

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

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Single Donation

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[Sacrament of Reconciliation](#)



Readings

21 JANUARY 2024

Jonah 3:1-5, 10
1 Corinthians 7:29-31
Mark 1:14-20

28 JANUARY 2024

Deuteronomy 18:15-20
1 Corinthians 7:32-35
Mark 1:21-28



The Catholic Parish of Epping & Carlingford



YEAR B

21 JANUARY 2024 THIRD SUNDAY IN ORDINARY TIME

28 JANUARY 2024 FOURTH SUNDAY IN ORDINARY TIME

Thank you
TO OUR VOLUNTEERS

We would like to invite you to

join us for Mass followed by dinner



WHEN
Tuesday 13 Feb
7pm

WHERE
St Gerard's
Carlingford

Volunteers: It's extraordinary that we have more than 340 people in rostered volunteer ministries in our parish.

If you're one of them, please pick up your invitation to the annual Volunteers Mass and Supper to be held on Feb 13th from the back of the church.

Your invitation is in an envelope with your name on it. Apologies to a few people whom we missed last week.

Welcome to Fr Sam French who is celebration Masses at OLHC this weekend while Fr Jim is on annual leave. He is hiking in Tasmania.

Simone Noel has commenced her role as Pastoral Worker and has already begun reaching out to ministry leaders at OLHC. She will be working part time with Thursdays being a regular day, and then as needed. Her contacts are Simone.Noel@bbcatholic.org.au and 0414 753 799.

Australia Day is Friday Jan 26th. Mass will be celebrated as usual at 9.30am at St Gerard's. We will have morning tea following Mass. All are welcome!



Saturday morning Mass and Tuesday night Mass at OLHC continues to be on hold until the end of the month whilst the forecourt is being dug up and then re-laid. We anticipate Masses returning from **Tuesday January 30th**. Check the parish website and Facebook for any late changes. When we recommence Saturday morning Mass there will be a **time change to 8am**, with adoration, reconciliation and benediction continuing to be available afterwards. The reason for this change is that the parish is doing an increasing number of retreat and formation days on Saturdays which we'd like both priests to be able to take part in, but when benediction ends around 10.30am this often becomes difficult. We don't want to lose the Mass (which several of our neighbouring parishes have done) so an earlier time will allow us to provide sacraments to the parish, and to expand the range of faith formation activities we do during the year. We hope that this will also allow more parishioners who also have a busy Saturday schedule to come to Mass and adoration.



LENT 2024

The Season of Lent will start early this year, with **Ash Wednesday on Feb 13th**. Masses will be:

- 7am and 6pm at OLHC Epping
- 9.30am and 7pm at St Gerard's



What will you do for Lent this year?

Many people have already signed up to join either a Lenten scripture group or an Ignatian Spiritual Exercises group, so much so that Monday morning and Friday morning groups are already full. But there's still room for you at the following times. Choose your group and put your name on the list at the back of the church:

- Tuesdays 7.30pm at West Pennant Hills
- Tuesdays 7pm at OLHC Church
- Wednesdays 7pm OLHC Church
- Thursdays 7.30pm in North Epping
- Thursdays 7pm at St Gerard's
- Fridays 7pm OLHC Church



Ignatian Spiritual Exercises: Be led through a new prayer exercise each week, starting February 19th, then learn how to pray with it during the week.

- Tuesdays 7pm at OLHC Church or
- Wednesdays 7pm OLHC Church

The Catholic Church in Australia celebrates **Word of God Sunday** on the first Sunday in February each year - **February 4th in 2024**. Reading the Bible is a "direct line" to God, for He reveals himself through the Bible! It is a wonderful to ponder Jesus' ministries through one of the Gospels throughout Lent, followed by the Acts of the Apostles during Easter. We will be selling Bibles on that weekend at select Masses at both OLHC and St Gerard's. You can also pick a Bible up at our Vinnies Piety Store. For our children, there will a fantastic Children's Bible available for sale, which was a big hit the last time we did this!



