

Diocese of Broken Bay

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Our Lady Help of Christians'

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Single Donation

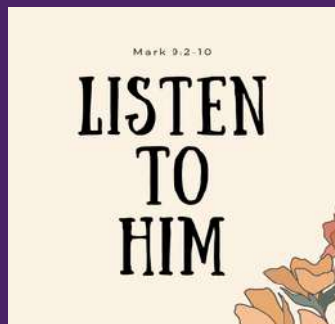
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[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



Readings

18 FEBRUARY 2024

Genesis 9:8-15
1 Peter 3:18-22
Mark 1:12-15

25 FEBRUARY 2024

Genesis 22:1-2, 9-13, 15-18
Romans 8:31-34
Mark 9:2-10



The Catholic Parish of Epping & Carlingford



CONNECT



WORSHIP



GIVE



SERVE



GROW

YEAR B

18 FEBRUARY 2024 FIRST SUNDAY OF LENT

25 FEBRUARY 2024 SECOND SUNDAY OF LENT

Stations of the Cross



Stations of the Cross will be held on
Friday evenings during Lent at:

6pm OLHC Church, Epping
7pm St Gerard's Church, Carlingford

starting 16th February to 22nd March

Palliative Care Petition: As Catholics we maintain our opposition to euthanasia, which has now become legal in NSW. A good alternative though for people who are dying is palliative care, which we do support as Catholics. Palliative care means the withdrawing of medical treatment to extend life, and instead offering comfort care including pain relief. This may be offered at home or in hospital, and many parishioners have experienced the wonderful care which palliative care teams have offered their loved ones at the end of their lives.

The 2022-23 State Budget allocated an additional \$743.4 million over the five years to 2026-27 to enhance palliative care for people across New South Wales through improved pain and other symptom management options. Unfortunately \$150 million of which was cut in the 2023-24 Budget.

A petition has been set up in which the petitioners led by Hon Susan Carter MLC request that the House notes that this cut will mean that some people in New South Wales will not receive palliative care, and calls on the NSW Government to reverse this cut and fully restore the \$743.4 million in additional funding for enhanced palliative care services throughout New South Wales.



This petition can be signed electronically using the QR code above or link: www.parliament.nsw.gov.au/lc/pages/epetition-details.aspx?q=TCDPKH-n_irjDpWLSkyyOA Only a name and email address is asked for, and the names and email addresses of signatories will not be used for any other purpose.

~Fr Jim, Fr Aldrin and the Parish Social Justice Team

Project Compassion is our annual collection for the Caritas, the Catholic Church's overseas relief and aid agency. Donation envelopes and money boxes are now available at the back of the church, or as many of us now donate electronically, go to www.caritas.org.au/project-compassion





The Epping Development - Deacon Richard Houwing, our Business Manager, updates:

In late June, we anticipate taking ownership of the Parish and Hall sections of the Epping development. Many of our parishioners have actively participated in the initial discussions surrounding this project, which is intended to serve the diverse groups within our Parish. We are excited to offer you a glimpse of what the final building will look like, and as such, we have created a few pages on our website to showcase the available amenities in these new structures.

Please visit our website via this QR code:



or at www.bbcatholic.org.au/epping-carlingford/news-events/epping-redevelopment/buildings to explore further.

The magnitude of this undertaking is truly remarkable, and we have followed best practices throughout the process. Highly skilled architects, planners, project managers, and builders have diligently brought this vision to life.

Moreover, we value your input and aspirations concerning utilising our new premises. We invite you to share your thoughts on how we can best accommodate current and future interest groups that may benefit from our facilities. Our primary goal is to continue our Catholic mission of actively engaging with the community, sharing the love of God, and nurturing our faith. You can provide your insights through our online survey form accessible via the QR code below or at <https://forms.gle/iqz5y6yZKrh31AJm8> or pick up a physical copy at the rear of the Church.



In the upcoming weeks, we will schedule parish engagement sessions to gather as a community to explore your hopes and guide you in familiarising yourselves with the site. Let us join together as a community to shape the future of our Parish and ensure that these new developments serve our collective mission.

~Richard Houwing

Retirement Living Tower at OLHC: In 2025 the 29-storey retirement living complex behind OLHC Church will open. This will not be owned and run by the parish, but by our development partner Levande (previously Stockland). There will be 1, 2 and 3 bedroom apartments for sale.

