

Diocese of Broken Bay

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

Assistant Priest: Fr Aldrin Valdehueza
Aldrin.Valdehueza@bbcatholic.org.au

Deacon: Deacon Shayne D'Cunha
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

Email

eppcarl@bbcatholic.org.au

Giving

Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



Readings

5 OCTOBER 2025

Habakkuk 1:2-3; 2:2-4
2 Timothy 1:6-8, 13-14
Luke 17:5-10

12 OCTOBER 2025

2 Kings 5:14-17
2 Timothy 2:8-13
Luke 17:11-19



The Catholic Parish of Epping & Carlingford



YEAR C

5 OCTOBER 2025 TWENTY-SEVENTH SUNDAY IN ORDINARY TIME

12 OCTOBER 2025 TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

Workshop for Communion Ministers & Senior Servers – OLHC & St Gerard's

As we prepare for the reintroduction of Communion from the Chalice in November, all Senior Servers and Communion Ministers are required to attend a preparatory workshop to update our knowledge and skills together.



There will be one workshop at each church. Ideally, please come to the workshop at the in which you usually minister, however if you can't make this, please attend the other one as most, but not all of the information will be the same.

- St Gerard's: Saturday, October 11, 4:00pm – 6:00pm, St Gerard's Church
- OLHC: Saturday, October 18, 3:00pm – 5:00pm, OLHC Church

Please RSVP to Marcella at the Parish Office on 9876 2853 or email Marcella.Letteri@bbcatholic.org.au

If you are a Communion Minister and have not yet provided your contact details via the sign-up sheet at the back of the church, kindly call Marcella to ensure your information is recorded.

Thank you for your service and commitment to our parish community.

Giving: Thank you to the many people who have taken up my invitation to make a regular financial donation to support the work of the parish. Are you one of them? Every donation, no matter how small both helps the parish, and is an expression of your commitment.



We are discovering that rather than filling out the pledge form with pen and paper, more and more people are choosing to use the online portal to set up their own donation by clicking here <https://tinyurl.com/5ucnh3zv> or scanning the QR code on the right.



~Fr Jim



Welcome to Oscar D'Silva who is taking up the position of Parish Business Manager from October 15th. This will allow for a two month handover from Deacon Richard Houwing, ensuring a smooth transition for the parish.

PARISH EVENTS AND NOTICES



Finding God in All Things: We ask.... How may we keep moving forward to sustain ourselves with God in love and service? How do we integrate our daily life with our spiritual life?

Well..... We are offering an opportunity for you to experience these graces with others in a program called 'Finding God in All Things'. It commences on **October 29th after the 9.30am Mass at OLHC** for five weeks from 10am-11.30am.

The program is a creative and practical way to integrate our time, energies and commitments with our spiritual life and to express our love for God in action.

UPCOMING EVENTS DATES TO SAVE *Oct - Nov 2026*



There are lots happening in the parish in the upcoming weeks! Our Devotions team, catechists, family and children's ministries have amazing volunteers who are organising these events. When the parish calendar starts to fill up on top of our regular events, it is easier to keep track when you start saving dates! Keep an eye out for details within the bulletin.

**16
OCT**

Feast of St Gerard Majella
Thursday 9:30am Mass
Carlingford

**17
OCT**

**Healing Mass & Prayer by Divine
Retreat Centre Team**
Friday 6:00pm - 8:00pm
Epping

**18
OCT**

An Evening with Our Lady
Saturday after 5:00pm Vigil
Epping

**19
OCT**

**Family Fun Day in honour of St
Gerard Majella**
Sunday after 9:30am Mass
Carlingford

**26
OCT**

**SRE Combined Children's Mass with
Festivities After**
Sunday 10:15am Mass
Epping

**2
NOV**

**Gathering of Remembrance for All
Souls' Day**
Sunday 11:30am - 2:00pm
Macquarie Park

**5
NOV**

Remembrance Mass for Children
Wednesday 7:00pm Mass
Carlingford

**8
NOV**

Parish Pilgrimage to Jubilee Shrines
Saturday 7:30am - 4:30pm
Carlingford & Epping

More details available within these bulletin pages.

