

Diocese of Broken Bay

Parish Priest: Fr Jim McKeon
Jim.McKeon@bbcatholic.org.au

Assistant Priest: Fr Aldrin Valdehueza
Aldrin.Valdehueza@bbcatholic.org.au

Our Lady Help of Christians'

31 Oxford Street, Epping

St Gerard Majella's

543 North Rocks Road, Carlingford

Phone

02 9876 2853

Website

eppcarl.org.au

Email

parish@eppcarl.org.au

Single Donation

Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



Readings

2 JULY 2023

2 Kings 4:8-11, 14-16
Romans 6:3-4, 8-11
Matthew 10:37-42

9 JULY 2023

Zechariah 9:9-10
Romans 8:9, 11-13
Matthew 11:25-30



The Catholic Parish of Epping & Carlingford

YEAR A

2 JULY 2023 THIRTEENTH SUNDAY IN ORDINARY TIME

9 JULY 2023 FOURTEENTH SUNDAY IN ORDINARY TIME



SERVE

Thank you to everyone who volunteered for a new ministry recently.

Your details were forwarded to the ministry group leaders who by now will have made contact with you. If you haven't yet heard from someone contact the parish office.

Music Ministry retreat and formation day:

We're having a retreat and formation day just for the music ministers of our parish at the beautiful St Benedict's Monastery, Arcadia, a place steeped in prayer. Photo on the right.

We will have two sessions on the theology and practice of music in the liturgy by Benedictine Fr David Orr OSB, as well as time for prayer, and a shared lunch.

This will be held on **Saturday July 22nd,**

10am – 3pm St Benedict's Monastery 121 Arcadia Rd, Arcadia. If you are in the music ministry as a singer, musician or projectionist, pick up your invitation from the organ or piano at the church.



Diaconate Information Evening: The recent ordination of Deacon Richard Houwing may have you thinking: is diaconate a possibility for me? Is this Christ's invitation to me to serve Him in the Church?

We're having an information night:

When - **Wednesday July 5th 7.30pm**

Where - **Holy Name Church Wahroonga**

with Fr Jim and others involved in the formation of deacons.

RSVP to 0418 522 449 or email -

vocations.ministry@bbcatholic.org.au

There will be no Mass & Reconciliation at OLHC on Wed July 5th due to excavation at the front and side of OLHC Church and temporary disconnection of electricity to the church. This work is being done mid week to ensure that access and power are not disrupted on the weekend. The church may need to be closed in this time also.



July 1st is the anniversary of our establishment as the one parish of Epping and Carlingford.

What has been the fruit of being one larger parish for you?

Receipts for planned giving will be posted to you in the coming month. People are rightly cautious about opening emails and having their personal information sent electronically so we have opted to post your receipts to you again. The small cost of postage is worth it to protect your privacy and in gratitude for your generosity. Your receipt will include your planned giving donations to the parish whether via credit card, EFT or envelope, and your tax deductible donations to the Diocesan Pastoral Works Fund.

NAMETAG SUNDAY IS ON AT OLHC



It's **Nametag Sunday** at OLHC again this weekend. There is always such a hive of activity as people gather, talking about this nametag idea whilst writing their names on the nametags. It is wonderful to see familiar faces and be able to now put a name to a face, as well as meet someone who's just moved into the area. Just as God knows us by name, we want to know each other by name. Supper and morning tea always bring people together to enjoy fellowship. As this kicked off in May, we are thinking you might remember to bring your nametag with you this month, or there will be nametags/markers available for you to write your name down before entering the church. Thank you, OLHC, for supporting this "Nametag Sunday" idea, and also to the hospitality team and everyone who contributes to our meal together!

SOCIAL JUSTICE

Aboriginal and Torres Strait Islander Sunday: Every year, on the **first Sunday in July**, Catholics come together across Australia to acknowledge and celebrate the gifts of Australia's First Peoples in the Catholic Church.

<https://natsicc.org.au/> has Catholic resources for engagement with and understanding of First Nations.

While the question of whether or not The Voice is the best mechanism for First Nations people to engage with governments is still open, resources on this page including this year's statement offer a reflection on principles of Catholic Social Teaching (human dignity, subsidiarity, common good, solidarity and preferential option for the poor) which can assist us in our discernment.



Parish Support For Refugees and Asylum Seekers: Our Parish has continued to express its concern for refugees by supporting the Jesuit Refugee Service (JRS) with foodbank donations and volunteer work at their Parramatta office. This involvement commenced with our Parish "Community Conversation" in May 2022.

