

# Diocese of Broken Bay

Parish Priest: Fr Jim McKeon  
[Jim.McKeon@bbcatholic.org.au](mailto:Jim.McKeon@bbcatholic.org.au)

Assistant Priest: Fr Vincent Trung Nguyen  
[Vincent.Nguyen@bbcatholic.org.au](mailto:Vincent.Nguyen@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

[bbcatholic.org.au/eppingcarlingford](http://bbcatholic.org.au/eppingcarlingford)

## Email

[parish@eppcarl.org.au](mailto:parish@eppcarl.org.au)

## Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)

[Easter Liturgies](#)



The Catholic Parish  
of Epping & Carlingford

YEAR C

17 APRIL 2022 SUNDAY OF THE RESURRECTION

24 APRIL 2022 SECOND SUNDAY OF EASTER



ALLELUIA!

ALLELUIA!

**Happy Easter!** It is such a joy that we can again celebrate Jesus' death and resurrection together as a church. If you're here for the first time, welcome. If you're here for the first time in a long time, welcome back! It's great to have you with us. This newsletter is your invitation to come and get involved in the many things our parish can offer to find a place to belong, to explore faith, to get help or get involved.

If you're asking questions about Jesus Christ and Catholic faith, read more about The Wild Goose program that is commencing. If you've got primary school aged children, we've got something for them including the upcoming preparation for First Communion for children in Year 4 and up, and we've got youth groups for Year 7 to 12 and for young adults called Cana, Antioch and Emmaus which you can read about in these pages.

These Easter celebrations are an expression of the faith of our community and the many, many people who have contributed to the hospitality, the music and the visual environment, and, who have served on the altar, proclaimed scripture to us, or shared holy Communion with us. And many more people working behind the scenes. Thank you to all of them.

**- Fr Jim McKeon & Fr Vincent Trung and the Parish Team.**

## Readings

17 APRIL 2022  
Acts 10:34, 37-43  
Colossians 3:1-4  
John 20:1-9

24 APRIL 2022  
Acts 5:12-16  
Apocalypse 1:9-13, 17-19  
John 20:19-31



## OUR PARISH MISSION

Discipleship of Jesus is our focus and our goal. Our hope is that visitors (perhaps like you) become regular attenders, and regular attenders become committed members, who along the way develop a personal relationship with Jesus Christ. We invite people to live out their discipleship in 5 ways:

**Connect** to other members of the Body of Christ in fellowship

**Grow** in faith by doing at least one faith development or spirituality program each year

**Worship** God in personal prayer and shared liturgy and sacraments

**Give** in accord with each person's means

**Serve** in one ministry which makes use of each person's gifts and capacities

Look out for the **opportunities to connect, grow, worship, give and serve** in these pages.

The Catholic Parish



of Epping & Carlingford

## CONNECT



**Our Lady Help of Christians morning tea:** We warmly invite you to share in morning tea after the 10:15am Mass every Sunday. Please join us for some tea, coffee, and delicious treats with old and new friends. We all love to catch up for a cuppa and a chat after Mass!

If you would like to join the team to help with serving or catering, we would love that too. Please contact Kate on [kate.falzon195@hotmail.com](mailto:kate.falzon195@hotmail.com) to get started in this rewarding and fun (and food)-loving ministry.

**BBQ after the 5pm Youth Mass:** Come to our Youth Mass every Sunday at St Gerard's. This is followed by a BBQ and it has been a huge hit every week. Pencil "Sundays 5pm" in your diary to remind yourself of this new Mass time at St Gerard's. You will meet friends and you will get to experience our warm and wonderful community! For more information, please contact our Youth Minister, Joanna, on [Joanna.Mak@bbcatholic.org.au](mailto:Joanna.Mak@bbcatholic.org.au)



**Visiting the housebound:** Fr Jim and Fr Vincent will try to regularly visit the people in our parish who are housebound and who are receiving Holy Communion from our wonderful Communion Ministers who visit them each week. Do you or a family member in our parish require anointing or Communion at home? Contact the parish office on 9876 2853.