Formed.org is a Catholic video streaming service (the Catholic Netflix) with a great array of programs for adult and kids. Formed in the Word during Lent is a resource for reflection of Sunday readings. The best bit about this is you can access it anytime and anywhere. The parish has purchased a subscription so that you can view the videos for free. Just go to **formed.org**, sign in with your email address, choose parish, and then you will see our parish listed for you to select.

ALPHA 2024

Our Parish will be re-launching **Alpha** in August 2024 in the new Epping Parish Hall. The Faith Formation Team is looking at building a new Alpha crew. If you would like more information, please feel free to contact Leon D'Sylva at leon.dsylva@gmail.com or parish@eppcarl.org.au

Broken Bay Alpha Team Coaching

- Date: Saturday 3 February 2024
- Time: 9am - 4pm
- Venue: Harrington Hall, Our Lady of Dolours Parish Chatswood
- Cost: Optional donation on day for catering provided.
- Registration link <https://www.trybooking.com/COKAL> or via QR code above (Registrations close on Thursday 1 Feb.)



OTHER PARISH NEWS & UPDATES



Aid to the Church in Need is a spiritual and pastoral charity which seeks to keep the flame of faith alive in those places where it is at risk of extinction.

We welcome to our parish Kylie Cullen, an ACN speaker who will share with us about the work of Aid to the Church in Need and how we can help our suffering and persecuted brothers and sisters, to **OLHC on Jan 21st, and at St Gerard's on Jan 28th**.

Men Alive: Tailored for men, 18 years and above, both single and married. We gather fortnightly to provide a unique space for encouragement, mutual support, and the strengthening of our commitment to living as men in disciples of Christ. Join us for enriching experiences. Whether you are seeking Spiritual Growth, fostering of brotherhood as fellow Catholic men, or exploring faith formation in the Holy Spirit, our activities are centred on Christ and God. Let's grow together in faith and camaraderie. Contact: philip.senger@eppcarl.org.au or sign up here using the link <https://forms.gle/NKT99JHTFGqEKNo88> You can also scan the QR code above to sign up.



MenAlive BBQ! 3rd February

Men Alive BBQ Sat 3rd Feb After 6pm Mass at St Gerard's Carlingford: Everyone is invited to a BBQ held by the members of Men Alive outside the main doors to the Church. Members will be there to share our experiences as group members and chat about what our group is about. Mark your calendars and be part of this uplifting event! Contact philip.senger@eppcarl.org.au for more details.



CHARISMATIC PRAYER REQUEST MINISTRY

Need someone to pray with you? Our Charismatic Prayer Request Ministry is here for you. Whether you're seeking prayers for yourself or others, for any intention, big or small, we're here to support you.

How to Request a Prayer:

- **Pick up a form** - Prayer request forms are available at the back of the church.
- **Fill it out** - Write down your prayer request. Remember, it can be for any intention, whether for yourself or others.
- **Submit your request** - Place your completed form in the designated box at the back of the church.

Your prayer requests will not only be prayed over by our Charismatic Prayer Group, but will also be passed on to Charismatic NSW, Charismatic International, and Bruce Dowens Ministries on your behalf (tick the 'pass on' box). If you would like the request to remain private, just place an X on the form. God knows your intentions and who you are. All prayer requests are strictly confidential.

Share Your Blessings:

When your prayers have been answered, we invite you to complete a green 'answered' form. We love to hear about the blessings and miracles happening in our community! Remember, you are not alone. Our Charismatic community is here to pray with you and for you in your needs, no matter how big or small. Let us lift each other up in prayer.



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

Finance Committee: Welcome to new members **EJ D'Souza, Mervyn Yuen and Stephen Greene**. They join continuing members **Garry Leary (chair), Joan Sally, Max Bosotti & Maurice Felizzi** who will meet monthly with Fr Jim and Deacon Richard to advise on the financial governance of the parish.

Pastoral Council: Last week's listing of the members omitted **Monique Cooksey** who is continuing to serve on the PPC this year.

