

Diocese of Broken Bay

Parish Priest: Fr Jim McKeon
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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](#)



The Catholic Parish of Epping & Carlingford



CONNECT



WORSHIP



GIVE



SERVE



GROW

YEAR B

21 JULY 2024 SIXTEENTH SUNDAY IN ORDINARY TIME

28 JULY 2024 SEVENTEENTH SUNDAY IN ORDINARY TIME

St Paul's Letter to the Ephesians: Over the next few weeks we have some fantastic scripture readings at Sunday Mass. From July 28th weeks we take a detour from the Gospel of Mark to hear chapter 6 of the Gospel of John.

This is the famous "I am the Bread of Life" discourse, which begins with the multiplication of loaves and fishes. This is a time when many people reflect on the Eucharist. However, this year I'll be looking at St Paul's Letter to the Ephesians which we read for 6 weeks starting last weekend. While the gospels narrate the events of Jesus' life, death and resurrection, St Paul's letters answer the question "What does the life, death and resurrection of Jesus mean?". St Paul's answer is that God's great plan of salvation is revealed in Christ, that we are become adopted children of God in Christ, and we become incorporated into the Church which is Christ's Body on earth which becomes the place of God's ongoing mission of salvation (the missio Dei) on earth.

You can find any of the homilies you miss on my YouTube channel <https://youtube.com/@frjimmckeon?si=Oml4nQ3Ms2kWYE1l> or via QR code on the right.

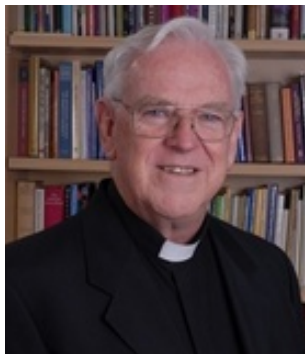


~Fr Jim McKeon



Deacon Hien Vu is known to many of us from his time on pastoral placement in our parish in 2021. Bishop Anthony has announced that Deacon Hien will be ordained to priesthood on **Saturday August 24th 11am at Our Lady of Rosary Cathedral, Waitara.**

Please come along to support Hien, and pray for him during his preparation.



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 Aldrin is on annual leave from July 17th to August 6th. Thanks to Fr Geoff Bugden, Fr Matthew Bloomer, and Augustinian priests Fr Myk, Fr John, Fr Peter and Fr Senan who will be celebrating Masses with us over the next three weekends. Please welcome them.



Readings

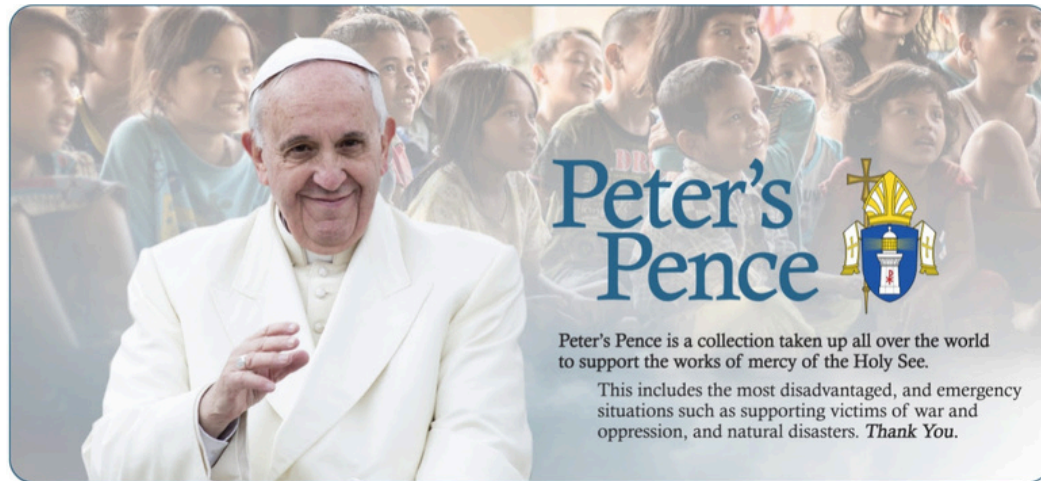
21 JULY 2024
Jeremiah 23:1-6
Ephesians 2:13-18
Mark 6:30-34

28 JULY 2024
2 Kings 4:42-44
Ephesians 4:1-6
John 6:1-15

YOUR GENEROSITY HELPS FURTHER THE CHURCH'S MISSION

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, we have 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)



The annual **Peter's Pence Appeal 2024** for the Diocese of Broken Bay will be held in parishes on the weekend of 27-28 July. We are all encouraged to support the appeal and Pope Francis' mission from the proclamation of the Gospel for the promotion of development, education and peace.

