

Diocese of Broken Bay

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

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



The Catholic Parish of Epping & Carlingford

Desire for holiness...

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](#)

YEAR A

5 MARCH 2023 SECOND SUNDAY OF LENT

12 MARCH 2023 THIRD SUNDAY OF LENT

Leadership Day: Last week the Pastoral Council, Finance Committee, clergy and staff met for the annual Parish Leadership Day. It was a positive, energetic and productive time as we reviewed the data from the 2022 National Church Life Survey and developed pastoral initiatives around our 5 pillars of missionary discipleship: **connect, grow, give, serve, worship**. See more about the survey and the 5 pillars in this bulletin. A highlight of the day was that while in previous years we have had a paid consultant lead this day for the parish, we now have the skill set to do this ourselves and so the chairs of the PPC and PFC, Paddy Watts and Garry Leary led the day for us. Pictured here are two of our leaders who presented on the day:



Kerry Paxton

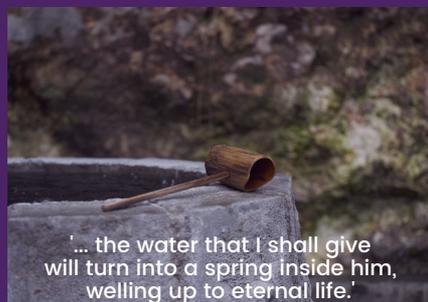


Paul FitzGerald

Lenten Ecumenical Liturgies: This month we are taking part once again in Lenten Liturgies of the Word with our neighbouring Christian churches with whom we share an ecumenical covenant. We'll be gathering each Tuesday of March at 7.45pm for prayer and supper at the following churches and we'd love you to join us, especially if you haven't been before.

- March 7th OLHC Catholic Preacher: Rev Greg Woolnough
- March 14th West Epping Uniting Preacher: Bishop Ross Nicholson
- March 21st Epping Uniting Church Preacher: Rev Phil Lui
- March 28th St Alban's Anglican Preacher: Fr Jim McKeon

Devotions are prayers used in the Church which don't have a formal liturgical format. These include the Rosary, Divine Mercy, Stations of the Cross and other popular ways of prayer. We'd like to bring together a few parishioners to form a Devotions Team who together can plan and promote these devotions in our parish. Contact Fr Aldrin - Aldrin.Valdehueva@bbcatholic.org.au



'... the water that I shall give will turn into a spring inside him, welling up to eternal life.'

Readings

5 MARCH 2023

Genesis 12:1-4

2 Timothy 1:8-10

Matthew 17:1-9

12 MARCH 2023

Exodus 17:3-7

Romans 5:1-2, 5-8

John 4:5-15, 19-26, 39-42

Our Parish Vision

The 2022 National Church Life Survey showed that 58% of parishioners were aware of, and either strongly or partly committed to the vision, goals and direction of the parish. This was a significant improvement from the previous surveys in 2011 and 2016, and well above the diocesan average, and well worth celebrating. But given that there are many parishioners who are new to the parish and may not have heard us articulate this vision, it's a good time to present it again. Our pastoral plan is built around five "pillars" of discipleship and belonging. Our hope is that each person who belongs will:



CONNECT



WORSHIP



GIVE



SERVE

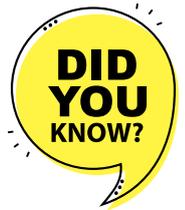


GROW

- **Connect** with other parishioners and have real relationships with them
- **Worship** through personal prayer every day and gathering for the Eucharist on Sundays
- **Give** generously in accord with their means
- **Serve** in one ministry to use the gifts and skills which God has given them
- **Grow** in faith by participating in at least one faith formation program each year

Thank you

Giving: Where do parish donations (via second collection, credit card or EFT) go? Your donation of \$70 per week provides a BBQ after each Sunday night youth-led Mass at St Gerard's, greatly enhancing the fellowship and community at this growing Mass.



