

Diocese of Broken Bay

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

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

Our Lady Help of Christians'

31 Oxford Street, Epping

St Gerard Majella's

543 North Rocks Road, Carlingford

Phone

02 9876 2853

Website

eppcarl.org.au

Email

parish@eppcarl.org.au

Single Donation

Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



Readings

4 JUNE 2023

Exodus 34:4-6, 8-9
2 Corinthians 13:11-13
John 3:16-18

11 JUNE 2023

Deuteronomy 8:2-3, 14-16
1 Corinthians 10:16-17
John 6:51-58



The Catholic Parish of Epping & Carlingford

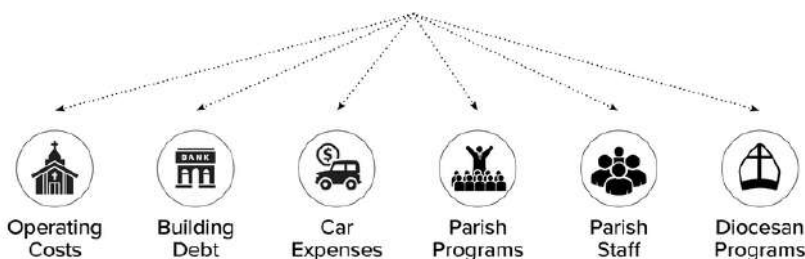


YEAR A

4 JUNE 2023 THE MOST HOLY TRINITY

11 JUNE 2023 THE MOST HOLY BODY AND BLOOD OF CHRIST

Antioch is turning 40! It is extraordinary that our Antioch youth group has been going continuously for forty years since Fr Vince Casey started it in 1983. We're going to celebrate this on the afternoon of **Sunday September 24th**. Fr Vince and the Antioch founders Ron and Mavis Pirola will be our special guests. And so are you! We want to gather people from each generation of Antioch, which might be you or your children. If you're an ex-Antiocher please let Fr Jim know if you'd be able to spread the word to your network in the coming months.



Envelopes: If you donate cash by the weekly envelopes, your new envelopes are available to pick up from the back of the church. Thank you for your continued generosity. **Numbers 1-100 are in OLHC** and **1001-1100 are in St Gerard's**. Contact the parish office if you need yours bought to the other church or if you'd like them sent to you. Receipts for all givers, by envelope, credit card and direct debit will be sent to you in July. Your generosity funds and fuels the great work of our parish.



Richard with Bishop Anthony

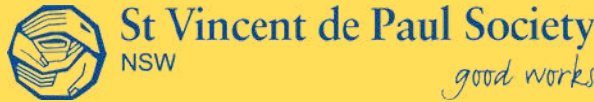
Richard's Ordination: Join us on **Tuesday June 6th 7.30pm at Our Lady of the Rosary Cathedral**, 23 Yardley Ave Waitara when Richard Houwing will be ordained as a permanent deacon. Diaconate is an ancient ministry in the church, going back, like priesthood to the first century, but was only restored in the latter half of the twentieth century. Deacons have a ministry to the margins of the Church, to make Christ present in places where the Church may not yet have reached. Then, as the deacon proclaims the gospel, preaches, and stands at the altar with the bishop or priest he brings the needs of the margins to the heart the Church in the Eucharist, and is a witness to all Catholics to reach out in the name of Jesus.

Clergy Conference: Fr Jim and Fr Aldrin will be away from June 12-16 at the annual clergy conference. Thank you to Fr Titus who will be celebrating all weekday Masses in their absence.

Volunteers: Thank you to everyone who took the opportunity to volunteer for a new ministry last weekend. Your details have been forwarded to the ministry leader who will contact you soon to invite you into that ministry and arrange any training and resourcing you need. If you've brought back a volunteer form this week you can place it in either collection box in the church.

If you are still considering, please feel free to pick up a form at the back of the church or come into the parish office to fill one out/ask questions etc. If you hop online, you can also download one from our website: bbcatholic.org.au/epping-carlingford/groups-ministries/volunteering

Some ministries require either a Working With Children Check or National Police Criminal History Check. We can send you details on how to obtain this where required. Enquiries are always welcome: 9876 2853.

