

Diocese of Broken Bay

Parish Priest: Fr Jim McKeon
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Assistant Priest: Fr Aldrin Valdehueza
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Our Lady Help of Christians'

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[Sacrament of Reconciliation](#)



Readings

7 JANUARY 2024

Isaiah 60:1-6
Ephesians 3:2-3, 5-6
Matthew 2:1-12

14 JANUARY 2024

1 Samuel 3:3-10, 19
1 Corinthians 6:13-15, 17-20
John 1:35-42



The Catholic Parish of Epping & Carlingford



YEAR B

7 JANUARY 2024 THE EPIPHANY OF THE LORD

14 JANUARY 2024 SECOND SUNDAY IN ORDINARY TIME

Welcome

2024

It is going to be an exciting year in our parish. In this newsletter you'll find some of the ways in which we hope to help you start your new year well. We've got new people stepping into parish leadership roles, and a celebration of our volunteers. Read on.....



Mass times: Sunday night Mass at OLHC Epping **is now 7pm.** This change will allow one of our priests to cover both Sunday night Masses if needed. It will also allow the Antioch youth group to take part in this Mass later in the year. And for people who like evenings, this might allow for a longer Sunday afternoon outing with Mass as the conclusion to the weekend.

Temporarily, the Tuesday night and Saturday morning Masses at OLHC are on hold for January while construction begins on the forecourt. We expect to reinstate these Masses in February.

Reconciliation will be available at OLHC on Saturdays 4.15pm – 4.45pm during this time.

Welcome to Simone Noel who joins the Parish Team next week. She will work two days a week with flexible hours to support and build up the OLHC community. Please make her welcome.



New leaders: It's a sign of the health of our parish that people are willing to step up and take on leadership roles. We welcome **Mary Jo Wadiwel** who is coordinating the welcomers at OLHC. Welcome to **Jon De Lima** who is coordinating the Ministers of the Word at OLHC, and thank you to **Christine Noel** who has coordinated these past two years. Welcome to **Joan Sally** who is coordinating Ministers of the Word at St Gerard's, and thank you to **Carole Wilson** who has been coordinating for several years. Welcome to **Lui and Cres Yparraguirre** who are the incoming parent support couple for Antioch. They will work alongside **Kirk and Louise Koelmeyer** to support this year's Antioch Weekend.

New Pastoral Council Members: Welcome to **Anne Kilby, Minh La, Tony Davies and Arlene Pineda** who begin a two year term as members of the Parish Pastoral Council. They join continuing members **Natasha Boswell, Paul Fitzgerald, Felicity MacDonald, Regina Soeryanto and John Kyle-Robinson**, and ex officio members **school principals Dominique O'Sullivan and Barbara Yee** who will meet monthly with Fr Jim and Fr Aldrin to discern the vision and mission of the parish.

YOUR FAITH JOURNEY IN 2024

Grow your faith: Our parish vision is that we would each take up one opportunity to grow our faith each year. For many people the season of Lent is a great time to do this. We're offering two different programs this Lent.

A Lenten scripture group, gathering each week to read and pray with the scriptures of the coming Sunday. Once again we'll use Wollongong Diocese's program, this year called Pieta. Choose your group and put your name on the list at the back of the church:

- Mondays 10am at St Gerard's Church
- Tuesdays 7.30pm at West Pennant Hills
- Thursdays 7.30pm in North Epping
- Thursdays 7pm at St Gerard's
- Fridays 10am at St Gerard's Church
- Fridays 7pm OLHC Epping



Ignatian Spiritual Exercises: Be led through a new prayer exercise each week then learn how to pray with it during the week.

- Tuesdays 7pm at OLHC Church or
- Wednesdays 7pm OLHC Church

Some people though may prefer a different way of growing their faith. The Mt Carmel Retreat Centre at Varroville <https://mtcarmel.com.au/> and Canisius House (pictured on the right) at Pymble <https://jisa.org.au/nsw-peter-canisius-house/> offers individual and group retreats.



Peter Canisius House

FORMED Anywhere, Anytime.
New Content. Every Day.