Peter's Pence also aims to support a range of charities which bring aid and comfort to the poor, children,

families, the elderly, the marginalised, victims of war and natural disasters, refugees and migrants.

The practice of providing to those most in need and the work of evangelisation originates in the Holy Scriptures. In His public life, dedicated to the proclamation of the Good News, Jesus received material aid to support himself with the twelve Apostles and those in need.

Later, St Paul, in the Churches he founded, instituted the collection in support of the Mother Church of Jerusalem. As a donation to the Successor of Peter, Peter's Pence became more widespread from the seventh century. Today, support for the Holy Father's mission extends throughout the entire world, supporting numerous charitable works.

In his message for Peter's Pence 2024 Pope Francis said; "The hope that we have been given never divides us from others. Instead, it is an extraordinary gift of which we are called to make ourselves 'channels', with humility and simplicity, for everyone. So our boastfulness is because we have as Father a God who opens his house to all human beings, beginning with the least and the most distant, so that as his children we may learn to console and support one another."

Peter's Pence 2024 donation envelopes will be available in parishes for the 27-28 July collection.

PARISH NEWS & NOTICES

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.



An earlier reminder for **Name Tag Sunday** on the weekend of **3rd/4th August**. Remember to come with a name tag or use our marker to write your name on the labels provided. The hospitality team will be more than happy to assist!

Our fellowship is the relationship we have with one another and with Jesus; this is our witness to the world. Jesus said, "By this shall all know that you are my disciples, if you have love one for another" (John 13:35).

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

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.

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.

#TryAlpha

explore

life
faith
mean

Alpha is postponed to Feb 2025, due to the delayed opening of the new Epping hall.

You're Invited



register

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

Enquiries? Please Email alpha@eppcarl.org.au



Enquiries? Please email alpha@eppcarl.org.au

SACRAMENTAL PROGRAMME & CHILDREN'S MINISTRIES



2024 CONFIRMATION For children in Year 3 and above who are baptised

Not enrolled yet? Do hurry! The Parent Information sessions will be held online on **Tuesday 23rd July and Thursday 25th July**, with the Rite of Enrolment on the weekend of 3rd/4th August. Email Lynn if you need more information. Contact details are below.

There will be a **JUMPING CASTLE** after the 9:30am Mass on the **4th August** and of course morning tea! We love celebrating the start of our young parishioners' journey to becoming fully initiated Catholics!

Kidz Word resumes on Sunday 28th July at the 9:30am Mass.



The kids made "faith bracelets" at one session led by Sabitha.



KidzPlay Playgroup



THE ST GERARD'S PLAYGROUP RUNS EVERY FRIDAY DURING THE SCHOOL TERM. COME ALONG WITH YOUR LITTLE ONES TO THE CHURCH HALL 9:30AM - 11:30AM.

FOR MORE INFO CONTACT
BELINDA 0414 753 362.

KIDZPLAY PLAYGROUP at OLHC
WATCH THIS SPACE!



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 31st 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:



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

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. Cana dates for Term 3 are: 26th July, 9th Aug, 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 **21st and 28th July, 6-8pm** at St Gerard's meeting room. All welcome! 21st July will be a games night!

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



Emmaus young adults (23-30 year olds): On the **23rd July & 6th August, 7-8:30pm** at St Gerard's meeting room. Emmaus will be moving to Epping soon and will have a welcoming paint and sip night! Dinner, drinks and painting supplies provided – stay tuned for details!

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](#).

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


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.

SINGERS WANTED!



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.



NATIONAL CATHOLIC CONFERENCE

IGNITE CONFERENCE 24

RISE UP!

