

Diocese of Broken Bay

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Our Lady Help of Christians'

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The Catholic Parish
of Epping & Carlingford

the story is not over...

YEAR A

23 APRIL 2023 THIRD SUNDAY OF EASTER

30 APRIL 2023 FOURTH SUNDAY OF EASTER

ANZAC Day - Tuesday 25 April
9:30am Mass at
St Gerard's Church, Carlingford

Anzac Day is Tuesday April 25th. Although we don't usually have Mass on Tuesdays, we will have a special Mass on 9.30am at St Gerard's.

Adult Confirmation: There are many adults who have missed out on receiving the sacrament of Confirmation. Every year Bishop Anthony offers this sacrament to adults on the feast of Pentecost, which is **Sunday May 28th** this year. If you would like to take up this opportunity Fr Jim will offer two **preparation sessions on Monday May 8th and 15th at 7.30pm**. Contact Fr Jim by May 1st to take part. In preparation please have your certificate of baptism ready.

Faith at Home: In Acts 2:42-47 we read that the early disciples met together in the temple for worship, and also met to pray in their homes. We want to encourage families to pray at home, and so for the next three weeks we'll be offering our collectable Faith@Home cards to children at each Mass. These cards are fridge magnets with prayers for different occasions like grace before meals or bedtimes.

Getting involved: Last year 37% of parishioners said they performed some ministry in the parish (in the National Church Life Survey). That's substantially up from 26% in 2016. Let's see if we can get to 100%. *For when everyone does something, nobody has to do too much, and we can all find joy in our ministry.* If you're wondering how you can best contribute to the ministry of the Church, you might like to join us for the **Called and Gifted course** which we're offering on **May 6th & 7th**. This a great short intensive to unpack the charisms of the Holy Spirit. The charisms are supernatural graces given to each of us at Baptism from God to bear results for the kingdom of God beyond our normal human abilities. All of us have received a unique combination of charisms to equip us for our mission in life. This course is excellent for anyone who haven't heard of the charisms before, or for people who want to learn more about the Holy Spirit and what gifts God has graced you. We will be inviting a speaker from Canberra to teach us this amazing content.

- **When:** 6th May, Sat 7pm-9pm & 7th May, Sun 10am-4:30pm
- **Where:** St Gerard's Meeting Room
- Link to register <https://www.trybooking.com/CGLKK> or via QR code on the right.



'Having completed this course in 2022, I highly recommend it and has changed my ministry life. God has done truly miraculous things through his gifts of the charisms' ~Joanna (Youth Minister)

Readings

23 APRIL 2023
Acts 2:14,22-33
1 Peter 1:17-21
Luke 24:13-35

30 APRIL 2023
Acts 2:14, 36-41
1 Peter 2:20-25
John 10:1-10



ALLELUIA!

ALLELUIA!

THANK YOU



Thank you to the many people who contributed so much time and love to the celebration of our Easter liturgies. We expressed the depths of solemnity as we accompanied Jesus in his Passion and the heights of joy at his Resurrection.

GROW IN FAITH

1. St Teresa of Avila is one of the Church's greatest mystics, yet her teaching on prayer is down to earth and accessible to all. Bishop David Walker will lead us through the works and teachings of St Teresa of Avila on 6 **Wednesdays 10.15am – 11.30am from May 10th, St Gerard's Meeting Room.**

Please RSVP via the sign up sheets in the church so that we can order a copy of *The Way of Perfection* for you for \$15.



2. The First Spiritual Exercises: Many people find that they can recite prayers, but don't know what else to say when they pray. Others find that prayer is a one-sided conversation but don't know how to hear God's response. The First Spiritual Exercises is a five week introduction to Ignatian (Jesuit) prayer which scaffolds a way of personal prayer and a deep listening. We gather in small groups for 90 minutes each week at which we are led through an exercise of prayer. We then spend 20-30 minutes in prayer each day during the following week, then come together to share the fruit of our prayer and to experience the next prayer exercise. Groups will meet starting the week of May 22nd -

- Mondays 10.15am St Gerard's Church
- Mondays 7.30pm OLHC Church
- Tuesdays 7.30pm St Gerard's Hall
- Wednesdays 7.30pm OLHC Church
- Thursdays 1.30pm St Gerard's Meeting Room



Groups are limited to 6 people plus a facilitator, so do sign up using the sheet at the back of the church. Some groups are already full.



3. Men Alive is a weekend retreat to help men of all ages become the best man, husband and father he can be (though it's for both married and unmarried men). Next weekend you'll hear an invitation to this at Mass. We'll be holding this at **St Gerard's on the weekend of June 17 – 18**, all day Saturday and half day Sunday. To book <https://www.trybooking.com/CGZYX> or via the QR code on the right.