Formed.org is a Catholic video streaming service (the Catholic Netflix) with a great array of programs for adult and kids. 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 our parish.

Understand Your Catholic Faith with
The Catechism in a Year Podcast
with Fr. Mike Schmitz!

Or the incredibly popular **Bible in a Year** and **Catechism in a Year** podcasts with Fr Mike Schmitz offer a 20 minute daily piece of Catholic teaching, available on all podcast platforms.

By listening to this podcast, Catholics will:

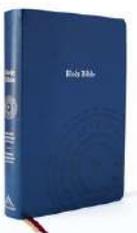
- Read the entire *Catechism of the Catholic Church* in 365 days
- Understand the essentials of the Catholic Faith and why they matter
- Transform their relationship with the Church that Christ founded

Listen free on the Ascension App!

Scan this QR code with your phone to download the Ascension App – the best place to listen to *The Catechism in a Year*.

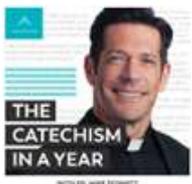
You can now download the app to listen to Ascension Press and other podcasts:

- <https://ascensionpress.com/pages/ascension-app>
- **Catechism in a Year on Spotify** - <https://open.spotify.com/show/3CjutriXszixd0ssjSkx72>
- **Bible in a Year on Spotify** - <https://open.spotify.com/show/4Pppt42NPK2XzKwNloW7BR>



You can also get a Reading Plan for Bible in a Year, join the Facebook group, etc. For more information, visit

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



Men Alive: Tailored for men, 18 years and above, both single and married. We gather fortnightly to provide a unique space for encouragement, mutual support, and the strengthening of our commitment to living as men in disciples of Christ. Join us for enriching experiences. Whether you are seeking Spiritual Growth, fostering of brotherhood as fellow Catholic men, or exploring faith formation in the Holy Spirit, our activities are centred on Christ and God. Let's grow together in faith and camaraderie. Contact: philip.senger@eppcarl.org.au or sign up <https://forms.gle/NKT99JHTFGqEKN088> You can also scan the QR code on the right to sign up. BBQ gathering details on the next page.



Men Alive BBQ Sat 2nd Feb After 6pm Mass at St Gerard's Carlingford: Everyone is invited to a BBQ held by the members of Men Alive outside the main doors to the Church. Members will be there to share our experiences as group members and chat about what our group is about. Mark your calendars and be part of this uplifting event! Contact philip.senger@eppcarl.org.au for more details.

OTHER PARISH NEWS & UPDATES



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. An invitation for each volunteer will be available at the back of the church for you on the weekend of Jan 13th.

REMEMBER! → **Changes to OLHC times in January:** As mentioned earlier, during January the forecourt of OLHC Church will be relevelled and resurfaced as part of the redevelopment. This will make the church inaccessible on weekdays, including Saturday mornings. **From Tuesday Jan 2nd to Saturday 27th** the church will not be open on weekdays, and there will not be Mass and Adoration on Tuesday evenings or Saturday mornings. **Reconciliation will instead be available from 4.15pm – 4.45pm on Saturdays in January.** We apologise for this inconvenience. The builders will reinstate the access ramp to the front and side doors for weekends, so **all weekend Masses (including the vigil Mass) will continue as usual.**

Weekday Masses continue at St Gerard's as usual, and the church will continue to be open for prayer.



Together we can keep the faith alive - Aid to the Church in Need (ACN)
Did you know that across the world tens of millions of Christian families are in exile following persecution because of their faith? Aid to the Church in Need is a spiritual and pastoral charity which seeks to keep the flame of faith alive in those places where it is at risk of extinction. We **welcome to our parish Kylie Cullen**, an ACN speaker who will share with us about the work of Aid to the Church in Need and how we can help our suffering and persecuted brothers and sisters **at OLHC on Jan 21st, and at St Gerard's on Jan 28th.**

Annual leave: Fr Jim will be on leave the weekend of January 20th/21st. We welcome Fr Sam French who will celebrate Mass with us then.

