

# 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)

Deacon: Deacon Shayne D'Cunha  
[Shayne.D'Cunha@bbcatholic.org.au](mailto:Shayne.D'Cunha@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

### 21 SEPTEMBER 2025

Amos 8:4-7  
1 Timothy 2:1-8  
Luke 16:10-13

### 28 SEPTEMBER 2025

Amos 6:1, 4-7  
1 Timothy 6:11-16  
Luke 16:19-31



## The Catholic Parish of Epping & Carlingford



YEAR C

21 SEPTEMBER 2025 TWENTY-FIFTH SUNDAY IN ORDINARY TIME

28 SEPTEMBER 2025 TWENTY-SIXTH SUNDAY IN ORDINARY TIME

**Deacon Shayne D'Cunha** has been appointed by our Bishop Anthony Randazzo to our parish to begin his diaconate ministry. Deacon Shayne will be with us on weekends and completing his seminary studies for the next two months and then will become progressively involved in more ministries from December. We have not had a deacon in the parish for many years, so it is worth reminding ourselves what deacons do: Deacons are ordained ministers, like priests and as such can lead liturgies and some sacraments in the Church. A deacon will always proclaim the gospel and will sometimes preach the homily. He can celebrate the sacraments of baptism and marriage and can lead funeral liturgies. He can bless people, objects, and give Benediction. A deacon may be transitional, like Shayne, on his way to priesthood, or permanent (and often married) like Deacon Richard Houwing. Please make Deacon Shayne welcome this weekend.

*Welcome*



**Giving:** Last weekend I invited parishioners at St Gerard's to make a giving commitment to support the ministries of the parish, and this weekend I will be inviting parishioners at OLHC to do the same. Your parish has a wide range of ministries to families, children, youth and older people and we want to be able to keep all of these going, and to expand them as the parish continues to grow, but to do this we will rely on your generosity.

We have a strong core of long time, dedicated parishioners who support the parish financially, but I want to invite everyone to give something so that nobody has to give too much, and so that everyone has a sense of commitment to the ministry of our parish. You will find pledge forms on the seats at OLHC and at the back of the church at St Gerard's, or you click <https://tinyurl.com/5ucnh3zv> or scan here to set up your regular donation. I am grateful for your support.



~Fr Jim

Our **Community Dinners** continue on Thursday nights from 6pm – 7pm at OLHC Hall. They are for everyone, parishioners and non-parishioners alike, and are a great way share a meal in company. Also a great antidote for the loneliness and isolation so many people experience living in modern suburbia.





**Applause:** We've been encouraging parents to see their child's participation in liturgy not as a photo moment, but as something sacred, and we're seeing growing reverence at First Communions, Confirmations, and school Masses. Now, I believe it's time to take another counter-cultural step: to *refrain* from applause at the end of Mass. Applause is a natural response to performances, and the habit has been growing in churches. But Mass is not a performance - it's an act of worship, where we all participate fully and consciously. If we want to thank our musicians and ministers, the best way is to *sing with full voice* during Mass. By refraining from applause, we preserve the sacredness of the liturgy and help to mark out Mass as something quite unique in our culture.

~Fr Jim

## A Special Prayer

The Holy Year of Hope 2025



Jubilee of Catechists

(Sep 27-28, 2025)

## A Prayer for Our Catechists

Loving Father, we pray today for our catechists.

We thank you for their gift of ministry in your Church.

Grant them your wisdom that they may grow in the understanding and teaching of your Word.

Grant them also your love that they may be fruitful heralds of your Word and lead others to love you.

Pour forth your Holy Spirit upon them to grant them the wisdom to know what to teach; knowledge of the truths of faith; understanding of their meaning; right judgement about how to apply them in life; courage to persevere even in the face of adversity; reverence before all that is sacred and holy; and that loving zeal which leads others to a transforming encounter with your Son. We pray this through Christ, our Lord. Amen.