2023 WINTER APPEAL

Women over 55 are one of the fastest growing group of people at risk of homelessness. Please consider donating to the "Vinnie's Winter Appeal" to help.

How to donate:

- Envelopes will be available on the seats and at the entrance to the Church.
- You are invited to make your donation with the assistance of one of the members of SVDP at the entrance to the Church after Mass. They will also be able to accept your card donations utilising a 'Payment Terminal' {EFTPOS}.
- They will provide a receipt to you straight away.
- Alternatively donations can be made by completing the 'Vinnies Envelope' and placing it in the 'Second Collection Box'. We will mail the receipt to you.
- Please also note that at St Gerard Majella Carlingford you may make your donation at the 'Piety Store'.



St Vincent de Paul Parish Conferences **send sincere thanks** to all who contributed to the clothing drive a few Saturdays Ago. A total of 76 families put their names down for a pickup and the Society collected a full truckload of valuable clothing and other items. These items will be given to those in need or sold in the Society's Centres to provide funds to assist the poor in Our Community.



OUR PARISH SUPPORTING REFUGEES

Refugee Week will be held Sunday 18th to Saturday 24th June. The aim of the week to inform the public about refugees and celebrate positive contributions made by refugees to Australian society. It is to create a better understanding between different communities and to encourage successful integration enabling refugees to live in safety and to continue making a valuable contribution to Australia. The theme this year is FINDING FREEDOM.



What does it mean to be free? To live without the fear of war, to have your basic human rights upheld, to live in equality and without the fear of persecution are just some of the examples of what freedom can entail. Every day millions of people across the world embark on dangerous journeys for the sole purpose of finding safety and freedom. From Australia to nations across the globe, settling into a new environment after experiencing the perils of a refugee's journey can also provide the opportunity to live, to love and to dream.

~ Parish Social Justice Team



Recycling: As part of our social justice commitment to the environment we're collecting mobile phones for recycling through Mobile Muster. You can bring your old phones and chargers to the boxes at the back of the Church for the next three weeks. Lots of us have an old phone in a drawer somewhere, and these are much better recycled than put in the bin. Delete the data, remove the SIM card, and drain the battery first.

Then, on **Sunday June 25th** you can bring all kinds of small electronics to **St Gerard's between 8.30am and 10.30am** for collection by **Whirl (a new project of Arnies Recon):** Desktop computers; laptops; mobile phones; tablets; iPads; cameras cords and cables; computer games; cords and cables; small to medium-size power tools; watches; hard drives; vintage mobile phones; vintage radios. Everything is repaired or recycled, nothing goes to landfill.



Men Alive: Our weekend is just two weeks away on June 17 & 18. Come and join good men of all ages from our parish for a weekend of banter, BBQ and beer and striving to be the best man, husband and father they can be. To book Men Alive is a weekend retreat to help men of all ages become the best man, husband and father he can be (though it's for both married and unmarried men). We'll be holding this at St

Gerard's on the weekend of June 17 – 18, all day Saturday and half day Sunday. To book, use this trybooking link <https://www.trybooking.com/CGZYX> or use the QR code on the left. or contact Fr Jim, Fr Aldrin, Thomas Ernest on 0412 235 909 or Richard Sorabji on 0411 772 948. Brochures are also available at both churches.



Charisms of the Holy Spirit

Did you know many Saints displayed charisms during their lifetime? Eg. **St Joseph** had a charism of craftsmanship. He was a carpenter by trade and a 'just man' and is the patron saint of workers and the Universal Church.

St Teresa of Avila, a great Doctor of the Church displayed a charism of faith. She founded her Carmelite houses amidst poverty and they trusted and relied on God's provisions.

St Ignatius of Loyola had a charism of leadership. He founded the Jesuit order and vowed to live a life of poverty, chastity and obedience. When he passed away he had over 1000 Jesuits in the order.