CARLINGFORD CHARISMATIC PRAYER GROUP

WHEN: Sundays 11am (after 9.30am Mass morning tea)

WHERE: St Gerard's Church (Children's room at back of church)

STUDY SERIES: 'How to Pray for Someone You Love' by Bruce Downes Ministries

CONTACT: Margaret at 0401 133 368 or via email mtmkelly@optusnet.com.au

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



FIRST RECONCILIATION 2024

Enrolment for First Reconciliation will commence on Thursday, 25th January 2024. In our Diocese of Broken Bay, children who have received the Sacraments of Baptism, Confirmation, and who are in Year 4 or above are invited to enrol. First Reconciliation is generally prepared for before enrolment of First Eucharist in Term 2.

Enrolment information will be emailed to all who celebrated Confirmation in 2023 and to all who have previously enquired and are on the email list.

If you have just moved into the area and have completed Confirmation at another parish, you are most welcome to enquire.

Our Sacramental Programme is advertised through the parish website, bulletins, announcements at Mass, both parish school newsletters, catechists and word-of-mouth. If you know of anyone who may wish to enrol their children, please feel free to spread the word for us and have them drop me a line (contact details below).

**Kidz Word at the 9:30am Mass
resumes 4 February 2024**

As always, please feel free to send me an email if you have any questions.

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

Phone: 9876 2853

Coordinator of Children's Ministries, Sacramental Programme & Communications



Congratulations to the Cheng family on the baptism of their youngest, Levi.

May you grow to know and love God and may he bless you and your family abundantly.

Baptism enquiries? Please visit the parish website here: <https://www.bbcatholic.org.au/epping-carlingford/sacraments/baptismforchildren> You can also contact Belinda on 0414 753 362 or email Belinda.Shi@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 31st January 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) will resume at St Gerard's in the parish hall on the **2nd February, 7:30-9pm.**
543 North Rocks Road, Carlingford-entrance via North Rocks Road.



Antioch (Year 10/16 year olds-23 year olds) will resume at St Gerard's on the **21st Jan, 6-8pm** after the Youth Mass.

HARMONY
2024 ANTIOCH WEEKEND

“LIVE IN HARMONY WITH ONE ANOTHER” – 1 PETER 3:8

COME ALONG AND MAKE NEW MEMORIES & FRIENDS IN OUR HARMONIOUS COMMUNITY!
ENJOY TALKS, DISCUSSIONS, MUSIC, GAMES AND A LOT OF FOOD!

PLACE: St Gerard's (543 North Rocks Rd, Carlingford)
DATE: 10th - 11th February 2024 (9am-10pm)
AGE: Year 10 to 23 Years Old
PRICE: \$40 Early Bird (Ends on 22nd Jan 2024)
\$50 Normal Price

Antioch is running their annual retreat in 2024 on the weekend of the 10-11th February! Register via the trybooking link <https://www.trybooking.com/CNFSH> or use the QR code above. Early bird till the 22nd January 2024. Get in quick!

Contact the parent support if you have any questions: Kirk Koelmeyer (0420 874 824) or Louise Koelmeyer (0404 496 554).

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



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

Immaculata Mission School Retreat (IMS)

A few of our young adults attended a retreat with the Immaculata sisters at the start of the year. It is always a great way to start the year spending time with God and time for Adoration, prayer and amazing speakers.

Peter Nguyen's testimony:

IMS has really helped reconnect me back to the Catholic faith towards a greater level of holiness in a way I have never experienced before. This could not have happened without the support of all the amazing priests, sisters, seminarians, speakers and brothers and sisters supporting me along the way in our faith journey.



ANNUAL INTERPARISH SPORTS DAY

12-18 year olds. Over 18s can attend as leaders.

- When: 27th Jan from 10:30am-3:30pm
- Where: @ Light of Christ Centre, Waitara

Free lunch provided and sports will include Basketball, Indoor Soccer and Ultimate Frisbee. Winning youth group will receive the glory of the trophy (we came 2nd last year!)

