

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

Giving

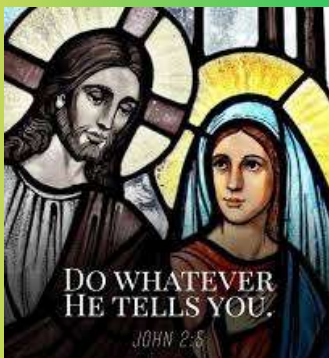
Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



Readings

12 JANUARY 2025

Isaiah 40:1-5, 9-11

Acts 10:34-38

Luke 3:15-16, 21-22

19 JANUARY 2025

Isaiah 62:1-5

1 Corinthians 12:4-11

John 2:1-11



The Catholic Parish of Epping & Carlingford



12 JANUARY 2025 BAPTISM OF THE LORD

YEAR C 19 JANUARY 2025 SECOND SUNDAY IN ORDINARY TIME

It's 2025! We begin this new year by welcoming some new people to our parish team. Our new Youth Ministries Coordinator Holly Lawton commences on Jan 14th. Fr Joey Frez will become a priest in residence (meaning that he is not appointed as assistant priest, but will be available to assist from time to time) in the last week of

January. And we will welcome seminarian Matthew French who will live at Carlingford presbytery whilst continuing to study theology, and he will also become involved in ministries in the parish. *Please make them all welcome.*




But most of the work of the parish isn't done by the clergy and the employed staff. It is done by you as parishioners who live out your baptismal vocation in the church, using the gifts you receive from the Holy Spirit in a plethora of ways.

We look forward to celebrating with you and thanking you at our annual **Volunteers Mass and Dinner on Tues Feb 18th**. You'll receive an invitation through your ministry coordinator. And if you've decided that 2025 is your year to get involved in a ministry, grab the green volunteers form from the back of the church, or talk with any member of the parish team.

~Fr Jim McKeon

Presbytery: This year Fr Aldrin, Fr Joey and Matthew French will be living at the Carlingford presbytery. Fr Jim is moving temporarily to an apartment in Smith St Epping until the new presbytery apartments at OLHC are completed.

The new year can be tough for some people. Debt from Christmas, or back to school costs, or the unravelling of relationships which just held on till Christmas can leave us unsure of where to turn for help. CatholicCare is the social care agency of our diocese. They offer services for domestic and family violence, homelessness, parenting, relationship counselling, aged care, foster care and emergency relief. Take a flyer from the back of the church or go to www.catholiccareddb.org.au. For counselling contact 1800 324 924. The priests of the parish are always available. The parish office 9876 2853 diverts to either Fr Jim or Fr Aldrin after hours. The St Vincent De Paul Society offers practical assistance to people in financial need. Call the Hornsby regional office on 9477 5022 during office hours and they'll arrange for two of our local Vinnies volunteers to come and visit you at home.

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 come to visit over Christmas.

You gave a total of 31 gifts and donated \$400 in total. Beautiful Christmas bags were bought for each family and lots of chocolates and goodies were added to each bag, with extra gifts and Christmas cards added for each child. Chocolates were also given to each carer of the children. Not to mention the large amount of wrapping paper.

Chaplains particularly thank **Natalie Viset** for her wonderful and dedicated work in bringing this altogether. Also **Dennis Porteous and the parish team** for all your time given.

I noticed one Mother, who had 4 children present at the women's prison. Tears were falling down her cheeks when she, after giving each child their gift, watched the excitement in them as they opened the gifts. She turned to me moments later and whispered, "Thank you." I thank you, and wish you all every blessing for 2025.