LITURGICAL UPDATE



Bishop Anthony recently updated the clergy of our diocese on some liturgical protocols which had been given last year when Covid transmission was considered higher risk. He invited us to administer ashes on Ash Wednesday in the usual way. Holy water fonts may be used communally one again. He stated that the sharing of Communion from the chalice is not yet to take place. No comment was made on the reception of the Body of Christ on the hand or the tongue, as both ways have been permitted. However, recognising that many people still have a high concern for virus transmission as evidenced by the appropriate wearing of masks, we will continue in our parish the courteous practice of those who receive Communion on the tongue coming toward the end of the Communion procession.

~ Fr Jim

OLHC Updates

8.30am Mass is now our family and children's Mass at OLHC. We'd like to start having morning tea after this Mass, as well as after 10.15am Mass. Could you serve once per month? Contact Fr Jim or the parish office.

We are also looking for adult or young adult volunteers (high school students are fine too!) to assist in grouping the younger children for processions or prayers during this Mass. Because Serena is usually at the organ, we would really appreciate an extra set of hands and it's really simple to do! Please contact Serena.Kozanic@bbcatholic.org.au or phone her: 0414 753 799.



The toilets at OLHC have now moved to the south side of the church, accessible via a ramp from the footpath. There is also a baby change room.

We pray for **Reece, Ken, Lisa, Melody and Alexander** who are in their final stage of preparation for initiation (Baptism, Confirmation and Eucharist) this year, who attended the Rite of Election at the Cathedral on the First Sunday of Lent with their Godparents. We also pray for **Adam and Melinda**, who will be received into full communion with the Catholic Church later this year.



Rite of Welcome held at our parish



OPEN DAY

St Gerard's Catholic Primary School welcomes you to come & see an outstanding school in action

Wednesday, 8 March 2023
9:15 – 11:00am and 5:15 – 7:00pm

Visit www.sgcdbb.catholic.edu.au/open-day
or call the school on (02) 9871 1633



Scan To Register



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

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.



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

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

The remaining dates are:

- 3 March 2023
- 10 March 2023
- 17 March 2023
- 24 March 2023
- 31 March 2023

Any questions, please contact Fr Aldrin.



FIRST RECONCILIATION 2023

At select Masses this weekend of the 4th & 5th March, we invite the candidates to come forward to the altar during the Liturgy of the Eucharist at The Lord's Prayer. Fr Jim and Fr Aldrin will very briefly explain about "Peace" from The Lord's Prayer ie. "forgive us our trespasses as we forgive those who trespass against us". Then at the Sign of Peace, tell them to wish one another "Peace be with you" and send them back to their families to wish them peace.

The candidates have also been asked to write a prayer to Jesus about "Peace". They will this on the wall around the board where their "Please Pray for Me" printouts are.

Our second preparation session is called Choices. In an age-appropriate way, we explore the importance of building a virtuous heart in our earthly lives that can help us make loving choices as we learn what Jesus said, "to love the Lord your God with all your heart, with all your soul and with all your might. This is the greatest and the first commandment. The second is like it: you must love your neighbour as yourself." (Matthew 22:37-39)

We also touch on another bible story, Jesus Faces Temptation, to assist the children in understanding even Jesus was tempted but he made a choice to love and serve. This further teaches the children being tempted is normal and they will need to pray for strength to make loving choices.

Family Kidz Mass - Upcoming

Year 5 Family Kidz Mass: This is the 9:30am Mass on **Sunday 19th March at St Gerard's Church**. Fr Jim and Fr Aldrin invite children from Year 5 to participate in our monthly Family Mass with a focus on your children providing the ministries for this Mass.

Our parish community is so much livelier when you are present; thank you for all that you do to bring this vibrance to us! Please contact Lynn (details below) if you would like your Year 5 child to be assigned a role to lead in prayers and processions. Siblings are welcome of course.

As always, the morning tea team will be providing a splendid morning tea for all to enjoy after Mass. We look forward to seeing you there!



At OLHC, the 8:30am Mass is now the family-children focused Mass. If your children would like to help out by participating in simple roles like Offertory processions, reading of prayers or singing, please contact Serena.Kozanic@bbcatholic.org.au or call Serena at 0414 753 799.

