

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

eppcarl@bbcatholic.org.au

Single Donation

Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



Readings

7 JULY 2024

Ezekiel 2:2-5

2 Corinthians 12:7-10

Mark 6:1-6

14 JULY 2024

Amos 7:12-15

Ephesians 1:3-10

Mark 6:7-13



The Catholic Parish of Epping & Carlingford



YEAR B

7 JULY 2024 FOURTEENTH SUNDAY IN ORDINARY TIME

14 JULY 2024 FIFTEENTH SUNDAY IN ORDINARY TIME



The Opening of the Our Lady Help of Christians parish centre: There have been some delays with the final construction and approvals processes which mean that we will not be having the official opening of the parish centre on Aug 10th. Bishop Anthony is looking for a date to reschedule this, but due to his commitments this may be a couple of months away.

We are now hoping to have access to the carpark and new building in the middle weeks of August. We'll have more certainty in the next couple of weeks when some critical processes are completed. We will have our own informal opening celebrations on the first weekend possible.

Thank you as always for your patience.

~Fr Jim McKeon

Epping Facilities Manager: We are delighted to advise that our new Facilities Manager will be **Ms Nancy Ghazaleh**. She will start on July 16. Nancy has a proven track record of delivering positive not-for-profit user experiences and an extensive background in commissioning new buildings like our Epping precinct. Nancy is an active woman of deep faith, having created spiritual development initiatives and programs for the displaced and marginalized in the community and internationally.



The Ascent of Mount Carmel by St John of the Cross is one of the spiritual classics on the life of prayer. Join Bishop David Walker on Wednesday mornings from July 31st at St Gerard's as he guides us through St John's writings and shows us how to apply it to our faith journey. To buy a copy *The Ascent of Mount Carmel* for \$20 please put your name on the list at the back of the church and a copy of the book will be ready for you at the first session.

Fr Jim will be away on long service leave from August 26th to October 8th. He will be walking the 800km Camino de Santiago in Spain. Fr Aldrin will be the parish administrator during this time and will be able to assist with anything you need.



We wanted to let you know that your **Planned Giving donation statement** will be mailed to you starting Monday, 15th July. The statement will include the tax-deductible portion of your donation.

Thank you so much for your generous support, which helps our parish continue to share God's love and goodwill in our community and through our pastoral works.

Change to Credit Card Planned Giving: We've introduced a new parish management system that's easier to use and more flexible. It also allows us to manage Planned Giving better. You can now choose the day of the month for your Planned Giving donation to be debited from your credit card. Currently, deductions are made between the 8th and the 14th of the month. From July, we will set the default deduction date to the **14th of each month**. If you'd prefer a different date, please let us know by email or calling the Office on 9876 2853.

~Dcn Richard (Richard.Houwing@bbcatholic.org.au)

St Gerard's School building project update: Building project managers have been appointed and the school has received the concept plans for Stage 1 building project at St Gerard's. This involves the construction of the new classroom block opposite the current red-brick infant's block. As soon as the concept designs have been approved we will update the community. We have also had a raft of surveyors and engineers on site and parts of the playground are marked up with chalk & paint which has interested the children. It is a positive sign that things are underway!

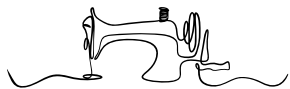
The Cambridge is the official name of the retirement living tower being built by Levande at OLHC Epping. A number of parishioners have already pre-purchased their apartments in the building! If you're interested in joining them come along to one of our information sessions on **Wednesday, 10 July at 10am and 1pm, and Tuesday 23rd July at 10am and 1pm**. RSVP on the website - www.Levande.com.au/thecambridge - or call Jill on 0421 279 288, and mention that you are a parishioner.



Sip & Sew!

A CUP OF TEA, A SLICE OF CAKE AND SEWING BEE COMING UP!

New tables in our new meeting rooms at OLHC need new tablecloths. Could you help with sewing a simple hem or maybe an apron or two? It will make such a difference when we are welcoming people for a cup of tea or lunch or dinner!



Text Simone on 0414 753 799 or email Simone.Noel@bbcatholic.org.au I might not reply until the last week of July as I will be on leave but I will be ever so grateful and will get back to you on my return.

