

Diocese of Broken Bay

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

31 Oxford Street, Epping

St Gerard Majella's

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Giving

Click here for:

[Weekend Mass Times](#)

[Weekday Mass Times](#)

[Exposition of the Blessed Sacrament](#)

[Sacrament of Reconciliation](#)



Readings

23 FEBRUARY 2025

1 Samuel 26:2, 7-9, 12-13, 22-23

1 Corinthians 15:45-49

Luke 6:27-38

2 MARCH 2025

Sirach 27:4-7

1 Corinthians 15:54-58

Luke 6:39-45



The Catholic Parish of Epping & Carlingford



23 FEBRUARY 2025 SEVENTH SUNDAY IN ORDINARY TIME

2 MARCH 2025 EIGHTH SUNDAY IN ORDINARY TIME

YEAR C



The new OLHC Parish Centre and car park are expected to open mid-March. In preparation we're looking for volunteers who can assist at Masses on the first weekend to help people find their way through the car park, stairs and elevator.

We will do some training for these volunteers (who could be from either church) on **Saturday March 8th at 9.30am or Tuesday March 11th at 11am**. Please put your name on the list at the back of the church if you are available.



Clergy: Fr Aldrin is away on pilgrimage until Feb 27th. Thank you to Fr Michael Belonio OSA and Fr John Huyao OSA who will be celebrating some of the Masses while he is away, along with Fr Joey. Fr Jim will be at an ordination in the evening of Sunday Feb 23rd. Thank you to Fr Andrew Murray who will be celebrating Mass in his place.

Late for Mass? We've all been there. You're almost out the door (or already in the car) and your child decides that now is the time they really need to go to the bathroom. Or a car accident causes a traffic jam that backs up your street. These unexpected events might cause us to be late for Mass from time to time.

However, increasingly, and not just in our parish, a majority of people are late to Mass most of the time. This suggests a constellation of obstacles both organisational and attitudinal. Traffic and carparking are constants which we take into account when planning to get to an event we consider important. *How important is Mass to me?*

If it's important that I give an hour of worship to God each week, then let's make it a full hour, and a good hour, where I arrive not just on time (for the first word of the first hymn), but a few minutes early so that I can both greet my fellow parishioners, and have a few minutes of quiet prayer to prepare myself.

If you're not already doing this, then perhaps this might be the best and most fruitful Lenten commitment you could make this year. To give God and worship of God the extra few minutes it takes to make it a priority for the six weeks of Lent, which might be enough to kick start a long term good habit.

~Fr Jim

Lent 2025

Ash Wednesday is March 5th. Masses will be at

- OLHC: 7am and 6pm
- St Gerard's: 9.30am (including St Gerard's School) and 7pm.

Bring last year's palms for burning to make this year's ashes to either church **before March 3rd.**



This is a fun quiz to help you start thinking and planning for Lent!
www.riddle.com/view/471380

Lent begins in just over a week (depending on when you are reading this). Now is a good time to consider what actions of prayer, fasting and almsgiving you will embrace as your Lenten disciplines. Will you be giving or giving up? Here is a good start for your consideration:

From Our Devotions Team:

Join us on Fridays during Lent

7th March to 11th April

at 6:00 PM

Our Lady Help of Christians, Epping

St. Gerard Majella's, Carlingford

STATIONS OF THE CROSS



Weekday Masses: We will offer a **7am Mass on Wednesdays at OLHC each week during Lent, commencing March 5th.**

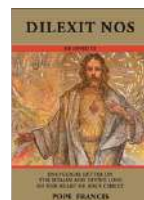


Lenten Programs: This year we will be offering Wollongong Diocese's program called Metanoia for small groups, and Broken Bay Diocese's program for individual use.

Join a small group to meet each week to read, discuss and pray with the scripture readings of each Sunday in Lent. Put your name on the list at the back of church:

- **Tuesdays 7.30pm** - 5 Hollister Road, Carlingford from March 11th
- **Wednesdays 7.30pm** - 8 Blue Jay Court, West Pennant Hills from March 12th
- **Thursdays 7pm** - OLHC Church from March 5th
- **Fridays 10.15am** - St Gerard's Meeting Room from March 7th

Alternatively, there will be groups reading **Dilexit Nos**, Pope Francis' encyclical on the Sacred Heart of Jesus. Note that this will require weekly reading in advance.



- **Mondays 10am** - St Gerard's Church from March 10th
- **Mondays 7:30pm** - 7 Smith Street, Epping from March 10th



Join us for **Men Alive!** A space for men to connect, grow, and share in faith with bible study. **Fortnightly Thursdays, 7PM, at St Gerard's Parish Hall.** For more information please contact Abhishiek via men.alive@eppcarl.org.au or 0401 208 694. See you there! You can also hear about others' experiences with Men Alive: <https://menalive.org.au/experiences>

The St Vincent de Paul clothing bin at St Gerard's will shortly be removed due to the lack of capacity for this to be collected regularly. Donations of good clothing can still be made at St Vincent de Paul shops including the one at Oxford Street Epping. A clothing bin for another charity is in the Roselea carpark behind St Gerard's.