**Circle of Friends:** This ministry started during the COVID lockdown in 2020 and continues today. The ministry is made up of parishioners who have volunteered to phone senior members of the parish. During the phone call the parishioners are asked:

- How are you?
- Do you need parish support? eg transport to mass
- Would you like to receive "Communion at home"?
- Would you like one of the Priests to visit you?
- Would you like to pray together over the phone?
- Do we need to update your contact details?



If you are a senior parishioner and would like to be contacted soon, please phone the Parish office 9876 2853

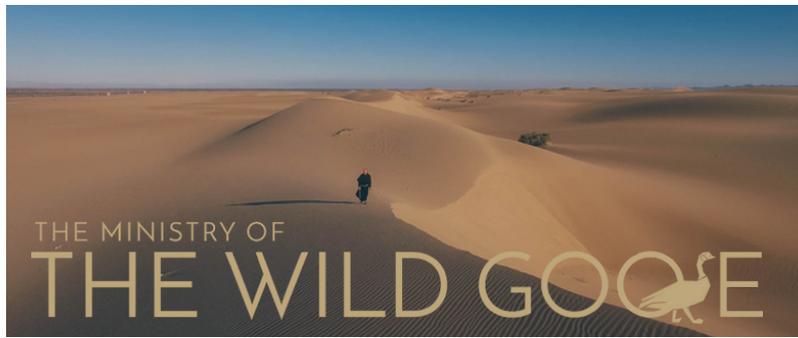
## GROW

**Becoming Catholic:** Are your friends or spouse Catholic and you see something in their faith which you'd like to have yourself? We offer a pathway to explore Catholic faith called the Rites of Christian Initiation of Adults (RCIA) which is open to anybody, whether they have a background in another faith tradition, or none. It's a gradual, gentle process which listens to where you are at, and builds from there. If you're interested in this, call Cliff on 0487 876 730 and we'll start this process for you soon.

Join us and **connect** with others to experience belonging. See people you recognise at the Sign of Peace or at the shops. Join us to **grow** in faith and experience believing. Experience the power the presence and the gifts of the Holy Spirit.

# THE WILD GOOSE

The Wild Goose series will help us experience a deeper relationship with the Person of the Holy Spirit. We will pray to experience God's presence and power. This very same Spirit will transform us and bring us freedom. Let the Holy Spirit lift your spirit! More details on when, where and how to register are on the following page.



# Parish Team

### Parish Secretary:

**Dennis Porteous** Ph: 9876 2853

Email: [Dennis.Porteous@bbcatholic.org.au](mailto:Dennis.Porteous@bbcatholic.org.au)

### Parish Facilities & Operations Coordinator

**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 & Communications

**Lynn Siau** Ph: 9876 2853

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

### Youth Ministry Coordinator:

**Joanna Mak** Ph: 0404 710 588

Email: [Joanna.Mak@bbcatholic.org.au](mailto:Joanna.Mak@bbcatholic.org.au)

### Missionary Discipleship Coordinator:

**Denis McNamara** Ph: 0410 041 944

Email: [Dennis.McNamara@bbcatholic.org.au](mailto:Dennis.McNamara@bbcatholic.org.au)

### Bookkeeper:

**Karen Price** Ph: 9876 2853

Email: [Karen.Price@bbcatholic.org.au](mailto:Karen.Price@bbcatholic.org.au)

### Parish Pastoral Council:

If you have any questions, comments or feedback for the Parish Pastoral Council then please send an email to

[ppcsecretary@eppcarl.org.au](mailto:ppcsecretary@eppcarl.org.au)

### Where & When?

#### Carlingford

- Tuesday evening 7.30pm in Parish Hall, 3 May to 7 June
- Wednesday morning 10am in Meeting room, 4 May to 8 June

#### Epping

- Friday evening 7pm in the Church, 13 May to 24 June

Home group or just your family - starts week after Sunday 1 May

On Zoom - starts week after Sunday 1 May

### Tell us you are coming and where you will attend:

- Sign up at the entrance to the church
- Send an email to [Denis.McNamara@bbcatholic.org.au](mailto:Denis.McNamara@bbcatholic.org.au)
- Contact the parish office on 9876 2853

You can find out more about the Wild Goose series on their website

<https://thewildgooseisloose.com/home>



**Formed.org - Did you know:** Our parish was in the pilot programme subsidised by the diocese of Broken Bay in the first year. We discovered how amazing it was... SO good that our parish decided to pay for it in full and continue to offer it to you as a resource for FREE. This has so very many faith formation series/videos to watch that can help us **grow** not just in faith and knowledge but also in our intrigue with our Catholic faith which, let's face it, we sometimes have no idea why we do what we do other than being told this is what we do!

