

Diocese of Broken Bay

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

Assistant Priest: Fr Vincent Trung Nguyen
Vincent.Nguyen@bbcatholic.org.au

Our Lady Help of Christians'

31 Oxford Street, Epping

St Gerard Majella's

543 North Rocks Road, Carlingford

Phone

02 9876 2853

Website

bbcatholic.org.au/eppingcarlingford

Email

parish@eppcarl.org.au

Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)

[Holy Week & Easter Liturgies](#)



The Catholic Parish
of Epping & Carlingford

YEAR C

3 APRIL 2022 FIFTH SUNDAY OF LENT

10 APRIL 2022 PASSION SUNDAY (PALM SUNDAY)

Easter Liturgies:

OLHC Epping

- Holy Thursday 7.30pm
- Good Friday Stations of the Cross 10am
The Lord's Passion 3pm
- Saturday Easter Vigil 7.30pm
- Easter Sunday 8.30am, 10.15am and 6pm

St Gerard's Carlingford

- Holy Thursday 7pm
- Good Friday Stations of the Cross 10am
The Lord's Passion 3pm
- Holy Saturday Morning Prayer 10am
- Saturday Easter Vigil 7pm
- Easter Sunday 7.45am, 9.30am and 5pm

While everyone is welcome to every liturgy, it is worth noting that the Lord's Passion at 3pm on Good Friday is a longer and very solemn service, less suitable for young children. Likewise the Easter Vigil is a longer service.

Stations of the Cross on Good Friday at St Gerard's will be an outdoor procession this year, which we think might be more engaging especially for children who find it hard to sit still. We will gather in the lower carpark, adjacent to the hall. Carpark gates will be closing after 9.50am to ensure pedestrian safety, so *please arrive early*. This will go ahead regardless of weather. The church will be open for people with limited mobility who have difficulty standing for 45 minutes or walking 200 metres.

The back gate onto Roselea Way will be open for Easter services at St Gerard's.

The Easter 9.30am and 10.15am Masses will include children's involvement as usual, and the Sunday evening Masses at both churches will be tailored to teenagers and young adults and their families

There will be supper after the two Easter Vigils at both churches, and **an easter egg hunt** after the 9.30am Mass at St Gerard's on Easter Sunday.



Readings

3 APRIL 2022
Isaiah 43:16-21
Philippians 3:8-14
John 8:1-11

10 APRIL 2022
Isaiah 50:4-7
Philippians 2:6-11
Luke 22:14-23:56

EASTER PREPARATIONS AT OUR PARISH: *How can I help?*



Working bee - Preparing our Churches for Easter: Join us for a working bee on **Saturday April 9th** at each church to get the church and its grounds ready for Easter. This will include preparing the palms, and at OLHC, potting up some new plants to improve the front of the church.

Do you have some other ideas of jobs that can/need to be done in or around the churches in preparation for Easter? Please contact Richard in the office at 9876 2853, or Richard.Houwing@bbcatholic.org.au

We are definitely going to need many hands for this team work! Do join us at **OLHC from 8am – 11am**, and at **St Gerard's from 12pm – 3pm**. Please come with any general tools.

Palms: Palms are no longer commercially available, so we're hoping that there might be some parishioners who would be able to donate some large palm branches to decorate the churches. We've already had a few offers for which we are very grateful. Any additional palm, olive or other branches will also be received most gratefully. Please bring them to either church on Friday April 8th or the morning of Saturday the 9th.



Are you able to bring a plate to share after some of our Easter celebration Masses? We would be very grateful for your contribution which will go towards making a generous spread. There will be supper after the Saturday Easter Vigil, and morning tea on Sunday after the 9:30am Mass at St Gerard's. Food can be left before each Mass on the tables outside, which will be attended. We look forward to sharing a drink of wine or a cuppa together! Thank you.