Any questions, please contact Joanna Mak on 0404 710 588 or Joanna.Mak@bbcatholic.org.au



NEWS FROM OUR CATECHISTS



Did you know that we offer a Catholic religion lesson (called SRE or Scripture) in every state primary and high school in our parish? Pictured here are just some of our generous and faithful volunteer catechists who teach a weekly Scripture lesson from an authorised Catholic curriculum each week.

For your child to attend Catholic Scripture in their school **you need to opt-in**, that is, to sign a request form stating that you want your child

to attend. This should be offered at enrolment, but make sure you proactively ask if it is not. We look forward to sharing the Good News of Jesus with your children this coming year.

For more information, please call the Parish Office weekdays 9am-4pm at 9876 2853 or contact Katherine Tam for Primary Schools at katherine@eppcarl.org.au and Trish O'Donnell for Secondary Schools at trish@eppcarl.org.au

SOCIAL JUSTICE



Catholic Influence in Society has waned over the decades, but we are still the largest church, largest faith group and largest non-profit organisation in the country, so we need to learn how to use our voices to better influence Australian society for good. ***Our parish has joined The Sydney Alliance to help us do just that.*** The Sydney Alliance brings together diverse community organisations, unions, religious organisations and schools to advance the common good and achieve a fair, just and sustainable city. To achieve this, we provide opportunities for people to have a say in decisions that affect them, their families and everyone working and living in Sydney. The focus on recent years has been on affordable housing, improved public transport, support for refugees and affordable and clean energy.

The website www.sydneyalliance.org.au features photos and stories from a rally of 900 people held in February last year which Fr Jim and a number of parishioners attended.

At this rally the then treasurer Matt Kean and now treasurer Daniel Mookhey were pressed to make commitments in these areas. With incredible skill and passion the facilitators held our political leaders' feet to the fire and didn't let them get away with talking points and weasel words. It was just a few days later that both major parties announced new policies (as they were pressed to do by Sydney Alliance that night) to end 'no grounds' evictions during periodic tenancies so that renters won't fear an eviction for asking repairs.

This is the power of us as a church combining our voices with other groups who also want to work for the common good and a more just society.

Each year the Alliance offers a 2 day **Foundations Training** which is a course on how to organise communities, how to speak out on issues of justice, and how to speak to (and write to, and meet with) our elected leaders. Fr Jim did this course many years ago and parishioner Philip Vasallo did it last year and they both found it eye opening and transforming. As an Alliance member this training is free for members of our parish. Some parishioners have already signed up, and we'd love for more parishioners to do this. Register below and let Fr Jim know if you're going.

- **Date:** Saturday 2 March & Saturday 9 March
- **Time:** 9am, finishing by 5pm each day
- **Location:** Burwood – Croydon Uniting Church
- **Register here:**
<https://www.sydneyalliance.org.au/foundations-training>



Let's Help

THOSE IN NEED



Your Parish Social Justice Team is seeking your continued support of the Jesuit Refugee Service, Parramatta.

As you are aware, JRS provides vital support to families who are largely unable to access any Australian Federal Government assistance.

A gentle reminder that on the weekend of **27th - 28th January**, we will conduct a Foodbank Appeal - marked boxes will be at both St Gerards and OLHC.

URGENTLY What We Need

- clothes detergent (liquid)
- dishwashing detergent (liquid)
- dried red lentils
- long life milk
- Coles or Woolworths vouchers (this assists those who are homeless and have no facilities to store food items) – suggested amount is \$25

JRS and their clients truly appreciate the help you give.

OTHER NEWS & NOTICES

Celebrations this Week

Ordinary Time Week 3

- 22 January Mon: *St Vincent*
- 24 January Wed: *St Francis de Sales*
- 25 January Thur: **The Conversion of Saint Paul**
- 26 January Fri: *Australia Day*
- 27 January Sat: *Sts Timothy and Titus, St Angela Merici*

Ordinary Time Week 4

- 31 January Wed: *St John Bosco*
- 2 February Fri: **The Presentation of the Lord**
- 3 February Sat: *St Ansgar, St Blaise*

EthicsFinder

EthicsFinder is an easily usable, expertly curated ethics search engine database hosted by Australian Catholic University and supported by a global network of over 80 philosophers and specialists from more than 50 universities and institutions. It is led by Patrick Langrell and is sponsored by the Deputy Vice-Chancellor, Ethics, Prof. Hayden Ramsay.

