

Diocese of Broken Bay

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

Assistant Priest: Fr Aldrin Valdehueza
Aldrin.Valdehueza@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

parish@eppcarl.org.au

Single Donation

Click here for:

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[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



The Catholic Parish
of Epping & Carlingford

Jesus... the only way.

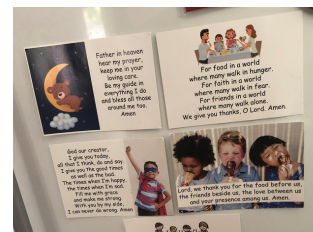
YEAR A

7 MAY 2023 FIFTH SUNDAY OF EASTER

14 MAY 2023 SIXTH SUNDAY OF EASTER

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 straightaway. Make sure you find your certificate of baptism!

Faith @ Home: We worship together as a parish community each Sunday, but our homes are also a place to pray and live our Catholic faith. To support parents in praying with their children at home we are offering our Faith @ Home cards again this week which come with a magnet to stick on the fridge.



Defibrillator: You may have noticed at the entrance to the Church that we have installed a portable defibrillator for emergencies. A defibrillator is a device that sends an electric shock to the heart to restore a normal heartbeat. An instructional video is available here <https://youtu.be/DHkyq20bbMg?t=342> While this video shows everything about our defibrillator, this link will start at the training section at 5 min 42 secs. Our defibrillator uses voice prompts to guide

you should you need to use it. Please note that there may be several reasons someone may have collapsed and is unresponsive. There is a priority of things to do immediately, like calling 000, checking airways and CPR. An easy-to-use checklist will be available in the defibrillator cabinet. We are considering training for interested parishioners. Please email or call Richard Houwing to express your interest: Richard.Houwing@bbcatholic.org.au or phone **9876 2853**.

Feast Day of Our Lady Help of Christians: We will have a special celebration on Wednesday May 24th, starting at 4:30pm with praying the Rosary followed by Mass. Please bring flowers to offer before the statue of the Blessed Mother at the end of the Holy Mass. Details within.



thank you

Easter gifts: On behalf of Project Compassion and the Franciscans (The Holy Lands), we'd like to thank you for your wonderful sharing with these charities. You gave \$7,291 and \$2,913, excluding credit cards and similar donations. This shows your care, concern and willingness to share and help the wider world beyond our parish. Thank you.

Readings

7 MAY 2023

Acts 6:1-7

1 Peter 2:4-9

John 14:1-12

14 MAY 2023

Acts 8:5-8, 14-17

1 Peter 3:15-18

John 14:15-21



ALLELUIA!

ALLELUIA!



Thank you for your generosity

Your generosity means the Church can be there during times of great need, renewing and rebuilding their lives. Your donations support two key diocesan ministries:

PASTORAL WORKS Broken Bay

Pastoral Works Broken Bay is the pastoral charity of the Catholic community in Broken Bay.

Every gift makes a difference to someone in hospital, school, a parish or the wider community.

Most Rev Anthony Randazzo DD JCL
Bishop of Broken Bay



Confraternity of Christian Doctrine

Catechists taking the gospel to State school students.



Hospital Chaplaincy & Pastoral Care Practitioners

Helping those who are vulnerable, experiencing loneliness or are sick in hospital.



St Lucy's School

Serving year K-12 students with disabilities.



St Edmund's College

Serving year 7-12 students with disabilities.



Ephpheta Centre

Pastoral care, sacraments, and advocacy for the deaf community.



All donations over \$2 are tax deductible. ABN 87 849 944 998

To donate, complete the form in the envelope available in your parish and return to your parish.

Or go online by scanning the QR code or visiting: bbcatholic.org.au/pastoralworks. Thank you.

Pastoral Works Fund Appeal: On May 14th we are taking up one of our two annual Pastoral Works Fund appeal collections for the diocese. This primarily funds the resourcing of our catechists and Catholic hospital chaplaincy (including Fr Peter Dowd at Royal North Shore Hospital). **Our levy for this financial year is \$58,000**, of which we collected \$18,000 in the November appeal. The remaining \$40,000 equates to \$50 for each of our 800 parishioners. Not everyone can afford this, so *your donation of \$50 or more (which is tax deductible) would be a great gift both from you but also on behalf of others who cannot afford it.* You can give here: bbcatholic.org.au/pastoralworks or via the QR code above which will send you a tax receipt immediately, or, using the envelopes which you'll find on your seats, and the parish will provide a tax receipt in July. You can take an envelope from the back of the church this weekend.