Lynn Siau

Coordinator of Children's Ministries, Sacramental Programme & Communications

Lynn.Siau@bbcatholic.org.au

COMMUNICATIONS

Article submission deadline: If you would like to submit an article from your ministry for inclusion in the next edition of our parish bulletin, please send it to Lynn.Siau@bbcatholic.org.au before **10am on Wednesday 15th March 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

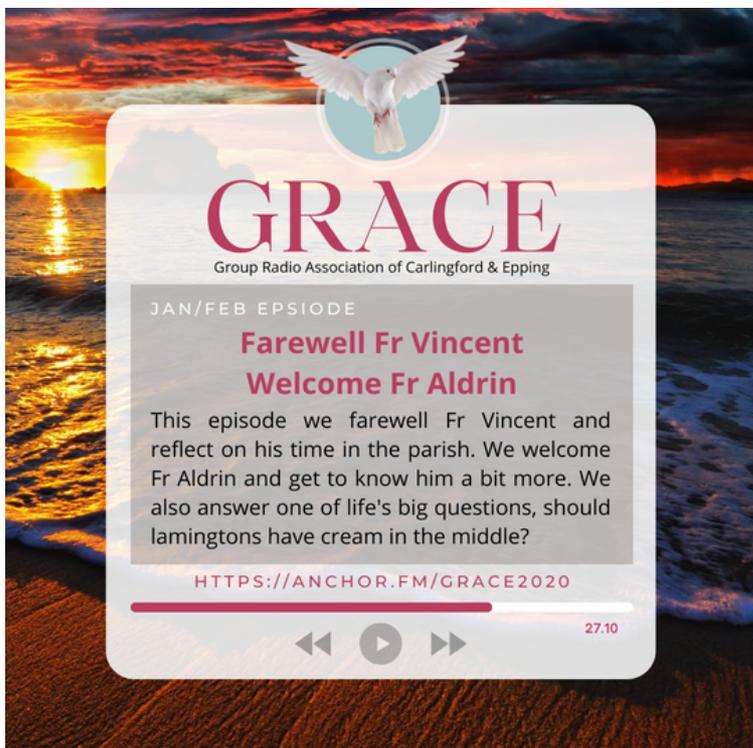
eBulletin: If you know someone who would like to receive the electronic version of the bulletin, please forward this link for them to fill in the form on our website: bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter

YOUTH MINISTRIES



Emmaus young adults (23-30 year olds) - Our young adults group will next meet on the **7th March, 7-8:30pm**. We will have dinner and a social night.

New Episode on G.R.A.C.E. Radio!



Tap me to listen to the latest episode!



Cana (Year 6-9) - Cana is on the **3rd and 10th March, 7:30-9pm!** Come join us weekly on Fridays during the school term. 543 North Rocks Road, Carlingford - entrance via North Rocks Rd.

We launched a **brand NEW parent youth group** last week. The next one will be the **24th March** at St Gerard's meeting room - free dinner provided and we will watch 'The Search'. Cana kids will also have free dinner.



Antioch (Year 10/16 year olds- 23 year olds) - Antioch will meet on the **4th and 11th March** in the Antioch meeting room!

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



Antioch meeting last week

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 SUPPORT FOR REFUGEES AND ASYLUM SEEKERS

Thank you for your generous support of the JRS Foodbank last week. More than 100 kgs of Basmati rice plus lentils, chickpeas and other items were delivered to their Parramatta office.

We enquired about the young men who spoke to us in May last year at our Community Conversation. How did the Federal Government's recent announcement affect them?

Idrissa, who left his wife and family when forced to flee Sierra Leone and arrived in Australia in 2018, remains on a restrictive bridging visa. There is no good news for him at this time and his life remains on hold.

Mustafa, who has been in Australia for more than nine years and is on a temporary protection visa, may be more fortunate. He has not been doing well mentally; he was able to meet some of his family late last year, the first time in a



cont'd...

decade. Some of them have been resettled in New Zealand.

The team at JRS will always support them as best they can. JRS remains concerned that the absence of anticipated measures to expedite family reunification will prolong the cruel separation that Australia has enforced upon them for over a decade. JRS Australia calls on the Government to consider all possible avenues to hasten the reunification of families of TPV/SHEV visa holders who will become permanent under the new policy but remain ineligible to sponsor their families through the humanitarian stream. They can apply through the family stream, which is costly and, in the absence of expedited measures, takes years to process visa applications.