Although it is not run by the parish, we'd love for many Catholics to move in and be close to the church.

Information sessions will be held on **Tuesday, 5, 12 & 19 March & Wednesday 27 March, 10am or 1pm** (2-hour duration), at **The Epping Club**. Parishioners receive priority access to first two sessions. RSVP essential! To reserve your place call Jill on 0421 279 288. For more information or to view our display suite, scan the code or call 0421 279 288 to register. More info:

thecambridge.levande.com.au



There's ALWAYS a seat for you at the table!

Alpha will be re-launching in August 2024 at the new Epping Parish Hall. On Saturday 3 February 2024, Simone Noel and Leon DSylva attended the Alpha training at Chatswood. The training was led by Tania Rimac, Alpha's Catholic Engagement Specialist for Sydney.

You are most welcome to enquire, whether to ask what Alpha is all about or to put your hand up to be part of the team of 2024, we always love hearing from you! For any questions you have, please feel free to contact leon.dsylva@gmail.com or email/call Simone at Simone.Noel@bbcatholic.org.au / 0414 753 799

A Wonderful Evening of Fellowship!

On the 13th February, our parish held an evening dedicated to the thanksgiving of our volunteers. We estimated around 300 attended and the church was near to full capacity!

The queue was long to enter the hall for supper after Mass. The food was in abundance! It was a wonderful evening of fellowship, praise and worship, particularly seeing our volunteers from both OLHC and St Gerard's gathered together as ONE parish.

Thank-you to the PPC, PFC, the Parish Team and others for all the effort in coordinating, preparing the food, the hall, serving, etc. and the behind-the-scenes work that contributed to the success of this evening!

Here are some photos of the evening below. Thank-you to **Nina Deacon** who sent them through.



Parish Team

Parish Secretary

Marcella Letteri Ph: 9876 2853

Email: Marcella.Letteri@bbcatholic.org.au

Business Manager

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

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



FIRST RECONCILIATION 2024

Enrolment for First Reconciliation has closed. For any enquiries, please direct them to Lynn Siau (contact details below).

Parent Information Sessions will be held on the evenings of 20th and 22nd February on Zoom. We always look forward to sharing these sessions with parents. The sessions encompass aspects of First Reconciliation which are important to assist parents in the understanding of their child's faith journey and their partnership with the parish. We have continued having our gatherings on Zoom thanks to the wonderful feedback from parents. They found themselves more able to relax in the comfort of home rather than having to rush somewhere after a long day, amongst other reasons.

At select Masses the weekend of the 24th & 25th February, we welcome the children who will begin their preparations towards the reception of their First Reconciliation. This Rite of Enrolment marks the continuation of a faith journey for the children who received the Sacrament of Confirmation in September last year or for some, at Baptism. This journey in particular also highlights the continuous companionship of their parents in teaching the children about the Catholic faith and the vital role we as a community play in ensuring our ongoing support of prayers and encouragement for them.

Lynn Siau - Lynn.Siau@bbcatholic.org.au

Phone: 9876 2853

Coordinator of Children's Ministries, Sacramental Programme & Communications

Encounter Jesus in a new way this Lent

Did you enjoy learning about Rooted's Jesse tree during Advent? Don't miss out on the opportunity to encounter Jesus through FORMED's Lenten programming!



Your kids or grandkids will love 10 exciting new Lenten episodes of **Drawing Closer to God: A Catholic Art Show for Kids!** Through the beauty of art, host Ms. Kim helps kids follow Christ from the desert to his Passion and Resurrection - learning what it means to turn away from sin and back to God - as they draw and color each biblical scene.

You can check out the trailer from Augustine Institute on Vimeo here:

<https://vimeo.com/903866096> and

also **download colouring pages** of each

biblical scene from Ash Wednesday, Gospel stories we hear throughout Lent

to the Resurrection here: https://formed-media.s3.us-west-2.amazonaws.com/DCTG_ColoringPages_Lent.pdf

or via the QR code above. Simply scan from your phone and send it to print or email it to yourself. If you like what you see, make sure you share it, too!



KidzPlay Playgroup is on Fridays during school term at St Gerard's Hall, 9:30-11:30am. Contact Belinda Shi 0414 753 362 for more information.