Our Parish Supporting Refugees: This Mother's Day, your Parish Social Justice Team is asking for your support. All mothers appreciate being pampered! Let us think of those mothers who are clients of the Jesuit Refugee Service (JRS) and not as fortunate as many others. The following items which will be especially appreciated this Mother's Day and delivered during the week :



- Soap (bars or liquid)
- Hand lotion
- Shampoo and/or hair conditioner
- Sanitary pads (no tampons)
- Nappies (Sizes 4,5,6)



On **13th and 14th May**, marked boxes will be at St Gerards and OLHC to accept your gifts.

Clothing Drive: St Vincent de Paul of 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 clutter and contribute to recycling. However please only give what is *still in good condition*. Thank you.

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





Australian Red Cross Lifeblood®

The "Catholic Parish of Epping and Carlingford" now has a lifeblood team. If you already donate blood or plasma and don't belong to a team, be sure to join ours. If you haven't donated before, be sure to sign up using the QR code

Donating blood saves lives.
Let's save lives together.



Tap me!



Welcome to Fr Titus: On May 14th we welcome Fr Titus Tin Maung to our parish. He is a Jesuit priest from Myanmar who will be staying with us for six weeks as part of his Tertianship which is a ten-year sabbatical. His formation has been in Manila and Melbourne and he has a wide range of experience. While with us he will lead small groups in the First Spiritual Exercises, drawing from his Ignatian spirituality, celebrate Masses with us and take part in other areas of parish life. Please make him welcome.



GROW in Faith

Bishop David Walker's seminars on St Teresa of Avila begin on **Wednesday May 10th, 10.15am – 11.15am** in the parish meeting room. If you've already signed up we have ordered a copy of The Way of Perfection which you can pick up for \$15. If you haven't signed up you are still welcome to come and we'll order a copy of the book for you.

The First Spiritual Exercises commence in small groups **from May 22nd**. Some groups are already full, and a few places remain. Sign up using the sign up sheet at the back of the church.



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). 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 use the QR code on the left.

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



Fr Chris Alar, MIC

UNDERSTANDING DIVINE MERCY

Australia
Tour
2023

**MAY 27TH
JUNE 4TH**

*Free to register at parousiamedia.com



Author of
Understanding
Divine Mercy



with Special Guest
Anna Nuzzo, Catholic Singer Songwriter




Contact:

Parousia Media | 02 8776 8778

Saturday 27 May

11.00am to 3.00pm

Our Lady of the Angels Catholic Church

1 Wellgate Avenue Corner Withers Road,
North Kellyville, NSW 2155 (Rouse Hill)

(Mini Retreat)

Sunday 28 May

St Patrick's Catholic Church

51-59 Allawah St, Blacktown NSW 2148

10.00am Holy Mass

11.00am Talk

Sunday 28 May

Monastery of Saint Charbel

142 Highclere Ave, Punchbowl NSW 2196

7.00pm Holy Mass

8.00pm Talk

Tap QR code to book:



SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



FIRST EUCHARIST 2023

Enrolment for First Eucharist has closed. We will gather online for a Parent Information Session next week. The Rite of Enrolment will take place at select Masses on the weekend of the 13th/14th May. Please support us and the families as we journey through this by remembering us all in your prayers! Any enquiries on our parish sacramental programme, please contact Lynn.Siau@bbcatholic.org.au for more information, or call the Parish Office on 9876 2853.



Have you heard? Our Lady Mary is travelling within our parish community at Epping & Carlingford!

May is a month that the Faithful has long dedicated to Mary, the Mother of God. We are excited to launch the Travelling Mary to honour Our Lady and receive many graces through her. Beginning the 7th May, the blessed statue of Our Lady will travel to one of our parishioner's homes each Sunday and stay for a week. It is a wonderful family prayer time together!

If you have young children and find the Rosary difficult to engage in prayer with them, I have created a Rosary Activity Booklet that will travel with Mary to your home in the Welcome kit for them. Rest assured fidgety little ones are really normal!