SEMINARIAN MATTHEW FRENCH SHARES...



Hello, dear friends. Seminarian Matthew here. As you now know, this year I'll be here with you in this great parish of Epping-Carlingford, as I continue my journey towards priesthood.

You know, I was only a small boy when I first served up on the altar. I still remember the lessons from my parish priest – everything from how to genuflect on the correct knee, ringing the bells at the right (and wrong) time, getting drenched by the holy water asperges, and competing with my brother to make the fewest mistakes possible.

Only later did I begin to appreciate the beauty, truth and goodness contained in the Mass. Since joining the seminary, I've grown in a richer appreciation for what it is we celebrate, and accordingly, my love for the sacred liturgy has grown ever deeper. The Mass is a treasure chest full of gold and jewels, if but only we knew it.

And yet so many Catholics I meet, sitting at Mass on Sunday, are asking the question: "What am I actually doing here?"

Because of this, for the next few months or so, I'll share with you some short reflections on *Things You Didn't Know About The Mass*. While there may be some things that you in fact do already know (great!), my hope is that, by sharing with you a few little gems I've learned, you too will grow in greater knowledge of the sacred liturgy, be drawn in deeper love and intimacy with our Lord Jesus Christ, and travel ever more eagerly in pursuit of our one true goal in life – Heaven.

May God bless you.

~Seminarian Matthew

PARISH NOTICES

Mass update for St Gerards:

Dear Parishioners,
I would like to inform you of a small change in the Communion distribution process that will be implemented at all Masses, as of the weekend of **1st/2nd March**.

A Communion Minister will first distribute the hosts to the members of the Music Group in the choir area before proceeding to distribute to the congregation. Once they have received Communion, the members of the Music Group will return to their area and begin the Communion hymn. Communion will then be distributed to the Congregation immediately after.

We hope this adjustment will help maintain the flow of the liturgy and continue to enhance our worship experience. Thank you for your understanding and cooperation.

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

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.



~Marcella Letteri
Parish Secretary

CHILDREN'S MINISTRIES



FIRST RECONCILIATION 2025

Parent Information Sessions were held on Zoom this past week. We love catching up with parents at these sessions! Fr Jim shared his experiences and reflection which were so valuable, assisting parents in understanding their child's faith journey and their partnership with the parish. We continue our gatherings on Zoom thanks to the positive feedback from parents. They found themselves more able to relax in the comfort of home rather than having to rush somewhere after a long day, amongst other reasons.

The Rite of Enrolment will take place during some Masses the weekend of the 1st & 2nd March. We welcome and pray for the children (also their families) who will begin 4 weeks of their preparations. This Rite marks the continuation of a faith journey for the children who received the Sacrament of Confirmation in September last year or for some, at Baptism. This also highlights the continuous accompaniment of their parents in teaching them about the Catholic faith and the vital role we as a community play in ensuring our ongoing support of prayers and encouragement for them.

Reconciliation for Parents: Fr Jim invites the parents to Reconciliation available on the following days on top of our regular times from **2:30pm to 3pm** at:

- St Gerard's Church - Mondays effective 3/03/2025 until 24/03/2025
- OLHC Church - Wednesdays effective 5/03/2025 until 26/03/2025



Encounter Jesus in a new way this Lent



Your kids or grandkids will love 10 exciting new Lenten episodes of **Drawing Closer to God: A Catholic Art Show for Kids!** Through the beauty of art, host Ms. Kim helps kids follow Christ from the desert to his Passion and Resurrection - learning what it means to turn away from sin and back to God - as they draw and color each biblical scene.

You can check out the trailer from Augustine Institute on Vimeo here:

<https://vimeo.com/903866096> and

also **download colouring pages** of each biblical scene from Ash Wednesday, Gospel stories we hear throughout Lent

to the Resurrection here: https://formed-media.s3.us-west-2.amazonaws.com/DCTG_ColoringPages_Lent.pdf

or via the QR code above. Simply scan from your phone and send it to print or email it to yourself. If you like what you see, make sure you share it, too!



Formed.org is a resource our parish offers to you for FREE. 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!