~Margaret Wiseman, Chaplain Silverwater Women's Correctional Centre

GATHERING OPPORTUNITIES IN OUR NEW DEVELOPMENT

One of the key innovations behind our new development was to ensure there is **ample space for parishioners** to meet, interact, learn, and grow together. The forecourt, featuring a servery window from the Hall kitchen, will serve as an ideal gathering area after Mass. Additionally, three versatile rooms on the lower level have been designed to meet various needs:

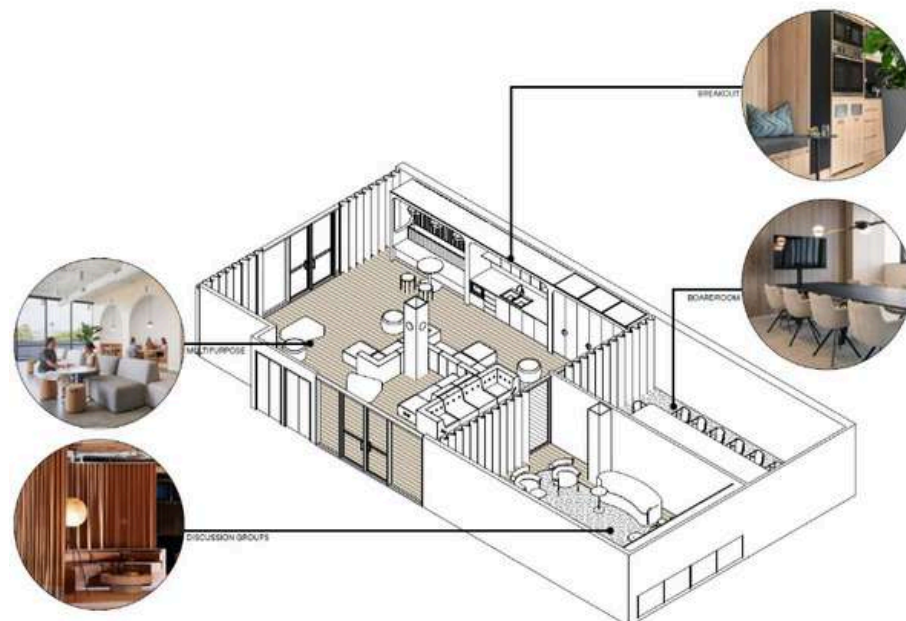
- A smaller discussion room suited for intimate group gatherings or workshops.
- An open-plan, flexible space ideal for larger presentations, playgroups, or breakout sessions, which opens onto a courtyard with seating and a BBQ.
- A boardroom for meetings such as the Parish Pastoral Council or Finance Committee.



The interior design incorporates contemporary styling with a palette inspired by Australia's First Nations people, fostering a sense of connection and inclusion.

As described by our designers:

"The space, and its design intent, aims to bring a community together in an environment that welcomes people from all walks of life. It is the diversity of beliefs, cultures, and families that creates the vibrant color of a community. Experiences may vary, and ages may differ, but the essence of community remains the same - a place where everyone feels welcomed, safe, connected, and free to be themselves."



These spaces are thoughtfully crafted to accommodate the diverse needs of our parish and foster meaningful connections within our community. We eagerly await the handover of the new parish building, carpark and school in the coming months once services are installed and commissioning takes place!

~Richard Houwing

**OUR FAITH FORMATION TEAM
INTRODUCES:**

**Be Transformed by Daily Prayer
with *The Rosary in a Year* Podcast
with Fr. Mark-Mary Ames!**

Starting January 1, 2025



By listening to this podcast, Catholics will discover:

- How to deepen their focus and enter into the mysteries
- How to build a meaningful habit of daily prayer
- The power of Mary's influence in your life

...and more!

Get the **FREE Prayer Plan!**
Scan this QR code with your phone to learn more.
ascensionpress.com/riy



Poco a Poco, learn to pray the Rosary: Use the QR code to learn more. In Ascension's Rosary in a Year podcast, Fr. Mark-Mary Ames, CFR, guides listeners in a step-by-step journey that will change the way you pray – no matter where you are in your spiritual life. You can start anytime and go at your own pace. Each day's podcast is on the website for you to listen to at your convenience. You can sign up here <https://ascensionpress.com/pages/riy-signup> to download the prayer plan and you can follow the Episodes at your own pace here: <https://rosaryinayear.fireside.fm/episodes>
Below is a testimony after listening to the podcast.

Rosary IN A YEAR
DAY 03- Heart of Jesus

Jesus who are You?

Jesus, What is Your heart like?

Jesus, what is Your heart like to me?

