

Diocese of Broken Bay

Parish Priest: Fr Jim McKeon
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Assistant Priest: Fr Aldrin Valdehueza
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Our Lady Help of Christians'

31 Oxford Street, Epping

St Gerard Majella's

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Single Donation

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[Sacrament of Reconciliation](#)



Readings

12 MAY 2024

Acts 1:1-11
Ephesians 4:1-13
Mark 16:15-20

19 MAY 2024

Acts 2:1-11
Galatians 5:16-25
John 15:26-27; 16:12-15



The Catholic Parish
of Epping & Carlingford



YEAR B

12 MAY 2024 THE ASCENSION OF THE LORD

19 MAY 2024 PENTECOST

JOIN A MINISTRY

At Pentecost (May 19th) we're inviting you to join a ministry. Our hope is that everyone in the parish will do one ministry each as an expression of their love for God and their membership of the parish. Here's a few you might not have thought of:

Do you love the Eucharist? Imagine a time in the future when you are unable to come to mass due to infirmity. Wouldn't you love to have somebody bring the Body of Christ to you at home or in your aged care place? We have a number of people in Poplars Estia Aged Care in Epping who would love to receive Communion each week and we are looking for new volunteers to take up the privilege of sharing Jesus in the Eucharist with them. Could this be you? You choose the time and day when you want to visit.

The Cost of Living is making life difficult for many families. The St Vincent de Paul Society has the resources to give struggling families a hand up, but we need volunteers to walk with these families to ensure assistance goes to where it is most needed. Could you visit one family every 1 or 2 weeks?

Loneliness is now recognized as having a significant impact on physical as well as mental health. Our **Circle of Friends** are volunteers who phone some of our housebound or isolated parishioners. It's a flexible ministry you can do from home at a time that suits you.

OLHC Church will have another main entrance via the carpark and the new building. We'll need to double the number of **greeters** at every Mass.

We're looking forward to re-launching **Kidz Word** at the 10.15am Mass at OLHC. Kidz Word is for primary school aged children during the first half of Mass where the children listen to a scripture reading and respond in ways that are age appropriate.

Have you ever wondered who puts the words to the hymns on the screen at Mass? There are two roles here. One is the **compiler** who cuts and pastes the hymns into the powerpoint file. This can be done from home at any time and so is very flexible. The second is the **projectionist** who runs the slideshow during Mass.

~Fr Jim

PASTORAL WORKS FUND APPEAL

Pastoral Works Broken Bay is the very real expression of our Catholic charity in our neighbourhood as we are the hands and feet of Our Lord. Every year, your donations support two key ministries in our diocese. They are the Confraternity of Christian Doctrine (like Catechists that go out to schools) and Hospital Chaplaincy (like the work Fr Peter Dowd is doing).

Your donations also contribute financially to St Lucy's School and St Edmund's College for students with disabilities and the Ephpheta Centre which supports the deaf community.

To manage this support each Parish is given a financial quota that we are committed to fulfil. We have only achieved 29% of the current appeal. Your assistance for this good work would be greatly appreciated.

You can give using the **Good Giving app** via this QR code which will send you a tax receipt immediately, or, take an envelope from the back of the church and the parish will provide a tax receipt in July.

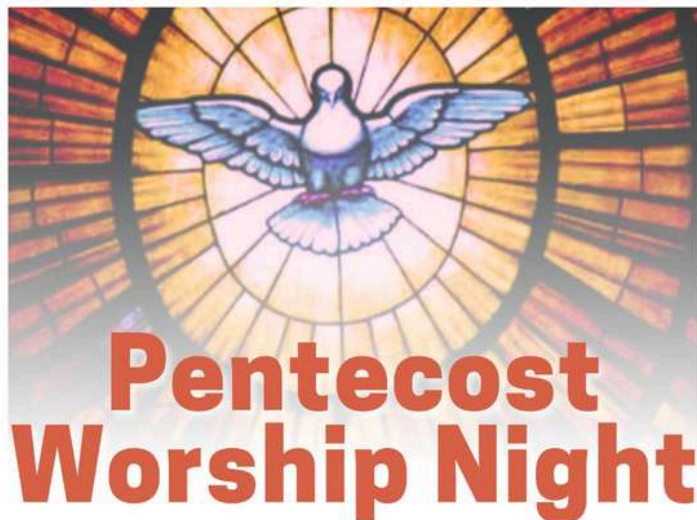
"Connecting to the Mission of Jesus Christ!"
MAY 2024 APPEAL



Confraternity of Christian Doctrine (CCD) **Hospital Chaplaincy and Pastoral Care**



PARISH NEWS & UPDATES



Pentecost Worship Night

Join us for a night of
spirit-filled worship.