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 5th March 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. Do note that PDFs will have to be reformatted and the clarity of your notice will be compromised. Remember to 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

Our 2025 **Antioch** Weekend was a huge success with over 50 attendees growing together in faith and friendship (photos below). Young members of our parish in Antioch shared insightful and fruitful talks on a variety of topics pertinent to navigating young adulthood as young Catholics. We engaged in challenging games testing our teamwork problem solving and attentiveness and even got to meet the founders of Antioch in Australia, Ron and Mavis Pirola. We are extremely grateful for the support of our parishioners who donated both food and their time to us. We extend an invitation to anyone in our community who is between the ages of **Year 10 to 23 years old** to join us **each Sunday evening after the 5:00 PM youth Mass at St Gerards for Antioch from 6:00 PM to 8:00 PM.**



friends



Cana youth group for students in Years 7 to 9 is on every second Friday in the hall at St Gerard's. We would love for you to join us for games, discussion and talks to deepen your faith and connections with other young people in our community. We will next meet on **Fridays 21 Feb, 7 March and 1 March**. If you are a parent of a Cana aged child and are interested in hearing more, please join our Facebook group via the QR code on the right. eBulletin readers can click or tap on the QR code.




If you're **23 to 30 years old** we would love you to join us at our **Emmaus** youth group which meets fortnightly on a Thursday at St Gerards. This year Emmaus will be convened by our Seminarian Matthew, who has already brought a wealth of knowledge, experience, and passion to our community. Please join us for our next meeting on **Thursday 6 March from 7:00pm – 8:30pm.**



For all youth ministry enquiries, please contact our Youth Minister, Holly, on 0404 710 588 or send her an email at Holly.Lawton@bbcatholic.org.au You can also check out the parish website for more details:

<https://www.bbcatholic.org.au/epping-carlingford/groups-ministries/children-and-youth/youth-ministry>

PARISH SOCIAL JUSTICE



Sydney Alliance Assembly: In 2023 several of our parishioners joined with 1000 people from a collection of faith and non-faith groups working together for the common good, collectively known as The Sydney Alliance to hold then-NSW Treasurer Matt Keen and then-Shadow Treasurer Daniel Mookhey to their promises in areas of housing, transport and energy. It was remarkable to watch the skilled facilitators of The Sydney Alliance hold our elected leaders' feet to the fire. An outcome of that assembly was the commitment to ban no-grounds evictions for renters.

Now, with a federal election looming, the Sydney Alliance once again invites us, as a member parish, to take part in a pre-election assembly with Minister for Energy Chris Bowen and other members of parliament yet to respond. Taking part in this assembly, and the other activities of the Sydney Alliance is one way in which we as Catholics can work together to express the values of the Kingdom of God to our elected leaders.

The Assembly will be held on **Thursday March 13th, 5.40pm – 7.30pm at Morley Centre, 2 Darcy Rd, Westmead** (8 min walk from Westmead light rail).

Fr Jim and Jordan Abrahams from our parish will be attending. Meet at **4.15pm at Carlingford Light Rail station**, or, make your own way there, but let Fr Jim know you're coming so we can meet up at sit together.

Register online here and pre-book for dinner here: <https://events.humanitix.com/sydney-alliance-federal-assembly-2025>

MORE PARISH NOTICES & EVENTS



OLHC, one of our parish schools is having an **OPEN DAY** for prospective students:

Our Open Days provide the perfect opportunity to meet our Principal, teachers and staff and see learning in action! After a quick presentation by our Principal or Assistant Principal, guests are taken in small groups and

shown around the school by our Year 6 students. Guests have the chance to ask questions of staff and students, and find out whether our small and mighty school is a good fit for your family and your child's education.

We are welcoming new students across all years from Kindergarten to Year 6 for a 2025 start and beyond.

In 2025 we will conduct **two Open Days:**

- Monday 3 March at 9.15am at Pennant Hills
- Monday 4 August 9.15am at Epping

[Click here to register or scan the QR code above.](#)



Healing Mass at St Gerard's: Join us for the Healing Mass on **Tuesday 4th March**. We gather in the meeting room for Mass at 10am. Please stay for morning tea following Mass, and if you are able to, do bring a plate to share. If you would like to attend and are in need of transport, that can also be arranged. Please contact Carole Wilson at 9869 1036.



The annual World Day of Prayer will be celebrated this year at **St Alban's Anglican Church**, Pembroke St Epping on **Friday March 7th, 1030am**. Come join us in praying with our ecumenical partners. This day is extraordinary because Christians from all traditions will pray the same service.

This year it is for the Cook Islands. You are warmly invited to gather with Christians in the Epping/Carlingford area for this prayer service. As Parish Coordinator for World Day of Prayer I hope a number from our parish will be able attend. If you have any questions, contact Kathy Batten 0410 642 954.

50+++ OUTING TO PARRAMATTA: Would you be interested in an outing to Parramatta on the Light Rail? There is some parking on Coleman Avenue and also James Street. Both are within walking distance of the Light Rail station at Carlingford. OR, leave cars on Ray Road/Dunrossil Avenue and travel by bus to the Light Rail. I suggest we travel to the Prince Alfred Park stop. This is a twenty-minute trip from Carlingford. We could walk through the park, or along the Riverside Walkway. We could visit the Cathedral. If you wish, the Rosary is at 12 noon and Mass at 12.30pm. Simply a suggestion. The best venue I could find for lunch is McDonald's. Plenty of seating. Not far to walk back to the Light Rail stop for our trip home. It is interesting to see the route and the surroundings. Something different!