Are you a good judge of colour schemes? Would you be willing to help choose a table cloth fabric that matches our new meeting room and hall décor? Please let me know too.

~ Simone Noel

INTERCESSORY PRAYER REQUEST MINISTRY

Need someone to pray with you? Our Intercessory Prayer Request Ministry is here for you. Whether you're seeking prayers for yourself or others, for any intention, big or small, we're here to support you.

How to Request a Prayer:

- **Pick up a form** - Prayer request forms are available at the back of the church.
- **Fill it out** - Write down your prayer request. Remember, it can be for any intention, whether for yourself or others.
- **Submit your request** - Place your completed form in the designated box at the back of the church.



Your prayer requests will not only be prayed over by our Intercessory Prayer Group, but will also be passed on to Charismatic NSW, Charismatic International, and Bruce Dowens Ministries on your behalf (tick the 'pass on' box). If you

would like the request to remain private, just place an X on the form. God knows your intentions and who you are. **All prayer requests are strictly confidential.**

Share Your Blessings: When your prayers have been answered, we invite you to complete a green 'answered' form. We love to hear about the blessings and miracles happening in our community! Remember, you are not alone. Our Charismatic community is here to pray with you and for you in your needs, no matter how big or small. Let us lift each other up in prayer.

Answered Prayers: We have had many prayers answered – thanks be to God. Thank you for all who have updated us on prayers answered. Below is one of those answered prayers.

A young woman in the ICU had three heart attacks during three seizures and had to be revived each time. She was placed on a ventilator. Doctors gave her a grim prognosis, and her sister even started planning her funeral. She then contracted COVID. When her sister asked for prayers, I included her in ours. Remarkably, the woman quickly recovered from COVID, improved dramatically, and walked out of the hospital unaided after months of being in bed. Her sister, despite not being religious, attributed this miraculous healing to our prayers. 🙏 Thanks be to God.

~ Margaret Kelly



The Honti Family with baby Leonardo

The Famolaro-Beytia Family with baby Edward

Congratulations!

Last week at the Beecroft Rotary service awards night, **Mary O'Byrne** received the Community Service Award for excellence in service to the community.

Mary's 25 years of teaching scripture in local schools, her involvement in the local Bushcare group, her strong advocacy for various environmental and safety issues and her support and participation in the Ryde Eisteddfod were acknowledged and celebrated.

Parish Team

Parish Secretary

Marcella Letteri Ph: 9876 2853

Email: Marcella.Letteri@bbcatholic.org.au

Business Manager

Deacon Richard Houwing Ph: 9876 2853

Email: Richard.Houwing@bbcatholic.org.au

Facilities Manager - Epping

Nancy Ghazaleh Ph: 9876 2853

Email: Nancy.Ghazaleh@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



New parish email address for general enquiries: eppcarl@bbcatholic.org.au

Please note parish@eppcarl.org.au will be obsolete.



Mary (middle) at the Awards Night.

Photo & article credit: J. Foster

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



2024 CONFIRMATION For children in Year 3 & above who are baptised
Enrolment for Confirmation has commenced and will close on Saturday 20th July. Enrolment is to be completed online. The online form has a choice of dates/times for you to select which sessions or Masses you wish to attend for the preparation period as well as the celebration time.

If you would like to enrol your child, please contact me and I will get back to you with an information pack. There is always much to consider when enrolling your child for Confirmation, such as a Sponsor, the Saint's name, as well as helping your child with prayer, reflection and discussion. We are here to support you! If you have any questions, please feel free to give me a call or send me an email. Contact details below or scan the QR code on the right.



Kidz Word is on school holidays break and will resume 28th July at the 9:30am Mass.

