

Diocese of Broken Bay

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

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St Gerard Majella's

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[Sacrament of Reconciliation](#)



Readings

13 AUGUST 2023

1 Kings 19:9, 11-13
Romans 9:1-5
Matthew 14:22-33

20 AUGUST 2023

Isaiah 56:1, 6-7
Romans 11:13-15, 29-32
Matthew 15:21-28



The Catholic Parish of Epping & Carlingford



YEAR A

13 AUGUST 2023 NINETEENTH SUNDAY IN ORDINARY TIME

20 AUGUST 2023 TWENTIETH SUNDAY IN ORDINARY TIME



The Feast of the Assumption is on **Tuesday August 15th.**

Masses will be celebrated at:

- St Gerard's at 9.30am (with St Gerard's School) and 7pm
- OLHC at 7am and 6pm, and at St Agatha's Pennant Hills with OLHC Primary School at 11.40am.

Our neighbouring parishes may have complementary Mass times also.

Retirement and Position Vacant: Dennis Porteous will be retiring from the role of Parish Secretary at the end of September. Dennis has been a part of the parish for more than 30 years, firstly as Sacramental Coordinator then as Parish Secretary at OLHC, then as Parish Secretary for the combined Parish of Epping & Carlingford. He will continue as sacristan at OLHC Church and as RCIA coordinator. We will celebrate and thank Dennis in September.

This creates a vacancy for a Parish Secretary, working 3-4 days per week with some flexibility for school holidays. Please contact Fr Jim or the parish office.

**WE ARE
HIRING**

The most basic human right: The Australian Labor Party are holding their National Conference from August 17-19. The agenda for the conference includes rather general statements about "access to reproductive health" but it is expected that there will be a motion influenced by "EMILY's List" to allow free medical and surgical abortions nationwide. Abortion is already subsidised by Medicare in most places. Whilst the push for access to free abortions will be couched in terms of not disadvantaging women on low incomes, it also serves to further normalise the practice of abortion as a routine medical practice without moral weight or consequence. Our Church teaches that life begins at conception and that growing embryos and fetuses have the right to life. Let's use our voices to contact our local member, Mr Jerome Laxale MP at PO Box 6022 Parliament House Canberra ACT 2600, Jerome.Laxale.MP@aph.gov.au or [facebook.com/jeromelaxale](https://www.facebook.com/jeromelaxale) with a message such as "Dear Mr Laxale, I oppose the plan to allow free abortions in Australia - planned for discussion at the ALP conference in August 2023. Every abortion ends the life of a vulnerable unborn child. Australia aborts 80,000 babies every year - a frightening statistic. Yours faithfully ..." For more information see righttolife.com.au

~Fr Jim

"Your generous contributions to our church enable everyone to flourish in Jesus' ministry. Through your donations, we can offer contemplative programs, prayer groups, and small group gatherings, creating an environment where individuals can grow spiritually and emotionally."

GROW IN FAITH



Unlocking the Mystery of the Bible

JEFF CAVINS and SARAH CHRISTMYER

Unlocking the Mystery of the Bible: Unlocking the Bible enriches our Catholic identity. We discover our connection to Abraham and the chosen people of Israel. We understand how Jesus fulfills the promises made to them in the New Covenant. We have been adopted and inherited the new Law of Love. Unlocking the Mystery of the Bible helps you get the “big picture” by showing how fourteen narrative books of the Bible tell the complete story from Adam and Eve to Christ and the Church. Presenter Jeff Cavins shows you how to read the Bible so that you can actually understand it.

Join us to Unlock the Mystery of the Bible, 8 Online Sessions starting **September 5th (Tuesday) from 7 pm to 9 pm**. No need to go out. Just go to your computer. You can invite neighbours, friends and family. They can join online from the comfort of their home.

To register or for more information - Email philip.senger@eppcarl.org.au by **August 29** or put your name on the list at the back of the church. Around 200 parishioners in our parish have already Unlocked the Mystery. If you haven't already, come join us!

“What's actually happening during the Mass?”

Have you ever wondered why we do or say certain things during the Mass? Why do we make a sign of cross, genuflect, sit, stand, and sometimes kneel? Why do we say “And with your spirit” when the priest says “God be with you” or we say “Amen” when we receive the Holy Eucharist? Is it merely a programmed response?

Perhaps you have been attending the Mass for a few thousand times or even just a handful of times, do you really understand the meaning behind all that we are doing?