INSPIRING RALLIES
SOURCE & SUMMIT SACRAMENTS
ENGAGING & PRACTICAL WORKSHOPS

SOMETHING FOR EVERYONE
STREAMS FOR KIDS, HIGH SCHOOLERS, YOUNG ADULTS AND DEEPER FORMATION FOR 25+


LIVE WORSHIP FROM EMMANUEL
WORSHIP

POWERFUL SPEAKERS

BRISBANE
19-22 SEPTEMBER 2024
ST LAURENCE'S COLLEGE, SOUTH BRISBANE

GREATER SYDNEY
26-29 SEPTEMBER 2024
CATHEDRAL PRECINCT, WATARA

BE IN THE ROOM
BRING A GROUP
SPONSOR A DELEGATE
BRING A FRIEND



Mission Broken Bay is pleased to offer a 50% subsidy for parishioners to attend. Please contact Mission@bbcatholic.org.au to access the promotional code for either a "Teen" or "Adult" registration.



This past week, one of our parishioners, Yvylyn Susiapan, donated a quantity of knitted beanies to the Jesuit Refugee Service (JRS) Parramatta. Yvy is a volunteer with Knit4Charities. These colourful head warmers were taken to JRS who will distribute them to their clients - such a thoughtful idea and so timely with the chill winds of winter here! Thank you Yvy. Pictured left are May and Michael, JRS employees, with the bags of beanies.

Your Parish Social Justice Team is planning an appeal in August on behalf of JRS - we will inform what items are on their "urgent" list before then.

~ Parish Social Justice Team



Reflection on the Sydney Alliance Foundations Training by Jordan Abrahams



We have a significant role in building a better world and serving others by engaging with 'value-based' ideals. Our parish is part of the 'Sydney Alliance,' through which we can participate in advancing the common good and achieving a fair, just, and sustainable city.

Reflecting on the 'Sydney Alliance Foundations Training,' I enhanced my understanding of the mechanisms of policy and action. This training emphasised identifying power dynamics through discernment, research, planning, and the importance of storytelling in creating connections. These connections allowed me to meet individuals from diverse backgrounds.

One such story was Helen's, who, through her work in Darwin with Indigenous Australians, deeply engaged with the community, focusing on service and learning. Upon her recent return to Sydney, in her new role in Parramatta, Helen aims to apply her skills and faith to improve the lives of refugees and migrants who now call the community home. Hearing stories like Helen's gave me hope for the work different civil society groups do within the community.

It was inspiring to meet like-minded parish members and other dedicated individuals and organisations passionate about making a difference in the community and wider society. Hearing the passions of others and understanding how community networks and organising could better address 'wicked issues' such as concerns of affordable housing in a cost of living crisis, environmental concerns in sustainable living, or challenges of belonging through the story and struggles of refugees was enlightening.



Building teams and coalitions to transform private concerns into public action is crucial for a stronger and better community. It was rewarding to attend on the parish's behalf with other incredible individuals. It allowed me to create meaningful connections and listen to impactful stories, giving faces to issues that affect our community.

One particularly impactful story was Deb's, which shed light on the struggles of vulnerable women in Sydney's CBD. Her work helps those facing complex circumstances, such as homelessness or domestic violence, to increase belonging, safety, and choice for women at risk of marginalisation. This story deepened my understanding of often-overlooked problems and inspired me to apply to volunteer at the corresponding legal centre.

I encourage community members to listen and share important burdens. By uniting around shared public concerns, we can become impactful leaders. Addressing the tension between private and public spheres helps us understand our legacy and place in the world as Stewards of Creation and Messengers of the Word of God.

~ Jordan

OTHER NOTICES

Celebrations this Week

Ordinary Week 16

22 July Mon: **St Mary Magdalene**
 23 July Tue: *St Bridget*
 24 July Wed: *St Sharbel Mahkluf*
 25 July Thur: **St James**
 26 July Fri: Sts Joachim and Anne

Ordinary Week 17

29 July Mon: Sts Martha, Mary and Lazarus
 30 July Tue: *St Peter Chrysologus*
 31 July Wed: St Ignatius Loyola
 1 August Thur: St Alphonsus Liguori
 2 August Fri: *St Eusebius of Vercelli and St Peter Julian Eymard*
 3 August Sat: St Dominic