**Signing up is easy!** You just need to go to "[formed.org](http://formed.org)" and click on "SIGN UP" as shown above. You get the following screen below once you click on "Sign up":

### How would you like to sign up?

Get an individual subscription

**Sign up as a parishioner** ← **Click here**

Get a parish subscription

### Create a New Account

Find your Parish or Organization

2121

Catholic Parish of Epping and Carlingford 29 Oxford St Epping NSW

Once you type in the Epping postcode "2121", our parish automatically shows up for you to select and you simply follow the prompts to complete your sign-up process. Once that's done, you can start enjoying the benefits at no cost to you. Take your time to explore. You will be amazed at what you come across and some series are just mindblowing!

If you are overwhelmed by the number of series or videos after you sign in and you have no idea where to begin, how about you start by watching the trailer on the Wild Goose - <https://watch.formed.org/videos/the-wild-goose-trailer>

## WORSHIP

**Reconciliation:** We'll continue to offer the sacrament of Reconciliation at OLHC on Monday nights 6pm - 7pm and Saturdays 9.45am-10.15am, and at St Gerard's on Friday nights 6pm - 7pm, and Saturdays 5.30pm - 5.45pm.

**Healing Mass:** At St Gerard's Carlingford, this occurs on the first Tuesday of the month at 10:00am in the Carlingford Parish Meeting Room behind the church. The morning concludes with morning tea; it's another excuse to get together for good conversation and good food! If you think it's just coffee, tea and biscuits, you clearly haven't been to one. It's a high tea spread... no kidding!

At Our Lady Help of Christians Epping, the Healing Mass also occurs on the first Tuesday of the month at the 12:15pm Mass in the church. We would like to be able to offer some hospitality with drinks and snacks after this Mass. Is there someone who would like to offer this at OLHC? Please contact Fr Jim or call the parish office on 9876 2853.



**Divine Mercy Sunday** is April 24th. Join us at 3pm at OLHC Epping for an hour of prayer. For more information, contact Princy on 0468 337 717.

**ANZAC Day:** The Church has readings and prayers for this day of commemoration, and we will pray this at the 9.30am Mass.

## GIVE

**No collections:** You'll notice that we no longer pass around a collection bowl to receive donations during Mass. This is a COVID-precaution to avoid many hands touching the same item. Our parish still relies on the generosity of our parishioners and visitors. Many of our regular parishioners now give either by credit card or direct debit, and we welcome you to join them by using the form at <https://www.bbcatholic.org.au/epping-carlingford/giving>.

If you'd like to donate cash there are two boxes in the middle of OLHC Epping and at the back of St Gerard's for you to donate. On Good Friday these donations will go to the Holy Land Appeal, and on Easter Sunday the blue box will support our clergy, and the red box support our parish. If you don't have cash there is a Paywave / tap and go device at each door, with each tap donating \$10 to our parish. **Thank you for your generosity.**

## SERVE

**Social Justice Team:** Social Justice is an intrinsic part of being a disciple of Jesus. Jesus himself challenged his first followers to live differently (those with two coats must share with the person who has none), and every Pope in the last century has written extensively on the need to create a more just society. Here in our parish we want to create opportunities for our community to learn about, pray about, and do something about specific issues of social justice. Our new Parish Social Justice Team has discerned three areas on which we will focus this year:

1. support of refugees and advocacy for asylum seekers,
2. care for the environment, and
3. support of women and children at risk of violence.



We're looking for people with a passion for these areas to join us in developing practical and prayerful responses in which the whole parish can take part.

