

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

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Single Donation

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[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



Readings

3 MARCH 2024

Exodus 20:1-17

1 Corinthians 1:22-25

John 2:13-25

10 MARCH 2024

2 Chronicles 36:14-16, 19-23

Ephesians 2:4-10

John 3:14-21



The Catholic Parish of Epping & Carlingford



YEAR B

3 MARCH 2024 THIRD SUNDAY OF LENT

10 MARCH 2024 FOURTH SUNDAY OF LENT



Holy Week & Easter Preparations

Easter is early this year! Here are the times for each of our Masses and liturgies which will be the same in both churches:

- **Holy Thursday March 28th** 7.30pm
- **Good Friday Stations** 10am
- **Good Friday Passion** 3pm
- **Easter Vigil** 7pm
- **Easter Sunday** follows the usual Sunday times, except, there will be **no 5pm** Sunday night Mass at St Gerard's on March 31st.

Palms for Palm Sunday: Once again we are relying on your generosity to provide palms for the parish to use on Palm Sunday March 24th. We don't need large palms (contact the parish office directly if you have these), but smaller ones which can be cut into pieces for individual use. Please bring them to the church on **Saturday March 23rd**.

Footwashing: Jesus said at the Last Supper "Unless I wash your feet you can have no part with me". Would you be willing to have your feet washed at the Mass of the Lord's Supper on Holy Thursday night? Put your name on the list at the back of the church.



The Chrism Mass will be celebrated at **7.30pm on Tuesday, 26 March at Our Lady of the Rosary Cathedral, Waitara**. The priests of our Diocese gather for this celebration with Bishop Anthony Randazzo to renew their priestly commitment. During Mass, the oils of Catechumens and the Sick are

blessed, and the Chrism is consecrated and then taken back to each parish for use in various Sacramental liturgies throughout the year. All parishioners are warmly invited to attend this sacred occasion in the life of our Diocese.

Ecumenical: Some people have asked about our annual ecumenical gatherings during Lent. Last year we realised that with changes to the clergy at our local covenant churches (St Alban's Anglican, Epping Uniting and West Epping Uniting) that we couldn't continue to have as many stand-alone liturgies which relied on the ordained ministers. Instead, we would have at least one liturgy, which this year will be at St Alban's on Tues May 14th for Pentecost, and focus rather on other shared events. Last year these included prayer for Gaza on the forecourt of OLHC, and a forum on The Voice at Epping Uniting Church. This year we will have a Palm Sunday procession between St Alban's, OLHC and Epping Uniting, time TBC.

~more on our Holy Week & Easter preparations next page

Deacon Richard Houwing, our Business Manager, updates:

Roof repair St Gerard's Church: For some time now, we have had water leakage through the roof area around the skylight at St Gerard's Church. Over time the sealants around the windows and flashing at the base and on the roof have deteriorated, requiring complete replacements. This work was carried out earlier this month, resulting in no leaks and protection of the woodwork from water damage and rot.



Repairs to St Gerard's Parish Hall: A little while back, we won a NSW Government grant to repair and renovate the Parish Hall. During March, we will be repairing the roof from broken tiles and repointing the capping and eaves. We will also install safe access points for workers for air-conditioner maintenance and other roof access. As a precautionary measure for children and all, fencing will be installed around the Hall while works are carried out. The Hall will remain available, access will be limited to the front door, but fire egress remains as previously.



OLHC Epping Meeting Rooms: Have you seen the layout for the new meeting rooms at Epping? These will become available when we move in around the middle of this year. For more info see <http://tinyurl.com/53z2dvns> or scan QR code on the right.



We value your input and aspirations concerning utilising our new premises and continue to 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  ← 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



Calling for Singers!

The G Majors are returning for Easter!!

JOIN US



Male singers are needed for the **Stations of the Cross at St. Gerard's at 10am** and for the **Good Friday Passion service at OLHC at 3pm**.

We are singing NEW MUSIC. No auditions are necessary.

Rehearsals: Sunday, March 3 at St. Gerard's at 6.30pm
Further rehearsals: March 10, March 17 and 24 at the same time and place.

Please bring your folders and your voices.

Enquiries: Pat Fernandes at cedpat@internode.on.net or phone 0407908640.



Easter Vigil and Holy Thursday Singers for St Gerard's Carlingford

The pinnacle of the Church's liturgical year is coming up! The Music Ministry invites you to join the choir for these special celebrations:

- **Easter Vigil** – Saturday 30th March, 7pm. Practices on Wednesday nights @ 7pm commencing 6th March with a rehearsal on Sunday 24th March @ 2pm.
- **Holy Thursday** – 28th March, 7.30pm. Practice on Tuesday (TBC) @ 7pm in St Gerard's Church.

To indicate your interest, and to allow time to prepare your music folder, please email your details (name, contact number, email address) to Elizabeth Austin at dneausti@optusnet.com.au by **Tuesday 5th March**.