More information as well as a sign-up form is available at the back of the church. Please also feel free to contact me if you have further questions.

How I stay
sane with
my crazy
schedule!



Till the
next
edition,
God bless!

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

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 before **10am on Wednesday 17th 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 every Friday during the school term. Next meetings are on the **12th & 19th May**. 543 North Rocks Road, Carlingford, entrance via North Rocks Rd.



Antioch (Year 10/16 year olds-23 year olds) - Antioch is meeting next on the **7th May 6-8pm** in the meeting room.

No meeting 14th May for Mother's Day. 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 **16th May, 7-8:30pm**.



Charisms of the Holy Spirit

This weekend, 6-7th May, we are running our first charisms course in our parish and our speaker is coming from Canberra.

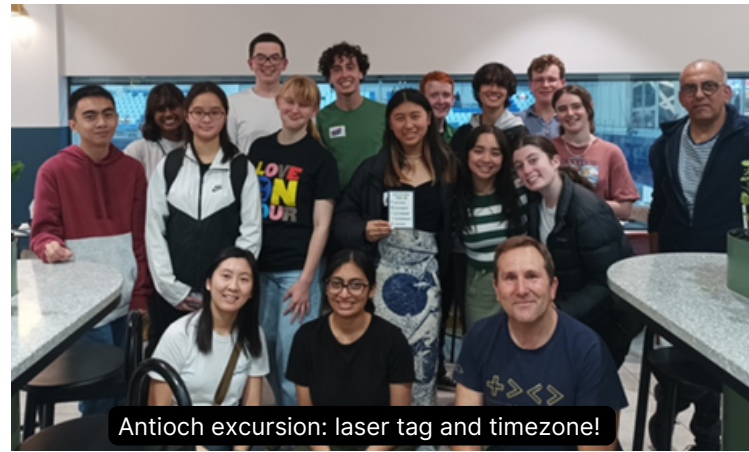
For those who might not be able to attend the course, what are charisms?

Charisms are supernatural graces given to all Christians by the Holy Spirit. They are received through baptism and like gifts, they need to be opened to be used for the building of God's kingdom.

What are some examples?

There's no exhaustive number of charisms. They are primarily listed in Romans 12, 1 Corinthians 12 and Ephesians 4. The Catholic Spiritual Gifts Inventory covers 24 of the most common charisms. They are *administration, celibacy, craftsmanship, discernment of spirits, encouragement, evangelisation, faith, giving, healing, helper, hospitality, intercessory prayer, leadership, mercy, missionary, music, pastoring, prophecy, service, teaching, voluntary poverty, knowledge, wisdom and writing*.

Our next steps will be to see if individuals would like to be trained on being able to run the charisms course. If you are interested, please contact the Youth Minister, Joanna Mak on 0404 710 588 or Joanna.Mak@bbcatholic.org.au



Antioch excursion: laser tag and timezone!

GRACE
Group Radio Association of Carlingford & Epping



New Podcast Episode
Out Now!

Meet Krisitin to learn about her personality and yours, hear Fr Jim's Easter message, and be informed as to what "cud" is.



Tap me!

I am a Catechist! BY MICHELLE CHAN

Hello everyone, I am Michelle and I am a catechist at Cheltenham Girls High for Year 8 students.

My journey as a catechist started 5 years ago when two lovely OLHC (Epping) School mums, who were catechists in our parish, referred me to Mary O'Byrne. At first, I was hesitant as I am not a native speaker and didn't feel I had enough biblical knowledge. Seeking and praying for His guidance helped, and I was soon told that I could start as an assistant and received training provided by Confraternity of Christian Doctrine (CCD). Structured lesson plans with teacher notes, Power point slides and student notes are also provided to support us.

I felt quite comfortable after several months assisting my mentor, Cho-Wai Cheung, in one of the Year 7 classes in Cheltenham Girls High School. She gave me opportunities to lead some of the activities.



... continued overleaf

cont'd... "I am a Catechist! By Michelle Chan"

This prepared me for handling my own class. It helped me overcome my language barrier. I prepared each lesson and practised my lines beforehand. As a result, not only did I enrich my biblical knowledge, but also my English skills.

