get involved too.



**Move It On:** We would like to thank Move It On, who were also present at St Gerard's alongside Arnie's Recon on Sunday August 7th. Move It On collected recyclables (X-ray films, batteries, CDs, DVDs, light globes and hard plastic). These were all taken to the Thornleigh recycling depot on Sefton Road at Thornleigh. Huge thank-you to Kathy Bradford, our parishioner, who is also the administrator of the Move It On group on Facebook.

For those interested in finding out more or would like to join the group, please visit: [facebook.com/groups/MoveItOnNorthEpping/members](https://facebook.com/groups/MoveItOnNorthEpping/members)

GOODBYE

This week we will farewell **Marie and Laurie Byrne** at the 8.30am Mass at OLHC. Marie and Laurie and their five children Martin, Angela, Tom, Laura and Jeremy have been part of our parish for 30 years and have been deeply engaged in a range of ministries, including St Vincent de Paul Society, Communion to the Sick, Catechists, Ministers of the Word and of Communion, Prison Ministry and Christian Meditation. Marie was a parish Pastoral Worker for a time and Laurie was a Catholic educator. They have made such a significant contribution to the parish, particularly at OLHC, and we wish them well as they move to Wahroonga.



## SOCIAL JUSTICE FORUM

**Caring for God's Creation:** On Sunday Aug 7th we had a social justice forum led by Gavin Hays and Phillip Vassallo focussing on the care of creation drawing from Catholic Social Teaching and particularly the encyclical Laudato 'Si. We explored a range of actions with strong enthusiasm for projects to include the parish's energy efficiency, reducing waste and increasing recycling, and planting native trees and shrubs. Some of these can be actioned immediately, such as signs on all heaters to heat only to 22 degrees in winter and to cool only to 24 degrees in summer, as every additional degree makes a significant difference to power consumption (which saves money also), and having additional garbage bins at parish morning teas to sort for recyclables (coffee cups can be recycled at specific sites, just not in your yellow bin). Other projects such as an energy audit of the parish and installation of solar panels will take longer but will now be pursued.

Lisa Saunders from Arnies Recon also spoke about the environment. You can view it here on YouTube: <https://youtu.be/PkeWrBKuEcw>



White goods recycling at St Gerard's car park



Social justice forum

## ST GERARD'S 50TH ANNIVERSARY CELEBRATIONS - MINISTRIES

### *The Antioch Story - 1983 to 2022*

The Antioch program was first developed at the University of Notre Dame, Indiana, USA in the 1960s for use on university campuses. In 1973, three Sydney teenagers who attended the retreat in the US brought it back to Australia and adapted it for high schools and in parishes. Antioch has existed in Carlingford Parish since 1983 and has continuously run for 39 years in our parish!

The program is youth-led and for young people from Year 10 upwards to 23 years old. The group meets **every Sunday from 6-8pm at St Gerard's Parish Meeting Room**, with monthly game/social nights.

Antioch aims to give young Catholics a supportive community, and a chance to develop their faith with friends. They run an annual weekend retreat each year and regular Sunday meetings include music, talks, share groups, prayer, games and food. The youth also help out within the parish community in a number of ways: helping lead the Youth Mass, Good Friday plays, singing Christmas carols at nursing homes, supporting Vinnies in clothes appeals and delivering Christmas hampers, donating supplies for JRS, running parish trivia nights, sponsoring a child and a whole lot more!

Contact the Youth Minister, Joanna Mak on 0404 710 588 or [Joanna.Mak@bbcatholic.org.au](mailto:Joanna.Mak@bbcatholic.org.au) if you want to know more about Antioch gatherings.

..... continued from previous page - **The Antioch Story**

Below: Rachel F. reflects on her Antioch years  
(Antioch member since 2012)

A line from a homily by Father Peter sums up the idea behind Antioch very aptly: 'A coal placed with others in a fire will always remain warm, but that which is placed on the mantelpiece will grow cold.' Antioch is a place where the hearts of young people in our Parish remain warm, kindled by the fire of the Holy Spirit in the hearts of those around them. It is a place where young people are welcomed unconditionally, and where people can learn to love themselves and others more fully. I think the reason for Antioch's longevity and success over 39 years is mainly from the loving, fun and caring environment that is unique to only Antioch. A place where people can explore and nurture a part of themselves that is often overlooked by society but essential to growing closer to God. It is a place where young people can share their life experiences and learn from those of others to feel supported and connected throughout all of life's triumphs and difficulties. I am so pleased and happy to have been a part of Antioch for over 8 years.