~ From the Archdiocese of Canberra/Goulburn



## Why I Became a Catechist – A Pharmacist's Perspective by Eveline Issa

Last year, after attending Mass and hearing the call for catechists, I felt moved to help, though part of me hoped there were already enough volunteers. After all, I'm a pharmacist, not a teacher. But in my profession, I've seen

how early intervention like healthy habits and preventative care make a big difference. So I asked myself: what about our children's spiritual health? In a world where anxiety and depression are rising, faith can offer hope, resilience, and purpose. If we don't introduce children to God early, they may never explore faith later.

As a mum, I want my kids to know they're never alone—that with God, there is always light. Our faith teaches love, kindness, perseverance, and forgiveness—qualities that nurture both soul and wellbeing.

By becoming a catechist, we're not just teaching religion; we're planting seeds of hope. We're giving children the tools to face life's challenges with strength and grace. The diocese provides full support, the classes are well-organised, and the students are eager to learn.

As the saying goes, one hand doesn't clap by itself. We need to all join together and help our kids to get acquainted with our faith. If you have flexible hours and a heart for service, I encourage you to consider joining us. It might be the "preventative hope" our kids truly need and you might find your own faith deepened in the process.

If you'd like some information, please contact [katherine@eppcarl.org.au](mailto:katherine@eppcarl.org.au) for primary school or [trish@eppcarl.org.au](mailto:trish@eppcarl.org.au) for high school.



## OUR CLERGY

The wonderful appointment of Deacon Shayne further expands our strong team of clergy and lay ministers. In case you are wondering who is who:

✚ **Fr Jim McKeon** is the Parish Priest, residing at the OLHC presbytery

✚ **Fr Aldin Valdehueva** is the Assistant Priest, residing at St Gerard's presbytery

✚ **Deacon Shayne D'Cunha** is a deacon, residing at the OLHC presbytery

✚ **Matthew French** is a seminarian appointed to our parish, residing at St Gerard's presbytery

✚ **Bishop David Walker** is Emeritus (retired) bishop of our diocese. He lives outside the parish and has chosen to minister in our parish community.

✚ **Fr Joey Frez** is the Vocations Director for our diocese. He resides at St Gerard's presbytery but is not appointed to our parish. However he assists when needed to fill in for Fr Jim or Fr Aldrin.

### GET BACK TO THE ADVENTURE OF LIFE.

Join us for **menALIVE!** A space for men to connect, grow, and share in faith with bible study. Next meeting on the **25<sup>th</sup> September** and **fortnightly Thursday, 7PM, at OLHC Epping Lower Ground Meeting Room.** To find out more, please contact [men.alive@eppcarl.org.au](mailto:men.alive@eppcarl.org.au)

Scan the QR code on the right to join our WhatsApp group or contact +61 401208694. See you there!



Men Alive EPPCARL  
WhatsApp group



## Upcoming Events.

SEPTEMBER - NOVEMBER 2025

19  
SEP

**HEALING MASS & PRAYER**

FRIDAY  
6:00 PM - 8:00 PM  
EPPING

16  
OCT

**FEAST OF ST. GERARD MAJELLA**

THURSDAY  
9:30 AM MASS  
CARLINGFORD

17  
OCT

**HEALING MASS & PRAYER**

FRIDAY  
6:00 PM - 8:00 PM  
EPPING

18  
OCT

**AN EVENING WITH OUR LADY**

SATURDAY  
AFTER 5:00 PM MASS  
EPPING

08  
NOV

**PARISH PILGRIMAGE TO JUBILEE SHRINES**

SATURDAY  
7:30 AM - 4:30 PM  
CARLINGFORD & EPPING

## 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)

### Updating your contact details for the Parish Office:

Please contact our Parish Secretary, Marcella Letteri, if you need to update your contact details, for eg: mobile number, email address, home address.

You can either pop in to the parish office to see Marcella in person, or contact her using details above.



Did you know that our accessibility toilets at OLHC are fitted with **distress alarms**? Watch our video here: <https://tinyurl.com/mrs24frs> You never know when an emergency calls or how you can help someone.

## SACRAMENTAL PROGRAMME AND CHILDREN'S MINISTRIES



### 2025 CONFIRMATION

This weekend, we conclude our preparation sessions for the children to receive the Sacrament of Confirmation! How time flies... it has been a wonderful 4 weeks to discuss the sacrament, 5-6 Gospel stories, asking Saints to pray for us, and so much more. The children, their parents and Sponsors will attend their practice rehearsals in the coming week on the 23<sup>rd</sup> September (OLHC) and the 24<sup>th</sup> September (St Gerard's).