This **ALTARATION** program is designed to help you understanding the WHYs behind the WHATs we are doing or saying during the Mass, so we can more appreciate the beauty and the awesome of the Mass and always looking forward to participating in it.

The Mass is the greatest gift from God to us. The Mass is the source and summit of our Christian life. During the Mass, God raises us to the new height to give us a glimpse the foretaste of heaven. Watch a sneak peek <https://youtu.be/nwqpan7umwQ> and come join our new program “ALTARATION: The Mystery of the Mass Revealed”!

Join us for 4 weekdays at:

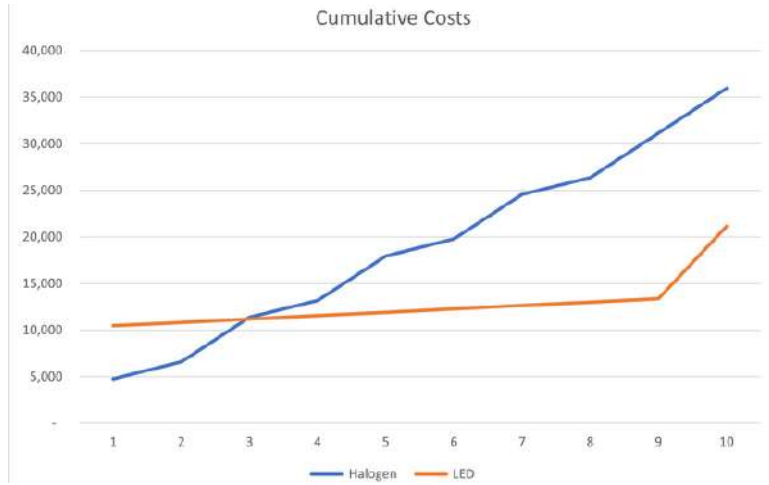
- 7pm Tuesday nights **St Gerard's hall** from 5th Sept. Contact Mery meryauwyang@hotmail.com
- 7pm Friday nights **OLHC Church** from 8th Sept. Contact Leon dsylva01@hotmail.com

To join, simply put your name on the list at the back of the church. For more information on this wonderful program, contact Mery or Leon.



OUR LADY HELP OF CHRISTIANS UPDATE

Revamping the Lighting at OLHC Church: Upon recognizing the recurring issues with the halogen light globes failing individually throughout the Church, coupled with the considerable expense involved in using a scissor lift to replace these globes, we seized the opportunity to transition to more energy-efficient LED lights. The graph (next page) illustrates a payback period slightly exceeding 2 years, attributed to the reduced energy consumption, and extended 10-year lifespan of LEDs. This transition aligns with our commitment to environmental stewardship and resonates with the principles of our Catholic Social teachings, while also delivering substantial cost savings for the Parish. Recognizing the pivotal role of adequate lighting, we introduced a trial light and assessed its luminance using a light meter to ensure an elevated level of brightness. We express our gratitude for your understanding and patience throughout this transformative process.



OLHC Development: Many people are expressing interest in the 29 story retirement living tower which is now being built behind OLHC Church. This will not be owned or managed by the parish, but but by the developer, Levande (formerly Stockland) The Tower has been formally named as "The Cambridge by Levande". You can now subscribe for updates on the Retirement Living component of the development, and register your interest as a future resident at www.levande.com.au/community/epping/

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



Women in Ministry: The only person listed as a deacon in the bible is a woman, St Phoebe (Romans 16:1). The historical facts of women deacons are well known. They ministered in different ways in different places during differing eras.

In 2016, the International Union of Superiors General asked Pope Francis why, given that so many women were already performing diaconal ministry, women could not be ordained as deacons today. Since then, two commissions presented private reports to the pope. The Instrumentum Laboris for the Synod on Synodality reports: "Most of the Continental Assemblies and the syntheses of several Episcopal Conferences call for the question of women's inclusion in the diaconate to be considered. Is it possible to envisage this, and in what way?" What are the arguments for and against women ordained as deacons? What will happen in October?"