~ Rachel F.



## Parish Team

### Parish Secretary

**Dennis Porteous** Ph: 9876 2853

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

### Parish Facilities & Operations Coordinator

**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 & Communications

**Lynn Siau** Ph: 9876 2853

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

### Youth Ministry Coordinator

**Joanna Mak** Ph: 0404 710 588

Email: [Joanna.Mak@bbcatholic.org.au](mailto:Joanna.Mak@bbcatholic.org.au)

### New Parishioner Engagement Coordinator - OLHC

**Serena Kozanic** Ph: 0414 753 799

Email: [Serena.Kozanic@bbcatholic.org.au](mailto:Serena.Kozanic@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)

### Bookkeeper:

**Karen Price** Ph: 9876 2853

Email: [Karen.Price@bbcatholic.org.au](mailto:Karen.Price@bbcatholic.org.au)

### Parish Pastoral Council:

If you have any questions, comments or feedback for the Parish Pastoral Council then please send an email to [ppcsecretary@eppcarl.org.au](mailto:ppcsecretary@eppcarl.org.au)

### After Hours Sick Calls - 9876 2853

Outside office hours our office phones divert to Fr Jim and Fr Vincent. In the event that they are unavailable, please listen carefully to the instructions in the message recorded for you or ring the number given in the message.

## SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES

**Confirmation 2022:** We move into our final 2 weeks of preparation before the big day on *Saturday 3rd September*. This weekend the candidates will attend the Presentation of the Creed which will take place during select Masses at both churches and the following weekend they will come together to renew their Baptismal vows. Bishop Anthony will preside over the celebration of Confirmation at both our churches: *10am at St Gerard's and 1pm at Our Lady Help of Christians*. Please keep us all in your prayers. The following are a few snaps of our gorgeous candidates' activities:



Called by Name: The Annunciation

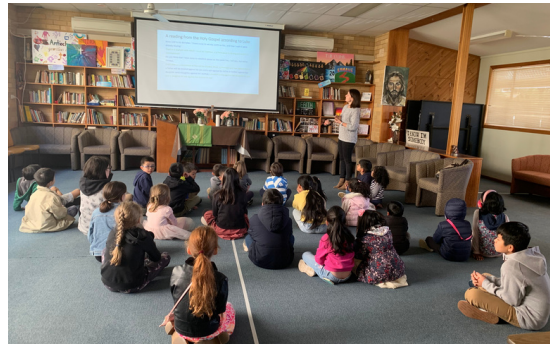
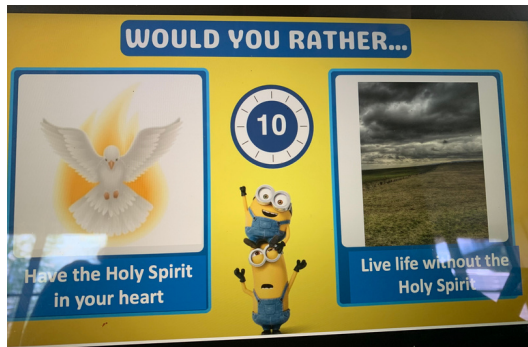


'Confirmation Wall' inside the church

**Kidz Word at St Gerard's during the 9:30am Mass is always fun whilst our awesome leaders engage the children in activities that relate to the Sunday's Gospel.**

Last week, **Kidz Word** was all about how God gives us a choice to live our lives with the guidance of the Holy Spirit. Children played the game of "Would you rather?" with a minion theme. It was great to see all children choosing the side of the Holy Spirit in this exciting and active game. We had lots of fun colouring in and solving crossword puzzles that were based on the Gospel.

**~ Hannah & Sabitha, last week's leaders**



We always love hearing from you! If you have any family stories to share, any queries on our Children's Ministries or Sacramental Programme, please feel free to send Lynn an email at [Lynn.Siau@bbcatholic.org.au](mailto:Lynn.Siau@bbcatholic.org.au)

## 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 31st August 2022**. 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.



### 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](http://bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter)



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## YOUTH MINISTRIES

### World Youth Day update:

- We will be selling our parish cookbook after all Masses on the 20th and 21st August. All funds raised help our pilgrims attend World Youth Day in Portugal, 2023. It can be a great gift for the family or friends and only \$30. There are over 30 recipes, with 5 Priests sharing their recipes. You can pre-book your cookbook by emailing [Joanna.Mak@bbcatholic.org.au](mailto:Joanna.Mak@bbcatholic.org.au)
- Are you between 18-30 years old and interested in attending World Youth Day in Portugal 2023? There will be an information night on the 23rd August 6:30pm at The Light of Christ Centre, Waitara. You can also keep up to date by registering your interest at <https://bbwyd.org.au/>
- Meet another of our potential pilgrims who shares why he is excited about WYD:

### Getting to know your 5 World Youth Day pilgrims

Olá! I'm Luis, from Antioch. I can't wait to join the youth of our parish in the journey together across the world to WYD in Lisbon!!