REPORT ON OUR SOCIAL JUSTICE FORUM

We held a Social Justice Forum in the OLHC parish hall on 10 August following the 10.15am Mass. Over 30 people attended in addition to most members of the Social Justice Committee. The purpose of the Forum was to hear what is already active in our parish, consider what the pressing concerns are in our communities and then nominate the most significant in the collective of concerns presented in the room.

We were appreciative of representatives sharing with us some of the many ministries already alive and active in the parish. These include St Vincent de Paul, prison ministry, environment including recycling, support of Parramatta Women's Refuge, support for Parramatta Women's Shelter, political presence, support for Jesuit Refugee Services, to name a few.

Attendees worked in groups through a process of reflecting on what they believe are the most pressing issues in their lives and our community. They then had the opportunity to nominate their most prominent issues from all the issues that were collected from the morning.

**SOCIAL JUSTICE
FORUM** 

**LEARN
SHARE IDEAS
GET INVOLVED** 

.... cont'd on next page

Whilst there were a number of very important concerns aired across the morning, the most prevalent were:

- Mental Health
- Environment
- Refugees
- Women and Children

Almost all the issues raised could fall into one or more of these key concerns. In addition to these, there was a strong appetite for our Parish to advocate these issues both across our community and particularly with our local members.

Our Social Justice committee is now preparing ways to raise the profile of these concerns and generate action. We thank all who attended the Forum and warmly invite members of the congregation who may not have been able to attend but would like to be part of our committee or contribute in some way to one or more of our focus areas.

It is in embracing the presence of God in all those we encounter, particularly those who are the least of my brothers and sisters, that we can truly say we are in service to Jesus Christ himself.

If you'd like to take part in project in any of these areas, come to the next Social Justice Team meeting on **Tuesday October 14th, 7pm in the OLHC meeting room.**

Blessings,
Sue Lennox

Parish Social Justice Team Chair



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

Business Manager

Deacon 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 & Parish Communications

Lynn Siau Ph: 9876 2853

Email: Lynn.Siau@bbcatholic.org.au

Youth Ministry Coordinator

Holly Lawton Ph: 0404 710 588

Email: Holly.Lawton@bbcatholic.org.au

New Parishioner Engagement Coordinator - St Gerard's

Belinda Shi Ph: 0414 753 362

Email: Belinda.Shi@bbcatholic.org.au

New Parishioner Engagement Coordinator - OLHC

Christine Carpio Ph: 0414 753 799

Email: Christine.Carpio@bbcatholic.org.au

Sacristan - OLHC

Dennis Porteous Ph: 9876 2853

Email: 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



Confirmation 2025: Congratulations to the following Candidates who received the Sacrament of Confirmation: Valerie Achar, Theodore Ackland, Mie Arai, Raphael Tobias Arugay, Harrison Bennett, Lauren Bennett, Charlie Haidar, Evelyn Broadhead, Harriet Broadhead, Maximos Brodowski-Nidelkos, Noah Cascun, Sia Choi, Tze Long Chow, Hannah Chung, Emily Chung, Jacob

Cricchiola, Janiyah De Mello, Jack Dewar, Avery Diep, Sonja D'Souza, Senna D'Souza, Celine Gallagher, Kaelyn Go, Talia Graziano, Cooper Hamill, Ashika Handalage, Athena Heijster, Alexander Hill, Harriet Himbrechts, Samson Horne, Fleur-Marie Horne, Zara Ho-Shon, Emma Hwang, Hayden Hwang, Jack Ibrahim, Lucia Ignacio, Sofia Janda, Huxley Johnston, Vianney Jones, Marcus Nelson Jose, Akira Karim-Lynch, Jackson Kha, Noah Kim, Josephine Kohar, Thomas Kohar, Kevin Koshy, Karen Koshy, Belle Lai, Amelia Lawrence, Amelia Lee, Emiliana Lee, Eugenie Lee, Henrik Lennings, Helena Leopoldo Mafessoni, James Leslie, Hilda Li, Emilia Louey, Jheydriell Ellorig, Zachary Mareath, Reya Melhem, Tyler Morgan, Katrina Murphy, Skye Najem, Claire Ng, Abigail Ng, Charlotte Ngo, Yuwan Oh, Xander Paisley, Emily Park, Cael Ezequiel Payumo, Bleys Petch, Ava Rankin, Sofia Relampagos, Lyka Relampagos, Daniel Rondon, Marcellin Saad, Sebastian Shi, Krishaani Singaram, Kiana Stronach, Thomas (Teddy) Szoloch, Keira Taufer, Scarlett Tay, James Todhunter, Noah Tomas-Akad, Ziyang Wang, James White, Xavier Widjaja and Xavier Williams.