An Australian group is exploring roles for women in ministry including diaconate, should the Church allow it in the future. Join us for a short webinar on 3 Sept 11:15am - 12:00pm. On 'St Phoebe and Women in the Early Church, inspiration for a synodal Church today'. Register at <https://liturgyonthemargins.org/st-phoebe-webinar/>

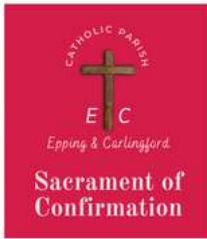
~Fr Jim

Communion from the Chalice: The limiting of the communion chalice to the people in the time of the COVID pandemic was for pastoral reasons. Although most of us live as though the pandemic is over, it continues to cause sickness and death for significant numbers of people. The Bishops of NSW have prayed about and discussed this situation, and we have taken the decision to delay the common use of the communion chalice, for pastoral reasons.

In the meantime, as a community of believers, we can take heart in the joy of knowing and believing that to receive communion is to receive Christ himself who has offered himself for us. And as the Catechism reminds us "Since Christ is sacramentally present under each of the species, communion under the species of bread alone makes it possible to receive all the fruit of Eucharistic grace." It is important for us to remember that while the communion chalice is currently limited, the fullness of communion in Christ's Body and Blood is enjoyed in the consecrated species of bread alone.

The bishops of NSW are keeping vigilant on this most important issue, so please be assured that when possible, the common communion chalice will be restored.

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



We are halfway through our preparation sessions for Confirmation 2023! We certainly started the Confirmation journey with a party for the children! After being presented at Mass with their parents, everyone had great fun with a bigger than usual morning tea and a jumping castle (photo below). I am so grateful to everyone who made a wonderful morning possible, especially the parents who

accompanied their children and are committed to the programme and of course the hospitality team for coming together to support us. 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. Please keep us all in your prayers.

Fr Jim Introduces Year 1 to the Church and Liturgical Objects at St Gerard's Primary School

This term, Year 1 is learning about the Church's liturgical objects and developing an understanding of how God speaks to us through the Bible. On Tuesday, Fr Jim invited our Year 1 classes to visit the Church and learn about the liturgical objects, their meaning and significance.

The Year 1 children had the opportunity to hold the chalice and the paten as they stood around the altar with Fr Jim. They were introduced to the Tabernacle and confidently identified the crucifix and the ambo before Fr Jim patiently answered every question.

Many thanks to Fr Jim for making Year 1 and their teachers feel so welcome. Well done to our Year 1 students for displaying such reverence and respect while in this sacred space.

~article and photos from St Gerard's Primary School



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 23rd August 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 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 via a desktop, the form on our website: bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter

YOUTH MINISTRIES



Cana (Year 6-9) is on every Friday **7:30-9pm** during the school term. However due to the leaders being away for World Youth Day, the next meeting will resume on the **1st September in Term 3**.



Antioch (Year 10/16 year olds-23 year olds) - Antioch will meet on the **20th August, 6-8pm, after the World Youth Day pilgrims return**.

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 **22nd August, 7-8:30pm**.

World Youth Day Update!



Our World Youth Day pilgrims are almost heading back home! We've travelled throughout Italy, visiting Basilicas, daily Mass at different Churches, eaten a tonne of gelato, prayed in front of Blessed Carlo Acutis in Assisi and we have flown to Lisbon, Portugal for World Youth Day.

For those who don't know much about World Youth Day, it is a week long celebration involving catechesis and formation, prayer, worship, music, workshops etc for Catholics around the world. The key elements of a World Youth Day are the Papal welcoming, Stations of the Cross, a pilgrimage walk to the final site, evening Adoration, sleepout and an outdoor Mass with Pope Francis. The week allows for ample opportunity for faith, growth, building community and forming disciples. It provides one of those mountain top experiences and provides a way to have a deep and personal encounter with God and see the unity of Catholics from around the globe.

If you weren't able to attend World Youth Day, no need to fear. The **Ignite Conference** will be on this year **28th September-1st October in Waitara**. Half price discounts offered - Details on Page 7! And the next **Australian Catholic Youth Festival** will be held in Melbourne, 2025 which is the biggest Australian gathering for the youth.

A Message from Joanna, our Youth Minister

I will be overseas and on annual leave from the 21st July and will return to work on the 31st August.

If you have a question about the Antioch youth group, please contact the parent support, Louise or Kirk Koelmeyer on 0404 496 554 or 0420 874 824.

For enquiries on Cana or the Emmaus youth group, as well as the Youth Mass at St Gerard's, please contact Fr Jim at Jim.Mckeon@bbcatholic.org.au



Arete 2024: Register here to receive the zoom link www.trybooking.com/events/landing/1085333?qr=true Details on Page 7 of this bulletin - Testimony from Joanna our Youth Minister.