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 28th February 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



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 back on! We are meeting on the **23rd Feb and 1st March** at St Gerard's in the parish hall **7:30-9pm**.

543 North Rocks Road, Carlingford-entrance via North Rocks Road.



Antioch (Year 10/16 year olds-23 year olds) meets on the **18th and 25th February, 6-8pm** at St Gerard's meeting room.

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



Emmaus young adults (23-30 year olds) - Our young adults group will be meeting at St Gerard's meeting room on the **20th February, 7:30-9pm**.

FIAT 40

Some of our young adults will be doing the **FIAT 40** for women during Lent.

The purpose of FIAT 40 is to deepen our relationship with God by removing distractions like social media and music and encouraging other people in prayer and reading the Bible daily. The 3 elements include prayer, self discipline and sisterhood.

Lent is a season to change your life! Jesus went into the desert for forty days to prepare for his public ministry. The number 40 is prominent in scripture for the amount of time needed to go from one life to another: the flood lasted forty days, the Israelites wandered in the desert 40 years, Elijah journeyed forty days before he heard the still, soft, voice. This Lent, we too can journey into a desert and change our life by letting go of distractions and drawing closer to God.

There is more information on their website. You can find out more - <https://fiat40.weebly.com/why-fiat-40.html>

If you are between 18-30 years old and would like to join this small group, message Joanna Mak on 0404 710 588.



A big thank-you to everyone who supported us for our annual Antioch weekend. Thank-you to everyone who donated food, and a special thank-you to Joanne Sin and the parent helpers for working in the kitchen, also to our parent support Louise & Kirk and Lui and Cres, plus our Antioch leaders, Benita and Emmanuele!

Thank-you to God squad - Caitie, Elise, Kate, Rachel, Nisha, Antony, Jack and Stephen for all the behind-the-scenes help.

Last but not least, thank-you to our clergy - Fr Jim, Fr Aldrin, Fr Vincent, Deacon Adrian and Deacon Hien for supporting us and guiding us on the retreat.

We had an amazing retreat with 45 people attending. We look forward to having many more amazing friendships and memories at our weekly gatherings. Sharing a few highlights below:



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

A SPECIAL INVITATION – PLEASE SHARE THIS
WITH SOMEONE YOU THINK MAY BE INTERESTED

An Invitation to discover the Sacraments

Within the Catholic faith there are 7 sacraments to bring us closer to God and in doing so, receive his divine graces. We can all embark on this journey at different stages within our lives, some as young babies and others in adulthood. You may have some burning questions or just want guidance on where to start. So we invite you to attend an information session to find out more.

Date: Wednesday 28th February 2024

Venue: St Gerard's School Library

Time: 7-8pm

RSVP: Belinda.shi@bbcatholic.org.au



NEWS FROM OUR CATECHISTS



The 2024 School Year has commenced and our catechists are getting ready to return to Schools. On February 12, a Pre-Meeting Mass was celebrated by Fr Jim who also spoke to our catechists at the Catechist Meeting that followed.

At the meeting, we welcomed our new Catechists Juliana Daryawish, Leiola Davoren, Daniel de Lima, Christina Huang and Ronald Solidum. Key information from the Ministry of Confraternity of Christian Doctrine (CCD) was presented such as catechist training and formation,

classroom resources etc. The 2024 Activity Calendar for the Catechists was shared showing plans for Combined Public School Mass, Priests' visites to Schools and so on.

We seek your prayers for all our catechists as they religiously take the WORD of GOD to hundreds of our children every week during school terms and we thank them for their dedication of time and effort.

If you are interested in becoming a catechist or to obtain more information regarding this ministry, please contact katherine@eppcarl.org.au for primary school, trish@eppcarl.org.au for secondary school, or call the Parish Office during office hours at 9876 2853.

WHERE "THE PASSION" GOT ITS NAME



Have you ever wondered why Christians described the events leading up to Jesus' death on **Good Friday** as "the Passion" of Christ?

Clearly, it is fundamental to our faith. Why would we read the Passion story three times during Holy Week if it wasn't?

There is a short but **beautiful article** written by Dr Edward Sri. In this article, you will learn the powerful reasons we call Christ's suffering and redemption of us, his passion.

Please click or tap [here](#) to access this article.