Well done all! The newly Confirmed will be presented with their certificate on the weekend of the 18th/19th October, across a few selected Masses at both churches.

We extend our heartfelt thanks to the parish school principals, teachers, catechists, parents, and carers who helped prepare the children for Confirmation. Special thanks to Holly Lawton, our Youth Minister, for guiding the youth candidates in age-appropriate sessions. We're also grateful to our sacristans, altar society, junior and adult servers, music coordinators, musicians, singers, and Noel for managing the PowerPoint. Your time and dedication made the celebrations truly memorable!

KidzWord resumes in Term 4 on the 19th October.



Blessed and Renewed in Faith: A few weeks ago, our parish held a Baptism Renewal Mass for the children. It was a joyful and meaningful celebration where they reflected on their baptism and renewed the promises made for them as infants. During the Mass, the priest sprinkled holy water over the children, reminding everyone of the grace of baptism. The homily was simple and engaging, helping them understand God's love and their place in the Church. Following mass, a delicious spread for morning was shared by all as the children enjoyed a bit of crafting. It was a beautiful day that brought families and the parish community together in faith.

~Christine Carpio & Belinda Shi

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

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** before **10am on Wednesday 15th 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**



Emmaus Young Adults



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

Our Lady Help of
Christians Church

7:00PM-8:30PM

Thursdays
Fortnightly

Join our
WhatsApp
Community!



Are you aged 23 to 30?

We'd love to welcome you to our *Emmaus Youth Group*, meeting fortnightly on Thursdays at **OLHC**.

Emmaus is a space to explore your faith, build meaningful friendships, and grow in relationship with God with other young adults in the community.



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

Antioch Youth Group (yr 10 - 23 years old) meets weekly on Sundays from 6-8pm at St Gerards. Antioch is a wonderful opportunity for young adults to make friends, learn about their faith, and hear from different voices in our community.



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

24th October

7th November

21st November

5th December

19th December

Please join our
Facebook Group
for Parents



St Gerards Church
Hall

7:30PM-9:00PM

Fridays Fortnightly
During School
Term

If you are in year 7-9 Join us at **Cana** in term 4! Cana meets fortnightly on Fridays from 7:30-9:00pm at St Gerards.



HSC STUDENT blessing

SUNDAY 12TH OCTOBER
5PM YOUTH MASS @ST GERARDS

Please join us at the 5pm Youth Mass at St Gerards on Sunday 12th October for our **HSC student blessing**.

PRIMARY STATE SCHOOLS CHILDREN'S MASS

Invitation to a Combined Children's Mass on October 26th, 2025



Fr Jim, Fr Aldrin and the Primary School Catechists would like to invite the children and their families to a Combined Children's Mass at **Our Lady Help of Christians' Church** (OLHC Epping) on **October 26th**, for **10:15am Mass followed by morning tea and fun activities for the children and their families!**

The children are encouraged to participate in the **(a) readings, (b) Bible/offertory procession or (c) choir**. If you and your child(ren) wish to join, please provide the following information via email to katherine@eppcarl.org.au

- Name of the Child :
- Year : (Kindergarten to Year 6)
- Contact phone number :
- Contact email address :
- Please indicate your child's 1st, 2nd and 3rd preferences for (a) (b) and (c).

We appreciate receiving your response by **Friday October 17th**. Looking forward to seeing you at the Mass!