Parish Team

Parish Secretary

Dennis Porteous Ph: 9876 2853

Email: Dennis.Porteous@bbcatholic.org.au

Parish Facilities & Operations Coordinator

Richard Houwing Ph: 9876 2853

Email: Richard.Houwing@bbcatholic.org.au

Admin. Assistant

Michael Davies Ph: 9876 2853

Email: Michael.Davies@bbcatholic.org.au

Coordinator of Sacramental Programmes, Children's Ministries & Communications

Lynn Siau Ph: 9876 2853

Email: Lynn.Siau@bbcatholic.org.au

Youth Ministry Coordinator

Joanna Mak Ph: 0404 710 588

Email: Joanna.Mak@bbcatholic.org.au

New Parishioner Engagement Coordinator - OLHC

Serena Kozanic Ph: 0414 753 799

Email: Serena.Kozanic@bbcatholic.org.au

New Parishioner Engagement Coordinator - St Gerard's

Belinda Shi Ph: 0414 753 362

Email: Belinda.Shi@bbcatholic.org.au



Fr Titus

The Church in Myanmar: Many of us have now met Fr Titus who is in our parish this month leading the Spiritual Exercises. Some of us have heard of the important work which he and others are doing to support internally displaced people in Myanmar.

Fr Titus will be giving us an update on his work after the **St Gerard's 6pm vigil Mass on Saturday June 11th and after the OLHC 10.15am Mass on Sunday June 12th.** We'll also find out how we can support them, particularly through providing scholarships for girls.



SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



HUGE CONGRATULATIONS to the following children who will celebrate their First Eucharist with us next Sunday 11th June at St. Gerard's: Leo Armitage, Abigail Broadhead, Matthew Chandler, Sophia Chandler, Emilio Graziano, Liam Guinan, Meg Kelleher, Pius Lee, Kora Lollback, Samuel Manton, Luella McNicholas, Leonardo Morosin, Lily Nuvoli, Ella O'Neill, Maddison O'Neill, Charbel Samaha, Hanxuan Teresa Shi, Emma Simpson, Peter Simpson, Nathan Thomas and Amy-Jane Trinh.

The parish would like to thank the parents and carers, our Parish School Principals, Barbara Yee and Dominique O'Sullivan, teachers, catechists/volunteers who have helped support these children as they prepared for their First Eucharist. Thank-you also to our sacristans, servers, music ministry and hospitality team, for their assistance in making this celebration smooth and memorable for the families!

First Eucharist will be celebrated in our parish at the following dates and time:

- Sunday 11th June at 9:30am St Gerard's Church;
- Saturday 17th June at 6pm St Gerard's Church;
- Sunday, 18th June at 9:30am St Gerard's Church; and
- Saturday, 24th June at 5pm Our Lady Help of Christians' Church.

Please continue to keep these children and their families in your prayers.

We are very blessed to have a **morning tea celebration generously contributed and prepared by St Gerard's school parents**. This will be held after the morning Masses under the school shelter shed on the 11th and 18th June. **All are invited to come and congratulate the children and their families!**



CATHOLIC PARISH OF
EPPING & CARLINGFORD

2023 Confirmation
For children in Year 3 & above
who are baptised

Enrolment commences
end of June
Invitation to enquire now

Contact Belinda
for KidzPlay:
0414 753 362
or

Belinda.Shi@bbcatholic.org.au



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

Lynn.Siau@bbcatholic.org.au

KidzPlay Playgroup

Come join us

Our parish playgroup runs every Friday morning from 9:30am in the hall.

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 June 2023**. Kindly understand I am unable to accommodate late submissions. Please send in a Word document. Photos or graphics are acceptable in PNG or JPEG format. Please note that PDFs will have to be reformatted and the clarity of your notice will be compromised. Do remember to provide an email address, a contact name and number in your article. Thank you.