Jesus is my safe space, my home, my heaven, my best friend, my hope, my life, my saviour, my EVERYTHING. The very meaning of my life ❤️

Yes Jesus' heart is full of Patience and Mercy

I see myself like a child in His workshop and in spite of Him giving me instructions I keep interrupting Him and asking if I'm doing well and all I see is He smiles back at me, I'm in a hurry but He is not, He's full of Love and I feel so safe and free to be myself that even though I'm messing up He's not angry or upset. I'm trying to keep up, looking at what He's doing but I don't seem to match n i cry, and just then He tells me His secret, that He loves spending time with me and loves it that I'm spending time with Him. And that's what Mamma told Him, that we need to spend time together. 🥹❤️😭 It melts my heart hearing that, I drop the tools and jump onto Him and He embraces me.

This picture within is so real the truth to it all - Jesus and I in His workshop, was not for what I came for but that I came to be with Him and He values that so much. Jesus values the time we give to Him even though we may not know now or feel it strongly, but we will know it once we enter into that personal relationship with Him, which He waits for eagerly. Shalom. 🙏

01:55



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

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 (from 14th Jan)

Holly Lawton Ph: 0404 710 588

Email: Holly.Lawton@bbcatholic.org.au

New Parishioner Engagement Coordinator - St Gerard's

Belinda Shi Ph: 0414 753 362

Email: Belinda.Shi@bbcatholic.org.au

Sacristan - OLHC

Dennis Porteous Ph: 9876 2853

Email: Dennis.Porteous@bbcatholic.org.au



Please note parish email address for general

enquiries: eppcarl@bbcatholic.org.au

parish@eppcarl.org.au is now obsolete.

Updating your contact details for the Parish Office:

Please contact our Parish Secretary, Marcella Letteri, if you need to update your contact details, for eg: mobile number, email address, home address.

You can either pop in to the parish office to see Marcella in person, contact her using details above.

The Faith Formation team has more planned for us in Term 1 such as reading the Gospel of John together. More details to come in the coming month.

In the meanwhile, if you would like to know more, please contact leon.dsylyva@gmail.com or enquire below for:

- **The Bible Timeline** runs throughout the year - held Tuesday evenings 7pm on Zoom. For more information, contact phillip.senger@eppcarl.org.au
- **Reflection and Meditation on Sunday's reading** runs during school term. It is a small group gathering held Friday mornings 10.15am at St. Gerard's meeting room - contact mariefblack3@gmail.com

CHILDREN'S MINISTRIES



FIRST RECONCILIATION 2025

Enrolment for First Reconciliation will commence on Thursday, 23rd January 2025. 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 in Term 1, before enrolment of First Eucharist.

Enrolment information will be emailed to all who celebrated Confirmation in 2024 at our parish 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).

A brochure outlining the key dates for the celebration of children's sacraments will soon be available once all dates are finalised for First Eucharist and Confirmation. Please keep your eyes peeled on this column!

Kidz Word resumes 2 February 2025

In the meanwhile, please remember that we have the "LOOK" **Kidz Bulletin and colouring sheets** for your young children to help them engage during Mass. They are at the back benches of both churches. Feel free to take and remember to return the twistable crayons after Mass!



Thank you to our junior altar servers. To say thanks, we're taking them **ice skating at Macquarie on Thursday Jan 23rd**. Invitations are available in the sacristy, or contact the parish office at 9876 2853 if you were unable to pick one up.



St Gerard's Playgroup is on a break and will resume in Term 1. If you would like more information on our KidzPlay playgroup, please contact Belinda on 0414 753 362 or via email: Belinda.Shi@bbcatholic.org.au



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

Lynn Siau - Lynn.Siau@bbcatholic.org.au or phone Parish Office 9876 2853
Coordinator of Children's Ministries, Sacramental Programme & Parish Communications

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 22nd January 2025**. 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

Youth group	Resumes in 2025 on...
Antioch (year 10-22 years old)	Sunday, 12th Jan 6-8pm <small>St Gerard's meeting room</small>
Cana (year 7-9)	Friday, 31st Jan 7:30-9pm <small>St Gerard's parish hall</small>
Emmaus (23-30years old)	Tuesday 4th Feb, 7-8:30pm <small>St Gerard's meeting room</small>

Emmaus will move to OLHC Epping once the new building is available.