CELEBRATION OF JUBILEE FOR CATECHISTS (HOLY YEAR OF HOPE 2025)

As part of the Catholic Church's Jubilee Year 2025, themed *Pilgrims of Hope*, a special weekend from 26–28 September was dedicated to celebrating catechists - those who teach and guide others in the Catholic faith.

This Jubilee of Catechists offered a meaningful opportunity for spiritual renewal, professional growth, and community celebration. It recognised the essential role catechists play in sharing the message of Christ's hope, love, and compassion.

On 26 September, over 100 catechists from the Diocese of Broken Bay gathered for a special event where Bishop Anthony spoke about the importance of their ministry. Locally, our parish catechists marked the occasion by inviting new volunteers and celebrating with parishioners over morning tea on the weekend of 27–28 September.

If you feel called to become a catechist or would like more information, please reach out: katherine@eppcarl.org.au for primary school or trish@eppcarl.org.au for secondary school.



OTHER PARISH NEWS & NOTICES

HELLO
my name is

Jim

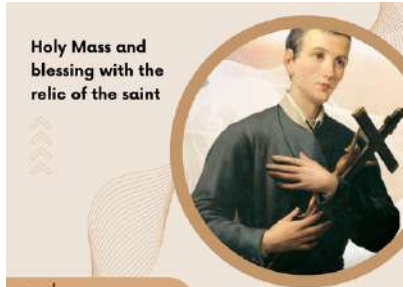
Nametag Sunday is on this weekend, **4th/5th October**. Come with your own nametag or use the labels we provide at the entrance to both churches. Meet and greet someone new, and may you brighten someone's evening/day!



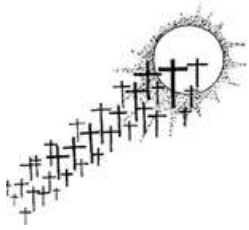
A gentle reminder that **St Gerard's Healing Mass** will be on **Tuesday 7th October, 10am in the meeting room**. Come join us to pray for yourself and others who are sick, and join us for morning tea. A plate to share would be welcome. Should you require transport please contact Carole Wilson at 9869 1036.



The monthly Anointing Mass at OLHC is on every third Thursday of the month and will be on **Thursday 16th October, 11am in the church**. Come join us to pray, with the opportunity for anointing of the sick, and join us for a light brunch after. For any enquiries, please contact the parish office at 9876 2853.



The **Feast of St Gerard Majella** is on **Thursday, 16th October**. We will celebrate this at St Gerard's Church at the 9:30am Mass. This will be followed by a blessing with the relic of St Gerard.



Save the date for a gathering of remembrance and reflection. **All Souls Day - Sunday November 2nd. From 11:30am to 2pm**. All parishioners are welcome to join a brief prayer service followed by luncheon at Macquarie Park Cemetery and Crematorium. Cnr of Delhi and Plassey Roads, North Ryde.



November Masses: November is our month of remembering those we love who have died. **All Souls Day will be celebrated at every Mass on Sunday Nov 2nd.**

The **Book of Remembrance** will be placed on or near the altar during November to show our prayers for our deceased loved ones. The book is at the back of the church in October for you to add names to.



Remembrance Mass for Children who have died: Each year we offer a gentle, welcoming Mass for the families who have had a child die from any cause, at any age. Grief at losing a child may still be very near to us, no matter how long ago to occurred. Join us to pray for your children and for one another on **Wednesday November 5th, 7pm St Gerard's**. Coffee/Tea and refreshments afterwards.

HEALING MASS & PRAYER

BY DIVINE RETREAT CENTER TEAM

EVERY THIRD FRIDAY

6:00 PM - ROSARY
6:30 PM - HOLY MASS
7:10 PM - TALK
7:30 PM - ADORATION
8:00 PM - BENEDICTION

17 OCT 2025 • 21 NOV 2025 • 19 DEC 2025

OUR LADY HELP OF CHRISTIANS, EPPING

OTHER NOTICES

Celebrations this Week

Ordinary Week 27

6 October Mon: *St Bruno*
7 October Tue: Our Lady of the Rosary
9 October Thur: *Sts Denis and companions, St John Leonardi*
11 October Sat: *St John XXIII*