This parish has given so much to me and allowed me to contribute to the community. I feel so blessed to be able to play music for Mass. I love it especially because it reminds me that good things are a hundred times better when shared.

I'm thrilled at the opportunity to learn from many experiences and to go on my own faith adventure. I'm ready to go visit many churches, taste the food and share in the Mass and music. More importantly, I'm keen to see what our global Catholic youth community looks like. I hope that being part of WYD reaffirms that we are all brothers and sisters in Christ. I think this feeling is critical to making the world a better place. I can't wait to pilgrim to Portugal, and to come back inspired and ready to share my experiences with my community.



**Cana (Year 6-9)** - Cana is on! Next meeting is *26th August* and *2nd September*, Fridays 7:30-9pm. 543 North Rocks Road, Carlingford - entrance via North Rocks Rd.

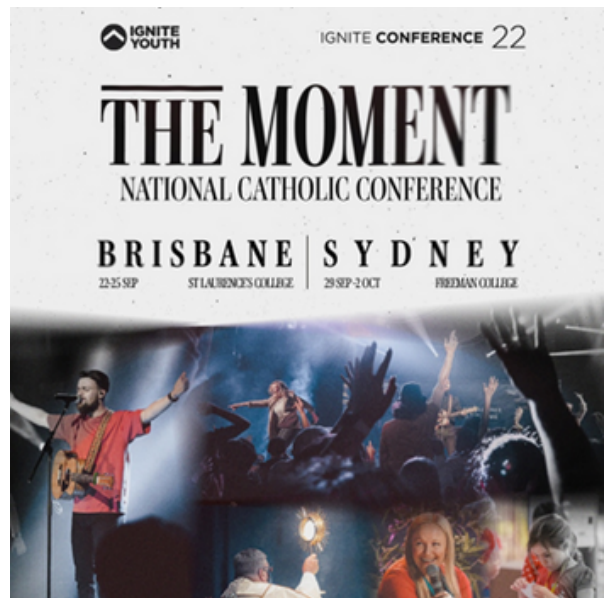


**Antioch (Year 10/16 year olds-23 year olds)** - Antioch meets on the *21st and 28th August* 6-8pm at St Gerard's meeting room.

Contact the parent support if you have any questions: Kirk Koelmeyer (0420874824) or Louise Koelmeyer (0404496554).



**Emmaus young adults (23-30 year olds)** - Our young adults group meets on Tuesdays 7-8:30pm. Join us on the *30th August* for our next meeting!



**Ignite Conference:** These school holidays, the Emmanuel Community of Brisbane are holding their annual Ignite conference for 4 days. Open for primary school, high school and young adults with different sessions for each. Activities include workshops, keynote talks, music, dance, sacraments, worship, games and a whole lot more!

- **Date:** Thursday 29 Sept 4pm – Sunday 2 Oct 1:30pm
- **Location:** Freeman College, Bonnyrigg
- **Cost:** \$275 per person (includes registration, meals, activities at Conference)

Catholic Youth Broken Bay are subsidising accommodation costs (at St Joseph's Conference Centre, Bringelly) for \$45 for 3 nights. The discount codes will be released by the Diocese shortly and can be found on their social media pages. More information here <https://igniteconference.com.au/sydney>

Please contact our Youth Minister, Joanna Mak on 0404 710 588 or [Joanna.Mak@bbcatholic.org.au](mailto:Joanna.Mak@bbcatholic.org.au) for any enquiries on any of our youth groups and activities.

**Sunday Youth Mass:** Come join us 5pm @ St Gerards, led by the youth and our wonderful hospitality teams. Some photos to share:



Supper after Mass

## CONNECT - OLHC EPPING

As part of the NPEC role I am looking at ways to better enable connection between each person/group and the church, and also each person in relation to others in our lovely OLHC church community.

To aid with this I would love to know your thoughts and ideas about things that have worked in the past, things that are going well now and what you think might be cool for the future. Can you think of anything that might fit in any of those areas?