For our younger teenagers we have a Year 7-9 youth group called **Cana**, and to launch the year, we're going to **Laser Tag at Macquarie** on **Tuesday Jan 21st**. Contact Holly.Lawton@bbcatholic.org.au for a permission form, or take one from the back of the church.

5pm Sunday night Mass at St Gerard's is our youth-led Mass where all the ministries are led by our young people. The after Mass BBQ will be taking a break and will recommence later in January.

Antioch Weekend

2025

"Give thanks to the Lord, for He is good; His love endures forever."
Psalm 107:1

Place: St Gerard's Church grounds, 543 North Rocks Rd, Carlingford
Dates: Saturday 15th and Sunday 16th February
Times: Saturday 10am-10pm, Sunday 10am-9pm
Cost: \$50
Age: Year 10 to 23 years old

For more information please contact:
 Fr Jim Jim.McKeon@bbcatholic.org.au
 Parent Support: Cres - 0490 472 258 | Lui - 0468 476 009

SCAN to Get Tickets
<https://www.trybooking.com/events/landing/1321692>

Enjoy talks, discussions, music, prayer and food.
We can't wait to see you there!

The Antioch Youth Group has been a defining feature of our parish for 40 years. Nowhere else is there a youth ministry with such continuity and stability. Its success and genius is that while it is supported by the clergy, parents and youth minister, it is young people in Year 10 up to aged 23 who lead each gathering, who give the talks and lead the prayers. Young people begin as participants and gradually as their faith and confidence grow they take up leadership in the group and become the ones who witness faith to the younger ones.

In February this cycle starts again as we invite people in Year 10 and up (from the whole parish) to our **annual retreat weekend held at St Gerard's** on **Feb 15th and 16th**. In the coming weeks you'll hear Antioch members speak at Mass, inviting young people in Year 10 up to age 22 to take part.

Go to [trybooking.com/events/landing/1321692](https://www.trybooking.com/events/landing/1321692) or use the QR code for information and registration or take a flyer from the back of the church. We'll also be asking the whole parish to support the weekend with food donations as you have so generously done each year.

Contact Antioch parent support if you have any questions: email Cres & Lui Yparraguirre on cresyparraguirre@outlook.com or Mobile: 0490 472 258.

You can also contact the Youth Minister, Holly, on 0404 710 588 or send her an email at Holly.Lawton@bbcatholic.org.au

PARISH SOCIAL JUSTICE

BACK TO SCHOOL! Mums4Refugees NSW, a local charity of mums and carers, collects new school supplies for refugee and asylum seeker children. These kits, distributed by Jesuit Refugee Service (JRS) in Parramatta, provided over 120 backpacks to students last year.

~cont'd on next page



This year, NEW items will be collected until **January 19th** so that the supplies can reach young people in a timely fashion before the new school year. The aim is to collect at least 100 kits (50 primary and 50 high school). Items needed include:

- * Erasers/rubbers (primary & high school)
- * Coloured textas (primary)
- * Coloured pencils (primary & high school)
- * Glue sticks (primary & high school)
- * Rulers (primary)
- * Pencil cases (primary & high school)
- * Small scissors (primary)
- * Highlighter pens (upper primary & high school)
- * Black and/or blue ballpoint pens (primary & high school)
- * Maths kit (upper primary & high school)
- * 96 and 128-paged lined notebooks (high school)
- * 5mm graphed maths notebooks (high school)
- * Scrap books (primary school)



These items can be found in many local shops, with OfficeWorks, Big W and Kmart having a particularly large selection. **Please note that we already have a supply of new pencils to cover at least 100 kits.** Boxes will be placed in both churches as usual, from the 12th January, and will be collected the weekend of 18/19th Jan.

~With much thanks from the Parish Social Justice Team

A PARTING GIFT FROM SIMONE NOEL



I don't think I'm exaggerating when I say that I must have made around one thousand batches of these brownies in the last thirty years. They ALWAYS bring people together. They entice the most tired of teenage boys to pay attention and contribute on Friday afternoons at school, they can be dessert for all of my in-laws as long as they are accompanied by ice-cream, they can raise money at a fete, they can be packed in a little box to comfort grieving families and they can break the ice at the end of Mass.

