

# Diocese of Broken Bay

Parish Priest: Fr Jim McKeon  
[Jim.McKeon@bbcatholic.org.au](mailto:Jim.McKeon@bbcatholic.org.au)

Assistant Priest: Fr Aldrin Valdehueza  
[Aldrin.Valdehueza@bbcatholic.org.au](mailto: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](http://eppcarl.org.au)

## Email

[eppcarl@bbcatholic.org.au](mailto:eppcarl@bbcatholic.org.au)

## Single Donation

### Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



## Readings

**18 AUGUST 2024**

Proverbs 9:1-6  
Ephesians 5:15-20  
John 6:51-58

**25 AUGUST 2024**

Joshua 24:1-2,15-18  
Ephesians 5:21-32  
John 6:60-69



## The Catholic Parish of Epping & Carlingford



YEAR B

**18 AUGUST 2024 TWENTIETH SUNDAY IN ORDINARY TIME**  
**25 AUGUST 2024 TWENTY-FIRST SUNDAY IN ORDINARY TIME**



Photo credit: Anthony O'Reilly

**Thank you and farewell:** Thank you to everyone for your kindness, prayers and congratulations to me on my 25th anniversary of ordination. It has been wonderful to celebrate with the OLHC community last weekend and St Gerard's community this weekend.

I am now taking 6 weeks of long service leave starting Monday Aug 26th during which I will be walking the Camino in Spain. My hope is to walk 25 days and each day to remember and give thanks to God for each year of being a priest. You can follow my journey here: <https://frjimsreflections.blogspot.com/>

While I am away **Fr Aldrin** will be appointed as Administrator (which means temporary parish priest) of the parish. This gives him authority to do anything which I would usually do in terms of decision making and signing off on documents. Thank you to Fr Aldrin for taking up this responsibility. Please contact Fr Aldrin directly for any help you need while I am away.

Thank you also to *Fr Andrew Murray* and *Fr Geoff Bugden* who will be filling in Sunday Masses while I am away. I return on **Monday Oct 7th**.

**Staffing Changes:** Our newly appointed OLHC facilities manager Nancy Ghazaleh has resigned in order to provide urgent care to a family member. With no adequate time to recruit another person for this position Deacon Richard Houwing will be taking on the duties of the facilities manager in addition to his overall responsibility as business manager for the next three months. He will now work Mondays to Fridays 8.30am – 4.30pm. Parish secretary Marcella Letteri will also increase her hours working Monday to Friday 8.30am – 3pm. I am very grateful to them for the additional duties which they are taking up in the crucial months of transition ahead. Please be aware of their additional workload and be patient when making requests of the parish office (which remains at Carlingford at this time).

~Fr Jim McKeon



**Deacon Hien Vu** will be ordained a priest at **OLOR Cathedral, 23 Yardley Ave Waitara on Saturday August 24th at 11am**. Many of you would remember Hien from his time as a seminarian at our parish in 2021. If you have never been to an ordination before this will be a particularly beautiful one incorporating music and touches from Hien's Vietnamese heritage. Come and join us in praying for Hien and congratulating him.

## NEW OLHC BUILDING UPDATE



**Parish Hall:** The new OLHC Hall will be on the Oxford St ground level of the new parish centre building. It is beautifully designed with timber linings and a clever sawtooth roof and windows which will allow diffused natural light in.

While of a modest size to seat 200 people it will open up into a large foyer which itself opens up onto the new Oxford St forecourt which we can now see nearing completion.

A large kitchen servery will have two openings: one to the foyer for indoor events and one to the forecourt for outdoor

events. At last we will no longer need to fill portable urns for morning tea after Mass, and with a fast commercial dishwasher we will be able to use and hygienically wash crockery mugs rather than disposable paper cups! Furthermore, we have incorporated modern audio-visual equipment including a range of microphones for musicals & drama including video pan, tilt & zoom camera.

The hall level will connect to the church through glazed walkway, and this will be the way to access church from the carpark via stairs or an elevator. We anticipate having Alpha and other programs, community dinners, morning teas and children's liturgy of the word in the hall, and OLHC school using it for school assemblies, concerts and sports.

We expect the hall to be sought after for private bookings also and we will make it available for hire in 2025 as the revenue earned will offset the running and maintenance costs of the new building. The rates will be set by a commercial valuation but parishioners will be eligible for a discount.