Ordinary Week 28

14 October Tue: *St Callistus I*
15 October Wed: St Teresa of Jesus
16 October Thur: *St Hedwig, St Margaret Mary Alacoque*
17 October Fri: St Ignatius of Antioch
18 October Sat: **St Luke**



Our final reflection morning for 2025. Fr David Orr osb will lead our reflection on **Saturday, 4th October in the parish hall of Hunters Hill, 9.30AM to 12.30PM**. A time to be still. On **Sunday, 12th October**, a Q&A session will be held in the crypt of **St Patrick's Church Hill**. Paul Collins will discuss the topic of his book: 'Beyond Priests. The Future of Ministry in the Catholic Church'. **1.30 - 3.00PM**. We suggest a donation of \$10. Enquiries Carole Wilson 9869 1036.

October is NSW Mental Health Month with the theme for this year being "Taking Steps on Your Wellbeing Journey" highlighting the ongoing, not fixed, nature of mental health and the importance of celebrating progress. Worth finding out more here <https://wayahead.org.au/>, the website is easy to navigate with valuable information whether you are a parent, individual, school, carer or workplace.



Listening to the Community: After the success of our parish social justice forum, we now have the opportunity to discuss with the wider Epping – Ryde – Hornsby – Chatswood community the areas and issues which are important to us. We're blessed that it will be at our neighbouring Epping Uniting Church. Register at: <https://events.humanitix.com/northern-listening-or-sydney-alliance-6-nov-2025>

Sydney ALLIANCE

NORTHERN

COMMUNITY LISTENING

6TH NOV, 2025
6:30 PM - 8:30 PM

Let's come together to listen and share!

27th Sunday in Ordinary Time - 5 October 2025

Ps 94:1-2, 6-9 Response: If today you hear his voice, harden not your hearts.

Gospel Acclamation: Alleluia, Alleluia!

The word of the Lord stands for ever; it is the word given to you, the Good News.

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	-	

EXPOSITION OF THE EUCHARIST: Epping Tuesday 5:00-6:00pm and Saturday 8:30-9:00am

Carlingford Thursday 10-10:30am

SACRAMENT OF RECONCILIATION: Epping Tuesday 5:00-6:00pm and Saturday 8:30-9:00am

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'S PRIMARY SCHOOL: PH - 7256 2140 Email - sgc@dbb.catholic.edu.au

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



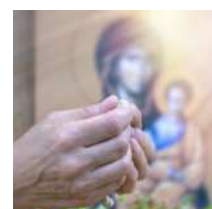
Healing Mass: 1st Tuesday of the month, 10am at St Gerard's Meeting Room, Carlingford

Anointing Mass: 3rd Thursday of the month, 11am at OLHC Church, Epping

Please pray for.....

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

- Marie Saul (St Gerard's sacristan)
- Leonie Oliver
- Miguel Munos (Lorena Munos' father)
- Bob Lobsey (Lorraine Lobsey's husband)
- Bruce Ashworth
- Elizabeth Randall (Michael Scarfe's sister)
- Fred Saad
- Charlotte Mary Langler



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

Recently deceased - Mrs Yeung, Sarah Kung, Elizabeth McDonald, Kerry Craddock, Elizabeth Anderson, Kevin Crawford, Alice Carr (Maureen Berkley's mother)

Elizabeth MacDonald's funeral will be held at Macquarie Park, Magnolia chapel, 10am on the 7th October. Elizabeth was a long-time catechist coordinator for the parish primary schools. May she rest in God's loving arms.



Anniversaries & Remembrance - Eric Yeung (Goretti Yeung's brother), Geoffrey Coonan, Antonio Trimachi, Patricia James, Manuel Restar, Ivan & Edith Almeida, Mr Hilton Paes, Rosario Sorbello, Dominican Trinh, Daniel Scarfe (Kay & Michael Scarfe's son)

28th Sunday in Ordinary Time - 12 October 2025

Ps 97:1-4 Response: The Lord has revealed to the nations his saving power.

Gospel Acclamation: Alleluia, Alleluia!

For all things give thanks to God, because this is what he expects of you in Christ Jesus.