We also have Facebook groups for Antioch and Emmaus. If you would like to join or would like more information on any of our 3 youth groups, please contact the Youth Minister, Joanna Mak on 0404 710 588 or email her at Joanna.Mak@bbcatholic.org.au



In 2023, our parish is joyfully commemorating four decades since the inception of Antioch, a transformative ministry that has left a mark on the lives of countless young individuals. Over the years, Antioch has nurtured a personal relationship with Jesus in the hearts of thousands of young people, guiding them on their faith journey and inspiring them to lead purposeful lives.

Antioch's impact extends beyond the spiritual growth of the youth; it has also played a significant role in fostering a spirit of service and compassion within the parish community. The young adults involved in Antioch have been tireless in their commitment to various service works, spreading love and kindness to those in need, and contributing to the betterment of society.

Such an extraordinary milestone would not have been possible without the unwavering support of the entire parish community. We express our heartfelt gratitude to all the parishioners who have stood by Antioch throughout these four decades, offering their prayers, encouragement, and resources to make this ministry thrive.

As we prepare for this remarkable event, we call upon all past and present members of Antioch, including "Antiochers," parent supporters, cherished members of "God's Squad", and our parish community to be part of this celebration. Your presence and involvement will add to the richness of the festivities.

If you'd like to join us, please reach out to **Louise - 0404 496 554** or **Kirk Koelmeyer - 0420 874 824**, the current Antioch parent supporters. You can also tap/click the QR code or contact the parish office to RSVP to the event.



PARISH SUPPORT FOR REFUGEES AND ASYLUM SEEKERS



Let's Help
THOSE IN NEED



What We Need

Soap - Deodorant - Shampoo - Socks - etc

THANK YOU FOR YOUR KINDNESS

Are you considering ways in which you personally can support refugees and asylum seekers in our community?

"**Ten Steps Towards Justice for Refugees and Asylum Seekers**" is a brochure issued by the Australian Catholic Social Justice Council. There are copies at the back of the church which may be of assistance.

Father's Day Appeal

We ask the Parish to support our Fathers Day Appeal **on the weekend 26th/27th August**. Marked boxes will be placed at both St Gerards and OLHC - Fathers Day is celebrated Sunday 3rd September.

Items requested are:

- soap (liquid and cakes)
- disposable razors
- deodorant
- shampoo and conditioner
- socks
- instant coffee

These will be distributed through JRS.

Further enquiries: John Whealy at johnwwhealy@gmail.com

OTHER NEWS & NOTICES

Celebrations this Week

Ordinary Time Week 19

- 14 August Mon: St Maximilian Kolbe
15 August Tues: THE ASSUMPTION OF THE BLESSED VIRGIN MARY
16 August Wed: *St Stephen of Hungary*
19 August Sat: *St John Eudes*

Ordinary Time Week 20

- 21 August Mon: St Pius X
22 August Tues: The Queenship of the Blessed Virgin Mary
23 August Wed: *St Rose of Lima*
24 August Thurs: **St Bartholomew**
25 August Fri: *St Louis, St Joseph Calasanz*

A group of people from local churches meets once a term to pray for Carlingford High, Epping Boys', and Cheltenham Girls' High Schools. Please join us in praying for the students, staff, scripture teachers and chaplains at these schools. We will **meet via Zoom from 8-9pm on Thursday 17 August**. Contact Katrina Collins for Zoom details ckjsge@gmail.com or 0400 488 459

OUR LADY HELP OF CHRISTIANS CATHOLIC PRIMARY SCHOOL FUNDRAISING



Sunday 17th September 2023 after 8:30am

After morning Epping masses
at OLHC Church

Cookies, Cakes & Cupcakes

17 August 2023

7.30pm (AEST)

Live on Zoom

Register for this free event

[Aretecentre.org](https://www.aretecentre.org)



Open night for **Arete 2024**: Register here to receive Zoom details using this link or via the qr code above - www.trybooking.com/events/landing/1085333?qr=true

There are opportunities to be sponsored to complete the Arete course. For more information, please contact Joanna.Mak@bbcatholic.org.au

"I was part of the 2022 Arete course after a friend shared her experience and strongly recommended me to sign up. Over the year, I experienced an abundance of God's love and mercy through the retreats, talks, workshops, mentoring and praise and worship. I learnt about Church and culture, evangelization, missionary leadership, charisms of the Holy Spirit, thresholds of conversion and so much more. I have made amazing friendships and have been inspired by so many other enthusiastic Catholics as we make up the body of Christ. It really was lifechanging. If you have a passion for evangelization or sharing your faith or about making disciples, please attend this open night!"