Our parish will celebrate Confirmation this year on Thursday the 25th September at:

- St Gerard's Church 5pm
- Our Lady Help of Christians' Church 7:30pm

Please keep the children and their family in your prayers as they approach this big day. If you have any questions regarding any of our parish Children's Ministries (Sacramental Programmes, Family Kidz Mass, Kidz Word, etc.), please send an email to Lynn Siau (contact details below).

### Confirmation Candidates presented with the Creed last weekend across a few Masses



**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

**DEADLINE**

**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 1st October 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)**





## CANA

YOUTH GROUP  
FAITH . FUN . FRIENDS

COME ALONG AND LEARN MORE ABOUT  
FAITH, PLAY SOME GAMES AND MAKE NEW  
FRIENDS!

FOR STUDENTS IN YEARS 7-9

### Term 4 Dates

24<sup>th</sup> October

7<sup>th</sup> November

21<sup>st</sup> November

5<sup>th</sup> December

19<sup>th</sup> December

Please join our  
Facebook Group  
for Parents



St Gerards Church  
Hall

7:30PM-9:00PM

Fridays Fortnightly  
During School  
Term

**Cana Youth** group (Yr7-9) meets Fridays fortnightly during school term to hear insightful talks about our faith, play fun games and build strong relationships with our peers. Cana will resume for term 4 on Friday 24<sup>th</sup> October. We are also planning a holiday day out if your child is interested in attending please contact Holly.



## Emmaus Young Adults



For those aged 23 - 30  
looking to grow in Faith &  
Fellowship

Join our  
WhatsApp  
Community!

Our Lady Help of  
Christians Church

7:00PM-8:30PM

Thursdays  
Fortnightly



**Emmaus Young Adults** for those aged 23 – 30 years old continues to meet fortnightly on Thursdays and we would love for you to join us! We have begun meeting for community dinners at 6pm before heading down to the OLHC meeting rooms for a 7pm session start.



## HSC STUDENT blessing

SUNDAY 12<sup>TH</sup> OCTOBER  
5PM YOUTH MASS @ST GERARDS

Join us at **Antioch** weekly on Sundays from 6-8pm to grow in faith and fellowship with other young Catholics aged Yr 10-23 years old. Antioch is run by the youth, for the youth with talks presented by our young people who are passionate about faith and friendship.



## Antioch



Sundays 6.00pm – 8.00 pm

@ St Gerard's Meeting Room

For Year 10's – 23 year olds



Faith & Fellowship  
Run by the Youth, for the Youth

## MORE PARISH NOTICES

### Reflection on the Minister of the Word Course – Australian Catholic University

I recently completed the Online Minister of the Word Course run by ACU, and it has been a wonderful experience. I wanted to do the course to serve my parish better and to help people understand the readings more clearly. Even though I was short on time, I persevered, and I'm glad I did because it helped me grow both in faith and in confidence.

The course reminded me that being a Minister of the Word is not about reading perfectly, but about letting God use us to share His message. I learned the importance of preparation, not just reading the Scripture beforehand but praying with it and letting it speak to my own heart first.

At first, speaking into a microphone was difficult, but with practice I grew more confident and learnt to trust that God would work through me. Spending more time with Scripture also brought me closer to God and reminded me that ministry is about being willing and faithful to serve.

I feel thankful for this opportunity and encourage anyone who has thought about becoming a Minister of the Word to give it a go, it is a beautiful way to serve God and our parish. You can find out more from the ACU website here, using this shortened url: <https://tinyurl.com/5a6xzftj>

~**Marcella Letteri**  
**Parish Secretary**



**OLHC Piety Shop Update:** We are currently awaiting some made-to-measure storage space to be installed, which may be about 6-8 weeks away. In the meanwhile, I am having a lot of fun sourcing stock for the shop! I cannot wait to share these goodies with you; I am certain this will be a little treasure of a shop for us to pick something up as a gift for others or for ourselves!

