

## 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)

### 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](#)



## The Catholic Parish of Epping & Carlingford



CONNECT



WORSHIP



GIVE



SERVE



GROW

YEAR C

7 SEPTEMBER 2025 TWENTY-THIRD SUNDAY IN ORDINARY TIME

14 SEPTEMBER 2025 THE EXALTATION OF THE HOLY CROSS



The Parish Team wishes all a beautiful day of celebrating fathers on this Sunday. Cheers to all the love, the funnies, the struggles and the memories! A special prayer for all in fatherly roles and also for those who are missing a loved one.

**Encountering Jesus Christ in the Eucharist** is the title of a new pastoral letter by Bishop Anthony. Bishop Anthony wants to prepare us to receive Communion from the chalice once again, to point the way to the 2028 Eucharistic Congress, and to enhance our experience of the Eucharist here and now. Please pick up your copy from the back of the church.



**Giving:** Our parish relies on your generosity to keep our ministries running - from lighting our churches for prayer, to providing communion hosts and altar candles, morning teas, staff wages, and programs for children, youth, adults, and outreach.

Typically, long-time parishioners are our most committed givers, while newer members often wait to be invited. So over the next two weeks, I'll be asking you to consider becoming a regular giver, according to your means. If you've made this parish your spiritual home, I invite you to express that commitment through regular giving. Every amount, given consistently, makes a difference and shows your support for God's work here.

Please prayerfully consider what you can give, and be ready to respond using the pledge forms coming soon. You can also visit: <https://tinyurl.com/5ucnh3zv> or scan the code.



**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



## Readings

7 SEPTEMBER 2025

Wisdom 9:13-18  
Philemon 1: 9-10, 12-17  
Luke 14:25-33

14 SEPTEMBER 2025

Numbers 21:4-9  
Philippians 2:6-11  
John 3:13-17



**Keys:** Do you have a key to either church or meeting room which you needed for a previous ministry but no longer require? We're running short of church and meeting room keys and at \$30 each (on restricted key systems) we would rather re-use than cut new ones. Please return any surplus keys you may have with your name on them to the church or parish office.



**Hand dryers** are now installed in the toilets at St Gerard's. Powered by our solar panels and battery, these will save both on cost and thousands of hand towels going to landfill.



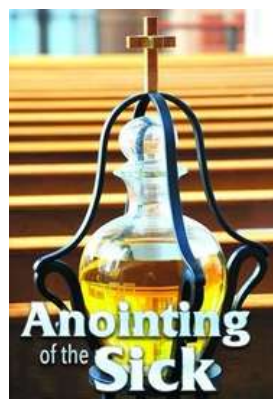
**Nametag Sunday** is on this weekend, **6th/7th Sept.** Come with your own nametag or use the labels we provide at the entrance to both churches.



Group 5 on duty!

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

Photo credit: Nina Deacon



**The monthly Anointing Mass at OLHC** is on every third Thursday of the month and will be on **Thursday 18th September, 11am in the church.** Come join us to pray for yourself and others who are sick, with the opportunity for anointing of the sick. Please join us for a light brunch after. A plate to share would be welcome.

**Fr Aldrin** is away on annual leave from Aug 29 – Sept 16. A huge thank-you to Fr Joey Frez, Fr Jumbin Torres OSA and Fr John Huyao OSA who are filling in on Sundays.

## You're invited to our annual Baptism Renewal Mass

21<sup>st</sup> September 2025

St Gerard's 9:30am mass

OLHC 10:15am Mass

Morning tea & fun activities will follow after mass.

Children are encouraged to bring along their baptism candles and take part in the procession into church.

Any enquiries please contact Belinda 0414 753 362  
or Christine 0414 753 799



Men Alive EPPCARL  
WhatsApp group



Join us for **menALIVE!** A space for men to connect, grow, and share in faith with bible study. Next meeting on the **11<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!

## DEVOTIONS

*Our Devotions Team brings to us...*

*Behold. I make all things new*

### HEALING MASS & PRAYER

→ BY DIVINE RETREAT CENTER TEAM

*Every third Friday  
starting 19th September*

**19 SEP 2025**

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



OUR LADY HELP OF CHRISTIANS, EPPING

## SAVE THE DATE

### 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

We are halfway through our preparation sessions! There are lots of exciting things happening in the coming weeks as the children progress through the preparation. You will no doubt see them at one of their Presentation Masses.

### Year 3 Family Kidz Mass 14th September

As part of the Confirmation programme, Fr Jim & Fr Aldrin are inviting the candidates to serve in some ministries at the 9:30am Mass and the 10:15am Mass. The children can be involved in a number of ways. Other Year 3 children are also welcome! Please pick the Mass time or church for the correct link to sign up:

- St Gerard's 9:30am [volunteersignup.org/KJKQA](https://volunteersignup.org/KJKQA)
- OLHC 10:15am [volunteersignup.org/QJKX7](https://volunteersignup.org/QJKX7) The OLHC Kidz Mass is incorporated as part of Kidz Word, where the children process with the Gospel book, candles and cross to the hall for Kidz Word, learn about the Sunday Gospel as usual but return to lead the Prayers of the Faithful and bring up the Gifts at Offertory.