▪ SATURDAY 18TH MAY 2024 ▪ 7.30 PM ▪

▪ ST GERARD MAJELLA ▪
543 NORTH ROCKS RD, CARLINGFORD

PROGRAM: Holy Rosary | Praise and Worship |
Testimonies | Adoration of the Blessed Sacrament

Please bring a plate to share for supper.

For more info please contact: eppcarl@bbcatholic.org.au

The Catholic Parish of Epping and Carlingford

Feast of Our Lady Help of Christians

Please join us to celebrate the patronal feast of Our
Lady Help of Christians:

FRIDAY 24th MAY - OLHC EPPING

- 5:30 PM Rosary
- 6:00 PM Mass
- 6:40 PM Light refreshments

If you are happy to do so, please bring a plate
to share.

Would you like to offer flowers to Our Lady on her
feast day? Surely...

*Bring flow'rs of the fairest,
Bring flow'rs of the rarest,
From garden and woodland
And hillside and vale.*

OLHC Redevelopment: Levande will be holding another Sales Information Session about The Cambridge at the **Epping Club on Tuesday, 21 May @ 10am**. They would like to extend an invitation to any parishioners who may be interested in finding out more to reserve a place by calling Jill Fellowes on 0421 279 288.



OLHC Housekeeping: This week the chandelier at OLHC received a little TLC with two flood lights added to improve the lighting on the altar for the Priests and Ministers of Word as they proclaim scriptures. While the chandelier was down it received a hearty clean by Deacon Richard (pictured here).



St Gerard's Hall: After a recent upgrade that was 90% funded by the NSW Governments Community Building Program, the Parish Hall is available for hire on an individual or permanent basis. Please contact the Office for more information 9876 2853.



A gentle reminder that **St Gerard's Healing Mass** will be on **Tuesday May 14th, 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.

Ecumenism: Our parish has a long history of sharing prayer and fellowship with our neighbouring Christian churches as part of an ecumenical covenant with the Anglican and Uniting Churches of Epping. Our first ecumenical liturgy for the year is at a new time of **5pm**, followed by supper. This will be hosted at **West Epping Uniting Church, 161 Carlingford Rd (but parking is on Orchard Rd) on Tuesday May 14th**. Come and join us to celebrate Pentecost with our fellow Christians.

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

Joanna Mak Ph: 0404 710 588

Email: Joanna.Mak@bbcatholic.org.au

New Parishioner Engagement Coordinator - St Gerard's

Belinda Shi Ph: 0414 753 362

Email: Belinda.Shi@bbcatholic.org.au

Pastoral Worker - OLHC

Simone Noel Ph: 0414 753 799

Email: Simone.Noel@bbcatholic.org.au

New parish email address for general

enquiries: eppcarl@bbcatholic.org.au

Please note parish@eppcarl.org.au will be obsolete.



SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



FIRST EUCHARIST 2024

Pentecost Family Mass 19th May

As part of the First Eucharist programme, Fr Jim & Fr Aldrin are inviting the candidates to provide some ministries at the 9:30am Mass and the 10:15am Mass. The children can be involved in a number of ways. Other Year 4 children are also welcome! Please pick the Mass time or church for the correct link to sign up:

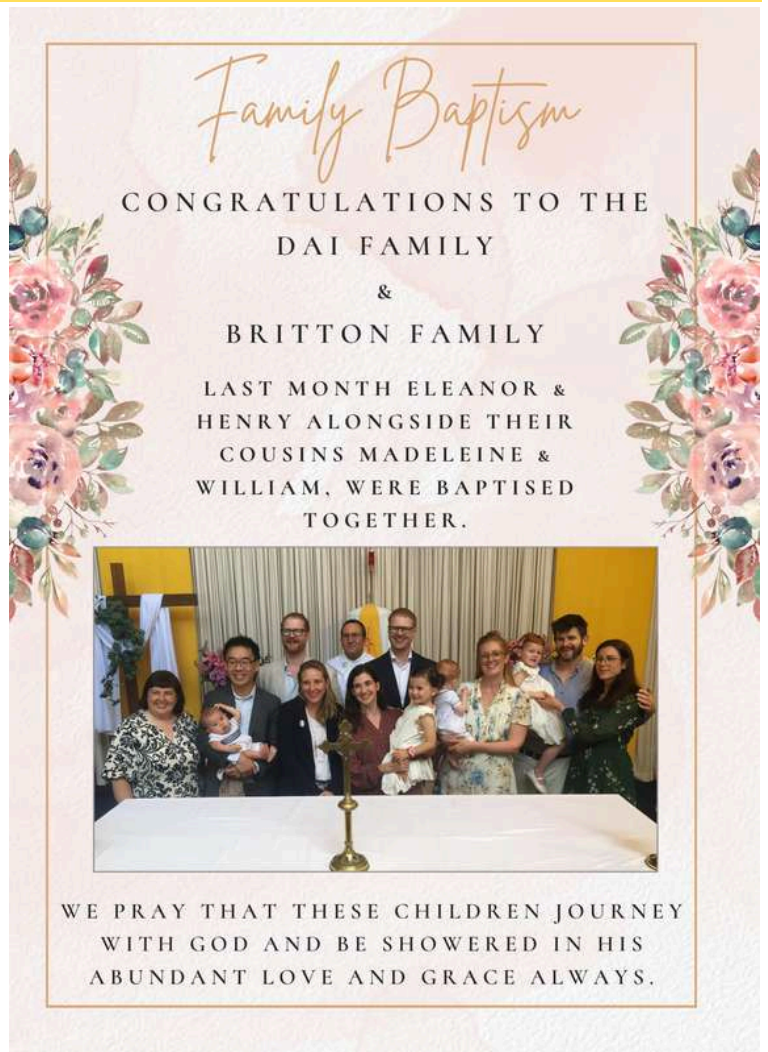
- St Gerard's 9:30am volunteersignup.org/KJKQA
- OLHC 10:15am volunteersignup.org/LT4QH

First Eucharist will be celebrated in our parish at the following dates and time:

- Sunday 9th June at 9:30am St Gerard's Church
- Saturday 15th June at 6pm St Gerard's Church
- Sunday 16th June at 9:30am St Gerard's Church
- Saturday 24th June at 5pm Our Lady Help of Christians' Church
- Sunday 25th June at 10:15am Our Lady Help of Christians' Church

Enquires for Confirmation 2024

We have a Sacramental Programme brochure available at the back of both churches. If you wish to receive a soft copy instead, please feel free to email Lynn (contact details on the right). The brochure contains eligibility to enrol, the key dates of the preparation periods, events and celebrations. Parents are advised to consider carefully before enrolling, as commitment to the full programme is expected.




Baptism enquiries: You can book your child's Baptism online on our parish website here - www.bbcatholic.org.au/epping-carlingford/sacraments/baptismforchildren Or if you have questions, Belinda Shi, our Coordinator, would be happy to hear from you. Belinda can be contacted on 0414 753 362.

Lynn Siau

Coordinator of Children's Ministries, Sacramental Programme & Parish 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 22nd May 2024**. 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 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

YOUTH MINISTRIES



Cana (Year 6-9): Cana is on the **17th and 24th May** at St Gerard's in the parish hall **7:30-9pm**. Entrance via 543 North Rocks Road, Carlingford.



Antioch (Year 10/16 year olds-23 year olds) Antioch will next meet on the **19th May, 6-8pm** at St Gerard's meeting room. All welcome! (Note: no meeting on 12th May on Mother's Day)

Contact the new Antioch parent support if you have any questions: Cres & Lui Yparraguirre Mobile: 0449228514.



Emmaus young adults (23-30 year olds): On the **14th and 21st May**, Emmaus will join the parish for the faith series on Metanoia. Come along at 7pm for free dinner, followed by a video and share groups. Meetings are in the parish hall instead of the meeting room.

Sisters of Life toured Sydney!

Some of our young adults attended a gathering with the Sisters of Life from the US. The Sisters shared some powerful conversion stories and reminded us of God's love and mercy to every human being, that we are good and made for God. The sisters encouraged us that God wants to be near us in every single moment of our lives and God meets us in the detours in our life. When we stray away from faith, God is ready to meet us and help us return to him because he longs for us. The Sisters of Life also spent some time at different University campuses ministering to the young people through music, prayer and handing out free stickers!

www.catholicweekly.com.au/sisters-of-life-farewelled-at-sell-out-fidelis-event/



Sr Rose Patrick with participants at the Fidelis young adult event held at ACU Sydney. Photo credit: Alphonsus Fok

For more information on any of our 3 youth groups and our Antioch and Emmaus social media pages, please contact the Youth Minister, Joanna Mak on 0404 710 588 or send her an email at Joanna.Mak@bbcatholic.org.au

SOCIAL JUSTICE AT OUR PARISH



19th – 26th May is a global celebration where we remember Pope Francis urging us in his encyclical Laudato Si' to hear the cry of the earth and the cry of the poor and to humbly place ourselves in communion with our common home. Significantly, Pope Francis promulgated Laudato si' in 2015 on the Feast of Pentecost.

