

Diocese of Broken Bay

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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](#)



YEAR C

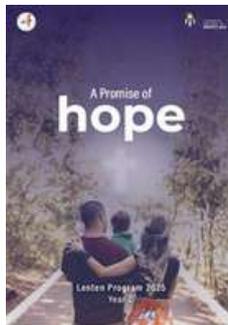
9 MARCH 2025 FIRST SUNDAY OF LENT

16 MARCH 2025 SECOND SUNDAY OF LENT



Lenten Journey: The 40-day season of Lent is a time of prayer, penance and preparation, also for charitable works of mercy that leads us to Easter. In this Holy Year 2025, the Jubilee of Hope, we are called to draw nearer to Christ and to one another as members of His Body, the Church. Bishop Anthony writes to us with his message.

His letter, *"A Time of Grace and Renewal: Lenten Penance and Preparation for Easter in the Jubilee of Hope"* can be found inside both our churches at Epping and Carlingford or on our website here: bbcatholic.org.au/epping-carlingford/news-events/headlines (you can use the QR code to access).

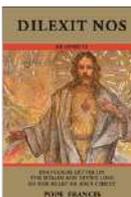


Lenten Resource: If you have not joined our small Lenten groups, you might want to use our Diocese's resource. Mission Broken Bay has prepared a **Lenten Resource 2025** to cover the six weeks of Lent. The booklet includes a reading of the Gospel text, a reflection on the text, and a personal testimony, along with reflection questions to guide discussions. It can be used individually or as part of a group if you wish to form your own. This is available at the back of both our churches.

Should you wish to download a soft copy of the booklet, you can use the link or visit our website via the same QR code, both of which are above.

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



Readings

9 MARCH 2025

Deuteronomy 26:4-10

Romans 10:8-13

Luke 4:1-13

16 MARCH 2025

Genesis 15:5-12, 17-18

Philippians 3:17 - 4:1

Luke 9:28-36



Weekday Masses: A gentle reminder there is a **7am Mass on Wednesdays at OLHC each week during Lent.**

Rite of Sending to the Cathedral – Rite of Election

This year we are privileged to have two adults in their final preparation for Christian Initiation at the Easter Vigil at Epping.

Nethra Deepak and **Teruo Arai** have been preparing for Baptism for some time now, and this weekend they will be sent to the Cathedral to be called to election by Bishop Anthony to receive the Easter Sacraments of Baptism, Confirmation and Eucharist.

We invite parishioners to remember Nethra and Teruo in their prayers as they come to this significant moment in their faith journey and spiritual lives.



Nethra



Teruo

REMINDERS FROM OUR FAITH FORMATION TEAM

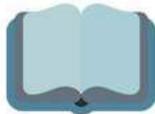
21 CHAPTERS OF JOHN IN 21 DAYS

CHALLENGE YOURSELF BY READING A CHAPTER A DAY, OF THE GOSPEL OF JOHN.

A FEW MINUTES EACH DAY TO LISTEN OR READ USING YOUR SMARTPHONE OR BIBLE.



REFLECT ON THE READING



SHARE YOUR REFLECTION IN WHATSAPP



STARTS 23 MARCH 2025
ENDS 12 APRIL 2025

TEXT OR WHATSAPP
0422 509 848 TO JOIN



The Catholic Parish of Epping and Carlingford

We invite you to join us in reading the **Gospel of John** commencing in the coming weeks.

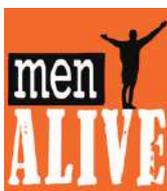
Stay Connected with God's Word in Multiple Languages through BibleOn



BibleOn is a comprehensive and free Catholic Bible app designed to enhance your spiritual journey. It offers access to the Holy Bible in both text and audio formats, supporting over 30 languages. The app includes features like:

- Multilingual Text and Audio: Read and listen to the Bible in various languages.
- Offline Access: Download the entire Bible for offline reading.
- Sync, Bookmarks, and Playlists: Keep your bookmarks and playlists synced across devices.

Some of the languages offered include: · English · Spanish · French · German · Italian · Chinese (Simplified and Traditional) · Arabic · Hindi · Malayalam · Tamil · Bengali · Konkani. There are many more languages available. You can check the app or their official website for the complete list of supported languages at <https://bibleon.app/> or via the QR code on the previous page. The app can be downloaded from the Apple app store or Google Play (QR codes on the right).



Men Alive is 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. Come and see!