## Sip & Sew NEW FACILITIES HELP!

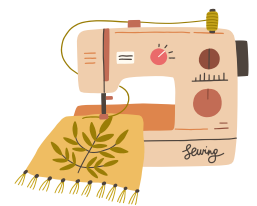


### **Please help with tablecloths and aprons for our new facilities**

If you have a sewing machine, a desire to build community and want to contribute in a practical way to reaching out to others, join our small team of generous volunteers.

- When: Saturday 31 August
- Where: St Gerard's Meeting Room (plenty of parking available past the boom gate)
- Time: 9:30am
- Bring: Good cheer, machine, threads, scissors, applique fabric and material if you have any and ideas for decorating our parish aprons

Contact Simone: [Simone.Noel@bbcatholic.org.au](mailto:Simone.Noel@bbcatholic.org.au) or text 0414 753 799



**Time Taken so Tiny Tots have Toys:** It would be hard to list all the generous parishioners who have donated toys for the relaunch of our Kidzplay playgroup. Popping them into a charity box would have been so much simpler than patiently disinfecting them, packing them and delivering them. We are so grateful to all parishioners who made the effort and to all children who were made to choose which of their favourites they would give up.

Our inaugural **Kidzplay** will start later than anticipated but our assortment of toys is being safely stored in the meantime. Until we are in our new facilities and know how much storage space we have, the collection is probably just enough!

~ Simone Noel with gratitude

**ST GERARD'S PRIMARY SCHOOL ON  
FR JIM'S 25TH ANNIVERSARY**



Fr Jim and Dcn Richard with some St Gerard's students

On Wednesday morning, the St Gerard's school community celebrated **Fr Jim's 25th Anniversary of his ordination** as a priest with a liturgy.

Students and teachers showed Fr Jim how much they value his contribution to the school community through song and words. The kindness, joy, and enthusiasm he shows during Masses and his visits to St Gerard's classrooms teach students how to be closer to God and help them become better people.

We have shared a video on Facebook with our students expressing their sentiments and gratitude to Fr Jim here: <https://fb.watch/tXOF4q8b3h/> or scan the QR code on the right.



Thank you Fr Jim, for helping, teaching and praying for the St Gerard's school community. Congratulations on your 25th Anniversary!

*~Article and photo by St Gerard's School*

**MORE PARISH NEWS AND UPDATES**



*Parish Team*

**Parish Secretary**

**Marcella Letteri** Ph: 9876 2853

Email: [Marcella.Letteri@bbcatholic.org.au](mailto:Marcella.Letteri@bbcatholic.org.au)

**Business Manager**

**Deacon Richard Houwing** Ph: 9876 2853

Email: [Richard.Houwing@bbcatholic.org.au](mailto:Richard.Houwing@bbcatholic.org.au)

**Admin. Assistant**

**Michael Davies** Ph: 9876 2853

Email: [Michael.Davies@bbcatholic.org.au](mailto: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](mailto:Lynn.Siau@bbcatholic.org.au)

**Youth Ministry Coordinator**

**Joanna Mak** Ph: 0404 710 588

Email: [Joanna.Mak@bbcatholic.org.au](mailto:Joanna.Mak@bbcatholic.org.au)

**New Parishioner Engagement Coordinator - St Gerard's**

**Belinda Shi** Ph: 0414 753 362

Email: [Belinda.Shi@bbcatholic.org.au](mailto:Belinda.Shi@bbcatholic.org.au)

**Pastoral Worker - OLHC**

**Simone Noel** Ph: 0414 753 799

Email: [Simone.Noel@bbcatholic.org.au](mailto:Simone.Noel@bbcatholic.org.au)

**New parish email address for general enquiries: [eppcarl@bbcatholic.org.au](mailto:eppcarl@bbcatholic.org.au)**

Please note [parish@eppcarl.org.au](mailto:parish@eppcarl.org.au) will be obsolete.



**After Hours Sick Calls (for emergency only) :**

9876 2853 Outside office hours our office phones divert to Fr Jim or Fr Aldrin for emergencies.

**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.

Pictured on the left: **Emeritus Bishop David Walker** recently shared his deep spirituality with our parish community through a course on John of the Cross. His insightful presentation on the great book \*Ascent of Mount Carmel\* captivated all in attendance. Parishioners were enthralled by both the profound teachings of the book and Bishop David's inspiring delivery.