My First Holy Communion – Student Reflections June 2024

~ article and photos from St Gerard's Primary School

Receiving the Eucharist made me feel happy and that all my worries had left me. Also, it was a fresh new beginning. After my Communion, I very much enjoyed going out for lunch and spending time with my very loving and supportive family. I love that they have been by my side every step of the way. From my Baptism, Confirmation, Reconciliation and finally, my First Holy Communion – **Bridie Corcoran**

When I received my Holy Communion I left a rush of different emotions, like happiness and I felt relieved. Relieved because I had gone through all that practise and sacraments that now it had led me to this! Happy because I finally get to be fully Catholic, which made me feel closer to God in my heart. Holy Communion isn't just about eating bread, and that's it; it's about doing it all the time and getting a closer relationship with God. All of this is what I had felt when I received my First Holy Communion! – **Ryan Taufer**

I prepared for my Holy Communion by going to Church every Sunday. When the day was over, I would set up a prayer space and pray about everything that I had and that others didn't. I did all this right up until my First Holy Communion. When it was time to eat the body of Christ, I went up to the Priest, took the bread and received the sacrament for the first time. This made me feel thankful and happy because I was fully accepted into the Church community.

– **Elliott Ackland**



Lynn Siau

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

Lynn.Siau@bbcatholic.org.au or phone Parish Office 9876 2853

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 July 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:



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): Cana is on a break for the school holidays and will resume in Term 3 on the **26th July** at St Gerard's in the parish hall **7:30-9pm**.

Please note: from Term 3, Cana will be held every fortnight instead of weekly.

Entrance to the premises is via 543 North Rocks Road, Carlingford.



Antioch (Year 10/16 year olds-23 year olds): Antioch will meet on the **7th and 14th July, 6-8pm** at St Gerard's meeting room. All welcome!

Contact parent support if you have any questions: Cres & Lui Yparraguirre Mobile: 0449228514.



Emmaus young adults (23-30 year olds): On the **9th July**, Emmaus will join the parish for the faith series on Metanoia. Come along at **7pm** for free dinner, followed by a video and share groups in the parish hall. **23rd July** is the next Emmaus meeting **7-8:30pm** at St Gerard's meeting room.

I r

Erene (Yr 11): I was privileged to attend the 2023 Ignite conference with amazing friends. It was the most powerful, Holy Spirit-filled event I've experienced. God showed me my purpose. During adoration, I felt closer to God than ever. Gazing at the Blessed Sacrament, I felt His presence and heard Him affirming my worth, bringing me to tears of joy.

My favourite part at Ignite were the night rallies as there was a lot of music, dancing and fun. It was like a mini version of world youth day, the joy of making new friends and just praising God together felt nourishing for the soul. On the last night of ignite we were reminded not to go back to our old ways. It's hard to control ourselves from the worldly temptations but this conference helped us remember the greater meaning of our lives. Ignite has taught me to have patience, self control and a love for God.

Seb (first year Uni): I've now been to 2 Ignite conferences with the first one being at Freeman College and then the one last year at my own school St Leo's. When my friend first told me about Ignite I, like the rest of us, was pretty skeptical about it. I had been to Shine and Praisefest which are other conferences already and it would have been a huge waste of holidays if I ended up not enjoying it. Anyway, I decided to go with a group of friends, so if nothing else I'd get to spend 4 days hanging out with them. How wrong I was! Ignite was one of the best things that could have happened to me in terms of my faith as it seemed to well... ignite... something inside of me. I've been brought up Protestant but I came out of Ignite wanting to become Catholic, a want that I have now accomplished as I had my Confirmation this year at Easter.

By far my favourite moment of last year's Conference was on the final night. The whole group of us with our teacher Deacon Adrian were standing in our usual spot in front of the stage on the left. We had been listening to the music and singing together but as the song "We are the Church" came on and Emmanuel Worship started singing we made one big circle with hands held and started belting out the lyrics together. That moment was the moment I became convinced that these were the people I wanted to associate myself with for the rest of my life.

Every time I hear the Emmanuel Worship music play I am just straight back there in the moment. The first 4 notes of "He is Moving" brings chills down my spine. It really was incredible and I can't recommend it enough. There is no reason NOT to be there. It really will change your life.

Sophia (Yr 11): I highly recommend this event for all people. It may sound like another retreat but it's so much more. It's like a huge Catholic concert with 800 young people from all around Australia where we praise and worship God together and create some strong friendships with one another. You will receive so much by attending and will be lifechanging.