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).

**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



We need Kidz Word leaders at St Gerard's! Join our **Children's Liturgy** team to help children learn about God's Word in an age-appropriate and engaging way! As a number of our leaders had new babies this year, they are taking a break to care for their families. Please consider. You could lead a 20-minute easy session with support (it is very easy to do!), or be a silent assistant if you wish (but we prefer you to lead!), or simply help spread the word around. **During school term at the St Gerard's 9:30am Mass. Training is provided and you will learn how easy it is!** Email Lynn for more information or attend one session to see what we do.



**Littlest Saints** is on formed.org!

This charming series brings the lives of the saints to life—through the eyes of children! Each episode features a young actor

dressed as a saint, sharing their story with heart, humour, and creativity. It's a fun and faith-filled way for families to learn about the heroes of heaven.

<https://app.formed.org/app/collections/801622>

## 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 17th September 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](https://bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter)


## YOUTH MINISTRIES


 **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

 Please join our  
Facebook Group  
for Parents

 St Gerards Church  
Hall

 7:30PM-9:00PM

 Fridays Fortnightly  
During School  
Term


 **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


 **Emmaus  
Young Adults**




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

 Our Lady Help of  
Christians Church

 6:30PM-8:30PM

 Thursdays  
Fortnightly

Join our  
WhatsApp  
Community!



## YOUTH MINISTRY

Looking to make new friends & deepen your faith!?

Join us at one of our three youth groups, we would love to meet you!

**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. Our final meeting for this term will be Friday 19<sup>th</sup> September with details of our holiday day out to be released soon!

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.

**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.

If you would like to attend any of our groups, please contact Holly on 0404710588



**Registrations for the Australian Catholic Youth Festival are live now!** ACYF gathers young people from Year 9 to 25 years from all across Australia with the opportunity to **connect**, **deepen** their relationship with Jesus, be **empowered** to live their faith in the world and **experience** the breadth of the Church in Australia. Please contact Holly if you are interested in attending. ([Holly.Lawton@bbcatholic.org.au](mailto:Holly.Lawton@bbcatholic.org.au))

## MORE PARISH EVENTS & NOTICES

**50+ Lunch:** Please come along to lunch on **Wednesday September 10<sup>th</sup> at Baulkham Hills Sports Club.**

Address - 11 Renown Rd Baulkham Hills.

We meet at 11.30am. Contact: Karen Kelleher 0402 143 521. Hope to see you there!



## A Wonderful Evening at the Seminarian's Benefit Gala Dinner!

Spotted many familiar faces. Word had it that our parish contributed 10 tables. Here are a few photos. More photos on the BBVocations Facebook page here: [www.facebook.com/BrokenBayVocationsMinistry](http://www.facebook.com/BrokenBayVocationsMinistry) or via QR code.



Photo credits:

Angela Wong, Fr Aldrin, Nina Deacon & Vocations Broken Bay



QR code takes you to the Facebook page of Vocations Broken Bay which has many close-up shots of our parishioners.

**OLHC Piety Shop:** Thank-you to the ladies who have put their hands up to help out; we now have a team of 4, how exciting! For those who are reading about this for the first time, OLHC has a cosy shop space in the

THANK YOU

Parish Centre next to the hall that we are looking at setting up shop. Bibles, books, sacramentals, gifts, etc. Just a few (split) hours centred around Mass times and school drop-offs/pickups, to man the shop and recommend items or assist shoppers. Even if you are available for just 30 minutes! Make yourself a cuppa from our parish kitchen before you start a relaxing short shift! Toddlers-in-tow are totally welcome! Interested?

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



Grateful,  
Thankful and Blessed



## OTHER NOTICES

**Celebrations this Week**

**Ordinary Week 23**

8 September Mon: **The Nativity of the Blessed Virgin Mary**

9 September Tue: **St Peter Claver**

12 September Fri: **The Most Holy Name of Mary**

13 September Sat: **St John Chrysostom**

## Ordinary Week 24

15 September Mon: Our Lady of Sorrows

16 September Tue: Sts Cornelius and Cyprian

17 September Wed: *St Hildegard of Bingen, St Robert Bellarmine*

19 September Fri: *St Januarius*

20 September Sat: Sts Andrew Kim Taegon and Paul Chong Hasang and companions



Be a Seed of Peace & Hope  
IN THIS SEASON OF CREATION

*'Our mission to care for creation, to foster peace and reconciliation, is Jesus' own mission, the mission that the Lord entrusts to us.'*  
Pope Leo XIV, homily 9 July

Watch **The Letter**, a film featuring Pope Francis and Laudato Si. Go to YouTube and search for You Tube Originals - The Letter.