If you do please contact me in person, email [Serena.Kozanic@bbcatholic.org.au](mailto:Serena.Kozanic@bbcatholic.org.au), or through phone or text 0414 753 799 by the end of August.

~ Serena Kozanic

## PARISH SUPPORT FOR REFUGEES & ASYLUM SEEKERS

**JRS thanks the Parish** for the recent Foodbank donations. Especially welcome were the bottles of clothes detergent as their supply had just run out.



Some highlights from the recent JRS Australia 2021 Annual Report (and remember JRS is only one of the many organisations assisting those in need) :

- served over 3,000 people seeking asylum, refugees and migrants in vulnerable situations.
- delivered over 15,000 food parcels, to an average of 300 households per week.

- provided 1,141 people with 9,771 instances of specialist casework support to address housing, health, financial and other problems.
- supported 334 women at-risk through their Finding Safety Project and Women's Space. Supported 11 women to become community mobilisers, providing information and support to their peers.
- initiated and ran 3 COVID-19 vaccination clinics in Parramatta.
- volunteers donated 11,000 hours of service.
- led or participated in 41 meetings with federal, state and local government decision-makers.
- partnered with 78 schools engaging students through the Refugee Voices program.

JRS and the other organisations provide amazing services on behalf of the wider community, *our support and prayers are vital.*

### What does Catholic Social Teaching Say about Refugees and Asylum Seekers?

This week's focus: *Solidarity and the common good*

Jesus was often asked what mattered most in our relationship with God.

*One of the Pharisees, a lawyer, asked him a question to test him. 'Teacher, which commandment in the law is the greatest?' He said to him, 'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbour as yourself.' On these two commandments hang all the law and the prophets.'*

Matthew 22:36-40

Jesus places our love of God and our love of our neighbour together. He also says that we should love our neighbour as ourselves. Our neighbours are not things: they are people like us, who share a common humanity. This is why Catholic social teaching insists on the importance of the relationships that bind us to one another and to our world.

We all depend on other people: for our very existence, for our food, health, education and work. Our security and economic welfare depend not just on our fellow Australians but on nations around us.

In Catholic teaching this is expressed in the principle of solidarity. Because we depend on one another and our relationship to one another makes us human, we have a responsibility to build a society together that will benefit all people. We do not seek simply our own good but look to the common good.

This is equally true of the relationship between nations. Our security and welfare depend on other countries, so we need to build a world in which all nations recognise their interdependence. Nations are not responsible only for their own citizens. They have a shared responsibility for the world.

People who come to Australia claiming protection are not aliens, but our brothers and sisters. If they cannot find protection in their own countries, they are entitled to claim it from other nations, including ours.



## OTHER PARISH INFORMATION & NOTICES

### Celebrations this Week

#### Ordinary Time Week 21

22 Aug Monday: The Queenship of the Blessed Virgin Mary  
23 Aug Tuesday: *St Rose of Lima*  
24 Aug Wednesday: **St Bartholomew**  
25 Aug Thursday: *St Louis, St Joseph Calasanz*  
27 Aug Saturday: *St Monica*

#### Ordinary Time Week 22

29 Aug Monday: The Passion of St John the Baptist  
2 Sep Friday: *Ember Day*  
3 Sep Saturday: *St Gregory the Great*



**The turning of the sod:** Friday August 12th saw the official “turning of the first sod” of the redevelopment of our OLHC campus. Bishop Anthony Randazzo, Fr Jim and OLHC School principal Dominique O’Sullivan were joined by the CEO of our new development partner Levande and CEO of Opal Healthcare. Levande is the new name of what was formerly Stockland Retirement Living, and we look forward to working with Levande to deliver the previously published plans for the redevelopment. You can keep up to date at their new website [www.levandeliving.com.au/epping](http://www.levandeliving.com.au/epping). Demolition is now well underway at Epping so at long last we can see that the project is indeed moving forward toward completion in 2024.

**50++ SOCIAL GROUP:** Our inaugural gathering was a social success. Enjoyed by 13 adventurous ladies! We had a great time, enjoyed by all. Our next outing is planned for Monday 17th October when we will head by train to Woy Woy for Fish and Chips. All aboard. You are most welcome to join us. Enquiries: Carole Wilson 9869 1036.

PS Gentlemen are warmly invited. **This is not a ladies-only social gathering!**

### Music Ministry - Musicians, Instrumentalists, and Singers.

*“Music is part of our faith. It can connect us to God in a way beyond words”.*

Our parish is blessed with many generous musicians, singers and instrumentalists who volunteer in our Music Ministry. We currently have a need for additional singers at St Gerard’s for the following masses:

- 6pm Vigil Mass (Saturday) on the 3rd Sunday of the month. We would welcome all ages.
- 9.30am Sunday Mass on the 1st Sunday of the month. We invite 10 to 16 year old volunteers for this School Age Choir.