Parish Team

Parish Secretary

Marcella Letteri Ph: 9876 2853

Email: Marcella.Letteri@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 & 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

Belinda Shi Ph: 0414 753 362

Email: Belinda.Shi@bbcatholic.org.au



Congratulations to Yasmin and Vincent Valladares who celebrated their 25th wedding anniversary with a blessing at Mass on December 27th.

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



FIRST RECONCILIATION 2024

Enrolment for First Reconciliation will commence on Thursday, 25th January 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.

Enrolment information will be emailed to all who celebrated Confirmation in 2023 and to all who have previously enquired and are on the email list.

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 drop me a line (contact details below).

You can also join our Kidz Facebook group to keep up to date with all our Kidz ministries using this link:

www.facebook.com/groups/2559482689

[13440/](https://www.facebook.com/groups/2559482689) or via the QR code shown here:



Please remember also, that we have the "LOOK" Kidz Bulletin and colouring sheets for your children to help them engage during Mass. Feel free to take and remember to return the colouring crayons after Mass!

As always, please feel free to send me an email if you have any questions.

Lynn Siau - Lynn.Siau@bbcatholic.org.au , Phone: 9876 2853

Coordinator of Children's Ministries, Sacramental Programme & Communications

Kidz Word resumes 4 February 2024

Kidz Word is taking a break during the school holidays. The parent leaders deserve a **HUGE** round of applause for all they have done to support this ministry.

In the past year, the participation of children in Kidz Word has increased yet another 200% in 2023! This is all thanks to the parent leaders who take turns to lead our children each Sunday during school term. They have enhanced Kidz Word captivating our children with their creativity to pray together, watch a video of the Gospel, do some craft and dance activities. We are so blessed to have them bring God's Word alive to our children. **Thank you** to this AMAZING team of parents!



At OLHC we are constrained by the lack of a meeting space to have Kidz Word. This will be overcome in 2024 when the new parish centre is built and Team Kidz Word can't wait to make this happen!



Baptism enquiries? Please visit the parish website here: www.bbcatholic.org.au/epping-carlingford/sacraments/baptismforchildren

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 17th January 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) will resume at St Gerard's in the parish hall on the **2nd February, 7:30-9pm**.
543 North Rocks Road, Carlingford-entrance via North Rocks Road.



Antioch (Year 10/16 year olds-23 year olds) will resume at St Gerard's on the **21st Jan, 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! Register via the trybooking link <https://www.trybooking.com/CNFSH> or use the QR code above. Early bird till the 22nd January 2024. Get in quick!

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

EMMAUS YOUNG ADULTS RETREAT 23-30 YEARS OLD

**THEME:
SAINTHOOD!**

Date: 13th Jan 2024 Saturday
Time: 2-6pm + dinner after
Location: Kellyville, the Franciscan shrine of the Holy Innocents (8 Greyfriar Place)
Cost: FREE!
RSVP by the 10th Jan via trybooking
<https://www.trybooking.com/CNHRJ>

Contact the Youth Minister, Joanna Mak for more info on
E: Joanna.Mak@bbcatholic.org.au or M: 0404 710 588



SIGN UP
NOW.
TAKES
2MINUTES!



Emmaus young adults (23-30 year olds) - Our young adults group will be meeting at St Gerard's meeting room on the **23rd January 7:30-9pm**.



ANNUAL INTERPARISH SPORTS DAY

12-18 year olds. Over 18s can attend as leaders.

- When: 27th Jan from 10:30am-3:30pm
- Where: @ Light of Christ Centre, Waitara

Free lunch provided and sports will include Basketball, Indoor Soccer and Ultimate Frisbee. Winning youth group will receive the glory of the trophy (we came 2nd last year!)

We will be having a **sports training session on Sunday, 14th Jan 6-7pm at St Gerard's** after the Youth Mass. Any questions, please contact Joanna Mak on 0404 710 588 or Joanna.Mak@bbcatholic.org.au

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



NEWS FROM OUR CATECHISTS



Did you know that we offer a Catholic religion lesson (called SRE or Scripture) in every state primary and high school in our parish? Pictured here are just some of our generous and faithful volunteer catechists who teach a weekly Scripture lesson from an authorised Catholic curriculum each week.