~ Hospitality Team at St Gerard's (Contact Lorraine 9872 4005 or robaine2@bigpond.com)

For supper at OLHC after the Saturday Easter Vigil: If you are able to contribute a plate or help set up, please contact Jim.McKeon@bbcatholic.org.au

Good Friday Holy Land appeal: As usual, on Good Friday we will invite you to make a donation for the upkeep of Christian shrines and ministry in the Holy Land. Envelopes will be on the seats on Good Friday.

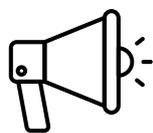
PREPARING OURSELVES FOR HOLY WEEK & EASTER

Second Rite of Reconciliation: We continue to have the sacrament of Reconciliation at our regular times (Mondays 6pm at OLHC, Fridays 6pm at St Gerard's, Saturdays 9.45am at OLHC and Saturdays 5.30pm at St Gerard's). We'll also have a special Second Rite of Reconciliation at **St Gerard's this Tuesday April 5th at 7pm**. This is a shared Liturgy of the Word and examination of conscience, followed by individual confession and absolution with one of several priests who will be available (*we've invited a few of your favourite previous priests to come join us*).

Palm Sunday procession: As with previous years, we will be joining our ecumenical covenant churches for a procession on Palm Sunday. Come and join us either after the 8.30am Mass, or before the 10.15am Mass. Gather at Epping Uniting Church at 9:45, then process to St Alban's Anglican Church by 10, then up Oxford St to OLHC in time for 10.15am Mass.

The annual Chrism Mass will be celebrated at 7.30pm on Tuesday April 12th at Our Lady of the Rosary Cathedral, Waitara. You are invited to join with Bishop Anthony and the clergy of our diocese as the oils of Chrism, of Catechumens and of the Sick are blessed for sacramental use in each parish throughout the year. It is a wonderful opportunity to gather as a whole diocese, without restrictions for the first time in two years.

Fasting on Good Friday: Good Friday is a day of fasting, including abstinence from meat. BUT - Bishop Anthony's Lenten Penance notice highlights that "This Lenten Practice is not to be a burden upon those who have health issues or special needs". This is also true of the one hour fast before receiving Communion. Many people remember the time when this discipline was to fast from midnight, and still attempt to do this, but this can be problematic for older people who need to maintain their hydration and blood sugar levels. Please be gentle with yourself. The fast is for an hour before Communion, not the start of Mass, meaning that it should be quite possible to have breakfast before coming to Mass, and arrive replenished and ready to engage fully in Mass. The strict fasting of Good Friday (skipping a meal, having only light meals, etc) including abstinence from meat applies to people aged 14-60 only. Perhaps a greater fast for many of us might be from all screens and entertainment, to let the day be one of quiet reflection on what Jesus has done out of his love for us.



DELICIOUS

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

Missionary Discipleship Coordinator:

Denis McNamara Ph: 0410 041 944

Email: Dennis.McNamara@bbcatholic.org.au

Bookkeeper:

Karen Price Ph: 9876 2853

Email: Karen.Price@bbcatholic.org.au

Parish Pastoral Council:

If you have any questions, comments or feedback for the Parish Pastoral Council then please send an email to ppcsecretary@eppcarl.org.au



Preparing for St Gerard's 50th Anniversary: Saturday April 9th will be 50 years since the opening of St Gerard's Church. Some of you were there on that day! This will be a wonderful opportunity for us to celebrate together, which we'll do later this year. We'll have a simple morning tea after the 9.30am Mass on Sunday April 10th, and then at 11am you're invited to a gathering in the church where we will plan how to celebrate later in the year. We'll be looking for people willing to organise that celebration. We'll also take the opportunity to look at some possible improvements to St Gerard's which we might undertake as part of the 50th anniversary year. Suggestions include ramp access to the back door, a BBQ area, signage visible from the street, a welcoming driveway wall, a Divine Mercy image and improving visibility of the Stations of the Cross. If you have suggestions which you'd like added to the list for discussion, please contact Fr Jim at Jim.McKeon@bbcatholic.org.au