The recipe is precious because it is easy but it is NOT a secret. I share it with whoever asks... It is a gift that keeps giving! 😊 Brownies are a food that can build community! We have another gift who keeps giving... a God who loves us, who is empathy incarnate in Jesus.

I believe that we should be sharing that gift of our God but that this sharing needs to be done with trusting friendships and in community. It is a little flippant to say that brownies can build community and lead to Jesus but... they can help.

I dream that our parish will become a place where hospitality and welcome help to build those friendships, where it is safe to ask, "What do YOU believe? How do you keep going when life is tough? Who is your God?"

Much love,

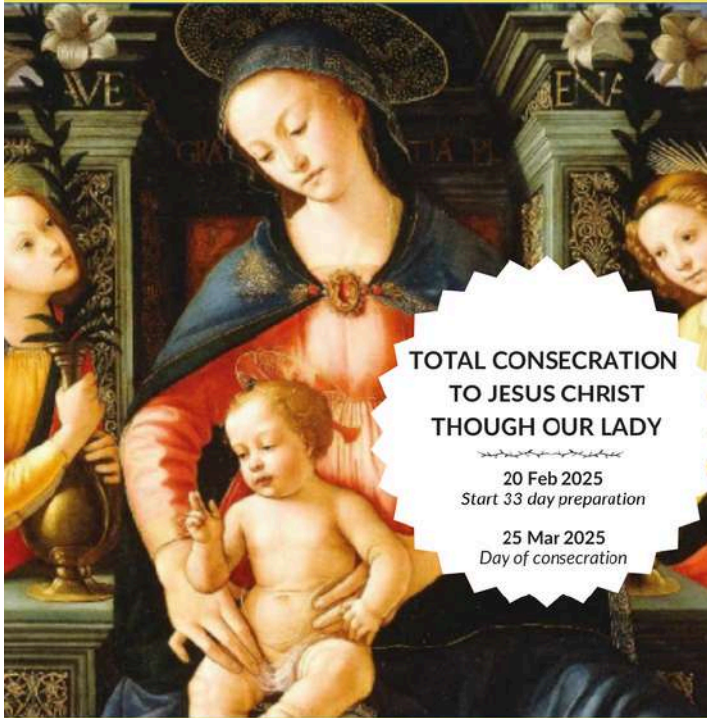
- 250g butter
- 1 + ½ cups of white sugar
- 1 cup of cocoa (I use Coles Brand, nothing fancy)
- 1 cup of hot chocolate powder (I use Coles brand, nothing fancy)
- 4 eggs
- 1 + ½ cup of plain flour
- 1-2 packs of choc chips or any chocolate left-overs cut up



- Heat the oven around 180°C and cover a large rectangular shallow slice tin in baking paper (So the brownies don't stick. If you leave a bit hanging over the long edges, it becomes easy to lift the whole slice out of the tin when it's cooked).
- In a large mixing bowl, melt the butter on HIGH one minute in the microwave.
- Add sugar and cocoa and hot choco and mix.
- Add eggs and mix.
- Add flour and choc chips and mix.
- If it seems a little dry, add ½ cup of milk or cream to allow you to mix and scrape into the mould.
- Pour into the tin/mould and flatten.
- Cook for 20-35 minutes depending on your oven. It's OK for it to be a little soft and goey in the middle. As it cools, the slice will solidify a little.
- Wait until completely cool to lift out and cut OR eat warm while still goey with ice-cream! Yum! 😊

~Simone Noel, signing off

Our Devotions Team brings us:



**TOTAL CONSECRATION
TO JESUS CHRIST
THROUGH OUR LADY**

20 Feb 2025
Start 33 day preparation

25 Mar 2025
Day of consecration

Have you ever questioned the providence and love of God? Are you prepared to rely only on God for everything? Do you want to be in charge of your own security and well-being? Do you think that a little bargaining with evil, is perhaps necessary to live in this world? Have you ever pondered on purpose of your life?