Approximately a year after being a catechist, I joined the RCIA programme and my mentor, Cho-Wai, became my sponsor. I spent my primary school life in a Catholic school and in secondary school I attended a Lutheran school. However, I never felt like that I wanted to be baptised until my early 40s. My baptism experience enhanced my determination to be a catechist. The seed of my faith was sown when I was little and sprouted decades later.

Primary school children and teenagers nowadays are influenced and tempted by social media. Developing a good faith will give them stability in life and help them in their darkest times... especially if they have no one to depend on, they can always turn to God. I am glad that my daughter, who studied in OLHC Epping School, had teachers with strong faith in God and taught her so well. I hope students in the state schools also get the opportunity to know God and have fruitful lives. Everyone's path to God is different. What I need to do is sow the seeds in the students' hearts and trust Him.

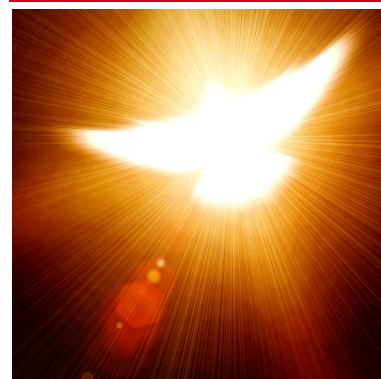
As stated in 2 Timothy 4:2, "Preach the word; be ready in season and out of season; reprove, rebuke, and exhort, with complete patience and teaching."

We stand by the students together facing this challenging world.

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.



PENTECOST CELEBRATIONS



Pentecost is our great feast of the Holy Spirit. We have two additional celebrations we'd like to invite you to:

A Vigil of Worship: Join us in singing praise to God and seeking the Holy Spirit to move in our lives. Dinner at 7pm or 7.30pm for praise. Please put your name in the list at the back of the church for catering. **Saturday May 27th, 7pm – 9pm in St Gerard's Hall.**

Our Ecumenical Liturgy: As usual we will join with our local Christian churches for a Liturgy of the Word which **we are hosting at OLHC Church on Tues May 30th 7.45pm.** This will be a particularly important liturgy as we will seek to ratify an update to the ecumenical covenant to better reflect our parish mission into the future.

OTHER NEWS & NOTICES



We were both baptised Anglican as children; our individual life journeys with school and work have led us both towards the Catholic faith.

It was when our son, who was also baptised as Anglican, was at the age of starting his sacramental journey that we reached out to Fr Jim. We felt drawn to the Catholic Social Teaching and wanting this for our children. Fr Jim assisted with understanding the process for our son and then also asked the question of our own faith.

Journeying through the RCIA was a great way to learn about the Catholic faith and allow the time for reflection on how we each view faith in our lives.

~Adam & Melinda Rixon



May 14th is Mother's Day! On this special day we pray for all mothers: God we thank You for the gift of mothers, and we pray that You continue to bless them with Your love and grace. In Your holy name, we pray. Amen.

Celebrations this Week

Easter Week 5

10 May Wednesday: *St John De Avila*

12 May Friday: *Sts Nereus and Achilleus, St Pancras*

13 May Saturday: *Our Lady of Fatima*

Easter Week 6

18 May Thursday: *St John I*

20 May Saturday: *St Bernadine of Siena*

Honouring our Lady and intercede for peace in the World and the welfare of Australia:

The Sydney Archdiocese Committee, of the World Apostolate of Fatima invite you to our May Celebration in St. Mary's Cathedral on **Saturday May 13th at 11.30am**. Entrance procession (inside the Cathedral) with the Pilgrim Virgin Statue of Our Lady of Fatima (with the Immaculate Heart) Rosary, Litany of Loreto & Act of Consecration to the Immaculate Heart of Mary followed by Holy Mass at Noon. We look forward to you joining us in Prayer. For further enquiries please contact us on 0403578994.