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

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



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

- If you're interested in exploring ways to support refugees, contact Mark Smith msmith50@parra.catholic.edu.au or John Whealy johnwwhealy@gmail.com
- If you're interested in identifying ways we can better care for the environment, contact Phillip Vassallo philliplouisvassallo@gmail.com or Gavin Hays ghays@parra.catholic.edu.au
- If you're interested in supporting women and children who have experienced domestic violence contact Michael Coffey michaelc@gells.com.au or Christine Howe christine.howe1@icloud.com

Spam email: Some of you may have received a spam email seemingly coming from Fr Jim, asking you to call him immediately. Other past scam emails have purported to be from him asking for money urgently. If it doesn't sound like him, then it probably isn't. These scams scan a website or newsletter for any email addresses, locate the leader or payroll officer and generate emails seeming to be from them. If you hover over the name of the sender of an email you'll see the sending address. Scams are likely to be from unusual looking addresses. Fr Jim will only ever email you from the official parish/diocesan email account. Apologies for any inconvenience.



SACRAMENTAL PROGRAMMES & CHILDREN'S MINISTRIES



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

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

For more details, please email Lynn at Lynn.Siau@bbcatholic.org.au

OUR LADY HELP OF CHRISTIANS

FOR FAMILIES & CHILDREN

10:15AM EASTER SUNDAY MASS



OLHC Easter Sunday 10.15am Mass: We are always delighted to allocate roles to the children! They can read, sing, lead the Prayers of the Faithful, participate in processions, etc.

Roles allocated will depend on the number of children participating. Easter Sunday is always a HUGE one, so make sure you contact Therese, our OLHC Family/Children's Mass Coordinator, early!

If you are keen on having your child/children participate, please email Therese at olhcchildrensmass@gmail.com

For any queries on our parish Children's Ministries, please email Lynn.Siau@bbcatholic.org.au

GRAB YOUR BASKETS!



DON'T MISS OUT
ON THE FUN!

The Easter Sunday morning tea and the hunt is on after Mass on school grounds

9:30am Family Mass
17 April 2022
St Gerard's Carlingford

Please contact Lynn.Siau@bbcatholic.org.au if you would like your child to participate in this Mass. The children can read, be involved in the Gospel mime, or one of the processions



*We hope to
see you there!*

A FEW GENTLE REMINDERS...

Stations of the Cross: There is one remaining for this Lent on Friday evening **8th April 2022**

- 6pm St Gerard's Church, Carlingford
- 7pm Our Lady Help of Christians' Church, Epping



Project Compassion: Please bring back your Project Compassion boxes or envelopes on Palm Sunday. Any donations go to Caritas Australia, the Catholic international aid and development agency, whose good works presently include supporting refugees from Ukraine. You can also support them directly at www.caritas.org.au

YOUTH MINISTRIES



Cana youth group (year 6-9)

8th April 7:30-9pm

Friday night

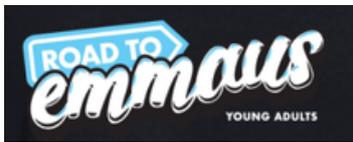
St Gerard's Parish Hall

Join us for the final Cana this term with an **EASTER EGG HUNT!**



Contact Joanna Mak, the Youth Minister for more details @ Joanna.Mak@bbcatholic.org.au or 0404 710 588.

Cana (Year 6-9) - Join us for Cana on Friday 1st April and 8th April 7:30-9pm at St Gerard's Parish Hall! **The 8th April will be our Easter Egg hunt so make sure you come and invite your friends!** 543 North Rocks Road, Carlingford - entrance via North Rocks Road.



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

Emmaus will be running a Lenten group during Lent. We are meeting on the **5th and 12th April 7-8:30pm** at St Gerard's meeting room.

Also, join us for dinner at Aussie Night Markets at Castle Hill Showground on **2nd April, 7pm**.