The high standard of ordinary Christian living can often seem daunting, but it becomes so much easier when we realize that it simply means remaining with our Mother and allowing her to shape us into her Son. Who was ever lost that had recourse to the most Blessed Virgin?

More information and a sign-up form are available at the back of the church

CARLINGFORD CHARISMATIC PRAYER GROUP

WHEN: Wednesdays @ 7.00 pm

WHERE: St Gerard's Church (Children's room at back of church)

STUDY SERIES: 'Living with Holy Spirit Power' by Bruce Downes Ministries

CONTACT: Margaret at 0401 133 368 or via email mtmk.wk.ccr@gmail.com



CHARISMATIC BOOK STALL MINISTRY



The Charismatic Ministry has set up a book stall at the back of the Church. This stall offers books for adults and children, along with informative leaflets. The prices are marked and available at a discounted cost price. Please place your money in the provided envelope, noting the name of the item(s), the cost per item, and the total cost. Then, place the envelope in the Prayer Request box located next to the bookstall.

FOR LEASE

NEW STUDIO APARTMENT AVAILABLE MID JANUARY: BEECROFT (in family home). One large room, one smaller room. Furnished, kitchenette, bathroom. Garage space, own entrance. **Suit single person only.** Private and self-contained. Enquiries: Pat 0407 908 640



OTHER NOTICES

Celebrations this Week

Ordinary Time Week 1

13 January Mon: *St Hilary*

17 January Fri: *St Anthony*

Ordinary Time Week 2

20 January Mon: *St Fabian, St Sebastian*

21 January Tue: *St Agnes*

22 January Wed: *St Vincent*

24 January Fri: *St Francis de Sales*

25 January Sat: **The Conversion of Saint Paul**

NORTH ROCKS CATHOLIC CEMETERY - AVAILABLE GRAVE PLOTS:

There are **3** empty plots (two side by side, one on its own) that are the last remaining in North Rocks Catholic cemetery, located on North Rocks Road in Carlingford.

All enquiries welcome. Please phone Nellie Kelleher on **0409 235 386.**



Go on retreat! Maybe this is a goal for you this year. The Jesuit retreat centre, Peter Canisius House in Pymble offers one day and multiday (live-in) retreats

throughout the year. A range of dates are below:

- **Friday 21 March:** 1 day (2 nights), 4 days (5 nights), 6 days (7 nights), and 8 days (9 nights)
- **Friday 16 May:** 1 day (2 nights), 4 days (5 nights), and 6 days (7 nights)
- **Friday 25 July:** 1 day (2 nights), 4 days (5 nights), 6 days (7 nights), and 8 days (9 nights)
- **Friday 12 September:** 1 day (2 nights), 4 days (5 nights), 6 days (7 nights)
- **Friday 7 November:** 1 day (2 nights), 4 days (5 nights), 6 days (7 nights)

For bookings and enquiries, contact Sandra on 1300 EXAMEN (1300-392-636) or info@jisa.org.au

Baptism of the Lord - 12 Jan 2025

Ps 28:1-4, 9-10 Response: The Lord will bless his people with peace.

Gospel Acclamation: Alleluia, Alleluia!

John said: He who is to come is mightier than I; he will baptise you with the Holy Spirit and with fire.

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



ATTENTION PLEASE



There is no Healing Mass in January.

Please pray for.....

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

- Ken Leslie
- Leonie Oliver
- Jema Oshana
- Sr Rosalie Carlon
- Guy Chan
- Louis Yeung (Goretti's brother)

- Lillian Chan
- Margaret Hall
- Roslyn Rodriguez
- Anita Hoffman
- Elizabeth Barton (we ask for your continued prayers for Elizabeth as she is very ill, as well as for her husband, Charles, please.)



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 - Bryan Smith

Anniversaries & Remembrance - Judy Wright, Michael Coonan (son of Margaret Coonan), John Rigney (brother of Margaret Coonan)

2nd Sunday in Ordinary Time - 19 Jan 2025

Ps 95:1-3, 7-10 Response: Proclaim his marvellous deeds to all the nations.

Gospel Acclamation: Alleluia, Alleluia!

God has called us with the gospel to share in the glory of our Lord Jesus Christ.