Giving: of \$35 per week could pay our parish subscription to the Formed streaming service. This fantastic resource is like a Catholic version of Netflix, and has allowed us to run the Wild Goose and The Search series. To sign up, visit [Formed.org](https://www.formed.org)



Clothing Drive: St Vincent de Paul, Carlingford/Epping will conduct a clothing drive on **Saturday 20th May 2023, from 8:30am**. Please collect bags and print your name and address in the book on the table outside the church.

This is your opportunity to clear out the clutter and contribute to recycling.

Your contribution will assist the people whom the local Vinnies Society visit weekly.

Your **Parish Social Justice Team** will be asking for your donations on the weekend of **13th and 14th May**. This date coincides with Mothers Day and we propose that the items we give will be specifically for the Mothers served by JRS. Further details to be in the next Bulletin.



Can you help?

Video filming and editing: We're looking for people who could film parts of some upcoming Masses and then edit them for us. Please contact Fr Jim if you could do this.



SOCIAL JUSTICE

Volunteer with Jesuit Refugee Service (JRS): JRS is an international Catholic organisation with a mission to accompany, serve and advocate for the rights of refugees, people seeking asylum, and other forcibly displaced people.

In Australia, JRS works to support people who are in the process of seeking asylum and temporary migrants in vulnerable situations, through a range of programs, including casework support, emergency relief, accompaniment, foodbank, educational/social support programs, employment support, legal clinics, schools engagement, advocacy and a specialist program focusing on support for women who are at-risk or who have experienced Domestic Family Violence.

JRS works where the need is the greatest, where people are most marginalised and where we can do the greatest good. Much of work is supported by volunteers, with more than 75 volunteers per week serving in a number of face-to-face and remote roles across the different services provided. In 2022, JRS served over 3000 people across various programs.

To start as a volunteer with JRS, we need to complete our volunteer paperwork.

- Volunteer Details Form
- JRS Code of Conduct
- Working With Children Check: All of our volunteers are required to have a current Working With Children Check. If you don't already have one, you can apply for one through Service NSW which is free for volunteers here: <https://www.service.nsw.gov.au/transaction/apply-working-children-check>.
- Police Checks: We will then provide your details to Verify Now, a digital employment screening platform that conducts police checks on our behalf. They will contact you and send you a pack requesting various documents and information necessary to complete the police check.
- Vaccination Status: JRS requires all onsite staff and volunteers to be fully vaccinated.

To know more about the process or the available volunteer roles, contact Volunteer's Program Manager May Hadaya: may.hadaya@jrs.org.au or 0413 596 658.

Youth Environmental Forum



For
Cana
Antioch &
Emmaus

May 21st
6-8pm in the parish hall

More information
to follow...

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



save the Date

You are invited to our Youth Environmental Forum where we will pray together and discuss issues and ways we can help. If you're interested in caring for the environment, contact Phillip Vassallo at philliplouisvassallo@gmail.com or Gavin Hays at ghays@parra.catholic.edu.au

~ The Parish Social Justice Team

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



FIRST EUCHARIST 2023

Enrolment for First Eucharist has commenced and will close on Saturday 6th May. 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.

If you wish to receive more information, please feel free to email Lynn (contact details below) for a brochure. The brochure contains the key dates of the preparation period, events and celebrations.

KIDZ INVOLVEMENT AT OLHC

At OLHC, the 8:30am Mass is now the family-children focused Mass. Fr Jim, Fr Aldrin and Team would like to invite your children to help out by participating in roles like the Gospel or Offertory processions, reading of prayers or singing. Our parish community is so much livelier when you are present; thank you for all that you do to bring this vibrance to us! ❤️ If you would like to encourage your children to participate, this is a great opportunity to introduce "helping out at church" in a most gentle and non-intimidating way! Please contact Serena via email at Serena.Kozanic@bbcatholic.org.au or call her at 0414 753 799.

Lynn Siau - Coordinator of Children's Ministries,
Sacramental Programme & Communications

Lynn.Siau@bbcatholic.org.au

Some snippets below of our 8:30am
Easter Sunday Family Kidz Mass at OLHC



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 3rd May 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



Cana (Year 6-9) is on a break. We resume on the **28th April**.



Antioch (Year 10/16 year olds-23 year olds) - No Antioch meeting on 23rd April. Instead, Antioch are having **laser tag outing on the 23rd**

April 6:30-8:30pm at Macquarie Centre Strike. Antioch is on as normal on the **30th April 6-8pm in the meeting room**.

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



Emmaus young adults (23-30 year olds) - Our young adults group will next meet on the **2nd May, 7-8:30pm**.