CatholicCare
 Diocese of Broken Bay

COMBATING HOMELESSNESS TOGETHER

Please donate to CatholicCare's homelessness services across the Diocese

Thank you

Donor envelopes available during Mass Saturday and Sunday 10 & 11 August

BREAKING NEW GROUND

7TH - 8TH SEPTEMBER 2024

St John Bosco Primary School Hall
 109 - 111 Banksia Ave. Engadine
 Parking in school carpark

"Every place where you set foot, I have given you as I promised Moses"
 ~ Joshua 1:3

Dark to Light: An Exploration on Domestic Violence

Join us on **September 8 at 1:30pm** at the **Holy Name of Mary Church Hall, Hunters Hill**. Hear from Ms. Livia La Rocca, a psychologist with 20 years of experience, and Ms. Nicole Yade, CEO of the Women and Girls Emergency Centre. For more info, visit www.maristlaityaustralia.com/dark-to-light

Praise & Worship. Talks. Workshops. Mass. Adoration. Ministry.

TRY BOOKING REGISTRATION

Adult - \$100
 14-18yrs - \$30
 14yrs and under - Free

Speakers.
 Shayne Bennett. Br James Yu. Fr Brian Steele. Matt Humphreys.
 Mary Dinushi Fernando. Moira Peter. Anne Marie Gatenby

NEW CATHOLIC CHURCHMARK REUNION
 In collaboration with *CHARIS Australia*

Australian Catholics Exploring the Diaconate, supported by Catholic Religious Australia, invite you to the **St Phoebe Webinar 2024**

Where are St Phoebe's successors today?

Join
Geraldine Doogue AO
Fr Frank Brennan SJ AO
Dr Sandie Cornish

and members of Australian Catholics Exploring Diaconate (ACED), to reflect on synodality and access for women to the diaconate. Hear personal stories about Australian diaconal ministry.

TUESDAY 3 SEPTEMBER 2024
 7.30pm AEST / 7.00pm ACST / 5.30pm AWST

REGISTRATION & PREVIOUS WEBINARS
<https://liturgyonthemargins.org/events/>



Marist College Eastwood – Class of 1984 – 40 year reunion:

- Date - 27 July 2024
- Time - 7pm
- Venue - Eastwood Business Club
- RSVP: Chris Lane via email - clane@laneassociates.com.au



CATHOLIC SCHOOLS
 Broken Bay

BE YOUR BEST SELF
here



16th Sunday in Ordinary Time - 21 July 2024

Ps 22 Response: The Lord is my shepherd; there is nothing I shall want.

Gospel Acclamation: Alleluia, Alleluia!

My sheep listen to my voice, says the Lord; I know them, and they follow me.

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

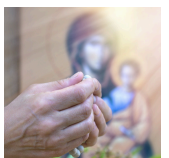


Healing Mass: 1st Tuesday of the month, 10am at St Gerard's Meeting Room, Carlingford



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

- Elaine Finlayson (Marie Saul's sister)
- Sister Rosalia Carlon (Marie Saul's sister)
- Elizabeth Barton
- Margaret Hall
- Leonie Oliver
- Pat Booth
- Anita Hoffman
- Estelle Moses
- Helen Tiltans



"Our Lord and our God, today we pray for those who are sick and suffering. May they be able to find healing in Your Name. May they find strength each day to battle their challenges. May they find joys and little mercies everyday despite the pain. May they experience more of your love each day. Provide strength as well for their family and loved ones. In Jesus' name we pray, Amen."

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 - Patricia Kelly (previously Sr M Madeleine RSM who taught at St Gerard's), Gus Breen, Noel Bennett, Diane Price

Anniversaries - Kate McCabe, Mark Hillier, Richard Barry, Greg McShane, Charles Thomas, Flora Ng (grandmother of Kevin Siau), Roger Brennan (father of Cliff Brennan), Noelene Viset, Domenico Staltari, Eloiza Andrade, Sr Philomene Tiernan RSCJ

"I am with you always." ~ Matthew 28:20

17th Sunday in Ordinary Time - 28 July 2024

Ps 144:10-11, 15-18 Response: The hand of the Lord feeds us; he answers all our needs.

Gospel Acclamation: Alleluia, Alleluia!

A great prophet has appeared among us; God has visited his people.