*~ more parish news continued in the back pages*

## SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



**2024 Confirmation:** We are halfway through our preparation sessions! We certainly started the Confirmation journey with a party for the children! After being presented at Mass with their parents, everyone had great fun with a bigger than usual morning tea and a jumping castle. I am so grateful to everyone who made a wonderful morning possible, especially the parents who accompanied their

children and are committed to the programme, also of course the hospitality team for coming together to support us. There are lots of exciting things happening in the coming weeks as the children progress through the preparation. You will no doubt see them at one of their Presentation Masses. Our parish will celebrate Confirmation this year on Saturday the 7th September at:

- St Gerard's Church 10am
- Our Lady Help of Christians' Church 1pm

Please keep the children and their family in your prayers as they approach this big day. If you have any questions regarding any of our parish Children's Ministries (Sacramental Programmes, Family Kidz Mass, Kidz Word, etc.), please send an email to Lynn Siau (contact details below).

Join our **Children's Liturgy** team to help children learn about God's Word in an age-appropriate and engaging way! As we look forward to re-establishing our Children's Ministries when OLHC re-opens, we need you to help in various ways. You could lead a 20-minute easy session with support, or be a silent assistant if you wish, or simply help spread the word around. **During school term at the OLHC 10:15am Mass.** Email Lynn for more information and thank-you to a couple of you who have enquired; we are catching up next weekend!

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/255948268913440/](https://www.facebook.com/groups/255948268913440/)

or via the QR code shown here:



Please remember we have the "LOOK" Kidz Bulletin and colouring sheets for your younger children every week to help them (hopefully!) engage during Mass. These are usually placed on the benchtop at the back of both OLHC and St Gerard's Church. Would you kindly ensure that the crayons are returned to the box at the back of the church please?

### Lynn Siau

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

[Lynn.Siau@bbcatholic.org.au](mailto: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](mailto:Lynn.Siau@bbcatholic.org.au) before **10am on Wednesday 28th August 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

**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](https://bbcatholic.org.au/epping-carlingford/news-events/parish-newsletter)

## YOUTH MINISTRIES



**Cana (Year 6-9):** Cana is held fortnightly on Fridays at St Gerard's in the parish hall **7:30-9pm**. **Please note: as of Term 3, Cana is held every fortnight instead of weekly.** Remaining Cana dates for Term 3 are: 23rd Aug, 6th Sept and 20th Sept.

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 **18th and 25th August, 6-8pm** at St Gerard's meeting room. All welcome! *Note: No meeting 1st September due to Father's Day.*

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



**Emmaus young adults (23-30 year olds):** Emmaus are meeting on the **20th August, 7-8:30pm** at St Gerard's meeting room. Topic will be on reconciliation and there will be the opportunity for reconciliation with a Priest.

YOUNG ADULTS EVENT

# The Story of Mary

Learn about the life of Saint Mary Mackillop with other young adults

SUNDAY 22ND SEPTEMBER | 10 AM  
Mary Mackillop Place  
7-11 Mount Street  
North Sydney, 2060

Museum entry - \$10.00

**Schedule**  
Mass: 10am  
Museum Tour: 11am - 12.30pm  
Liturgy/Reflection: 12.30pm - 1pm  
Lunch to follow

RSVP via QR code

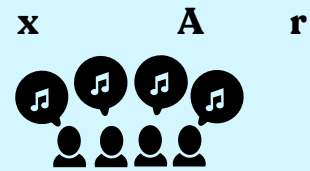


'NEVER SEE A NEED WITHOUT DOING SOMETHING ABOUT IT'  
MARY MACKILLOP

**Half day retreat for 18-35 year olds:** RSVP via the QR code or click [here](#).

### Accommodation needed for our Diocesan Youth Conference, Ignite.

Is anyone able to provide accommodation for a mother with 2 girls aged 17 and 15 years old who are coming to Sydney from Brisbane to attend the Ignite Conference 2024 at St Leo's Wahroonga from Thursday 26 to Sunday 29 September? There may also be another mother coming with a 14-year-old daughter for Ignite. Your support would be greatly appreciated. If you are able to assist please contact the parish office: 9876 2853.



We are looking for youth singers who want to join our choir on the **3rd Sunday of each month**. Please contact Joanna if you are able to help. Contact details below.