As a Catholic Earthcare Parish we celebrate our part in the great progress the whole Church is making on its journey towards the seven Laudato Si' Goals set before us by Pope Francis to achieve ecological conversion.

Thanks to everyone who brought in their electronics for recycling last weekend – we saved all of this from landfill.

If you would like to learn more about Laudato Si' Week, please visit <https://laudatosiweek.org/>



Once again, thank you all for your generous response to the request from Jesuit Refugees Service, Parramatta.

40 packets of nappies, 19 gift cards (worth more than \$500), long life milk and other items were delivered to their office on Monday. All items will be passed on to the Mothers who are finding it so difficult to establish a new life.

Pathways to Empowerment: Throughout April JRS has also continued to coordinate training opportunities for participants in the Pathways to Empowerment Project, organised through their Employment Assistance Program. In the last month, these participants have attended floristry workshops, completed computer

skills training with SEWA Australia, received a visit from Dress for Success, and have engaged in introductory barista training through the Parramatta Community College! To find out more or how you can help, visit aus.jrs.net/en/main-community-space/employment-assistance/

~The Parish Social Justice Team

MORE PARISH NEWS

menALIVE - Single or married men aged 18 and up. Join us fortnightly @ **St Gerard's parish meeting room from 7:30pm to 8:30pm**. Remaining dates for May:

- May 16 - St Gerard's, Meeting room
- May 30 - St Gerard's, Meeting room

Contact: phillip.senger@eppcarl.org.au to find out more.

Join the conversation at our parish menALive group by clicking on the following link <https://chat.whatsapp.com/KHhr2uNQcBh7HfX4TWOF0j> or via the QR code here:



CARLINGFORD CHARISMATIC PRAYER GROUP

Sunday prayer group are on a break till the end of May. However all prayer requested will still be actioned during this time. CONTACT: Margaret at 0401 133 368 or via email mtmkelly@optusnet.com.au

CHARISMATIC PRAYER REQUEST MINISTRY

How to Request a Prayer:

- **Get a form** - Pick up a prayer request form at the back of the church. If more prayer request slips are required, could you please text Margaret (0401 133 368) so that more slips can be printed, and the boxes can be refilled.
- **Fill it out** - Write your prayer request for any intention.
- **Submit** - Drop the completed form into the designated box at the back of the church.

Your prayer requests will be prayed over by our Charismatic Prayer Group and forwarded to Charismatic NSW, Charismatic International, and Bruce Dowens Ministries if you check the 'pass on' box. For private requests, mark 'X' on the form. All requests are strictly confidential.

Mothers' Day: Happy Mothers' Day to our wonderful mums. We hope that this is a joyful occasion for you, but unfortunately we know that for some people it isn't. For some people there is the sadness of grieving for a mum who has died, for others there is the ache of broken relationships. For some women the tragedy of having lost a child, or the heartache of being unable to conceive.



Sadly, being pregnant can be a high risk time for domestic violence, and so often mothers will put up with an abusive partner to protect their children. The recent media reports of gendered violence highlight these again for us.

Bishop Anthony has recently released a statement on domestic violence youtu.be/i62OPYJK08Q?si=7YRB3zFqm6hFCdYr and Fr Jim's homily on domestic violence is here youtu.be/WaSiVqj_voQ?si=IRxAFiYMUhggLcdw. Our diocesan resource bbcatholic.org.au/safeguarding/a-catholic-response-to-domestic-violence is now available in English, Tagalog, Korean and Chinese, and your priests and parish team are here to help if you are in need.



Visio Divina - Divine Seeing: Praying with the eyes of the heart. Visio Divine - 'Sacred seeing' - is an ancient form of Christian prayer in which we allow our hearts and imaginations to enter into a sacred image, in silence, to see what God might have to say to us... all that is required is your receptive contemplative silence.