If you would like to sing in any of our other choirs @ St Gerard’s.

- 6 pm Saturday night adult choir (Vigil mass).
- 7.45 am and 9.30 am on Sunday morning.
- Youth choir – 5pm Sundays and the Men’s Acapella group.

Please indicate your interest, by emailing your details (name, contact number, email address) to Elizabeth Austin:

[dneausti@optusnet.com.au](mailto:dneausti@optusnet.com.au)

**Women in Ministry:** The Australian Catholics Exploring the Diaconate group invite you to a free webinar on September 3rd from 10am to 12pm to celebrate the Feast Day of St Phoebe. Hear from international experts - Dr Phyllis Zagano and Rev Assoc Prof Anthony Gooley - on the permanent diaconate and women’s diaconal ministry. There will be opportunities for discussions moderated by former ABC presenter, Genevieve Jacobs AM. Visit <https://liturgyonthemargins.org/events/> for more information and to register for the Zoom link.

### 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.

### Dads’ Club

The monthly gathering of the parish Dads’ Club (for all dads in both the Epping and Carlingford communities of the parish) takes place the first Friday of each month at 7:30pm. For details contact John Williams 0416 064 460. Dads are welcome for a relaxing and enjoyable evening!

## Responsorial Psalm Response

21st Sunday in Ordinary Time - 21 August 2022

Ps 116. R. Mk 16:15

Go out to all the world;  
and tell the Good News.

## Gospel Acclamation

21st Sunday in Ordinary Time - 21 August 2022

Alleluia, Alleluia!

I am the way, the truth, and the life, says the Lord,  
no one comes to the Father, except through me.

### WEEKEND MASSES

Epping	5:00pm Vigil, 8:30am, 10:15am (Family/Children) and 6:00pm
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	*	6:00pm	*	*	9:15am	
CARLINGFORD	9:30am	No Mass	9:30am	9:30am	9:30am	No Mass	

**EXPOSITION OF THE EUCHARIST: Epping** Monday 6-7pm and Saturday 9:45-10:15am,

**Carlingford** Thursday 10-10:30am

**SACRAMENT OF RECONCILIATION: Epping** Monday 6-7pm 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](mailto:sgc@dbb.catholic.edu.au)

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

**PLEASE NOTE: St Gerard's Adoration and Reconciliation changes**

**\*OLHC 12:15pm Mass on Tuesdays, Wednesdays and Fridays are temporarily on hold until further notice.**

*Please pray for.....*

#### For those who are sick and suffering:

- Nancy Walker (family of Eileen Nicoll)
- Martin McGuire (family of Eileen Nicoll)
- Patrick Thornton (family of Pat & Margaret Mcardle)
- Cohen Hadden (family of Pat & Margaret Mcardle)
- Graham & Elaine Yeates (elderly couple in nursing home)
- Dennis Porteous (our Parish Secretary)
- Eric Yeung (brother of Goretta Yeung)
- Leo Lazarus (catechist)
- Zachary & Mackenzie
- Stephen Lo
- Edward Ngu (Li May's dad)
- Richard McCarthy (Brian's brother)
- Josie Scully



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

**Recently deceased** - Katherine Michniewicz (mother of Zenon), Matthew Lam, Nhuan Tuyen Lieu, Marie Karam, Cliff Johnstone

**Anniversaries** - Ivan and Edith Almeida; Cecilia Youssef, Elizabeth Pedemont, John Noakes, Hubert Pedemont, Norma Barlow, Malcolm and Pat Mackenzie (parents of Felicity Macdonald), Margaret Johnstone

**For the repose of the souls of** - Helen Orpwood, Elizabeth Archer, Sarah & Phillip Curry, Edward Mulhare, Mary Anne, Anthony, Hugh, Maureen & Sarah Mulligan, Neville Wilkin, Zac Egan, Ellie Egan

## Responsorial Psalm Response

22nd Sunday in Ordinary Time - 28 August 2022

Ps 67:4-7, 10-11. R. cf. v. 11

God, in your goodness,  
you have made a home for the poor.

## Gospel Acclamation

22nd Sunday in Ordinary Time - 28 August 2022

Alleluia, Alleluia!

Take my yoke upon you; learn from me,  
for I am gentle and lowly in heart.