Pictured here: Emmaus gathering 22nd March



"It was at Antioch that the believers were first called Christians"

Antioch (Year 10/16 year olds-23 year olds) -

Join Antioch for our meetings:

- 3rd April 6-8pm at St Gerard's meeting room.
- 10th April - no Antioch meeting. Antioch will be travelling to Engadine Antioch for their weekend closing retreat! We are departing at St Gerard's at 6pm sharp, have Macdonald's for dinner and return to St Gerard's at 10:15/10:30pm.

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



Pictured above: one of Antioch's Sunday meetings.

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



INSTAGRAM

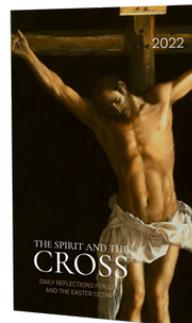


FACEBOOK



G.R.A.C.E. RADIO

Our parish G.R.A.C.E. Radio podcast is now once a month. Have you had a chance to listen to our latest one? It is a fantastic way for you to stay connected to us in your own time. Scan the QR code or visit <https://anchor.fm/grace2020>



Emmaus Lenten reflections: The Spirit and The Cross.

Joanna Mak
Youth Coordinator
Joanna.Mak@bbcatholic.org.au
0404 710 588

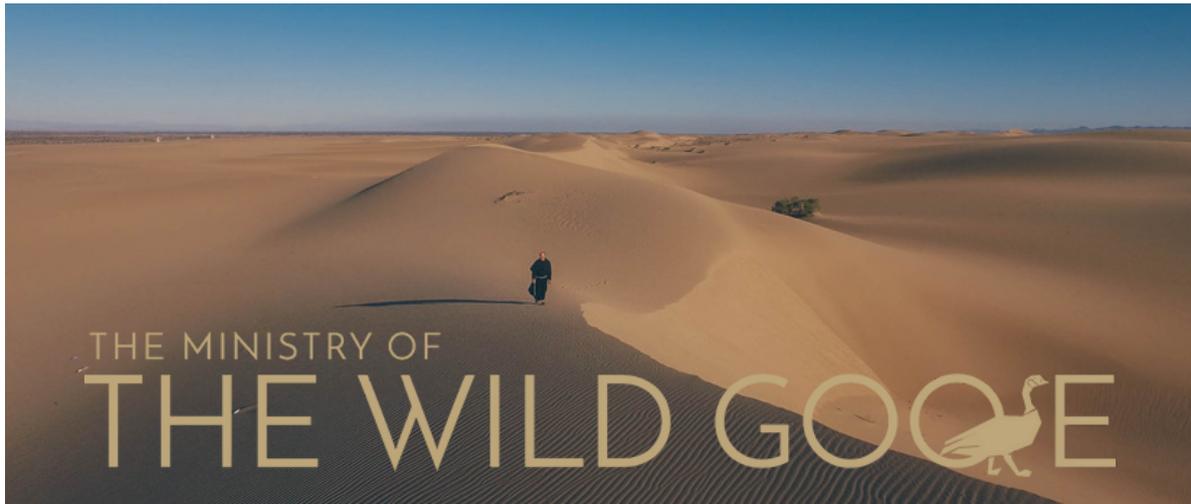


Awesome service. Amazing results.

Betty Ockerlander
bettyockerlander@mcgrath.com.au
0408 505 080

McGrath

From Denis' desk...



Growing in our faith

We use Lent to prepare for the traumatic death of Jesus on the cross. At Easter, we pray to meet Jesus risen from the dead.

After his resurrection, Jesus told his disciples. Stay in Jerusalem and pray you will be clothed with power from on high. He promised them the Holy Spirit.

We have fifty days after Easter to prepare to celebrate the coming of the Holy Spirit at Pentecost. The parish wants you to be prepared by offering your support to prepare.

We will view The Wild Goose series and be invited to an encounter, or a renewed encounter with the Holy Spirit. "Wild Goose" was a term that the ancient Celts had for the Holy Spirit.