- If you're interested in exploring ways to support refugees, contact Mark Smith [mark.luciasmith@gmail.com](mailto:mark.luciasmith@gmail.com) or John Whealy [johnwwhealy@gmail.com](mailto:johnwwhealy@gmail.com)
- If you're interested in identifying ways we can better care for the environment, contact Phillip Vassallo [philliplouisvassallo@gmail.com](mailto:philliplouisvassallo@gmail.com) or Gavin Hays [ghays@parra.catholic.edu.au](mailto:ghays@parra.catholic.edu.au)
- If you're interested in supporting women and children who have experienced domestic violence contact Michael Coffey [michaelc@gells.com.au](mailto:michaelc@gells.com.au) or Christine Howe [christine.howe1@icloud.com](mailto:christine.howe1@icloud.com)

**Helping refugees:** All the world is watching the tragic events in Ukraine which have already led to more than 3 million people fleeing their homes. We might feel powerless to help them on the other side of the world. But there are already refugees from many nations already among us here in Australia, and many more who are seeking asylum. We can help these people here and now.

Our Parish Social Justice Team has identified support of refugees and asylum seekers as our priority for the next three months. We invite you to join us at a Community Conversation at which we'll hear the human story of a refugee and discern our response to the issues he raises. Part of our response will be to see what practical measures of support we can engage with, including food donations through Jesuit Refugee Services who support newly arrived people who are struggling to settle into Australia.

Join us on Sunday May 29th 11am - 1pm in the St Gerard's meeting room with morning tea from 10.30am.

Contact Mark Smith [mark.luciasmith@gmail.com](mailto:mark.luciasmith@gmail.com) or John Whealy [johnwwhealy@gmail.com](mailto:johnwwhealy@gmail.com)



# interested in being I'M A CATECHIST

**Scripture in our State Schools:** If your child attends one of the 9 state schools in our parish, then they have the opportunity to receive weekly Special Religious Education (SRE lessons) from our volunteer catechists who go to the schools to teach an authorised Catholic religion curriculum to students. It is an opt-in system, so parents need to notify the school of this request. Ask your child if they are presently being taught SRE which is often just called "Scripture" in the schools.

We are grateful to our many volunteer catechists who do this important ministry, and we are always in need of new members to the team. Pope Francis recently wrote "Worthy of praise too is that army of catechists, both men and women, to whom missionary work among the nations is so indebted, who imbued with an apostolic spirit make an outstanding and absolutely necessary contribution to the spread of the faith and the Church by their great work. In our days, when there are so few clerics to evangelize such great multitudes and to carry out the pastoral ministry, the role of catechists is of the highest importance".

We are much in need of experienced and new catechists in both primary and secondary schools to join the ministry to continue with the mission of taking the Gospel to the children.



If you are interested to become a catechist or to obtain more information regarding this ministry, please contact Fr Jim at [Jim.McKeon@bbcatholic.org.au](mailto:Jim.McKeon@bbcatholic.org.au) for Secondary Public Schools or Katherine Tam at [katherine@eppcarl.org.au](mailto:katherine@eppcarl.org.au) for Primary Public Schools or call the Parish Office during office hours at 9876 2853.

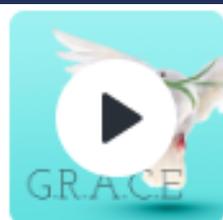
## OTHER PARISH INFORMATION & NOTICES

**Baptism enquiry online:** You can now enquire about Baptism for your child under 8 years old online.

Simply complete and submit the form online on our parish website: [bbcatholic.org.au/epping-carlingford/sacraments/baptism-under-eight](http://bbcatholic.org.au/epping-carlingford/sacraments/baptism-under-eight)

**Our parish G.R.A.C.E. Radio** podcast is now once a month. Have you had a chance to listen to our latest one?

Visit <https://anchor.fm/grace2020> for current and past episodes or click on the right to go straight to the latest episode.



**INSTAGRAM**



**FACEBOOK**



**YOUTUBE**

## SACRAMENTAL PROGRAMMES & CHILDREN'S MINISTRIES



Hello parents and carers! I would like to share a wonderful resource with you called Formed. This was mentioned in detail in the earlier pages of this bulletin

Formed has so much on it but the one you could easily start off with, is the Kids section. You can find that under the "Family" tab on [formed.org](http://formed.org).

I highly recommend **Ryan Debrates: Secret Agent**. Catchy and modern and clever enough to incorporate key themes such as teamwork, patience and other virtues without being boring. It's been tried and tested by some children in our parish ranging from 6 to 11 years old and got the thumbs-up!