Joanna's Work Hours:

Please note my work hours are Mondays 6-9pm, Tuesdays 6-9pm, Wednesdays 6-9pm, Fridays 5-9pm and Sundays 4-9pm.

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



PARISH SOCIAL JUSTICE



Our **Finding Safety Project** provides casework and community support to women and girls at risk of violence, and our **Employment Program** supports refugees and people seeking asylum to find meaningful work through our Pathways to Empowerment Project. Our **Casework and Emergency Relief** team continue to stand in solidarity with the millions of refugees and forcefully displaced persons globally,

especially the 700+ men, women and children seeking asylum that we serve and accompany each year through complex casework and emergency relief, including Foodbank, material aid, referrals and more. If you would like to support this important work, please consider a gift to JRS Australia, or contact volunteers@jrs.org.au to see how you can get involved! **Donate to JRS Australia** here: <https://aus.jrs.net/en/donate/>

19 July 2024 - Free Together: Stories of Strength, Unity and Family

Please join us for a special evening event featuring a showcase of powerful presentations and performances by leaders with lived experience from the JRS Australia Refugee Leadership Program. The event promises to be a deeply moving and enlightening experience, providing a platform for refugee voices to be heard and celebrated. It is an opportunity to come together as a community, to listen, learn, and support one another in the spirit of Refugee Week. A beautiful Persian dinner will be provided prepared by JRS Australia clientele.

- When: 6pm-9pm, Friday 19 July 2024
- Where: Cloister Function Room, St Patrick's Cathedral, Parramatta

Attendance is free and all are welcome. An optional \$30 donation is available for those in a position to contribute. For additional information, please contact Amelia : amelia.savage@jrs.org.au



The above is taken from the most recent JRS newsletter. To subscribe, visit <https://aus.jrs.net/en/jrs-australia-newsletter-subscribe/>

~ Parish Social Justice Team

MORE PARISH NOTICES

ALPHA COACHING DAY

2024

Alpha

Alpha Teams, and others who are interested in learning more about Alpha, are invited to join this Alpha Day Coaching, where you will be equipped to run Alpha in your parish.

The day will include setting the vision for and embedding Alpha in the parish, building a team, small group facilitation coaching, Alpha retreat coaching, promotion and invitation.

RSVP BY 19 JULY 2024



Register using QR code or go to:

<https://forms.gle/b15fcDgXqvUx5rEW8>



SATURDAY 27 JULY 2024
9.00 AM - 4.00PM

OUR LADY HELP OF CHRISTIANS
EPPING PARISH HALL
33 OXFORD ST EPPING NSW



Facilitated by
TANIA RIMAC
Alpha in a Catholic
Context Specialist

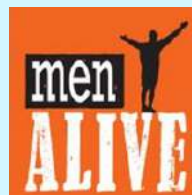
For more information contact tania.rimac@alpha.org.au

NAMETAG SUNDAY AT BOTH CHURCHES!

every 1st Sunday
of the month,
all Masses



A gentle reminder it's **Name Tag Sunday** on the weekend of **6th/7th July**. Remember to come with a name tag or use our marker to write your name on the labels provided.



menALIVE:

Single or married men aged 18 and up.
Contact: phillip.senger@eppcarl.org.au
to find out more.

FORMED

The Catholic Faith. On Demand. For all ages

Formed.org is a resource our parish offers to you for FREE. There are many faith formation series/videos to watch that can help us grow not just in faith and knowledge but also in our intrigue with our Catholic faith. You can also download it as an app. There is something for every member of the family! To sign up for FORMED: <http://www.formed.org/signup> Click 'sign up as a parishioner' and enter the **parish code: 2121**. Enter your email – and you're in. Enjoy!



You're Invited

New Epping Parish Hall,
Our Lady Help of Christians,
33 Oxford Street, Epping NSW
Friday 16 August, 7:00 PM - 9:30 PM

Alpha is an opportunity to explore
life, faith and God in a friendly,
open and informal environment.