**SYDNEY** at Cathedral Precinct Waitara  
26 - 29 September 2024 Hosted in and supported by the Diocese of Broken Bay  
Registration: [igniteconference.com.au/](https://igniteconference.com.au/)

IGNITE YOUTH IGNITE CONFERENCE 24

# RISE UP!

A NATIONAL CATHOLIC CONFERENCE WITH SOMETHING EVERYONE

IN THE NAME OF JESUS CHRIST OF NAZARETH, RISE UP AND WALK. ACTS 3:6-7



26th-29th September (Thurs-Sunday) 2024

<https://igniteconference.com.au/sydney>

**Joanna's Work Hours:** 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](mailto:Joanna.Mak@bbcatholic.org.au)

## SOCIAL JUSTICE

Let's Help

The Catholic Church  
EJC  
of Liverpool & Carlisle

# THOSE IN NEED



What We Need  
Gift cards - Soap - Deodorant - Socks

THANK YOU FOR YOUR KINDNESS



**Parish Support for Refugees & Asylum Seekers:** Our Parish Social Justice Team along with JRS (Jesuit Refugee Service) asks for your generous support for the **Fathers Day Appeal on the weekend 24th/25th August**. Marked boxes will be placed at both St Gerards and OLHC church.

Items requested for your consideration are:

- soap (liquid and cakes)
- disposable razors
- roll-on deodorant
- socks
- gift cards (\$20-\$25)

Your donations will be distributed by JRS whom many depend on for their basic needs. Further enquiries to John Whealy at [johnwwhealy@gmail.com](mailto:johnwwhealy@gmail.com)

Thank You

## MORE PARISH NOTICES



**Confirmation Gifts:** The Piety stall at St Gerard's has a range of Confirmation gifts for children. It's open after the 6pm vigil, 7.45am and 9.30am Masses, and profits go to the St Vincent de Paul Society.

**Defibrillator Training:** Recently the local Saint Vincent de Paul Conference were given a Government Grant to purchase an automatic defibrillator to install in the **Parish Meeting Room at St Gerard's Carlingford**. This unit is for the use of all groups that use the room.

**A training session on how to operate it will be held in the meeting room on Monday 23rd September at 7.00pm.**



Anyone interested in participating is asked to advise **Pat on 0417219234** or the Parish office. The Society would like at least one representative of each group who uses the Parish Meeting Room to attend the training.

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Parish servery (internal) - Parish Hall



Parish servery (external) - Parish Hall



## OTHER NOTICES

### Celebrations this Week

#### Ordinary Week 20

19 August Mon: *St John Eudes*

20 August Tue: *St Bernard*

21 August Wed: *St Pius X*

22 August Thur: *The Queenship of the Blessed Virgin Mary*

23 August Fri: *St Rose of Lima*

24 August Sat: **St Bartholomew**

#### Ordinary Week 21

27 August Tue: *St Monica*

28 August Wed: *St Augustine*

29 August Thur: *The Passion of St John the Baptist*

A group of people from local churches meets once a term to pray for Carlingford, Epping Boys', and Cheltenham Girls' High Schools.

**Please join us in praying** for the students, staff, scripture teachers and chaplains at these schools. We will meet via **Zoom from 8-9pm on Thursday 22 August.**

Contact Katrina Collins for Zoom details [ckjsge@gmail.com](mailto:ckjsge@gmail.com) or 0400 488 459.



**Who is St Phoebe?** Phoebe is described by St Paul as a deacon in Romans 16:1-2, making her stand out as a woman with a defined role in the early church, and a model for women in leadership and ministry today.

*Australian Catholics Exploring the Diaconate supported by Catholic Religious Australia*, invite you to the St Phoebe Webinar 2024 with Geraldine Doogue AO, Fr Frank Brennan SJ, and Dr Sandie Cornish to reflect on synodality, women in ministry, and hear personal stories about Australian diaconal ministry.

**Tuesday 3rd September, the feast of St Phoebe, 7.30pm**

Register at <https://events.humanitix.com/st-phoebe-webinar-2024-where-are-st-phoebe-s-successors-today> or via QR code on the right. You can also watch last year's webinar at <https://liturgyonthemargins.org>.



### SERRA VOCATIONS MASS AND DINNER MEETING

- When: Thursday 22nd August 2024
- Where: Sacred Heart Church  
2 Richard Porter Way, Pymble
- Commencing with Mass at 6PM



**Fr Aldrin Valdehueza**, our Chaplain and Assistant Priest at Epping Carlingford Parish will be celebrating the Mass.

Following the Mass, dinner and a short meeting, our special guest speaker, Sister Virginia Bourke SOSJ will speak to us.