If you have younger children not yet at school, **Totally Toddlers** is a popular one.

It's easy to sign up. Please see the earlier pages in front for instructions. Membership is free because our parish has paid for us. How good is that! Do try it and let us know how your children like it. Tell them it's God's "Disney Plus"!

~ Lynn Siau



**Enrolment for First Eucharist:** In our Diocese of Broken Bay, children who have celebrated the Sacraments of Baptism, Confirmation, undergone preparation for Reconciliation and who are currently in Year 4 or above are invited to enrol.

Enrolment information is emailed to all who have currently just completed preparation of First Reconciliation in our parish and to all eligible enquirers who have contacted us for more information. Enrolment closes on the 1st May 2022.

For more details, please email Lynn at [Lynn.Siau@bbcatholic.org.au](mailto:Lynn.Siau@bbcatholic.org.au)

## OUR LADY HELP OF CHRISTIANS

FOR FAMILIES & CHILDREN

10:15AM WEEKLY SUNDAY MASS



**Children at 10.15am Mass:** We welcome the involvement of our children at the 10.15am Mass every Sunday. This could include being involved in songs with actions, processions, and prayers of intercession. If your child would like to be involved, please bring them to the back of the church at 10am where roles will be allocated and parts rehearsed. There is no need to sign up! Whoever's there are most welcome to participate.

**Did you know? You can now download the weekly Children's Bulletin from our parish website:**

<https://www.bbcatholic.org.au/epping-carlingford/groups-and-ministries/children-and-youth/childrens-ministry>

## COMMUNICATIONS

Please Note

**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 27th April 2022**. Please remember to provide an email address, a contact name and number in your article. Thank you.

**Prayer list for the sick:** If you would like us to pray for a family member who is very ill, please seek permission before submitting any names to [Lynn.Siau@bbcatholic.org.au](mailto:Lynn.Siau@bbcatholic.org.au). Due to privacy laws, names of the sick and deceased can only be published in the bulletin with the permission of the family.

### After Hours Sick Calls - 9876 2853

Outside office hours our office phones divert to Fr Jim and Fr Vincent. In the event that they are unavailable, please listen carefully to the instructions in the message recorded for you or ring the number given in the message.

### Admitted to Hospital

A reminder that if you are admitted to hospital, please try to ensure that you write down your religion as Catholic on the admission form, so that you can receive Catholic services during your stay.

**Cana youth group (year 6-9)**

**6th May, Friday 7:30-9pm @ St Gerard's Hall**



**Come make your own spider drink!**



**What will you make?**

Creaming soda	Vanilla
Passiona	Strawberry
Lemonade	Chocolate
Lime	
Coke	

**Cana (Year 6-9)** - Cana youth group is on a break! Cana will resume on 29th April 7:30-9pm at St Gerard's Parish Hall. 543 North Rocks Road, Carlingford - entrance via North Rocks Road.

We also have Facebook groups for Antioch and Emmaus. If you would like to join, please contact Joanna.



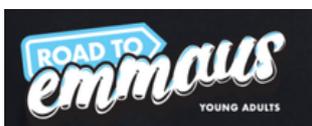
**Antioch (Year 10/16 year olds-23 year olds)** - No Antioch meeting on 17th April (Easter Sunday).

Join us on 24th April 6-8pm at St Gerard's meeting room. We will be having an Easter Egg hunt!

Contact the parent support if you have any questions: Kirk Koelmeyer (0420874824) or Louise Koelmeyer (0404496554).



Pictured above: at Maccas on the way to the Engadine Antioch weekend .



**Emmaus young adults (23-30 year olds)** - Our young adults group meets on Tuesdays 7-8:30pm.

Emmaus will be having a community night on the 19th April 7-8:30pm at St Gerard's meeting room. Dinner and games provided as well as easter eggs!

Join us on the 3rd May for our Gospel night where we are reading the Gospel of Mark.