Testimonial from Nina Deacon on our Faith Formation Program: Early in the year, St Gerard's Carlingford offered a program called Metanoia as a 10-part series. We started our journey together on the topic of Metanoia 23rd April 2024 working as a group through to the 23rd of July. For me, it was a great series from start to finish, started with a bang, and finished with a bang. Following is my reflection on the 10-week series.

I looked up the definition and came across the following information:

"The Greek term Metanoia denotes a change of mind, a re-orientation, a fundamental transformation of outlook. A man's view of the world and himself and a new way of loving others and God."

Then I thought what it means to me in my journey as a Christian, I was reminded of a phrase from Jesus: "turn away from sin, and turn towards me."



Meaning that I should change my mind, to expand it in such a way as to have a new perspective on the world or myself, empower myself to change my mind and heart and enable me to turn and face a new direction. I then thought how would I action this change.

I would try to make the world a better place, to have a positive impact, believing the best in everyone. I would actively support, encourage, mentor and advocate for my students, family and friends to have the best possible experience.

Then I thought Metanoia in the biblical sense really talks about a complete transformation of who we are into the image of what God wants me to be.

Have a look here: watch.formed.org/metanoia-a-journey-with-christ-into-conversion

~Nina Deacon

Parish Team

Parish Secretary

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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

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.

OUR DEVOTIONS TEAM BRINGS TO US:

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

Feast of St Joseph

Wednesday, 19th March



St Gerard Majella, Carlingford

- 9:30 am Mass followed by a St. Joseph's Table
- Please bring a plate to share if you can.

Our Lady Help of Christians,
Epping

- 7:00 am Mass

CHILDREN'S MINISTRIES



FIRST RECONCILIATION 2025

On the weekend of 1st/2nd March, children and their families took part in the Rite of Enrolment across Masses at both OLHC and St Gerard's (see 6pm vigil photo below). Their names have been written on a "Please Pray for Me" printout, now displayed on the church notice boards. You are invited to take a moment to view the board and pray for these children. If you'd like to become a **Prayer Sponsor**, feel free to take a name home and place it somewhere visible as a reminder to pray for the child. Contact Lynn Siau (details below) to let me know.



Yr 5 Family Mass at St Gerard's 16th Mar

We would like to invite **Yr 5** children to participate in the 9:30am Mass. Please visit this link to sign up **ASAP**: volunteersignup.org/KJKQA or sign up via the QR code on the right. As always, please contact Lynn if you have any queries.



St Gerard's Primary School worshipping with Epping and Carlingford Parish

St Gerard's Primary began 2025 with a joyful Opening Mass on February 25, welcoming new Kindergarten students, families, and staff. The Mass centered on "service" as the new School Leaders were commissioned. The Gospel message of being the "salt of the earth" and "light of the world" highlighted the connection between leadership and service, inspiring leaders to be positive role models for the school community.

On Sunday 16th February, St Gerard's Year 6 students and their families led the 9:30 am Sunday Family Mass, which fosters Parish-School connections. These Masses occur throughout the year, allowing each grade to participate. Many families stayed afterward to share a cuppa with parishioners (photo below).



St Gerard's Primary students have additional opportunities to pray and worship with the parish community. Each school term, they attend regular weekday Parish Masses, embracing the invitation with open hearts and participating with reverence and prayerfulness. We look forward to continuing to pray and worship together with the Parish in 2025.

~Article contributed by St Gerard's Primary

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 19th 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:



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

Youth Group For Years 7-9

Cana youth group for students in Years 7 to 9 is on every second Friday in the **hall at St Gerard's from 7:30pm-9pm**. 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. Over the period of Lent, we will be learning more about what Lent is and how we are called to observe Prayer, Fasting, and Abstinence to grow

our relationship with Jesus. Cana will next meet this term on **Fridays 21 March and 4 April**. If you are a parent of a Cana aged child and are interested in hearing more, please join our Facebook group by scanning or tapping the QR code on the right.



Antioch is our youth group for people in Year 10 – 23 years old and we meet **every Sunday evening after the 5:00 PM youth mass at St Gerards from 6:00 PM to 8:00 PM**. Antioch is run by the youth for the youth and is a wonderful opportunity for young adults to make friends, learn about their faith, and hear from different voices in our community. We would love to see you at one of our meetings soon.



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. Emmaus is a place to learn about your faith, grow in fellowship, and share experiences with other young people in the community bringing you closer to God and to each other. Emmaus will be meeting next on **Thursdays 20 March and 3 April**.