JRS Australia has recently released its Annual Report 2022 which you can access on their website <https://aus.jrs> (select Publications and Resources for Annual Reports), or directly here: <https://aus.jrs.net/en/annual-reports/annual-report-2022/>

Have a look and see who you can recognise on the front page of their report!
~ continue on the following page...



An overview of their programs and services in 2022:

- served over 3,000 people seeking asylum, refugees and migrants in vulnerable situations
- provided over 21,000 instances of service
- provided over 10,000 food parcels and/or food payments to an average of 200 households per week
- provided 1,081 people with 6,942 instances of specialist casework support, including support to address housing needs or homelessness, physical health, mental health crises, emergency financial relief and more
- supported over 300 women at risk of or who have experienced SGBV, through the JRS Finding Safety Project and Women’s Space. This includes 1,196 instances of service
- assisted 159 people through the Employment Program, including 60 people who gained paid employment and 70 who participated in accredited training, including security, white card, traffic control, first aid and forklift courses
- engaged 50 employment program partners to help the people we serve access training and mentoring support and find meaningful employment
- assisted 788 people to complete NSW Opal Card concession applications, ensuring access to discounted transport. And...
- 286 dedicated volunteers donated over 7,000 hrs of service. Advocacy and community engagement In 2022, JRS Australia...
- delivered 61 workshops and awareness raising events, reaching 7,216 people from schools, parishes and the broader community
- supported 5,017 students to take action by running food drives, writing to their MPs, volunteering with JRS and organising fundraising events
- provided 96 opportunities at community events and schools for refugee leaders to engage in direct advocacy and awareness raising
- met with 23 state and federal parliamentarians and ministers, and numerous other high-level officials to advocate for fairer and more humane asylum policies
- collaborated with diaspora leaders to organise 2 vigils calling for more support for at-risk people from Afghanistan.

If you want to discuss volunteering with JRS generally please contact May Hadaya and she can take you through it. May can be reached at may.hadaya@jrs.org.au

~ Parish Social Justice Team

Another Step towards

OUR COMMITMENT

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



A poster for the Australian Red Cross Lifeblood program. It features a red cross logo at the top, followed by the text "Australian Red Cross Lifeblood®". Below this, it says "The 'Catholic Parish of Epping and Carlingford' now has a lifeblood team. If you already donate blood or plasma and don't belong to a team, be sure to join ours. If you haven't donated before, be sure to sign up using the QR code below." At the bottom, it says "Donating blood saves lives. Let's save lives together." and includes a large QR code. A red arrow points to the bottom left corner of the poster.

Tap me!

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



2023 Confirmation For children in Year 3 & above who are baptised
Enrolment for Confirmation has commenced and will close on Saturday 22nd July. Enrolment is to be completed online. The online form has a choice of dates/times for you to select which sessions or Masses you wish to attend for the preparation period as well as the celebration time.

email:

Lynn.Siau@bbcatholic.org.au

phone: 9876 2853



If you would like to enrol your child, please contact me and I will get back to you with an information pack. There is always much to consider when enrolling your child for Confirmation, such as a Sponsor, the Saint's name, as well as helping your child with prayer, reflection and discussion. We are here to support you! If you have any questions, please feel free to give me a call or send me an email.

Kidz Word at St Gerard's is on school holidays break and will resume 23rd July at the 9:30am Mass

Lynn Siau - Coordinator of Children's Ministries, Sacramental Programme & Communications

St Gerard's Students Celebrate their First Holy Communion ~ article and photos from St Gerard's Primary School

For many Year 4 students at St Gerard's, this June marked the next stage of their sacramental journey and was the first time they received the Eucharist and completed their initiation into the Church. Five proud children have shared a recollection of their First Holy Communion and why it was special:

"My First Holy Communion felt amazing not only because I was receiving the Body of Christ, but also because I took another step in Catholicism and got closer to God. The thing that made my communion special though was the fact that my family were there watching as I received the Body of Christ." – **Pius L**

"My First Holy Communion meant having the Body of Christ blessed within me and going deeper into the Christian life and journey. What made it special was having my family come to the Church and celebrating me getting blessed. I'm so happy to be part of the Christian family." – **Jacinta M**



"My First Holy Communion was great, I loved it. It made me feel more a part of God's family. It was special to me because I had my family and extended family there with me." – **Meg K**

"My First Holy Communion was meaningful because it was the first time I was receiving the Body of Christ. It was quite nerve-racking, but on the day I was very excited to be part of God's family." – **Keira F**

"My First Holy Communion was an amazing event for me. I received the Body of Christ for the first time. It felt special because I can now do a lot more things with my family. I loved it!" – **Neville S**

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 12th July 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 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. Next meeting will resume on the **1st September in term 3** (due to the leaders being away for World Youth Day).