Starting class with Visio Divina

With limited time in a class, I decided to devise an abbreviated approach. I broke down the process into three steps:

1. Look Deeply - During this phase, I asked each student to look deeply at the piece of art presented; notice what they don't notice at a first glimpse, and then explore the piece of art further.
2. Look Prayerfully - In the second phase, the students are to ask God what we should learn from this piece. : Let it speak to us. Let God speak to us.
3. Be Still - It is easiest to hear from God when we are still. Here I ask students to be still in the presence of God and allow Him to speak to them.

At the class's outset, I allocate just one minute for each step, given the limited time. However, our culture isn't accustomed to prolonged contemplation. This can be challenging!

Visio Divina in Practice: As students enter, the lights dim and an opening slide appears, reading "Visio Divina: Divine Seeing - A visual prayer/devotion." After quieting the room, I advance to the next slide, timed to progress through three stages with prompts.

While some students appreciate it, others simply tolerate it, typical of college students. Yet, it effectively redirects their focus towards art and God, away from pre-class distractions. I have now been successfully commencing my classes with Visio Divina for three years.

OTHER NOTICES

Celebrations this Week

Easter Week 7

13 May Mon: *Our Lady of Fatima*

14 May Tue: **St Matthias**

18 May Sat: *St John I*

Ordinary Week 7

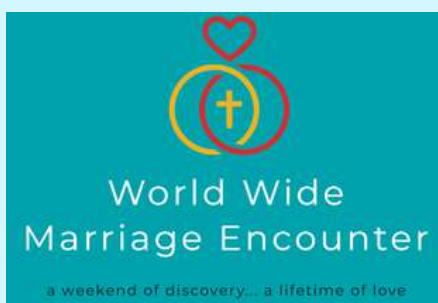
20 May Mon: *Mary, Mother of the Church*

21 May Tue: *Sts Christopher Magallanes and companions*

22 May Wed: *St Rita of Cascia*

24 May Fri: **OUR LADY, HELP OF CHRISTIANS**

25 May Sat: *St Gregory VII, St Mary Magdalene de Pazzi, St Bede*



We are offering an opportunity for you to learn to become the best version of yourselves together and live your best life in love! Come and join us on **28-30 June** at a Marriage Encounter Weekend in a Covid safe environment at **Mt Carmel Retreat Centre, Varroville, NSW** – a stunning & tranquil oasis on the edge of Sydney.

Book online at www.wwme.org.au or contact Christine & Terry Mahony on 0490 774 419 or nswbookings@wwme.org.au



CATHOLIC DIOCESE OF BROKEN BAY



CATHOLIC VOCATIONS BROKEN BAY



The Ascension of the Lord - 12 May 2024

Ps 46:2-3, 6-9 Response: God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

Gospel Acclamation: Alleluia, Alleluia!

Go and teach all people my gospel. I am with you always, until the end of the world.

WEEKEND MASSES

Epping	5:00pm Vigil, 8:30am, 10:15am 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	-	-	-	8:00am	
CARLINGFORD	9:30am	-	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: 14th May for this month.

Otherwise on the 1st Tuesday of the month, 10am at St Gerard's Meeting Room, Carlingford



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

- Dennis Porteous
- Elizabeth Barton
- Richard Davies (Michael Davies' father)
- Cohen Hadden
- Peter McArdle
- Eileen Taylor



From the McArdles on Peter McArdle and Cohen Hadden: Peter is in remission. He has seen his oncologist and his surgeon and they informed him there is no sign of cancer in the two areas treated. We are all very delighted and happy with the news. We thank you for your prayers for Peter and ask for your continued prayers as there is still a possibility his bladder cancer (3rd cancer) will return. Cohen is another story. He is seeing different specialists for his disease which has now affected his heart. The little guy is also having difficulty settling into school and study. Prayers needed for Cohen.

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 - Stefanus Purwanto, Agnes Maria Abadi, Joseph Munaba, Patricia Collins, Claude Rigney

Anniversaries - Bert Saul, Patrick Murphy, Cedric Fernandes, Jan Doherty, Bev Alliprandi, Matthew & Judith Koorbanally (brother and mum of Rachel Chetty), Paul Kelly, Maureen Kiss, Iris Misquitta (Candy D'Sylva's mum), Edith and Ivan Almeida, Christopher Cross

Pentecost - 19 May 2024

Ps 103:1, 24, 29-31, 34 Response: Lord, send out your Spirit and renew the face of the earth.

Gospel Acclamation: Alleluia, Alleluia!

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.