~Joanna Mak (Youth Minister since 2019)

MADE FOR MORE THAN THIS

DISCOVER THE ROLE
YOUR SPIRITUAL
GIFTS PLAY IN THE
CHURCH'S MISSION

ARETÉ CENTRE VIRTUAL OPEN NIGHT



Fr Chris Ryan MGL
Director
Areté Centre



Fr Simon Lobo CC
Parish Priest
St Benedict Halifax



Fr Rob Galea
Executive Director
FRG Ministry



Professor Renee
Kohler-Ryan
National Head of the
School of Philosophy
and Theology,
University of
Notre Dame



Emma Plant
Communications
Manager
Evangelisation
Brisbane

FREE ONLINE EVENT | ONE NIGHT ONLY

Join Fr Chris Ryan MGL and an exciting panel of guests for a wide ranging conversation about the powerful role lay people can play in the Church's Mission. Find out more about the Foundations of Missionary Leadership Program & how you can enrol for 2024.



IGNITE CONFERENCE IS BACK IN SYDNEY: held in Waitara precinct 28th Sep-1st Oct in the Term 3 school holidays.

Ignite is an annual conference for young people and teenagers (primary school up to young adults). You have an opportunity to meet other young

Catholics, listen to faith filled talks, attend workshops catered to different ages and interests. There will be Mass and the Sacraments, guest speakers, worship music, games etc. It is all the best parts of World Youth Day but right here on our doorstep. This year's theme is 'Wonder'. It's about God doing wonders for us, and wonder/awe is a spiritual gift given to us. This is the link for more details, the daily schedule and to register - <https://igniteconference.com.au/sydney>

Currently, tickets are for the whole conference. Day only tickets will be available in the future. Please email Joanna.Mak@bbcatholic.org.au now for a potential half price discount/subsidy to attend.

Responsorial Psalm Response

19th Sunday in Ordinary Time - 13 Aug 2023

Ps 84:9-14

Lord, show us your mercy and love,
and grant us your salvation.

Gospel Acclamation

19th Sunday in Ordinary Time - 13 Aug 2023

Alleluia, Alleluia!

I hope in the Lord, I trust in his word.

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, 10am 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

- Paul Grassi
- Kevin Saul (Marie Saul's nephew)
- Maureen Carlon (Marie Saul's sister)
- Beryl and John Day
- Mary Chernov (sister of Trish Harrison)
- Graham Kelly



"To my Dear Friends, I wanted to write this letter to express my deepest gratitude for your prayers. I am grateful for each and every one of them. I know that God is hearing them and I am hopeful for what the future holds. I am also grateful to have such a supportive and loving church family. I am humbled by the support shown by you all, and I have no doubt that your support has helped me through my ongoing recovery. It's times like there in our lives that remind us of what we have and what we can achieve when we all join together. Thank you for being part of my life and praying for me. I hope I can give back as much as I have been given. " ~Sincerely, Margaret Hall

Farewell: The funeral for Julie Johnsson will be held at St Gerard's on Thursday Aug 17th at 12pm

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

Recently deceased - Joan Thompson (nee Pedemont), Serafina Gallo, Fr Noel Molloy, Neville Wilkin, Rita Rajanayagam, Hoi Yin Chan, Julie Johnsson, Katherine McInerney, Peter Boojong Lee, Lorraine Warner, Nazih Melhem, John Thornton, Teresa Fraser

Anniversaries - Jesse Brennan, Marie Karam, Bernard Sullivan, Bernadette O'Brien, Barry O'Brien, Ana Matijasic, Padoor Achutha Achar, Ivan & Edith Almeida

Responsorial Psalm Response

20th Sunday in Ordinary Time - 20 Aug 2023

Ps 66:2-3, 5-6, 8

O God, let all the nations praise you!

Gospel Acclamation

20th Sunday in Ordinary Time - 20 Aug 2023

Alleluia, Alleluia!

Jesus preached the Good News of the kingdom
and healed all who were sick.