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 grace. We can all embark on this journey at different stages within our lives, some as young babies with the help of our parents 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: Thursday 21st March 2024

Venue: Our Lady Help of Christian's Church Epping

Time: 7:30 - 8:30pm

RSVP: Belinda.shi@bbcatholic.org.au

Congratulations

to our parishioner

Preetham Raj and

his wife Harshitha

who were married

last month!



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

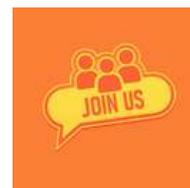


menALIVE - Single or married men aged 18 and up. Join us fortnightly @ **St Gerard's parish meeting room from 7:30pm to 8:30pm**. Our next two meetings are on:

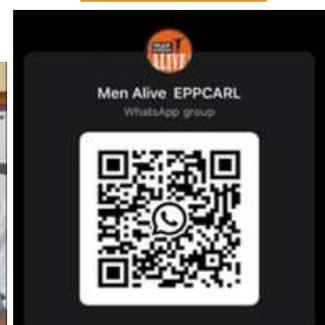
- 7 March 2024
- 21 March 2024

Contact: phillip.senger@eppcarl.org.au to find out more.

Join the conversation at our parish menALive group by clicking on the following link <https://chat.whatsapp.com/KHhr2uNQcBh7HfX4TWOF0j> or via the QR code on the right.



The good men serving morning tea at OLHC on the 25th February!



Alpha will be re-launching in August 2024 at the new Epping Parish Hall!

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 or 0414 753 799.

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

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



FIRST RECONCILIATION 2024

The children commenced their preparation sessions and this will last over the next 4 weeks. They will be presented at some Masses in the coming weeks, learning about the Peace gifted from our Lord and the Act of Contrition.

Please do remember to keep them in your prayers and their families too, as they travel this Lent to learn about the greatest love and mercy from God in this Sacrament of Reconciliation.

WANTED: Kids to participate in our Easter Sunday Morning Family Masses

A colorful graphic for an Easter Day Hunt Menu. It features a floral border with various flowers and Easter eggs. The text is centered and reads: 'Easter DAY HUNT MENU', 'ENTREE Get excited and look forward to CELEBRATE!', 'MAIN COURSE 9:30am Family Mass Kids involved in prayers, Gospel mime & processions', 'DESSERT The Easter Sunday morning tea and the EGGHUNT is on after Mass on school grounds', and 'SUNDAY 31 MARCH 2024 ST GERARD'S CARLINGFORD'. There is a yellow ampersand symbol to the right of the graphic.

A colorful graphic for a Happy Easter Family Mass. It features a pink and blue color scheme with a white cross icon at the top left. The text reads: 'PRAISE & WORSHIP & EAT AFTER!', 'Happy EASTER FAMILY MASS', 'EVERYONE IS WELCOME', '31 MARCH 2024 10:15AM', and 'OUR LADY HELP OF CHRISTIANS, EPPING'. At the bottom, it says 'email to sign up: Lynn.Siau@bbcatholic.org.au'.

Please contact Lynn.Siau@bbcatholic.org.au if your child would like to participate in either one of the Easter Sunday Family Mass. The children can read prayers, be involved in the Gospel mime, or one of the processions. There will be a generous spread of a sumptuous morning tea after Mass and **plenty of Easter eggs!** Lots of fun and joy for your family. ❤️

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 13th March 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

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): We are meeting on the **8th and 15th 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 **3rd and 10th March, 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 **5th March 7-8:30pm** for pot luck dinner and games.



Annual leave: Joanna will be on annual leave from the **8th-27th March**. For any youth group enquiries in this time, please contact Fr Jim at Jim.Mckeeon@bbcatholic.org.au

OUR DEVOTIONS TEAM HAS SPECIAL CELEBRATIONS PLANNED FOR YOU...

Celebrating the Feast of St Joseph



Triduum of Masses

St. Gerard's Church Carlingford
Thursday 14 Mar - 9:30 am Mass
Friday 15 Mar - 9:30 am Mass

Our Lady Help of Christians Epping
Saturday 16 Mar - 8:00 am Mass

St. Joseph's Table

On the feast day, **Tuesday 19th of Mar**, the 6:00 pm Mass at OLHC Epping will be followed by a St. Joseph's Table, where all are invited to bring their favourite bread and deserts to be blessed and to share.



There will be a special blessing for fathers and young gentlemen attending the Solemnity.

This Lent, come and join us on Fridays to pray the Stations of the Cross



Every Friday during Lent at:

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

The following Fridays left:
8th March
15th March
22nd March

NOTICES FROM OUR PARISH SOCIAL JUSTICE TEAM

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 on the right 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

A Letter from JRS to Our Parish

Thank you
FOR SUPPORTING
THE JRS FOODBANK

To The Catholic Parish of Epping and Carlingford.