If you are interested in helping out, please contact [Lynn.Siau@bbcatholic.org.au](mailto:Lynn.Siau@bbcatholic.org.au) We currently have a team of 4 but more hands make light work (+ good company and good fun)! Do consider.

## JESUIT REFUGEE SERVICE FUNDRAISER



YOU'RE INVITED TO

*An Evening  
of Hope*

DINNER AND FUNDRAISER

Join us for a meaningful evening in support of Jesuit Refugee Service (JRS) Australia, helping to uphold the dignity and rights of refugees and people seeking asylum.

FRIDAY 10 OCTOBER 2025 • 7:00PM ARRIVAL FOR 7:30PM START  
ST PATRICK'S CATHEDRAL PARISH HALL: 1 MARIST PLACE

~ details on the next page



## Details

**Date:** Friday, 10th October 2025

**Time:** (at the conclusion of the JRS Australia Mass at St Patrick's Cathedral) 7:00 PM Arrival for a 7:30 PM Start

**Venue:** St Patrick's Cathedral Parish Hall 1 Marist Place (Parking access via Victoria Rd)

### Tickets:

- \$160 per person
- \$1,200 for a table of 8
- \$100 Sponsor a JRS Staff Member Ticket
- Contribute a donation (Donations over \$1000 will receive acknowledgment in the Program for the Event!)

**Get tickets here:** <https://events.humanitix.com/jrs-australia-2025-fundraiser-dinner-an-evening-of-hope/tickets> or use QR code.



## OTHER NOTICES

### Celebrations this Week

#### Ordinary Week 25

23 September Tue: St Pius of Pietrelcina

26 September Fri: *Sts Cosmas and Damian*

27 September Sat: St Vincent de Paul

#### Ordinary Week 26


29 September Mon: **Sts Michael, Gabriel and Raphael**

30 September Tue: St Jerome


1 October Wed: St Thérèse of the Child Jesus

2 October Thur: The Holy Guardian Angels

4 October Sat: St Francis of Assisi



FAMILY ENRICHMENT AUSTRALIA



**Reclaiming Childhood from Screens**

Understand the impact of smartphones on Gens Z & Alpha's mental health and well-being. Discover solutions to reclaim a happier & healthier childhood!

**A WORKSHOP FOR PARENTS WITH KAT ALVIR**


Educator, Parent & Student Mentor and Positive Psychology Practitioner

followed by Q & A and afternoon tea

Sunday | 21st Sep 2025 | 12-3:30pm

Beecroft Community Centre  
111 Beecroft Rd, Beecroft

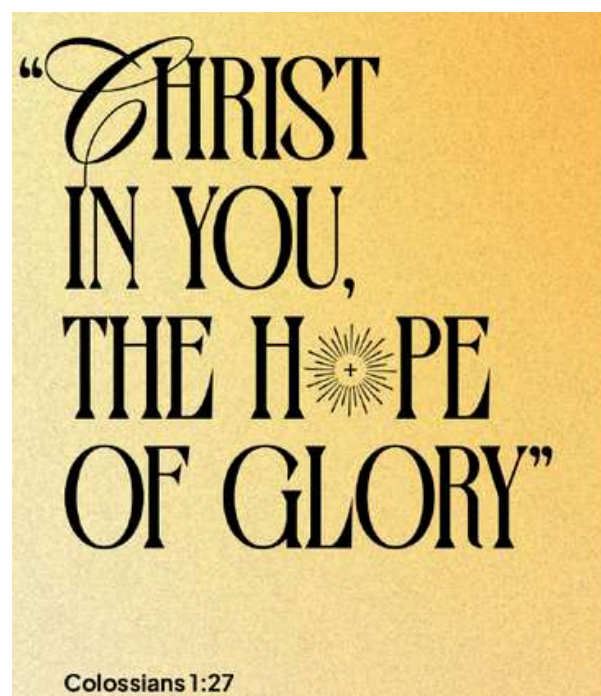
[www.fea.org.au](http://www.fea.org.au) | [info@fea.org.au](mailto:info@fea.org.au)



REGISTER HERE  
\$20 per couple



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**“CHRIST  
IN YOU,  
THE HOPE  
OF GLORY”**

Colossians 1:27

Join us for two powerful days of renewal to be inspired for mission. Together we'll encounter the Holy Spirit, rediscover the joy of the Gospel, and be equipped to share the love of Jesus in our parish communities, schools and beyond.