Other ways to connect:



FACEBOOK



INSTAGRAM



GRACE RADIO

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

YOUTH MINISTRIES



Cana (Year 6-9) is on every Friday **7:30-9pm** during the school term. Next meetings are on the **9th, 16th & 23rd June** in the Parish Hall. 543 North Rocks Road, Carlingford, entrance via North Rocks Rd.



Antioch (Year 10/16 year olds-23 year olds) - Antioch is meeting next on the **4th, 11th & 18th June, 6-8pm** in the meeting room.

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



Emmaus young adults (23-30 year olds) - Our young adults group will next meet on the **13th June, 7-8:30pm**. We're having a paint n sip night to celebrate **3 years of Emmaus!** Dinner, cheese and dips and drinks provided.

WYD Update

It's less than 2 months till WYD! Please pray for our pilgrims. We have had our 2nd of 3 formation sessions with the Diocese of Broken Bay.



Our pilgrims!

Environmental forum update: To mark Laudato Si week, our youth held a forum to discuss easy ways to help our environment. Many of us have a junk drawer for old electronics and gadgets which can be recycled instead of ending up in landfill.

We invite you to **recycle any old mobile phones** at St Gerard's church to the mobile phone box **until the 30th June**.

We will be having a clean up our community day during the winter school holidays followed by a picnic. If you are interested (primary school age and older welcome), please contact Joanna Mak for further enquiries. See below for contact details.

We also have Facebook groups for Antioch and Emmaus.

If you would like to join or would like more information on any of our 3 youth groups, please contact the Youth Minister, Joanna Mak on 0404 710 588 or email her at Joanna.Mak@bbcatholic.org.au

Parish Trivia Night

SATURDAY JULY 8

THEME: GENERATIONS
7- 10 pm @ St. Gerards Hall

\$20 pp
REGISTER UP TO 10 PEOPLE FOR
YOUR DREAM TEAM

**BYO FOOD
& DRINK**
FOOD WILL ALSO BE SOLD!!

LOTS OF PRIZES TO BE WON!!

If you have any donations eg. chocolates, gift hampers, gift cards, could you please drop them off in the boxes located at the back of the church.

To RSVP please email
joanna.mak@bbcatholic.org.au or write down your
details on the sign up sheets at the back of the Church



Environmental Forum

I am a Catechist!

BY NINA DEACON

Way back in 1998 on a Sunday, I was attending the 10am Mass as usual at Our Lady Help of Christians' Church. After Holy Communion, a catechist talked to us about the ministry of catechism and that the diocese needed more catechists to teach in the public schools in the Epping/Carlingford area.

I was listening intently and suddenly a thought came to me that I should become a catechist and spread the word of God to children in our area to both Catholic and non-Catholic children who attended scripture classes in public schools. After mass, I intended to approach the lady for a chat and perhaps have some of my questions answered. However I resisted because I thought it was going to be hard and boring, courses I had to do, the children would misbehave, etc.



The following Sunday the same lady was sitting in front of me again at the 10am Mass. I approached her after Mass and told her I was now ready to be a catechist as I had resolved my excuses. We made an appointment to meet at her home the following day so I could discuss my questions and learn firsthand.

Courses were prepared and I attended all of them, gathering in the St Gerard's meeting room with other likeminded people. The best way to learn is to teach, if your own faith education ended years ago, the resources and materials you are exposed to as a catechist will refresh and expand your own knowledge.

Your own faith will come alive, as a catechist, you will discover that prayer, liturgy and your own relationship with God will become more vibrant and meaningful.

You will become an active part of the most active part of your parish! When you join the catechists in your parish, you enter into a community that will support you on your faith journey, pray for and with you and encourage you in your Catholic way of life.

Being a catechist is a way of being a good steward by giving a bit of your most precious resource -- your time. You show your own family that you value religious education. Taking time out of your life to teach the faith shows your own children, grandchildren, siblings and family members that you put a high priority on religious education.