Wishing you a very happy start to the new year! We are so grateful that 2024 has started with such thoughtful and generous donations from your community. This has meant that our clients are set up with food and essential items as they begin a new year and have their children starting school.

The Jesuit Refugee Service (JRS) Australia team would like to say a big thank you for supporting the 150 families who access our foodbank weekly. You have spread so much joy through this donation and shown great solidarity to those doing it tough.

Thank you for your incredible ongoing support, we couldn't do this work without you!

Kind regards,
Zoe Grant
Community and Schools Engagement Coordinator



OTHER NEWS & NOTICES

Celebrations this Week

Lent Week 3

4 March Mon: *St Casimir (commemoration)*

7 March Thur: *Sts Perpetua and Felicity (commemoration)*

8 March Fri: *St John of God (commemoration)*

9 March Sat: *St Frances of Rome (commemoration)*

Lent Week 4



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



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





ST GERARD'S CARLINGFORD
CATHOLIC PRIMARY SCHOOL



OPEN DAY 2024

Wednesday 6 March

9:15 – 11:00am and 5:15 – 7:00pm

Come and meet our teaching team, explore our school grounds and facilities & see an outstanding school in action



NAMETAG SUNDAY

AT BOTH CHURCHES!

every 1st Sunday
of the month,
all Masses



A gentle reminder it's **Name Tag Sunday** this weekend, 2nd & 3rd March. Remember to come with a name tag or use our marker to write your name on the labels provided.



“

Reflection Day

With Fr Aldrin Valdehueva

*“Abide in Me as I
abide in you.”*
John 15:4

March 9, 10am – 3pm

Sacred Heart Church
2 Richard Porter Way, Pymble NSW 2073

”

RSVP to Terry Scanlan
terry_scanlan@bigpond.com

Serra Club Lenten Reflection Day

Fr Aldrin Valdehueva will be conducting the Reflection Day on Saturday 9th March commencing from 10.00 am until 3.00 pm, and everyone is welcome to attend. The theme for the Reflection will be “Abide in Me as I abide in you”. Details above.

RSVP to Terry Scanlan on 0438 887 295 or email terry_scanlan@bigpond.com if you are planning to attend.



CATHOLIC
DIOCESE OF
BROKEN BAY

Free Seminar

for the Catholic
community of Broken Bay
featuring an expert
legal advisor.

Wills, Enduring Guardianship and Powers of Attorney



Presenter
Cecilia Castle

Principal of
Castle Lawyers,
will present and
answer questions
from her legal
expertise of over
35 years. Cecilia is a regular speaker
and writer on legal topics, and a
parishioner in the Diocese of
Broken Bay.

Event Details

Tuesday 12 March 2024
10:30am to 12:30pm
Level 2, Fr Harry Davis Room
Building 2, Caroline Chisholm Centre
423 Pennant Hills Rd, Pennant Hills

Light refreshments provided.



Register Now

For more information contact Nicolas at nicolas.duran@bbcatholic.org.au



Are you aged between 18-40 and searching for an adventure in 2024? If so, then join us for the Disciples School of Mission. This 4-day live-in course, held at Mt Carmel Retreat Centre Varroville, calls people from across Australia and beyond to be equipped for youth ministry and evangelisation. Be renewed in your own journey, equipped for mission/youth ministry, and formed in the Catholic faith. You won't regret it – it's an adventure! For more information visit discipleschoolofmission.com.au or ring Judy MGL on 0479 059 183.

Disciples School of Mission | 1 – 4 April |

Mt Carmel Retreat Centre, Varroville

3rd Sunday of Lent - 3 Mar 2024

Ps 18:8-11 Response: Lord, you have the words of everlasting life.

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

God loved the world so much, he gave us his only Son, that all who believe in him might have eternal life.

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'S PRIMARY SCHOOL: PH - 7256 2140 **Email** - sgc@dbb.catholic.edu.au *Please note change of phone number*

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 pray for.....

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

- Dennis Porteous (OLHC Sacristan)
- John Totonjian
- Bev Gibbeson
- Sr. Rosalia Carlon (Marie Saul's elder sister)
- Cohen Hadden
- Peter McArdle
- Katherine Barnett



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 - 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, Greg Crowley, Jane Sharbean, Dick McCarthy)

The funeral service for Jane Sharbean will be held at St Gerard's Church on Monday, March 11th at 11:30am.

A wake will follow at Pennant Hills Golf Club, on the corner of Copeland & Burns Road South, Beecroft, starting at 1pm.

Anniversaries - Hugh Mulligan

4th Sunday of Lent - 10 Mar 2024

Ps 136 Response: Let my tongue be silenced, if I ever forget you!

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

God loved the world so much, he gave us his only Son, that all who believe in him might have eternal life.