**Reflect on what needs to change and what you can do and what we can do as a parish.**

**The Season of Creation**, a time of Christian prayer and commitment to safeguarding the earth, runs from September 1 through to the October 4 feast of St Francis of Assisi, patron saint of ecology. After reciting the Angelus prayer on Sunday, Pope Leo called on Catholics to join him in marking the September 1 World Day of Prayer for the Care of Creation.

### Season of Creation App



The Season of Creation App was developed by Queensland Churches Environmental Network.

The App contains a reflection, prayer and verse for each day of the Season of Creation. Each reflection is illustrated by beautiful photographs of Australian landscape flora and fauna.

Go to Google Play or Apple Store and search for Season of Creation. A PDF is also available for download at:

Go to Google Play or Apple Store and search for Season of Creation. A PDF is also available via QR code or download at: <https://tinyurl.com/44j3f9t5>



# VOCATIONS

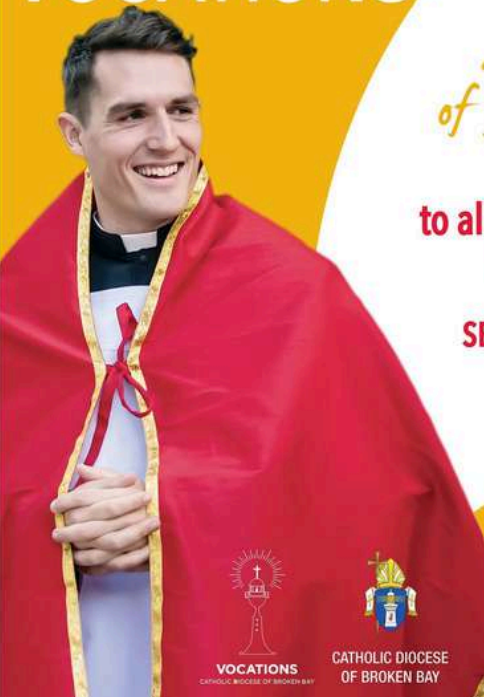
## ANSWERING THE CALL:

*a celebration of faith and hope*

### THANK YOU

to all our Parishioners for supporting our

### SEMINARIANS' BENEFIT GALA DINNER



**LEVANDE**  
Retirement, living

**ACU** **harvest**  
AUSTRALIAN CATHOLIC UNIVERSITY journey

**WN BULL**  
FUNERALS

**VOCATIONS**  
CATHOLIC DIOCESE OF BROKEN BAY


**CATHOLIC DIOCESE OF BROKEN BAY**

## HOLY HOUR

*with Gregorian Chant and Motets*

to pray for  
Shayne D'Cunha, Tan Nguyen & Huy Tran  
as they prepare for  
their Diaconate Ordination.

Thursday 11<sup>th</sup> September  
7.00pm  
(Light refreshments to follow)  
Our Lady of Dolours Church  
94 Archer St, Chatswood



For catering purposes, please RSVP by Wednesday 10<sup>th</sup> September to [vocations@bbcatholic.org.au](mailto:vocations@bbcatholic.org.au)

EVERY CONVERSATION MATTERS

## SHIFTING CONVERSATION TO ACTION

# Keeping kids safe is everyone's business

2025 NATIONAL CHILD PROTECTION WEEK  
7-13 September

**NAPCAN** NATIONAL ASSOCIATION OF PROFESSIONAL CHILD ABUSE NEGLECT COUNSELLORS

## 23rd Sunday in Ordinary Time - 7 September 2025

Ps 89:3-6, 12-14, 17 Response: In every age, O Lord, you have been our refuge.

### Gospel Acclamation: Alleluia, Alleluia!

Let your face shine on your servant, and teach me your laws.

#### WEEKEND MASSES

<b>Epping</b>	<b>5:00pm Vigil, 8:30am, 10:15am (Family/Children) and 7:00pm (Youth)</b>
<b>Carlingford</b>	<b>6:00pm Vigil, 7:45am, 9:30am (Family/Children) and 5:00pm (Youth)</b>

#### WEEKDAY MASSES

	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>	
<b>EPPING</b>	-	6:00pm	9:30am	-	-	8:00am	
<b>CARLINGFORD</b>	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):**

- Graham Kelly
- Leonie Owens
- Roslyn Rodriguez
- Dennis Porteous (OLHC Sacristan)
- Giulia Marzano
- Maureen Bestulic
- Fred Saad
- 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** - Rosalie Ziino, Agne Castle, Janet Sloman, Mrs Yeung, Sarah Kung

**Anniversaries & Remembrance** - All fathers gone before us, Eric Raymond Book, Spencer Chan, Chris Meadows, Margaret Floyd, John Bond, Elaine Hunt, Tony D'Almeida, Jennifer Blacker, Tsang Wai Yee, Agnes Chia, Albert Chia, Edith Almeida

## The Exaltation of the Holy Cross - 14 September 2025

Ps 77:1-2, 34-38 Response: Do not forget the works of the Lord!

### Gospel Acclamation: Alleluia, Alleluia!

We adore you, O Christ, and we praise you, because by your cross you have redeemed the world.