Antioch on Good Friday



6 of our youth participated in the Catholic Youth Parramatta annual Good Friday walk from Blacktown to Parramatta, stopping at 6 churches. We walked from 11pm-6am overnight. It was a wonderful pilgrimage walk with reflections, meditations, testimonies and praying the rosary and approximately 600 young people joined in. We made it to St Patrick's Cathedral to watch the amazing sunrise.



Emmaus singing at Good Friday Stations of the Cross

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

I am a Catechist!

BY MIRANDA LAM

Hi all, I am Miranda and this is my fifth year as a catechist. I teach kindergarten scripture classes at Epping West Public School.

5 years ago, I read a message from the parish bulletin that they were looking for more scripture teachers for the public schools in the local community. I then contacted the catechist coordinator. After a brief meeting and completing necessary procedures as I had no prior experience, I started as an assistant.

Before signing up to the Ministry, I browsed the Confraternity of Christian Doctrine (CCD) website of the Diocese to learn more about the work of the catechists. I realised only then that it was such a big undertaking of the Diocese. It involves training programs (most of them can be done online), providing well-designed teaching materials for use in classes, all prepared by experienced personnel in the Diocese and with that, our 30 minutes teaching each week is well & fully supported. As I work part-time, doing a 30-minute class per



... continued overleaf

week is perfectly fine for me.

Teaching kindy students is somewhat challenging. Due to their young age, I often wonder if they really understand the messages delivered to them. It is also hard to gain their full attention for a full lesson. However, I learnt not to underestimate these little kids; whilst in the one moment they may be playing with their friends, but in the next minute, they could ask you questions about what you have just told them!

In the past 5 years, there were many happy moments for me as a catechist:

Once when I walked through the school playground, a girl who was once in my kindy class came up to me and said "Hi, how are you, do you remember me?" She remembered me even after 2 years since I last taught her. Another time after the 3 months lockdown, on the first day when I went back to the school, a boy came up to me and said, "Hi, you are back!" See, they do remember something (at least their teacher) from their scripture classes!

At the end of each class, I ask the students to say a little prayer to thank God for his teaching. **Deep in my heart, I also give thanks to the Holy Spirit who inspire and work through me in delivering the stories of Jesus Christ and the Word of God to the children so that they can receive God's Good News. I hope that the small seeds that we have planted in the little minds will, one day, flourish into trees of faith.**

As Pope John Paul II said, "Don't be afraid. Dear sisters & brothers, come forward and answer the call to become a catechist, and experience the joy of working with the Holy Spirit".

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.



~ Miranda Lam

What is? **NAMETAG SUNDAY**

"Nametag Sunday" kicks off at all Masses at OLHC on the 1st Sunday in May, this being the 6/7th May 2023.

Building a strong sense of community within this parish is shown to be our Parish #1 priority from the Church Life Parish Profile survey that we completed in both 2022 and also in 2016. Your PPC have been discussing and praying using Fr James Mallon's "Devine Renovation" book, and we have a plan.



How do we build a strong sense of community?

We believe it's through "Fellowship". Fellowship is defined as a friendly feeling that exists between people who have a shared interest or are doing something as a group.

What are 3 benefits of fellowship ? (Rev J Patrick Street)

1. **Fellowship builds friendships.** For example, the early church close relationships in Acts 2 was because of their commitment to Jesus and to each other. Jesus said, "I no longer call you servants, I have called you friends" (John 15:15).
2. **Fellowship builds unity,** and the church is called to be united, having everything in common and being of the same mind. Paul says "Make every effort to keep the unity of the Spirit through the bond of peace" (Eph 4:3).
3. **Fellowship builds Gods' kingdom.** "And the Lord added to the church daily those who were being saved" (Acts 2:47). Our fellowship is the relationship we have with one another and with Jesus; this is our witness to the world. Jesus said, "By this shall all know that you are my disciples ,if you have love one for another" (John 13:35).

How can we build fellowship?

1. **Nametag Sunday:** will be on the **1st Sunday of each month at every Mass at OLHC** we ask you to bring your own nametag if you have one. We will have tables set up in front of the church for those of you who do not have a nametag, so you can write your own name down on the Paper Nametag provided before entering the church. Jesús says "I was a stranger and you welcomed me" (Matt 25:35).
2. **Hospitality:** at each "Nametag Sunday Mass", we invite you to stay for a little while after Mass and have a Cuppa and a Chat. This gives each of us an opportunity for fellowship with each other and to build a strong sense of Community within the Parish. My dad always said, "The best thing you can give anyone is your time." Jesus said, "Give and it will be given to you... For the measure you use, it will be measured to you" (Luke 6:38).



