

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](#)

"If You Will"

Mark 1:40-45

Readings

4 FEBRUARY 2024

Job 7:1-4, 6-7

1 Corinthians 9:16-19, 22-23

Mark 1:29-39

11 FEBRUARY 2024

Leviticus 13:1-2, 44-46

1 Corinthians 10:31 - 11:1

Mark 1:40-45



The Catholic Parish of Epping & Carlingford



CONNECT



WORSHIP



GIVE



SERVE



GROW

YEAR B

4 FEBRUARY 2024 FIFTH SUNDAY IN ORDINARY TIME

11 FEBRUARY 2024 SIXTH SUNDAY IN ORDINARY TIME

Lent 2024

Ash Wednesday is February 14th.

Come and mark the beginning of the
season of Lent with Mass at:

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

Now is the time to consider what actions of prayer, fasting and almsgiving you will embrace as your Lenten disciplines.

We're offering both small group scripture discussions and Ignatian spiritual exercise groups each week. Several of these groups are already full, but there is still room for you. You are most welcome to join any of the groups at the following times and venues:

- Tuesdays 7.30pm at West Pennant Hills
- Wednesdays 7pm OLHC Church
- Thursdays 7.30pm in North Epping

Put your name on the list at the back of the church to sign up.



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

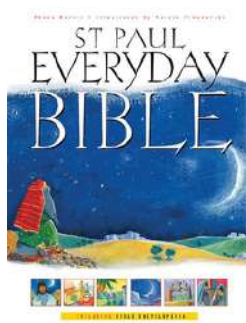
7pm St Gerard's Church, Carlingford

starting 16th February to 22nd March

Project Compassion is our annual collection for the Caritas, the Catholic Church's overseas relief and aid agency. On Ash Wednesday there will be donation envelopes and money boxes to pick up from the church, or, as many of us now donate electronically, go to www.caritas.org.au/project-compassion



4th February 2024 is Word of God Sunday!



The Catholic Church in Australia celebrates Word of God Sunday on February 4th in 2024. Reading the Bible is emphasised as a direct means of connecting with God. During Lent, there will be a focus on reflecting on Jesus' ministries through one of the Gospels, followed by reading the Acts of the Apostles during Easter. Bibles will be available for purchase after the following Masses this weekend and the Vinnies Piety Store, along with the popular St Paul Everyday (Children's) Bible:

- **Saturday Vigil 6pm, Sunday 9:30am & 5pm - St Gerard's (outside the church)**
- **Sunday 8:30am & 10:15am - OLHC (at the back of the church)**

You can pay by cash or card. \$15 for a Bible and \$25 for the Children's Bible. All at cost!

In **The Bible in a Year** podcast, Fr. Mike Schmitz guides you through the entire Bible in 365 episodes. Using an exclusive reading plan rooted in The Bible Timeline (a ground-breaking approach to understanding salvation history developed by Biblical scholar Jeff Cavins) *you won't just read the Bible ... you'll finally understand how all the pieces fit together to tell an amazing story that continues in your life today!*

Download the app to listen to the podcast:

- <https://ascensionpress.com/pages/ascension-app>
- The Bible in a Year on Spotify - <https://open.spotify.com/show/4Pppt42NPK2XzKwNloW7BR>



"As cradle Catholics, we hear Scripture at Mass and occasionally in self study but never like this. *The Bible in a Year* brings it all together."

—Ignacio G.

Join over 1 million Catholics listening to this podcast!

Get the FREE Reading Plan!

Scan this QR code with your phone to learn more and get your free reading plan!
www.ascensionpress.com/bibleinayear



You can get the Reading Plan for Bible in a Year, join the Facebook group, etc. via the QR code above or by visiting

<https://media.ascensionpress.com/category/ascension-podcasts/bibleinayear/>



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.

St. Alban's in Epping is hosting a **Lenten Study using Christianity Explored**, designed for those interested in deepening their faith or learning to share it effectively. Sessions include video, discussion, and a meal, taking place Sundays from **Feb 11 to Mar 24 at 4pm**. To attend, email Bishop Ross at rossnicholson@eppinganglicans.org.au More info: <https://www.christianityexplored.org/>

PARISH NEWS & UPDATES



Saturday morning Mass and Tuesday night Mass at OLHC has recommenced. Please note time change for Saturday morning Mass at OLHC, now 8am, **followed by adoration of the Eucharist, with Reconciliation available, and Benediction at 9am.**

OLHC Forecourt: The first half the surface on the OLHC forecourt has been laid. It is a permeable concrete as required by council, onto which the final paved surface will be laid in the coming months. We are investigating measures to make this more usable for us in the short term.