Being a catechist is fun, children remind adults to live and laugh in the moment and get enthused about things like holy days and stories of saints. At the end of his earthly ministry, Jesus said: "Go, therefore, and make disciples of all nations." In my opinion, we in Broken Bay are lucky to have a great coordinator in Katherine Tam who would bend over backwards to ensure all things run smoothly for the catechists – **thank you Katherine**. Katherine will gladly talk to you about this opportunity to volunteer your time and talent, make a difference in children's lives and ultimately yours. Spiritual benefits guaranteed, no experience needed; training will be provided.



Having red to my short tale, should anyone be interested in joining our catechist ministry, I can certainly recommend it to you, I have enjoyed being a catechist for the past 25 years. If you hear the Lord calling you to teach our children in the faith and want to know more, please hesitate no longer!

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

~ Nina Deacon

OTHER NEWS & NOTICES



Congratulations to Margaret Floyd on her 90th birthday!



50++ OUTING TO COCKATOO ISLAND. You are invited to join us on **Thursday 15th June**. ALL WELCOME. Please meet at Rydalmere Rivercat Wharf. Departure time 9.58AM. Arrive at 10.43AM. Great information center. There are a variety of activities. Check on Google if you are able. It is your choice how to spend your time. Rivercat home 15.28PM. We will arrive back at Rydalmere at 16.13PM. Enquiries to Carole Wilson 9869 1036

Celebrations this Week

Ordinary Time Week 9

5 June Monday: St Boniface

6 June Tuesday: St Norbert, St Marcellin Champagnat

9 June Friday: St Ephrem

Ordinary Time Week 10

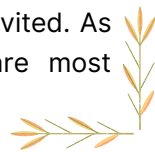
13 June Tuesday: St Anthony of Padua

16 June Friday: THE MOST SACRED HEART OF JESUS

17 June Saturday: The Immaculate Heart of Mary



HEALING MASS AT ST GERARD'S. Please join us for our monthly Healing Mass on **Tuesday 6th June at 10.00AM.** Mass is in the meeting room where it is warm and cosy. Following Mass stay and enjoy morning tea. If you are able, please bring a plate to share. All are warmly invited. As Jesus said, "Come and See". You are most welcome! We want to see you here.



St Gerard's Kindy Grow in Faith!

Last week in their Religious Education lessons, Kindergarten celebrated Pentecost through Scripture storytelling. They discussed how the disciples felt the Holy Spirit through a gush of wind and the feeling of flames dancing on their heads. The children heard how the disciples were then inspired to go out and spread the Good News of Jesus by speaking different languages.

Kindergarten discussed how the disciples and Mary may have felt at Pentecost, what they heard and saw (wind and flames) and how the Holy Spirit gives us courage and inspires us to be more like Jesus.



Pentecost storytelling by Mr Fung, Kindy teacher.

Each week the Kindergarten students of St Gerard's participate in RE lessons through Scripture storytelling and hands-on activities to help bring the Bible's stories to life in an engaging way. Figurines are used to stimulate children's imagination and create excitement and wondering about the story. Teachers follow up by giving students opportunities to respond with hands-on art or writing activities so children can re-tell the scripture in their own way.



Ascension inspired artwork by Joshua!

*Photos and article from St Gerard's Primary School

Saturday Sessions with Katie!
Fertility Awareness Education

- Identify and treat infertility with our doctors trained in restorative reproductive medicine
- Family plan with 99.5% effectiveness
- Record & know the state of your fertility with precision

2023 Planner

Session time: 10:30am - 11:30am (Online)
Bookings are essential: Zoom link will be provided with RSVP

27 May
22 July
16 Sep
25 Nov

All Welcome!

Katie Fullilove
Fertilitycare Practitioner
RSVP: katie.fullilove@bbcatholic.org.au

The Diocese of Broken Bay offers Natural Fertility Courses for couples to manage and understand their fertility as a free service. The choice to engage in online sessions across the year equip a couple to manage their family planning effectively and independently.

During the Saturday Sessions, couples will learn to:

- Be supported as a couple to work as a team when managing fertility.
- Know with precision when they are fertile or infertile on any given day.
- Understand irregularities of the cycle and if desired medical assistance to seek to enhance fertility.
- Be empowered to manage their fertility with knowledge vs medication.