Celebrations this Week

Easter Week 3

25 Apr Tuesday: ANZAC Day
 26 Apr Wednesday: **St Mark**
 28 Apr Friday: St Peter Chanel
 29 Apr Saturday: St Catherine of Siena

Easter Week 4

1 May Monday: *St Joseph the Worker*
 2 May Tuesday: St Athanasius
 3 May Wednesday: **St Philip and James**



Congratulations to Christine Jap and Nick Kwak who were married on April 14th! We pray God's blessing on their marriage.

Farewell to Min Cha: Min and his family were active parishioners and Min was a Senior Server at OLHC. They have moved to Warrabee and so we wish them well in this next chapter of their life.

OLHC Redevelopment: Progress continues! What is now visible is the work which has been done on the street lighting conduit along Oxford St, and a concrete slab on lower ground level of what will become the new Parish Centre building (where the presbytery was previously). In the weeks ahead detailed excavation (including the lift core pit) will commence to the Parish Centre lower ground level. Bulk excavation and piling works will commence along the southern boundary. We will look to resume some weekday Masses at OLHC when this section of work is completed.

HEALING MASS AT ST. GERARD'S. Please join us for the Healing Mass in the meeting room of St Gerard's at **10am on Tuesday 2nd May**. Please, if you are able to, bring a plate for morning tea. All are most welcome. We need to build up our numbers. Come and spend time with our parish community.



We are excited to announce that our **Charismatic Prayer Group** meets every Sunday at 10:45 am at St. Gerard's Church. Our group is transformed by the Holy Spirit, and we welcome you to join us for an uplifting and inspiring time.

Come and experience the power of the Holy Spirit as we pray together, sing, and share our journeys of faith. Our group is open to all, and we invite you to bring your friends and family along with you.

We look forward to seeing you this **Sunday at 10:45 am at St. Gerard's Church (Children's Crying Room at the back of the Church)**. For more info contact Margaret on 0401 133 368 or mtmkelly@optusnet.com.au

ASSOCIATION OF THE MIRACULOUS MEDAL MONTHLY MASS AND NOVENA: The monthly First Saturday AMM Mass and Novena will be held in **St Anthony's Church, 54 Agincourt Rd., Marsfield**, on SATURDAY, 7th May, 2023 at 10.00 a.m. We will commence with a rosary at 9.45am. All Welcome.

Mass counts: During May each year we count the number of people at each Mass both here and across all parishes in Australia. Our parish totals in 2019 was 1147. There was no count in 2020 due to restrictions, and like all parishes we have seen a significant fall to 755 in 2021. Pleasingly, we saw an increase to 830 in 2022 (which was not true for all parishes). Hopefully we'll see an increase again in 2023. To measure this, **we need some volunteers to do the count during Mass at St Gerard's** (OLHC is already sorted). Please put your name on the list in the sacristy if you can help count for the four weeks of May. We'll need **three volunteers per Mass**.

**Traveling Mary
 Epping & Carlingford**

May is almost here, a month that the faithful's piety has long dedicated to Mary, Mother of God.

We are excited to launch the Traveling Mary programme to honour the Blessed Virgin and receive many graces through Mary.

Beginning on **7th of May 2023**, the statue of the Blessed Virgin Mary will travel to one of our parishioner's home each Sunday and stay for a week.

More information about the programme, as well as a sign-up form is available at the back of the church.



Lord, you will show us the path of life. Lord Jesus, make your word plain to us: make our hearts burn with love when you speak.

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:

- 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 & Graciela Mestanza's grandson)
- Maureen Carlon (Marie Saul's sister)
- Kevin Saul (Marie Saul's nephew)
- Marie Saul
- Yolanda Calderone
- Loreta Rosario
- Margaret Hall
- Lorraine Warner
- Beryl and John Day
- John O'Byrne



A huge thank you to all those who assisted with John's medical emergency on Good Friday. Special thanks to Denver D'Souza, Juanita Rodrigues, the Foster family, Mark De Carvalho & others whose efforts have resulted in John being alive & recovering at Westmead. Many thanks to the St Gerard's community for all the prayers, well wishes, food etc & please continue to pray for him. **God bless from Mary O'Byrne & family.**

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

Recently deceased - Cedric Fernandes (husband of Pat Fernandes), Jan Doherty, Iris Misquitta (Candy D'Sylva's mum), Chai Seng, Elizabeth Bourke (Mass to be offered for her on April 24th 9.30am Mass)

Anniversaries - Patrick Murphy (Rachel & Stephen's son), George Byrnes, Alexander Tocher, Mary Anne Anthony, Maureen Hugh Mulligan