EthicsFinder also collates and continually updates Catholic teaching across every topic, offering users a unique and accessible way to navigate Church teaching. For topics where the Catholic and/or classical ethical approach has received widespread, sustained, or recent critique, search results can also be filtered to display reputable, widely referenced, reason-based critiques. Go to www.ethicsfinder.com and bookmark it for the next time you have a tricky question.

NURSING APPOINTMENT

Arrupe House located at Pymble is a small community of retired Jesuits, Priests and Brothers. Expressions of interest are invited for an experienced Registered Nurse to work with a small team of nurses. This position is casual part-time, morning duties from 7am to 11.30am, 2 days per week. Position to commence 2024. Please email your CV to arrupehouse@sjasl.org.au



When feelings become overwhelming or confusing, counselling can be very helpful. We work with you, assisting you to face challenges and stressors, coming up with suggestions to tackle or resolve these challenges. CatholicCare offers Government funded, fee for service and NDIS approved therapy options for yourself, your children and as a family unit. To access this service please call 1800 324 924 or visit www.catholiccaredbb.org.au

3rd Sunday in Ordinary Time - 21 Jan 2024
Ps 24:4-9 Response: Teach me your ways, O Lord.

Gospel Acclamation: Alleluia, Alleluia!
The kingdom of God is near: believe the Good News!

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	on hold in January *						
CARLINGFORD	9:30am	-	9:30am	9:30am	9:30am	-	

EXPOSITION OF THE EUCHARIST: Epping on hold in January

Carlingford Thursday 10-10:30am

SACRAMENT OF RECONCILIATION: Epping Saturday 4:15-4:45pm*,

Carlingford Thursday 10-10:30am and Saturday 5:15-5:45pm, **OR BY APPOINTMENT at either church**

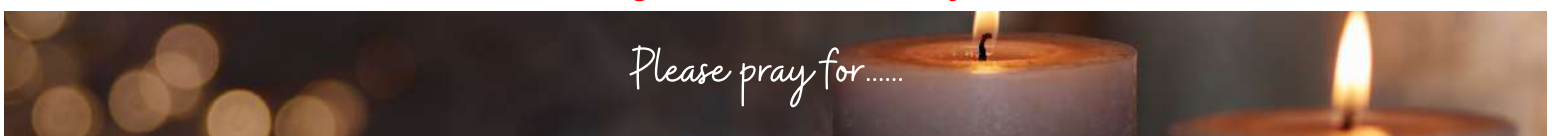
BAPTISMS AND WEDDINGS: BY APPOINTMENT

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

IMPORTANT ANNOUNCEMENT *Healing Mass: 1st Tuesday of the month, 10am at St Gerard's Meeting Room, Carlingford*
** Please note changes at OLHC in January 2024. Details within bulletin.*



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

- Dennis Porteous (OLHC Sacristan)
- Ethan Seng Mestanza (grandson of Mario and Graciela Mestanza)
- Bev Gibbeson
- Eileen Rourke
- Eileen Brownlow
- Teresa Boyle
- Sr. Rosalia Carlon (Marie Saul's elder sister)



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 - Sr Edith Angel RSM, Giovanni Alibrandi, Fr Bill Aliprandi

Anniversaries - Domenico Agostino, Lup Poon Fung, Michael Coonan

4th Sunday in Ordinary Time - 28 Jan 2024

Ps 94:1-2, 6-9 Response: If today, you hear his voice, harden not your hearts.

Gospel Acclamation: Alleluia, Alleluia!

A people in darkness have seen a great light: a radiant dawn shines on those lost in death.