Scan to register

Enquiries? Please Email
alpha@eppcarl.org.au



Enquiries? Please email
alpha@eppcarl.org.au

OTHER NOTICES

Celebrations this Week

Ordinary Week 14

9 July Tue: *St Augustine Zhao Rong and companions*
11 July Thur: *St Benedict*
13 July Sat: *St Henry*

Ordinary Week 15

15 July Mon: *St Bonaventure*
16 July Tue: *Our Lady of Mount Carmel*
20 July Sat: *St Apollinaris*

Everyone welcome!

Our Lady of Immaculate Conception Miraculous Medal Novena Mass

27th of July 2024 at 10:30am
St Agatha Church
20 Boundary Rd. Pennant Hills, 2120
(Enter through Trebor Rd)



Year of Prayer: Very Rev Fr David Ranson's Meditation Series on Christian Prayer in preparation for the 2025 Jubilee is receiving very positive feedback. The series can be found at <https://www.bbcatholic.org.au/mission/year-of-prayer> or on the Diocese YouTube channel: <https://www.youtube.com/user/brokenbay1>

Please submit prayer intentions at: amm.org.au/prayer-request/

Safeguarding

Brought to you by the Catholic Diocese of Broken Bay

New Safeguarding Microsite: Our Diocese has a new Safeguarding Broken Bay microsite. This has updated content, is user-friendly, easy to navigate and can be reached via the main menu or directly at <https://www.dbbsafeguarding.com.au/>



**BE YOUR
BEST SELF
here**



14th Sunday in Ordinary Time - 7 July 2024

Ps 122 Response: Our eyes are fixed on the Lord, pleading for his mercy.

Gospel Acclamation: Alleluia, Alleluia!

The Spirit of the Lord is upon me; he sent me to bring Good News to the poor.

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.	
EPPING	-	6:00pm	-	-	-	8:00am	
CARLINGFORD	9:30am	-	9:30am	9:30am	9:30am	-	

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

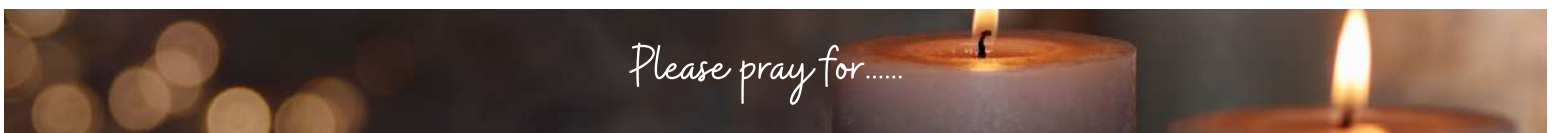
POSTAL ADDRESS FOR THE PARISH OFFICE: PO Box 369, Epping NSW 1710

ST GERARD'S PRIMARY SCHOOL: PH - 7256 2140 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



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

- Elaine Finlayson (Marie Saul's sister)
- Sister Rosalia Carlon (Marie Saul's sister)
- Elizabeth Barton
- Pat Booth
- Anita Hoffman
- Estelle Moses



Update from Elena Green: Please accept my heartfelt thanks for your prayers. Both the surgery on my arm and eye were successful and I received the best outcomes I could hope for. Since my name was in the bulletin I received a lot of support from parishioners who also assured me of their prayers. The prayers and support I received helped me through this time and gave me a sense of peace. With sincere gratitude, Elena Green.

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 - Stan MacDonald, Maria Fong (Goretti's mother-in-law)

Anniversaries - MaryAnne, Anthony, Maureen and Hugh Mulligan, Noelene Viset, Domenico Staltari, Dorrie Flanagan (mother of Betty Connors), Howard Carey, Eddie Lee (uncle of Kevin Siau).

"Heavenly Father, I lift up my broken heart to you in this time of loss. Fill me with your peace that is beyond all understanding, and help me to trust in you, even when it feels unbearable. Comfort me and everyone who is mourning, and may we feel your love surrounding us right now. In Jesus' name, Amen."

15th Sunday in Ordinary Time - 14 July 2024

Ps 84:9-14 Response: Lord, show us your mercy and love, and grant us your salvation.

Gospel Acclamation: Alleluia, Alleluia!

May the Father of our Lord Jesus Christ enlighten the eyes of our heart that we might see how great is the hope to which we are called.