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

In late June, we anticipate taking ownership of the Parish and Hall sections of the Epping development. Many of our parishioners have actively participated in the initial discussions surrounding this project, which is intended to serve the diverse groups within our Parish. We are excited to offer you a glimpse of what the final building will look like, and as such, we have created a few pages on our website to showcase the available amenities in these new structures. Please visit our website at www.bbcatholic.org.au/epping-carlingford/news-events/epping-redevelopment/buildings to explore further.

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

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

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



REMEMBER to RSVP

Volunteers Thank You Evening: Our annual celebration of our volunteers will be on Tuesday Feb 13th with Mass at 7pm and dinner at 7.45pm at St Gerard's. Please RSVP to the parish office 9876 2853 or Marcella.Letteri@bbcatholic.org.au by **Feb 6th**.



WORLD DAY of PRAYER 2024

Friday March 1st, 10.30 am.

West Epping Uniting Church

Corner Carlingford Rd and Orchard St, Epping

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

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

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

Fr Jim is away Feb 2nd – 9th, assisting with spiritual direction of seminarians who are on retreat. We thank Frs Michael de Stoop, Paul Durkin and Dominic Nguyen who will be celebrating Masses at St Gerard's on the weekend of Feb 3rd & 4th.

Farewell to Gordon Floyd, who is moving from care in Oatlands to be near family in Dapto. Gordon and his wife Margaret were foundation members of the St Gerard's community. We wish him well and thank him for his faithful service to the parish over many years.

God Bless You

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

Simone from our Parish Team introduces herself:



OLHC was the parish where I attended my first Mass in Australia, where I made some of my deepest friendships (in Antioch), where I married my husband, Paul, where my in-laws were parishioners for 50 years and where my mum, Christine still is. It is special to me and I'm thrilled to be part of it again. I'm eager to join this parish where so many existing groups meet, where so many volunteers are contributing, where people seem courageous enough to try new things, where people admit they are but imperfect pilgrims on a journey towards God and... where new facilities may make exciting ventures possible! I look forward to join with you in creating a place where we all feel confident enough to belong and to reach out and to discover Good News. ~Simone Noel

Some changes to our PPC & PFC: Thanks to **Paul Fitzgerald** for taking the role of Chair of the Pastoral Council this year, and to **Minh La** for taking the role of Secretary. **Garry Leary** will continue as Finance Committee Chair this year.

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



FIRST RECONCILIATION 2024

Enrolment for First Reconciliation has commenced and **will close on Thursday, 15th February 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.

Hard copies of the information brochure are available at the back bench of both churches. The brochure has a QR code that will lead you to the online enrolment form.

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 contact Lynn Siau (contact details below).

KidzPlay Playgroup resumes on Friday

**9th February 2024 at St Gerard's Hall,
9:30-11:30am. Contact Belinda Shi
0414 753 362 for more information.**

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

Phone: 9876 2853

**Coordinator of Children's Ministries, Sacramental
Programme & Communications**

Junior Servers Day Out with Fr Jim, Fr Aldrin and our Parish Secretary Marcella



During the school holidays, we organised a fun outing for our Junior Altar Servers. Response was fantastic; who wouldn't want to play laser tag with Fr Jim, Fr Aldrin and Marcella! We met at OLHC Church in the morning. Fr Jim said a prayer before the group set off and travelled by Metro to Macquarie Centre, where they played 2 games and had lunch. Our Junior Servers are a wonderful group of responsible role models for younger parishioners. We hope to spoil them with a fun day every year!



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 14th February 2024**. Kindly understand I am unable to accommodate late submissions. Please send in a Word document. Photos or graphics are acceptable in PNG or JPEG format. Please note that PDFs will have to be reformatted and the clarity of your notice will be compromised. Do provide an email address, a contact name and number in your article. Thank you.

Other ways to connect:



FACEBOOK



INSTAGRAM



GRACE RADIO

eBulletin: If you know someone who would like to receive the electronic version of the bulletin, please forward this link for them to fill in via a desktop, the form on our website: bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter

YOUTH MINISTRIES



Cana (Year 6-9) is back on! We are meeting on the **9th and 16th Feb** 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) is on the **4th Feb, 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 so there will be no regular meeting. Register via the trybooking link <https://www.trybooking.com/CNFSH> or use the QR code above.

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 **6th Feb 7:30-9pm**.

The topic is on relationships and marriage.

FIAT 40

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

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

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

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

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



On Australia Day, Emmaus went for a bush walk and had lunch. A lovely day spent together!