**Topic: "The Life and Times of Saint Mary MacKillop"**. If you would like to learn more about our very own Saint or be reminded of the wonderful woman she was, we would love you to join us for the evening. Everyone is welcome.

For catering purposes, kindly RSVP Henry or Anna Leung: 0478 083 116 or [annaytleung@yahoo.com.au](mailto:annaytleung@yahoo.com.au), or Terry Scanlan: 0438 887 295 or [terry\\_scanlan@bigpond.com](mailto:terry_scanlan@bigpond.com)

### Dark to Light - an exploration on Domestic Violence -

**September 8:** We warmly invite you to a presentation on Domestic Violence September 8 at 1.30 pm at the Holy Name of Mary Church Hall, Hunters Hill. This event features Ms. Livia La Rocca, a trained psychologist with 20 years of experience working with the Good Shepherd Sisters, and Ms. Nicole Yade, CEO of the Women and Girls Emergency Centre, a specialist homelessness service for women and families escaping domestic violence. [www.maristlaityaustralia.com/dark-to-light](http://www.maristlaityaustralia.com/dark-to-light)



## TO HOPE AND ACT WITH CREATION

SEASON OF CREATION 2024

*The firstfruits of hope*  
(Rom 8:19-25)

**September – The Season of Creation:** Come for a one and a half hour stroll to celebrate the Season of Creation in our local bushland with an experienced guide. Use all your senses to relax and enjoy the tranquillity of nature. This flat one kilometre walk will be within most people's abilities.

- Date: Tuesday 10 September 10.30am
- Place: Field of Mars Gladesville

Bookings essential as places are limited.

Please email [office@eppinganglicans.org.au](mailto:office@eppinganglicans.org.au)

The meeting place will be advised in reply to your booking email.

## COLLEGE OPEN MORNING

### TUESDAY 27<sup>TH</sup> AUGUST 9AM-11AM

[www.mercychatswood.nsw.edu.au](http://www.mercychatswood.nsw.edu.au)



## 20th Sunday in Ordinary Time - 18 Aug 2024

Ps 33:2-3, 10-15 Response: Taste and see the goodness of the Lord.

### Gospel Acclamation: Alleluia, Alleluia!

All who eat my flesh and drink my blood live in me and I in them, says the Lord.

#### WEEKEND MASSES

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

#### WEEKDAY MASSES

	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>	
<b>EPPING</b>	-	6:00pm	-	-	-	8:00am	
<b>CARLINGFORD</b>	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**

*Please pray for.....*

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

- John Donnellan
- Sophia Camilleri (Marie Saul's 10mo great-granddaughter)
- Elaine Finlayson (Marie Saul's sister)
- Sister Rosalia Carlon (Marie Saul's sister)
- Dani Gregorio

- Katherine Barnett
- John Haydon
- Glenn Smith
- Helen Tiltans
- Elizabeth Barton
- Justin Hodges
- Helen Orban



*Marie Saul updates about her great-granddaughter, Baby Sophia: "At the moment she is stabilised while still on steroids. The plan is to slowly reduce the steroids to see how she reacts. Many thanks to all for your prayers and please keep praying for Baby Sophia."*

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

**Recently deceased** - Denis Snell, Claire Clear, Estelle Moses, Guiseppe Pappallo (father of Marcella Letteri), Ann Pereira, Patricia Kelly (previously Sr M Madeleine RSM who taught at St Gerard's), Francoise Espitalier-Noel, Bishop Kevin Manning (former bishop of Parramatta), Hazel Nolan, Gus Breen, Noel Bennett, Diane Price, Fr John Kelly, Derek Hogg, Dayna Song's grandmother (Mrs Oh)

**Anniversaries & Remembrance** - Margaret Floyd, Maria Letteri (Marcella's mother-in-law), Spencer Chen, Edina La Porte, Ana & Mato Matijasic, Bernard Sullivan, Bernadette O'Brien, Barry O'Brien, Greg McShane, Liliana Auwyang, Austy Flaherty, Nikola & Anastazia Matijasic, Tomo & Kate Medved, Slavo & Juliana Medved, Maryanne, Anthony, Maureen & Hugh Mulligan, Francesco & Caterina Rodi

## 21st Sunday in Ordinary Time - 25 Aug 2024

Ps 33:2-3, 16-23 Response: Taste and see the goodness of the Lord.

### Gospel Acclamation: Alleluia, Alleluia!

Your words, Lord, are spirit and life: you have the words of everlasting life.