For your child to attend Catholic Scripture in their school **you need to opt-in**, that is, to sign a request form stating that you want your child

to attend. This should be offered at enrolment, but make sure you proactively ask if it is not. We look forward to sharing the Good News of Jesus with your children this coming year.

For more information, please call the Parish Office weekdays 9am-4pm at 9876 2853 or contact Katherine Tam for Primary Schools at katherine@eppcarl.org.au and Trish O'Donnell for Secondary Schools at trish@eppcarl.org.au

SOCIAL JUSTICE

Electronics Recycling by Whirl (previously Arnies Recon) at **St Gerard's on Sunday Jan 14th 8.30am – 10.30am**. If it has a battery or a cord, or is a battery or a cord, bring it to the St Gerard's carpark to be recycled and upcycled, not put in landfill. See <https://www.whirlrecycling.com/> for a full list of what can be recycled. This is one of several social justice projects by our parish to reduce our impact on the earth this year.



Give Your Electronics Another Life!

We'll keep them out of landfill and get them to someone who loves them.

Give it a Whirl!

Community Collection
Carlingford
St Gerard Majella Catholic Church
543 N Rocks Road
Sunday, 14 January
8:30am - 10:30am

We take:

- Cameras; camera lenses; desktop computers; laptops; mobiles; tablets; computer parts; cords; cables; iPads; iPods; power tools; Gameboys; Nintendos; Xbox; computer games; tools; modems; servers; hard drives; watches; vintage radios; accessories.

Certificates of data destruction available on request.

Nothing goes to landfill...

Contact:
whirlrecycling.com
support@whirlrecycling.com

Thank You



Prison Fellowship, along with the chaplains and inmates at Long Bay Correctional Centre and Silverwater Women's Correctional Centre thank our Parish for the wonderful support given to Angel Tree, providing a Christmas gift to children of an incarcerated parent. Each parent was able to give their child the gift when they came to visit over Christmas. You gave a total of 29 gifts and donated \$790.

Beautiful Christmas bags were bought for each family and lots of chocolates and goodies were added to each bag. Extra gifts were purchased for each child. There was also a gift of chocolates included for each carer of the children. Christmas cards for each child and wrapping paper. Because of your generosity, at our Christmas Eve Mass in Women's Prison with Bishop Terry Brady, extra Christmas treats were given. Chaplains particularly thank **Natalie Viset** for her wonderful and dedicated work in bringing this all together. Also **Dennis Porteous** and the parish team for all your time given. We also thank the **Antioch group, Joanna Mak, Anthony and Prison Ministry team, Betty Hillier, Helen Barry**, for all your help in sorting and wrapping the gifts. May you all enjoy the Christmas season & New Year. ~Margaret Wiseman

Let's Help

THOSE IN NEED



Your Parish Social Justice Team is seeking your continued support of the Jesuit Refugee Service, Parramatta.

As you are aware, JRS provides vital support to families who are largely unable to access any Australian Federal Government assistance.

On the weekend of **27th - 28th January**, we will conduct a **Foodbank Appeal** - marked boxes will be at both **St Gerards** and **OLHC**.

URGENTLY What We Need

- clothes detergent (liquid)
- dishwashing detergent (liquid)
- dried red lentils
- long life milk
- Coles or Woolworths vouchers (this assists those who are homeless and have no facilities to store food items) – suggested amount is \$25

JRS and their clients truly appreciate the help you give.

OTHER NEWS & NOTICES

Celebrations this Week

THE EPIPHANY OF THE LORD

8 January Mon: **The Baptism of the Lord**

13 January Sat: *St Hilary*

Ordinary Time Week 2

17 January Wed: *St Anthony*

20 January Sat: *St Fabian and St Sebastian*

“3rd Cuppa Time Reflections” book

by **Fr Martin Maunsell**

Fr Martin Maunsell has a column in the local TWT weekly paper titled ‘Fr Martin’s musings’. His musings on everyday life and wisdom are from a wide variety of writers, punctuated with a message from scripture, are meant to “engage, enlighten and empower” not only Catholics but anyone open to being challenged to live a better and more meaningful life.