The families of many TPV/SHEV visa holders live in war zones and remain in grave danger. The additional years of separation and anxiety about the safety of their families will add to the tremendous suffering many TPV/SHEV visa holders have already endured.

Our hopes and prayers are with them and the many others in the same sad situation.

For details how you may be able to support the work of JRS, contact them directly or John at johnwwhealy@gmail.com

~ Parish Social Justice Team

NEWS FROM THE CATECHISTS

Our Catechist Commissioning took place in all Masses at both OLHC and St Gerard's Churches on February 25th and 26th weekend. This particular occasion of the Catechists was originated in 1935 when the Vatican published a document 'On the Better Care and Promotion of Catechetical Education', which acknowledged the importance of the Church's teaching ministry and asked every country to honour those catechists who serve within their Christian communities.

Pictured on the right is a snapshot of the Blessing of Catechists in one of the Masses at St Gerard's Church.



Catechist Commissioning/Blessing for the School Year

The 2023 School Year is in progress. Our catechists reach out to hundreds of students in 9 Public State Schools in our Parish with the commencement of the Special Religious Education (SRE) classes.

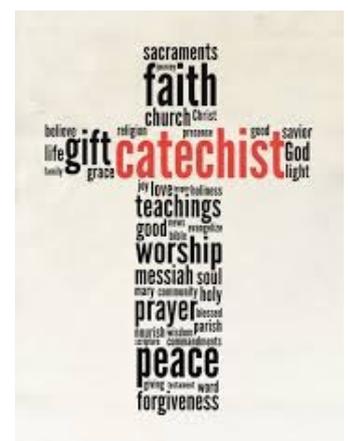
Primary Schools

- Epping Public School (Tuesday : 9:20, 9:50am)
- Epping North Public School (Thursday : 2:10, 2:40pm)
- Epping West Public Schools (Tuesday : 11:40am, 12:10, 12:40pm)
- Epping Heights Public School (Friday : 9:10am)
- Murray Farm Public School (Tuesday : 9:00, 9:40, 10:20am)
- Roselea Public School (Wednesday : 11:30am, 12:05, 12:30pm)

Secondary Schools

- Carlingford High School (Wednesday : 10am, 11am)
- Cheltenham Grils School (Thursday : 10am)
- James Ruse Agricultural High School (Wednesday : 2pm)

If you are interested to become a catechist or to obtain more information regarding this ministry, please 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.



*Some photos
from our parish
Thanksgiving
Mass for our
volunteers!*



Celebrations this Week

2nd Week of Lent

- 7 Mar Tuesday: *Sts Perpetua and Felicity (commemoration)*
- 8 Mar Wednesday: *St John of God (commemoration)*
- 9 Mar Thursday: *St Frances of Rome (commemoration)*

3rd Week of Lent

- 17 Mar Friday: **ST PATRICK (NZ: feast)**
- 18 Mar Saturday: *St Cyril of Jerusalem (commemoration)*



Congratulations to Jimmy Liang and Lisa Voon who were married two weeks ago.

Sacred Heart Church Pymble

Serra Club North Shore

Lenten *Reflection Day*

SATURDAY, MARCH 11

SPEAKER **FR ALDRIN VALDEHUEZA**

The Serra Club invites you to a Lenten Reflection Day, Saturday March 11 at Sacred Heart Church Pymble. All are welcome to attend. Please bring a plate to share for lunch and refreshments will be provided. The day will conclude with Mass at 3PM. Please RSVP to Terry Scanlan

TIME: 10AM - 4PM
VENUE: Sacred Heart Church
2 Richard Porter Way, Pymble

To RSVP email terry_scanlan@bigpond.com

24 hour for the Lord Event at Schoenstatt, Mulgoa

Come and spend some time with Our Lord and Our Lady in the Schoenstatt Shrine: **Friday 17 March 6pm Mass, then Reconciliation 7:15 – 10.00pm.**

On **Saturday Reconciliation 10am-12pm, and 3-4.45pm with a Vigil Mass at 5pm.**

The Shrine will be welcoming people for prayer for the full 24 Hours. Groups to lead prayer are welcome. Contact paulandramani@gmail.com for more information.