Whether you're experienced with Alpha, exploring it for the first time, or simply longing for more of God's presence in your life and Church, this gathering is for you.

**Location:** Liverpool Catholic Club  
424–458 Hoxton Park Rd  
Prestons NSW

**Date:** 31 Oct – 1 Nov, 2025

**Register:** [alpha.org.au/catholicconference](http://alpha.org.au/catholicconference)



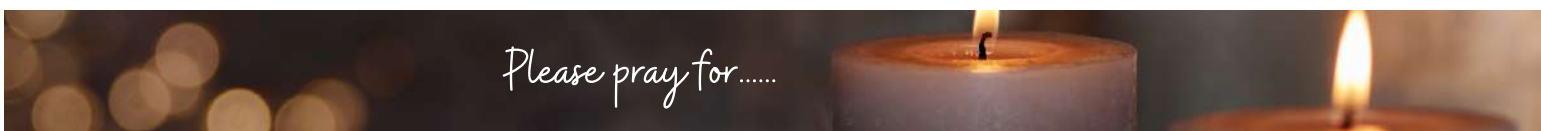
**25th Sunday in Ordinary Time - 21 September 2025**  
Ps 112:1-2, 4-8 Response: Praise the Lord who lifts up the poor.

**Gospel Acclamation: Alleluia, Alleluia!**  
Jesus Christ was rich but he became poor, to make you rich out of his poverty.

WEEKEND MASSES							
Epping	5:00pm Vigil, 8:30am, 10:15am (Family/Children) 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	9:30am	-	-	8:00am	
CARLINGFORD	9:30am	-	-	9:30am	9:30am	-	
<b>EXPOSITION OF THE EUCHARIST:</b> Epping Tuesday 5:00-6:00pm and Saturday 8:30-9:00am Carlingford Thursday 10-10:30am							
<b>SACRAMENT OF RECONCILIATION:</b> Epping Tuesday 5:00-6:00pm and Saturday 8:30-9:00am Carlingford Thursday 10-10:30am and Saturday 5:15-5:45pm, <b>OR BY APPOINTMENT</b> at either church							
<b>BAPTISMS AND WEDDINGS: BY APPOINTMENT</b>							
<b>POSTAL ADDRESS FOR THE PARISH OFFICE:</b> PO Box 369, Epping NSW 1710							
<b>ST GERARD'S PRIMARY SCHOOL:</b> PH - 7256 2140 Email - sgc@dbb.catholic.edu.au							
<b>OUR LADY HELP OF CHRISTIANS' PRIMARY SCHOOL:</b> PH - 9868 3322 Email - olhc@dbb.catholic.edu.au							



**Healing Mass: 1st Tuesday of the month, 10am at St Gerard's Meeting Room, Carlingford**  
**Anointing Mass: 3rd Thursday of the month, 11am at OLHC Church, Epping**



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

- Graham Kelly
- Lee Kin Giok
- Leonie Owens
- Maureen Bestulic
- Roslyn Rodriguez
- Fred Saad
- Elizabeth McDonald
- Charlotte Mary Langler



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** - Janet Sloman, Mrs Yeung, Sarah Kung

**Anniversaries & Remembrance** - Mary Anne, Anthony Maureen & Hugh Mulligan, RA Nathan & Stella Nathan (Cynthia Nathan's parents - October 3rd 1976 & September 26th 2021), David Richard Traves (father of Geneine Traves), Christine Leung, John O'Rourke, Rosario Sorbello, Paul Augimeri, Chloe Bae, Anna Choi

**26th Sunday in Ordinary Time - 28 September 2025**  
Ps 145:6-10 Response: Praise the Lord, my soul!

**Gospel Acclamation: Alleluia, Alleluia!**  
Jesus Christ was rich but he became poor, to make you rich out of his poverty.