Fr Martin is a former parish priest of St Kevin’s at Eastwood and is now hospital Chaplain at St Vincent’s hospital. He has already published his weekly messages in two volumes:-

Cuppa Time Reflections (in 2020) and More Cuppa Time Reflections (in 2021)

His latest book “3rd Cuppa Time Reflections” book is now available. Please take the opportunity to have a look at this book at the ‘Vinnies Table’ where it can be purchased for \$25. Cash payments please.

The proceeds from the sale go to raising \$6,000 for the renovation of two rooms for nurseries the Pere Achte school of around 650 children in the remote mountainous region in Rwenzori in Uganda (pictured here) which Fr Fabius Kisembo Bainakanaama serves. Alternatively please contact Marisa Pongan on mobile 0466 331645 or Email Marisa.pongan@gmail.com

NURSING APPOINTMENT

Arrupe House located at Pymble is a small community of retired Jesuits, Priests and Brothers.

Expressions of interest are invited for an experienced Registered Nurse to work with a small team of nurses. This position is casual part-time, morning duties from 7am to 11.30am, 2 days per week. Position to commence 2024.

Please email your CV to arrupehouse@sjasl.org.au



The Epiphany of the Lord - 7 Jan 2024

Ps 71:1-2, 7-8, 10-13 Response: Lord, every nation on earth will adore you.

Gospel Acclamation: Alleluia, Alleluia!

We have seen his star in the East; and have come to adore the Lord.

WEEKEND MASSES

Epping	5:00pm Vigil, 8:30am, 10:15am and 7:00pm (Youth)*
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Carlingford	6:00pm Vigil, 7:45am, 9:30am (Family/Children) and 5:00pm (Youth)
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WEEKDAY MASSES

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	
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EPPING	on hold in January *						
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CARLINGFORD	9:30am	-	9:30am	9:30am	9:30am	-	
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EXPOSITION OF THE EUCHARIST: Epping on hold in January

Carlingford Thursday 10-10:30am

SACRAMENT OF RECONCILIATION: Epping Saturday 4:15-4:45pm*,

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

IMPORTANT ANNOUNCEMENT

Healing Mass: 1st Tuesday of the month, 10am at St Gerard's Meeting Room, Carlingford

*** Please note changes at OLHC in January 2024. Details within bulletin.**

Please pray for.....

For those who are sick and suffering: Cohen Hadden (family of Pat & Margaret McArdle), Peter McArdle (brother of Pat McArdle), Graham Yeates, Dennis Porteous (our retired Parish Secretary), Paul Grassi, Ethan Seng Mestanza (grandson of Mario and Graciela Mestanza, Beryl and John Day, Leonie Oliver, Kevin Saul (Marie Saul's nephew), Maureen Carlon (Marie Saul's sister), Mary Chernov (sister of Trish Harrison), Bev Gibbeson (Geoff is better; thank you for your prayers.), Colette Murray, Margaret Hall, John Haydon, Eileen Rourke, Melvin Enriquez, Eileen Brownlow, Owen Harrison, Charles Barton, Georgina Shillito, Teresa Boyle.



General Notice for our Prayer List: We would very much appreciate updates so we can inform everyone how things are. Kindly note as of 2024, we will 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 - Dr Suzanne Close (nee Tuite), Pam Lubrano, Sr Edith Angel RSM

Anniversaries - Emily Wong, Serafina Gallo, Lugia Gallo, Nicola Gallo, Rogimo Gallo, Judy Wright

Also for - Sr Edith Angel RSM who died on 17 December and her funeral was held on 2nd January 2024. She grew up in Epping, attended OLHC and made her First Holy Communion in the Parish Church. She was past principal of OLMC Parramatta and Catherine McAuley Westmead. She guided many student teachers at the Catholic College for Education in Castle Hill. In her later years, she was very active in Parish Pastoral Work.

2nd Sunday in Ordinary Time - 14 Jan 2024

Ps 39:2, 4, 7-10 Response: Here am I, Lord; I come to do your will.

Gospel Acclamation: Alleluia, Alleluia!

We have found the Messiah: Jesus Christ, who brings us truth and grace.