For more information on any of our 3 youth groups and our Antioch and Emmaus social media pages, please contact the Youth Minister, Joanna Mak on 0404 710 588 or send her an email at Joanna.Mak@bbcatholic.org.au



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

An Invitation to discover the Sacraments

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

Date: Wednesday 28th February 2024

Venue: St Gerard's School Library

Time: 7-8pm

RSVP: Belinda.shi@bbcatholic.org.au



SOCIAL JUSTICE



Last weekend Fr Jim spoke about our parish's membership of the Sydney Alliance as a way of engaging us with social justice concerns for housing, transport and energy. Each year the Alliance offers a 2 day Foundations Training which is a course in 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. 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>



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.

As you are aware, JRS provides vital support to families who are largely unable to access any Australian Federal Government assistance. Our mission in action is to **Accompany. Serve. Advocate.** We are blessed to have your donations support our mission which has enabled us to make a difference to people who have been otherwise left behind.

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Because of *your generosity*, the Parish of Epping & Carlingford has again given a substantial boost to the pantry at JRS (Jesuit Refugee Service) Parramatta.

An amazing quantity of essential items, as well gift cards totalling more than \$500 were delivered to their office this week. The volunteers at JRS were given the challenge to have it all sorted and stacked by day's end. Within a week most of your donations will have been distributed to those clients of JRS, who are all in great need of our assistance.

The photo on the left shows a small portion of the delivery in the Foodbank storeroom.

Thanks to all in our parish for your continued support.

JRS and their clients truly appreciate the help you give.

~Parish Social Justice Team

OTHER NEWS & NOTICES

Celebrations this Week

Ordinary Time Week 5

5 February Mon: St Agatha

6 February Tue: Sts Paul Miki and Companions

8 February Thur: *St Jerome Emiliani, St Josephine Bakhita*

10 February Sat: St Scholastica

Ordinary Time Week 6

14 February Wed: Ash Wednesday

17 February Sat: *The Seven Holy Founders of the Servite Order (commemoration)*

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



Healing Mass at St Gerard's: Join us for the Healing Mass on **Tuesday 6th February**. We gather in the meeting room for Mass at **10am**. Please stay for morning tea following Mass, and if you are able to, do bring a plate to share. If you would like to attend and *are in need of transport*, that can also be arranged. Please contact Carole Wilson at 9869 1036.



Catholic Engaged Encounter

A wedding is a day...

A marriage is a lifetime.



Keeping romance alive



Relationship skills



Conflict management



Communication skills



Decision making



CatholicCare supports young parents at risk of homelessness: Lily, 22 years old and heavily pregnant, faced homelessness after her partner's arrest for domestic violence. Referred from CatholicCare's Safe Homes to the **KEYS program**, she received intensive support, securing a private rental months later. With CatholicCare's help, Lily and her baby have a bright future ahead. For more on Lily's story and how CatholicCare supports young parents, visit www.catholiccaredbb.org.au or call 1800 324 924.

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

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

5th Sunday in Ordinary Time - 4 Feb 2024

Ps 146:1-6 Response: Praise the Lord who heals the broken-hearted.

Gospel Acclamation: Alleluia, Alleluia!
He bore our sickness, and endured our suffering.

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.	
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EPPING	-	6:00pm	-	-	-	8:00am*	
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CARLINGFORD	9:30am	-	9:30am	9:30am	9:30am	No Mass	
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EXPOSITION OF THE EUCHARIST: Epping Tuesday 5:00-6:00pm and Saturday 8:30-9:00am*,
Carlingford Thursday 10-10:30am

SACRAMENT OF RECONCILIATION: Epping Tuesday 5:00-6:00pm and Saturday 8:30-9:00am*
Carlingford Thursday 10-10:30am and Saturday 5:15-5:45pm, **OR BY APPOINTMENT at either church**

BAPTISMS AND WEDDINGS: BY APPOINTMENT

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

ST GERARD MAJELLA'S PRIMARY SCHOOL: PH: 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

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

IMPORTANT ANNOUNCEMENT

Please pray for.....

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

- Dennis Porteous (OLHC Sacristan)
- Ethan Seng Mestanza (grandson of Mario and Graciela Mestanza)
- Bev Gibbeson
- Cohen Hadden
- Peter McArdle
- Grace Spyrou
- 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 - Giovanni Alibrandi, Fr Bill Aliprandi, George Fisher, Fr Kevin Bates SM

Anniversaries - Betty Brennan, Khung Img Seah

6th Sunday in Ordinary Time - 11 Feb 2024

Ps 31:1-2, 5, 11 Response: I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.

Gospel Acclamation: Alleluia, Alleluia!
A great prophet has appeared among us; God has visited his people.