Charismatic Prayer Meeting

Would you like to deepen your relationship with God through the Holy Spirit?

Would you like to learn more about your Catholic faith?
Would you like to be able to help others through prayer?

We invite you to our Charismatic Prayer Meeting **commencing 12th March**. You can experience the joy of singing praises to the Lord, delve into Catholic teachings with discussions, and have the opportunity to share your personal faith experiences. We finish with intercessory prayers.

- **Where:** St Gerard's Crying Room (back of church)
- **When:** Each Sunday at 10.45 am (following 9.30 am Mass)

Catholic Charismatic Renewal (CCR) is a spiritual movement within the Catholic Church that emphasises the availability of the power and the many gifts of the Holy Spirit in the life of every believer, and the need for a personal relationship with God through Jesus Christ in order to live life to the fullest.

Please contact Margaret Kelly (0401 133 368) for more information.



Marriage Enrichment Weekend

Learn to live your best life in love!

Join us on **14-16 April 2023**

At Mt Carmel Retreat Centre, Varroville, NSW
a stunning & tranquil oasis on the edge of Sydney.

Book online at www.wwme.org.au

or contact **Christine & Terry Mahony** on 0490 774 419

or email: nswbookings@wwme.org.au

Our Lady Help of Christians' Primary School Open Day

7 Trebor Road Pennant Hills



OLHC@DDB.CATHOLIC.EDU.AU

02 9868 3322

OLHCDBB.CATHOLIC.EDU.AU

OPEN DAY

MONDAY 6 MARCH 9:15 AM

Responsorial Psalm Response
2nd Sunday of Lent – 5 Mar 2023
Ps 32:4-5, 18-20, 22

Lord, let your mercy be on us,
as we place our trust in you.

Gospel Acclamation

2nd Sunday of Lent – 5 Mar 2023
Praise to you, Lord Jesus Christ, king of endless glory!

From the shining cloud the Father's voice is heard:
this is my beloved Son, hear him.

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 at St Gerard's Meeting Room, Carlingford

***Tuesday, Thursday & Friday Mass at OLHC on hold till further notice.**

Please pray for.....

For those who are sick and suffering:

- Nancy Walker (family of Eileen Nicoll)
- Martin McGuire (family of Eileen Nicoll)
- Cohen Hadden (family of Pat & Margaret McArdle)
- Graham Yeates
- Dennis Porteous (our Parish Secretary)
- Eric Yeung (brother of Gorette Yeung)
- Eileen Brownlow
- Margaret Floyd
- Graham Kelly
- Veronica Kemp
- Ethan Seng Mestanza (Mario and Graciela Mestanza's grandson)
- Maureen Carlon (Marie Saul's sister)
- Kevin Saul (Marie Saul's nephew)



Pat and Margaret McArdle thank everyone for the prayers for their brother Patrick Thornton RIP. His suffering is over and he is now resting in God's gentle arms.

Thank you for your prayers for all our brothers and sisters who are on our prayer list. They are strengthened by our united prayers for them. In case you did not know this, our parish also has a Prayer Ministry group on Facebook. This was established in 2020, when we went into our first lockdown. It still remains active today with occasional prayer requests that come through the office via email or directly posted on this private group. Please feel free to join if you would like to pray for someone or for your own intentions: <https://www.facebook.com/groups/2660800900909668>

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

Recently deceased - Elizabeth Keating, Sandro Oselli (family of Anne Campbell), Edward Sinha, Augustine Tan

Anniversaries - Brian McCowage (father of Rachel Murphy), John Noakes, Norma Barlow

Also for the repose of the souls - Elizabeth Pedemont, Hubert Pedemont

Responsorial Psalm Response
3rd Sunday of Lent – 12 Mar 2023
Ps 94:1-2, 6-9

If today you hear his voice,
harden not your hearts.

Gospel Acclamation

3rd Sunday of Lent – 12 Mar 2023
Glory to you, Word of God, Lord Jesus Christ!

Lord, you are truly the Saviour of the world;
give me living water, that I may never thirst again.