April 30 - May 1, after all masses  
Help our Youth get to Portugal for World Youth Day 2023

**fundraising BAKE SALE**

Baked donations would be greatly appreciated and can be dropped off during the sale

**FUNDRAISING TRIVIA NIGHT**

Help our youth get to World Youth Day 2023

**Saturday MAY 21 \$20 PP**

At St. Gerard's School Hall, Carlingford. From 7-10pm

Form a team of 8-10 people, or join as individuals / couples to be placed in a team

**1**

**Lots of prizes to be won!**

Write your name and contact details on the sheets provided at the back of the church or RSVP to Joanna Mak on [joanna.mak@bbcatholic.org.au](mailto:joanna.mak@bbcatholic.org.au)

**FIRE UP** MINISTRIES

**Special guest speaker Simon Carrington**

**SEXUAL DESIRE: A CALL TO LOVE**

**10th May 7-8:30pm Free dinner provided**

All 18+ invited. Have you wanted to hear about authentic love and the true meaning of sexual desire? Then come along on the 10th May! No RSVP needed

**Joanna Mak**  
Youth Coordinator  
[Joanna.Mak@bbcatholic.org.au](mailto:Joanna.Mak@bbcatholic.org.au)  
0404 710 588

**Responsorial Psalm Response**  
Sunday of the Resurrection of Our Lord  
PS 117:1-2, 16-17, 22-23, R. v. 24

This is the day the Lord has made;  
let us rejoice and be glad.

**Gospel Acclamation**  
Sunday of the Resurrection of Our Lord  
Alleluia, Alleluia!

Christ has become our paschal sacrifice;  
let us feast with joy in the Lord.

### WEEKEND MASSES

**Epping** 5:00pm Vigil, 8:30am, 10:15am and 6:00pm

**Carlingford** 6:00pm Vigil, 7:45am, 9:30am and 5:00pm Youth Mass

### WEEKDAY MASSES

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
<b>EPPING</b>	No Mass	12:15pm	6:00pm	12:15pm	12:15pm	9:15am	
<b>CARLINGFORD</b>	9:30am	No Mass	9:30am	9:30am	9:30am	No Mass	

**EXPOSITION OF THE EUCHARIST: Epping** Monday 6-7pm and Saturday 9:45-10:15am,  
**Carlingford** 1st Thursday 10am and Friday 6-7pm

**SACRAMENT OF RECONCILIATION: Epping** Monday 6-7pm and Saturday 9:45-10:15am,  
**Carlingford** Friday at 6-7pm and Saturday 5:30-5:45pm, **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

*Please pray for.....*



**Lord, in Jesus your Son, you restored to us the gift of Everlasting life. Grant that life to:  
Recently deceased:** Pearce Hannigan, Padriag Wallington

**Anniversaries:** Patrick Murphy, Maureen Vierboom, Joe Younis, Bert Saul, Alexander Tocher, Sarah Mulligan, Laurence & Dominic Scully, Hubert Pedemont

**Also for:** Richard Barry, Mark Hillier, Elizabeth & John McEneaney, Noon & Jack Barry, Patricia & Donna Barr, Elizabeth Pedemont, John Noakes, Norma Barlow and for the forgotten souls in purgatory.

**Please pray for those who are sick and suffering:**

- Nancy Walker (family of Aileen Nicoll)
- Patrick Thomton (family of Pat & Margaret Mcardle)
- Cohen Hadden (family of Pat & Margaret Mcardle)
- Graham & Elaine Yeates (elderly couple in nursing home)



*Due to privacy laws, names of the sick and deceased can only be put in the bulletin with the permission of the family.*

### OTHER NOTICES

**GOT YOUR WEDDING PLANS UNDER CONTROL?**

How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life. We give you a chance to spend time together to strengthen and enrich your relationship. For further information visit our website: [www.engagedencounter.org.au](http://www.engagedencounter.org.au) Choose any of the coming Weekends:

- Apr 30 - May 01
- Aug 06 - 07
- Nov 12 - 13



If covid-19 restrictions prevent a face-to-face seminar, the CEE weekend will be held via Zoom.

**Responsorial Psalm Response**  
Second Sunday of Easter  
Ps 117:2-4, 22-27. R. v. 1

Give thanks to the Lord for he is good,  
his love is everlasting.

**Gospel Acclamation**  
Second Sunday of Easter  
Alleluia, Alleluia!

You believe in me, Thomas, because you have seen me;  
happy those who have not seen me, but still believe!