Dr. Edward Sri is a theologian, author, FOCUS Vice President of Formation and host of the **All Things Catholic** Podcast: <https://media.ascensionpress.com/category/ascension-podcasts/allthingscatholic/> You can learn more about his work at edwardsri.com

OTHER NEWS & NOTICES

Celebrations this Week

Lent Week 1

21 February Wed: *St Peter Damian (commemoration)*

22 February Thur: **Chair of St Peter**

23 February Fri: *St Polycarp (commemoration)*

Lent Week 2

27 February Wed: *St Gregory of Narek (commemoration)*

1 March Fri: Ember Day



SERRA VOCATIONS MASS AND DINNER MEETING

Father David Ranson, Vicar General and Parish Priest of Chatswood Parish, will be celebrating Mass for Serra at **Our Lady of Dolours Church 94 Archer Street Chatswood on Thursday 22nd February 2024**. There is very limited parking in the Parish Kirk Street Carpark but street parking is free and available on the surrounding streets.

The evening commences with Mass at 6.00 PM followed by a light meal and a short meeting in the Magnificat Room which is directly across Kirk Street from the Church. Following the meeting Father David will be our guest speaker.

Everyone is welcome. Please "come and see".

For catering purposes kindly telephone Henry or Anna Leung on 0478 083 116 or email henrywk@yahoo.com.au or telephone Terry Scanlan on 0438 887 295 or email terry_scanlan@bigpond.com if you are planning to attend.

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians, and novices and for the perseverance of existing vocations.



WORLD DAY of PRAYER 2024

Friday March 1st, 10.30 am.

West Epping Uniting Church

Corner Carlingford Rd and Orchard St, Epping

March 1st is an EXTRAORDINARY day in the Christian calendar because Christians from ALL traditions will pray the same service for Palestine, focusing on those suffering in Israel and Palestine, with the hope that these people will enjoy the peace and prosperity they rightfully deserve.

West Epping Uniting Church Ladies Fellowship warmly invites you to the service. You are most welcome to stay for a cuppa and light refreshments in the Church Hall after. If you are able to, please bring a sandwich plate, share fellowship and stay for lunch.

Please feel free to contact Kathy Batten- text 0410 642 954 or email kathybatten@yahoo.com

Catholic Engaged Encounter

A wedding is a day...

A marriage is a lifetime.



Keeping romance alive



Relationship skills



Conflict management



Communication skills



Decision making

The 2024 Marriage Preparation programme for couples preparing for marriage will be run on **24-25 February, 18-19 May, 17-18 August, 9-10 November**.

Further information is provided on the website: <https://engagedencounter.org.au>

1st Sunday of Lent - 18 Feb 2024

Ps 24:4-9 Response: Your ways, O Lord, are love and truth to those who keep your covenant.

Gospel Acclamation: Praise to you, Lord Jesus Christ, king of endless glory!

No one lives on bread alone, but on every word that comes from the mouth of God.

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 MAJELLA'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

***Please note changes at OLHC Saturday morning schedule**

IMPORTANT ANNOUNCEMENT

Please pray for.....

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

- Dennis Porteous (OLHC Sacristan)
- Ethan Seng Mestanza (grandson of Mario and Graciela Mestanza)
- Bev Gibbeson
- Sr. Rosalia Carlon (Marie Saul's elder sister)
- Cohen Hadden
- Peter McArdle
- Grace Spyrou



General Notice for our Prayer List: We would very much appreciate updates so we can inform everyone how things are. Kindly note: we now have a new system for our prayer list. No names will be published indefinitely but they remain on our Prayer Ministry's list until advised by family. We will only publish new requests as they come through each fortnight and they remain published for 2 editions of the bulletin.

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 - George Fisher, Fr Kevin Bates SM, Fonny Oey, Gerald McCabe (one of our original parishioners who was involved with the building of the parish; brother-in-law of Fran and Mike Cunneen.

A memorial service for former parishioner Dr Marie Belcredi will be held at OLHC Church on Thursday Feb 22nd at 1pm.

Anniversaries - Edith Shannon, Joseph Moses

2nd Sunday of Lent - 25 Feb 2024

Ps 115:10, 15-19 Response: I will walk in the presence of the Lord, in the land of the living.

Gospel Acclamation: Glory and praise to you, Lord Jesus Christ!

From the shining cloud, the Father's voice is heard: this is my beloved Son, hear him.