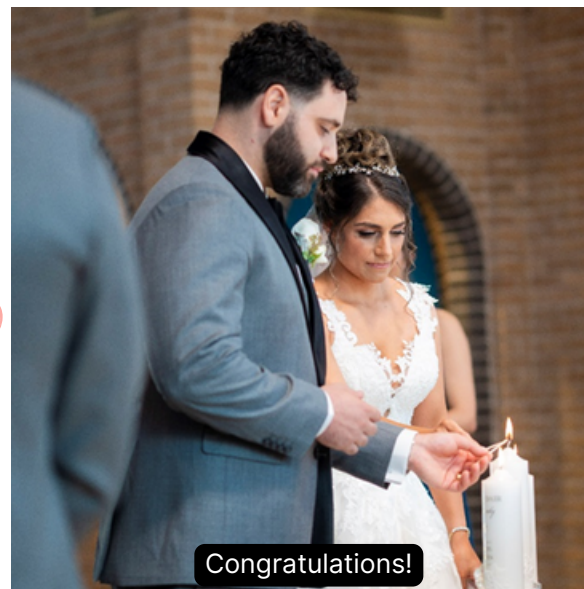
Position Vacant: The Diocese of Broken Bay is recruiting for a Diocesan Pastoral Discernment Project Facilitator. This is an exciting new role for a person to take the lead in implementing pastoral strategies on the Central Coast and facilitating discernment of the pastoral mission on the Northern Beaches. The role requires a candidate with tertiary qualifications in theology, ministry, social science or a related discipline, supported by at least five years in pastoral planning and/or project management in a Church context and experience in planning of evangelisation practices in diocesan and parish contexts. Strong familiarity with the Northern Beaches (eg having lived or worked there) will be essential. For more information please contact recruitment@bbcatholic.org.au for an Information Pack including for details on how to apply. **Applications close 18 May 2023.**

CatholicCare

Can you help a child feel safe and secure? There are children in our community who have been through experiences few of us could begin to fathom and who, without our help, will go through a childhood without the love and support of a family. CatholicCare believe all children deserve a safe home, and by providing one we can help them build their self-esteem and develop the skills they need to succeed in life.

We are looking for everyday families who might consider taking a child or young person into their home – to love and support them whether for one or two nights, a few weeks, months, or long term. Can you help? Please reach out on (02) 9481 2600 or visit www.fostering.org.au.

Pictured on the right: Fr Aldrin visiting a local State School during their Scripture Class. The students wanted to know how one becomes a Priest!



Congratulations to Daniel Khoudair and Kristen Beaini from our parish who were married on March 18th!



Join us in the celebration of :

Flores de Mayo

on the

Feast Day of Our Lady Help of Christians

When: 24th of May 2023 at 4:30pm

Where: Our Lady Help of Christians Church
29 Oxford St. Epping NSW 2121

Rosary at 4:30pm

Holy Mass at 5:00pm

Light refreshments after Mass

Bring flowers to offer to Our Lady Help of Christians



Responsorial Psalm Response
5th Sunday of Easter - 7 May 2023
 Ps 32:1-2, 4-5, 18-19

Lord, let your mercy be on us,
 as we place our trust in you.

Gospel Acclamation
5th Sunday of Easter - 7 May 2023
 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 (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

- 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
- Laura Doran



Dear brothers & sisters, I visited my sick brother Eric in March in Canada. He's sick & fragile, but his spirit was not bad, and requested me to pass his gratitude for all your prayers. Thank God that I could make this long trip with lots of challenges. We still need your prayers. May God grant Eric and all the sick peace, healing, and strength to overcome all the sufferings and hardships. Thank you very much again. God bless you all. ~ Goretti Yeung

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, Terezia (Teresa) Mrena (beloved grandmother to Christopher, Emma and Peter, mother/mother-in-law to Teri and Steve), Kit Smith (long-time parishioner, past organist of the adult choir)

Anniversaries - Patrick Murphy (Rachel & Stephen's son), Edith Almeida, Paul Kelly, Dennis Murphy, Fay Kelly, Mary Flook, Judith Mary Koorbanally, Matthew Francis Koorbanally, Maureen Kiss, Christopher Cross, Bev Alliprandi, Herbert Tchobauk

Responsorial Psalm Response
6th Sunday of Easter - 14 May 2023
 Ps 65:1-7, 16, 20

Let all the earth cry out to God with joy.

Gospel Acclamation
6th Sunday of Easter - 14 May 2023
 Alleluia, Alleluia!

**All who love me will keep my words,
 and my Father will love them and we will come to them.**