Antioch (Year 10/16 year olds-23 year olds) - Antioch will be on a break for the school holidays. We will next meet on the **16th July,**

6-8pm, with the commissioning and farewelling of our World Youth Day pilgrims.

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 **11th July, 7-8:30pm.**

WYD Update



Less than one month till we depart for our first stop to Italy! Please pray for us. There will be a Pilgrim Blessing Mass at **Our Lady of the Rosary Cathedral, Waitara on Friday 14th July.** More details at the back of the bulletin.

Parish Trivia Night: Save the date **8th July, 7-10pm @ St Gerard's Parish Hall.** The theme is Generations. You can register by filling in your details on the signup sheets at the back of the church or email Joanna (contact details below).

If you have any donations for our Trivia night, please drop them off at the back of either church in one of the boxes.

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



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. If you/your young one would like to attend, please email Joanna (contact details below) now for a **potential half price discount/subsidy** to attend.

New Episode!

GRACE
May/June Episode

**We Searched...
and we found Fr Titus!**

In this episode, we look back on "The Search" program and learn what some parishioners got out of it. Unfortunately, we have already farewelled Fr Titus, but if you want to learn a bit more about him, be sure to listen to the podcast!

Scan the QR code to listen!

"I Thirst"

2 simple words spoken by our Lord on the Cross

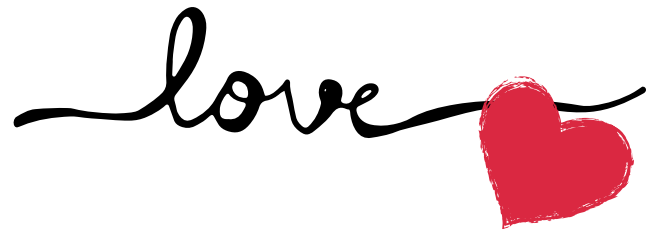
On the Cross, Jesus thirsted for love, for human love, our love !



It seems impossible for God to thirst in such a way. God is Love Itself, He does not need our love. And yet, in a certain mysterious sense, the God who's in need of nothing chose to "need" us. Our Lord, in His human nature, chose to experience human needs, which is the need for love.

The students we teach need to hear that Jesus love them :

- God is complete expression of Love
- We (the children) are made in the image of God
- Jesus teach us to make good choices in our lives
- Earth isn't the only place
- Jesus laid down His Life for us, so we can be reconciled with God
- Heaven exists and will be a perfect place of love and happiness.



The above was shared by one of the Catechists from the Diocese of Broken Bay.

SRE lessons are valuable in making an impact on a child's life. Our catechists reach out to hundreds of students in 9 Public State Schools in our Parish with the commencement of the Special Religious Education (SRE) classes:

Primary Schools

- Epping Public School (Tuesday : 9:20, 9:50am)
- Epping North Public School (Thursday : 2:10, 2:40pm)
- Epping West Public Schools (Tuesday : 11:40am, 12:10, 12:40pm)
- Epping Heights Public School (Friday : 9:10am)
- Murray Farm Public School (Tuesday : 9:00, 9:40, 10:20am)
- Roselea Public School (Wednesday : 11:30am, 12:05, 12:30pm)

If you are interested to become a catechist or to obtain more information regarding this ministry, please contact

katherine@eppcarl.org.au for primary school or

trish@eppcarl.org.au for secondary school or call the Parish Office during office hours at 9876 2853.

Secondary Schools

- Carlingford High School (Wednesday : 10am, 11am)
- Cheltenham Grils School (Thursday : 10am)
- James Ruse Agricultural High School (Wednesday : 2pm)

OTHER NEWS & NOTICES



Healing Mass at St Gerard's: Our Healing Mass will be held this coming Tuesday **4th July at 10.00am in the meeting room**. A warm, safe, sacred space for all. A time for healing. We invite you to stay with us for morning tea. If you are able please bring a plate to share. Jesus said: 'Come and See'. All are welcome!

Our **Charismatic Prayer Group** meets **every Sunday at 10:45am at St. Gerard's Church**. Our group is transformed by the Holy Spirit, and we welcome you to join us for an uplifting and inspiring time.