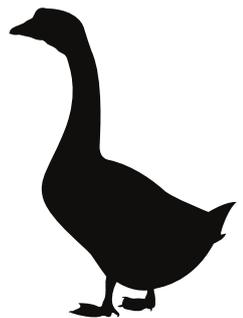
We will learn about the Holy Spirit. We will discover what it means to be clothed with power. You can realise how personally close and encouraging the Holy Spirit is when we are baptised in the Holy Spirit.

Continue your Lenten journey after Easter. Join those preparing for the coming of the Holy Spirit.

Date claimer:

Carlingford Hall ~ Tuesday evening at 7.40pm from 3 May to 7 June

Epping Church ~ Friday evening at 7pm from 13 May to 24 June



Denis McNamara ~ Encouraging disciples to grow in their faith

Denis.McNamara@bbcatholic.org.au

0410 041 944

COMMUNICATIONS



Change in article submission deadline just for the next edition: 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 Saturday, 9 April 2022**. Please remember to provide an email address, a contact name and number in your article. Thank you.

The Divine Word Missionaries are looking for a Fundraising/Admin Officer to work in our office in Marsfield. For more information please go to <https://catholicjobsonline.com.au/job/fundraising-administration-officer-marsfield-nsw/>



OTHER PARISH INFORMATION & NOTICES



Baptism enquiry online: You can now enquire about Baptism for your child under 8 years old online. Simply complete and submit the form online on our parish website: <https://www.bbcatholic.org.au/epping-carlingford/sacraments/baptism-under-eight>



Welcome to the Men of St Joseph

The group is dedicated to Catholic men, who together spend time to pray and to discuss how Catholic men live in today's world, discuss and support Catholic family issues and choices we make.

You are most welcome to join us on Every Thursday in the parish meeting room, Carlingford at 6:30pm

Celebrations this Week

Lent Week 5

4 Apr. Monday: Memoria St Isidore
5 Apr. Tuesday: Memoria St Vincent Ferrer
7 Apr. Thursday: Memoria St John Baptist de la Salle

Passion Sunday (Palm Sunday)

14 Apr. Thursday: Holy Thursday
15 Apr. Friday: Good Friday

Reflection on next Sunday's Scriptures

A reminder that our weekly time of reflection on the coming Sunday's Scriptures will take place each **Friday**, at Carlingford and will commence immediately following the 9:30am Mass, in the Parish Meeting Room. All welcome!



Divine Mercy Sunday is April 24th. Join us at 3pm at OLHC Epping for an hour of prayer.

If you would like to stay connected by subscribing to receive the electronic version of the bulletin, please visit our parish website to fill in the subscription form: <https://www.bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter>



A message from Aid to the Church in Need Australia:

As we approach the Holy Season of Easter consider offering up a Mass for your loved ones. These Mass stipends support priests in the poorest parts of the world who have no other means of support and are offered for the intentions of the benefactor. You can also send your loved ones a Mass card. Visit www.aidtochurch.org/masses

Dads' Club

The monthly gathering of the parish Dads' Club (for all dads in both the Epping and Carlingford communities of the parish) takes place the first Friday of each month at 7:30pm. For details contact John Williams 0416 064 460. Dads are welcome for a relaxing and enjoyable evening!

After Hours Sick Calls - 9876 2853

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

Admitted to Hospital

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

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 web site: www.engagedencounter.org.au Choose any of the coming Weekends:

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

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

www.wnbull.com.au
wnbull@wnbull.com
9519 5344
An Australian owned company

Responsorial Psalm Response

5th Sunday of Lent

PS 125. R, v, 3

The Lord has done great things for us;
we are filled with joy.

Gospel Acclamation

5th Sunday of Lent

Glory and praise to you, Lord Jesus Christ!

With all your heart turn to me,
for I am tender and compassionate.