DATE: Wednesday 12th March. Meet on the platform for the Light Rail around **11.00 - 11.15am** depending on the different ways people will be travelling. Frequent service. Not long to wait. Please let me know if you would like to come and we will wait for everyone. **Carole Wilson 9868 1036. email: carolewilson2816@gmail.com Mobile 0478 003 704.**



Nametag Sunday is coming up: Both St Gerard's and OLHC at all weekend Masses on **Saturday/Sunday 1st/2nd March.**

Fr Jim will be giving the homily at the **Ecumenical Lenten Service** being held at **Epping Uniting Church, Chester Street Epping on Thursday March 27 commencing at noon.** This is the first time our Ecumenical Service is being held during the day. Up to now it has been at night and we are hoping this new time slot will give more people a chance to come along. If you are able please stay for a light lunch and fellowship after the Service. Contact Lorraine Lobsey 0438 605 773.

OTHER NOTICES & EVENTS

Celebrations this Week

Ordinary Time Week 7

27 February Thur: *St Gregory of Narek*

Ordinary Time Week 8

4 March Tue: *St Casimir*

5 March Wed: Ash Wednesday

7 March Fri: *Sts Perpetua and Felicity (commemoration)*

8 March Sat: *St John of God (commemoration)*

A group of people from local churches meet 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 Wednesday 5 March.**

Contact Katrina Collins for Zoom details ckjsge@gmail.com or 0400 488 459



Sydney Catholic Schools Week

MARIST COLLEGE EASTWOOD

OPEN DAY

Tuesday 4 March 3.30-6.30pm



Ordinations: We have the good news of two upcoming ordinations in our diocese. The first is of **Mr Kevin McGregor to the Diaconate.** Kevin has been in formation for permanent diaconate for several years with Fr Jim, alongside Deacon Richard Houwing. His ordination will be **Tuesday March 4th 7.30pm** at Our Lady of the Rosary Cathedral Waitara.

The second is of **Deacon Rosan Matthew to Priesthood.** His ordination will be **Wednesday March 19th 7.30pm** at Our Lady of the Rosary Cathedral, Waitara. Although you may not yet know these men as Kevin is from Lower North Shore Parish and Rosan did his seminary formation in Wagga, it would be great to support them with our prayers and our attendance at their ordinations. Ordinations are always joyful occasions, gathering the priests, deacons and people of the whole diocese around the bishop.

7th Sunday in Ordinary Time - 23 Feb 2025
 Ps 102:1-4, 8, 10, 12-13 Response: The Lord is kind and merciful.

Gospel Acclamation: Alleluia, Alleluia!
 I give you a new commandment; love one another as I have loved you.

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							

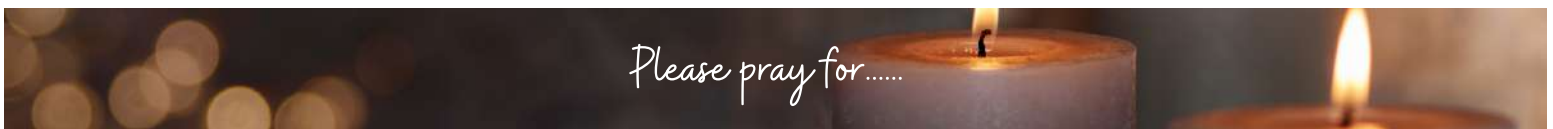



**BE YOUR
BEST SELF
here**





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



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

- Sr Rosalie Carlon
- Guy Chan
- Lillian Chan
- Anita Hoffman

- Elizabeth Barton
- Louis Yeung (Goretti's brother)
- Elaine Finlayson
- Brendan Stone (Andrew's son)
- Melissa Wong



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 - John Lyons (husband of Mary Lyons), Romea Dator (father of Rhea Dumo), Garry Manton, Sylvia Rañola Hari

Anniversaries & Remembrance - Lucy John (one month anniversary), Richard McCarthy (husband of Kathleen), Bridget Mahon, Elizabeth Martin, Alison Gower, Annie D'Souza, Sarah and Phillip Curry, Jose Jr Dante, Brian McCowage (anniversary 4th March - father of Rachel Murphy)

8th Sunday in Ordinary Time - 2 Mar 2025
 Ps 91:2-3, 13-16 Response: Lord, it is good to give thanks to you.

Gospel Acclamation: Alleluia, Alleluia!
 Shine on the world like bright stars; you are offering it the word of life.