Come and experience the power of the Holy Spirit as we pray together, sing, and share our journeys of faith. Our group is open to all, and we invite you to bring your friends and family along with you. We look forward to seeing you this Sunday at 10:45 am at St. Gerard's Church (Children's Crying Room at the back of the Church). For more info contact Margaret on 0401 133 368 or

mtmkelly@optusnet.com.au



cont'd... "Other News & Notices"

Celebrations this Week

Ordinary Time Week 13

- 3 July Monday: **St Thomas**
- 4 July Tuesday: *St Elizabeth of Portugal*
- 5 July Wednesday: *St Anthony Zaccaria*
- 6 July Thursday: *St Maria Goretti*
- 7 July Friday: *Blessed Peter To Rot*



Ordinary Time Week 14

- 11 July Tuesday: St Benedict
- 13 July Thursday: *St Henry*
- 14 July Friday: *St Camillus de Lellis*
- 15 July Saturday: St Bonaventure



Aid to the Church in Need

ACN AUSTRALIA NEW ZEALAND



One of the major works of Aid to the Church in Need is providing transport to priests, sisters, and catechists to reach the faithful, who are often at great distances and must go through difficult terrain. In 2022, ACN provided 1,253 pastoral vehicles. This included 564 cars, 406 bicycles, 252 motorcycles, 16 boats, 11 buses, and 4 trucks for the pastoral work of the Church – particularly in Latin America and Africa. Can you help us supply transport to priests and religious again in 2023? Visit www.aidtochurch.org/transport or scan the QR code to make an offering and learn more.

Just a little bit more about
World Youth Day!

With the departure date nearing, 167 pilgrims and leaders are in the final preparations for their pilgrimage to World Youth Day in Lisbon, Portugal. The final gathering before departure will be the Commissioning Mass on **14 July with Bishop Anthony at Our Lady of the Rosary Cathedral, Waitara** followed by dinner and distribution of travel documents. Please join us at this Mass to pray for our pilgrims and leaders for an amazing experience and safe return.



New Content. Every Day.
Anywhere, Anytime.

Formed.org is a resource our parish offers to you for FREE. There are 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. You can also download it as an app.

Signing up is easy! You just need to go to "formed.org" and click on "SIGN UP". You get the following screen below:

How would you like to sign up?

Select this

Create a New Account

Find your Parish or Organization

When 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! There are also sections for kids and families.

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 Choose any of the coming weekends: **Aug 5-6, Nov 11-12; Feb 24-25**

*A wedding is a day.....
A marriage is a lifetime.*

Responsorial Psalm Response

13th Sunday in Ordinary Time - 2 Jul 2023

Ps 88:2-3, 16-19

Gospel Acclamation

13th Sunday in Ordinary Time - 2 Jul 2023

Alleluia, Alleluia!

You are a chosen race, a royal priesthood, a holy people. Praise God who called you out of darkness and into his marvellous light.

For ever I will sing the goodness of the Lord.

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
- Graham Kelly
- Owen Harrison
- Ethan Seng Mestanza
- Maureen Carlon (Marie Saul's sister)
- Kevin Saul (Marie Saul's nephew)
- Yolanda Calderone
- Loreta Rosario
- Lorraine Warner
- Beryl and John Day
- Laura Doran
- Mary Chernov (sister of Trish Harrison)
- Margaret Hall
- Grace Spyrou (aunty of Kevin Siau)



Thank you for your prayers for all our brothers and sisters who are on our prayer list. They are strengthened by our united prayers for them. Our parish also has a Prayer Ministry group on Facebook. There are occasional prayer requests that come through the office via email or directly posted on this private group. Please feel free to join if you would like to pray for someone or for your own intentions: <https://www.facebook.com/groups/2660800900909668> or via QR code.

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

Recently deceased - Peter Boojong Lee, Lorna Wettasinha, Noelene Viset, Domenico Staltari



Anniversaries - Dorrie Flanagan (mother of Betty Connors), Howard Carey, Eddie Lee (uncle of Kevin Siau), Carlo Genti, Eustracia Franics Xavier, Teresita Abalos, Sergio Abalos

Responsorial Psalm Response

14th Sunday in Ordinary Time - 9 Jul 2023

Ps 144:1-2, 8-11, 13-14

I will praise your name for ever,
my king and my God.

Gospel Acclamation

14th Sunday in Ordinary Time - 9 Jul 2023

Alleluia, Alleluia!

Blessed are you, Father, Lord of heaven and earth;
you have revealed to little ones the mysteries of the kingdom.