If these dates don't suit you, please reach out to Katie, who will work with you to find a mutually suitable time, or if you have further questions, please email

katie.fullilove@bbcatholic.org.au

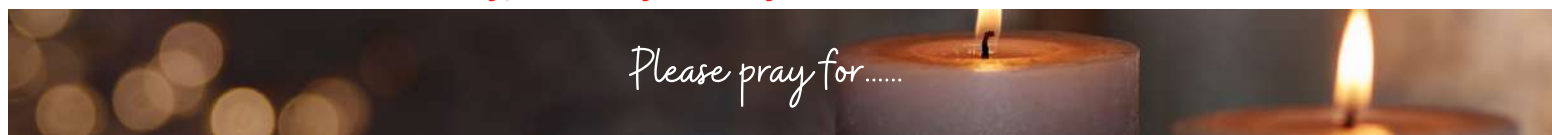
Glory and praise for ever!

Glory to the Father, the Son, and the Holy Spirit:
 to God who is, who was, and who is to come.

WEEKEND MASSES							
Epping	5:00pm Vigil, 8:30am (Family/Children), 10:15am and 6:00pm (Youth)						
Carlingford	6:00pm Vigil, 7:45am, 9:30am (Family/Children) and 5:00pm (Youth)						
WEEKDAY MASSES							
	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
EPPING	No Mass	*	5:00pm	*	*	9:15am	
CARLINGFORD	9:30am	No Mass	9:30am	9:30am	9:30am	No Mass	
EXPOSITION OF THE EUCHARIST: Epping Wednesday 5:30-6:30pm and Saturday 9:45-10:15am, Carlingford Thursday 10-10:30am							
SACRAMENT OF RECONCILIATION: Epping Wednesday 5:30-6:30pm and Saturday 9:45-10:15am, Carlingford Thursday 10-10:30am and Saturday 5:15-5:45pm, OR BY APPOINTMENT at either church							
BAPTISMS AND WEDDINGS: BY APPOINTMENT							
POSTAL ADDRESS FOR THE PARISH OFFICE: PO Box 369, Epping NSW 1710							
ST GERARD MAJELLA'S PRIMARY SCHOOL: PH: 9871 1633 Email: sgc@dbb.catholic.edu.au							
OUR LADY HELP OF CHRISTIANS' PRIMARY SCHOOL: PH: 9868 3322 Email: olhc@dbb.catholic.edu.au							




Healing Mass: 1st Tuesday of the month, 10am at St Gerard's Meeting Room, Carlingford
***Tuesday, Thursday & Friday Mass at OLHC on hold till further notice.**



For those who are sick and suffering:

- Cohen Hadden (family of Pat & Margaret McArdle)
- Graham Yeates
- Dennis Porteous (our Parish Secretary)
- Eric Yeung (brother of Goretti Yeung)
- Margaret Floyd
- Graham Kelly
- Owen Harrison
- Ethan Seng Mestanza
- Maureen Carlon (Marie Saul's sister)
- Kevin Saul (Marie Saul's nephew)
- Yolanda Calderone
- Loreta Rosario
- Lorraine Warner
- Beryl and John Day
- Laura Doran
- Mary Chernov (sister of Trish Harrison)
- Margaret Hall



 I would like to thank everyone in the St. Gerard's community who showed their love, support and compassion to me and my family, at the passing of my dear husband Cedric. A special mention must go to the musicians who collaborated so quickly and performed so beautifully at the funeral. There were so many occasions where people offered me comfort and blessings - from hugs to words of condolence and prayers for the repose of Cedric. These kind acts have given me much solace and I thank you all. ~ **Pat Fernandes**

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

Recently deceased - Victor Lee, Joe Carlon, Edward Ngu (Li May's dad)

Anniversaries - Frank Martelli (1st Anniversary), Sylvia MacRitchie, Loretta Fare