WEEKEND MASSES

Epping	5:00pm Vigil, 8:30am, 10:15am, 6:00pm.
Carlingford	6:00pm Vigil, 7:45am, 9:30am and 5:00pm Youth Mass (from 20 Feb)

WEEKDAY MASSES

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
EPHING	No Mass	12:15pm	6:00pm	12:15pm	12:15pm	9:15am	
CARLINGFORD	9:30am	No Mass	9:30am	9:30am	9:30am	No Mass	

EXPOSITION OF THE EUCHARIST: Epping Saturday 9:45-10:15am, Carlingford, 4th Thursday 10:00am

SACRAMENT OF RECONCILIATION: Epping Saturday 9:45-10:15am Carlingford Saturday 5:30—5:45pm
Also, Epping Monday 6pm and Carlingford Friday at 6pm **OR BY APPOINTMENT.**

BAPTISMS AND WEDDINGS: BY APPOINTMENT

POSTAL ADDRESS FOR THE PARISH OFFICE: PO Box 369, Epping NSW 1710

ST GERARD MAJELLA'S PRIMARY SCHOOL: PH: 9871 1633 **Email:** sgc@dbb.catholic.edu.au

OUR LADY HELP OF CHRISTIANS' PRIMARY SCHOOL: PH: 9868 3322 **Email:** olhc@dbb.catholic.edu.au

Please pray for.....

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

Recently deceased: Jim Hanlon, Fidela Frez, Mairead (Margaret) O'Colman, Michael Wong, Maria Lourdes Gregorio, Joyce Warnock, Peter Kelly (brother of Kay Scarfe), Charlotta Roeschl, Kathleen Schwager, Edward (Ted) Reynolds, John Cross

Anniversaries: Patrick Murphy, Basil Connors, Patrick Flanagan, Maureen Vierboom, Maria Luk, Theresa Thung

Please pray for those who are sick: Sean Huhse, Joel Steinberg, Patricia Rumble, Dean Pan, John Davies, Nicole Greenfield, Michael Furlong, Saulius Dovydas Balsya, Mark Di Palma, Andrew Hannam, Fr Mick Court, Margaret Maher, Anna & Leo Bruzze, Gerhard, Stieger, Rebecca Lawler, Ben Thornton, Elaine Finlayson, Brian Walsh, Patricia O'Connor, Kathy Noonan, Dorothy Bonaccorso, Margaret Floyd, Barbara Madafiglio, Radhi Riley, Patrick Thornton, Jan Doherty, Ana Matijasic, Benjamin Verco, John Goodwin, George Bell, Michael & Susan Tuite, Noelene Viset, Eileen Brownlow, Leonie Hale, Elaine & Graham Yeates, Anne Kilby, Cohen Hadden, Yuqin Li, Paul Kelly, David Wakeling, Greg Walsh, John Gilberti, Catherine Walsh, Brendan Stone, Melanie Loudoun, Mary Wijewardana, Elaine Hunt, Maureen Carlon, Augustine Hong, Luba Charlton, George Khouri, Antony Hogan, Ingrid Connor, Martin & Gay Flood, William Jones, Nicholas Rajanayagen, Maria Lee, Patricia Muschalik, Sr Abanasia Lee, Maria Belisario, Stella Edwards, Fara Vargas, Theo Stevens, Monica Weeden, Thomas Woodward, Wai Chun Wong, Heather Stoodley, Alex Benjamin Zaragoza, Janice Lemon, Mary Lou Petony, Donald Wong, Joyce Heidke, Dennis Porteous, Tony McEneaney, John Mullens, Judy Woodward

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

Important Notice Regarding the Prayer List for the Sick

We are in much need of updating our prayer list for the sick.

If you would like to pray for a family member who is very ill, please seek permission before submitting any names to be published in our parish bulletin.

We will begin a new prayer list as of the next edition of the bulletin. Please submit names to be included to Lynn.Siau@bbcatholic.org.au, no later than **10am on Saturday 9th April 2022**. Thank you.



Responsorial Psalm Response

Palm Sunday

Ps 21:8-9, 17-20, 23-24. R. v. 2

My God, my God, why have you abandoned me?

Gospel Acclamation - Palm Sunday

Glory and praise to you, Lord Jesus Christ!

Christ became obedient for us even to death, dying on the cross. Therefore God raised him on high and gave him a name above all other names.