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.

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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>. Free – no meal, \$23.50 waged for meal, \$13.50 unwaged.

JRS AUSTRALIA FOODBANK

A SMALL GIFT MAKES A BIG DIFFERENCE

Jesuit Refugee Service (JRS) Australia supports 150 families every week through our Foodbank. Over the next 6 weeks of Lent, you can support refugees and people seeking asylum by donating these essential items to your local JRS Lenten Drive!

JRS Australia assists 150 families each week through our Foodbank. The Foodbank event will be held on the **weekend of March 22nd and 23rd**. Baskets for your donations will be placed at the back of both our churches.



NEWS FROM OUR CATECHISTS



The 2025 School Year has commenced and our catechists are returning to schools. In February, we came together for a morning Mass and for a meeting to prepare for the new school year. At the meeting, we welcomed our new Catechists **Catherine Donohue, Virginia Chung Kon and Stephen Pollack**.

In the first weekend of March, we celebrated the Catechist Sunday where the Priests conducted a Commissioning blessing ceremony for our Catechists (a couple of photos below).

Catechist Sunday originated in 1935 when the Vatican published a document 'On the Better Care and Promotion of Catechetical Education', which acknowledged the importance of the Church's teaching ministry and asked every country to honour those catechists who serve within their Christian communities.

We seek your prayers for all our catechists as they religiously take the WORD of GOD to hundreds of our children every week during school terms and we thank them for their dedication of time and effort.

If you are interested to become a catechist or to obtain more information regarding this ministry, please contact katherine@eppcarl.org.au for primary school or trish@eppcarl.org.au for secondary school or call the Parish Office during office hours at 9876 2853.





Congratulations to Reece & Kimberly Peninton whose daughter Christine was baptised this past weekend. Fr Jim was delighted to celebrate this, having baptised Reece at the Easter Vigil two years ago.

Ecumenical Lenten Service and Lunch organised by the communities of the Catholic Parish of Epping and Carlingford; the Epping



Uniting Church; West Epping Uniting Church; and the Anglican Parish of Epping will be held on **Thursday 27 March 2025 at 12 noon Epping Uniting Church Corner Oxford Street and Chester Street, Epping**

Come and join our neighbouring churches in prayer for the Season of Lent and give support to Fr Jim who has kindly agreed to give the homily.

This will be followed by fellowship over a light lunch. While there is no charge for the lunch a financial contribution of approximately \$10 will be appreciated. Please consider car pooling — limited parking. Lorraine Lobsey 0438 605 773.

A Wonderful Evening of Fellowship!

On the 18th February, our parish held an evening dedicated to the thanksgiving of our volunteers. The volunteers of various ministries received a blessing during Mass and we gathered in the hall for supper after Mass. The food was in abundance! It was a wonderful evening of fellowship, praise and worship, particularly seeing our volunteers from both OLHC and St Gerard's gathered together as ONE parish (some photos below from Nina and Suhardi) .

Thank-you to the PPC, PFC, the Parish Team and others for all the effort in coordinating, preparing the food, the hall, serving, etc. and the behind-the-scenes work that contributed to the success of this evening!

From Fiona O'Neill: "Just wanted to say that last Tuesday's Volunteer Thank-you event was very enjoyable. The Mass was special and then the meal we shared was delicious and all the Team from the PPC (and others I suspect), were very generous with their time in preparing, cooking, baking, purchasing, setting & cleaning up and serving the volunteers. They too deserve to be given recognition of the service they provide to the Parish community."



Studio apartment for rent - Beecroft

Furnished studio apartment, newly renovated, complete with new kitchenette, own car space, two rooms, own bathroom, storage area, free wifi and a reverse cycle A/C unit. Completely separate from main home, own entrance. Quiet location. Suit student or single person. Female preferred. Inspection available. \$350pw, including electricity. Long lease available. Call Pat on 0407908640 or email at cedpat@internode.on.net

Celebrations for Lent Week 2:

17 March Mon: ST PATRICK (NZ: Feast)

18 March Tue: *St Cyril of Jerusalem (commemoration)*

19 March Wed: ST JOSEPH



1st Sunday of Lent - 9 Mar 2025

Ps 90:1-2, 10-15 Response: Be with me, Lord, when I am in trouble.

Gospel Acclamation: Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone, but on every word that comes from the mouth of God.

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

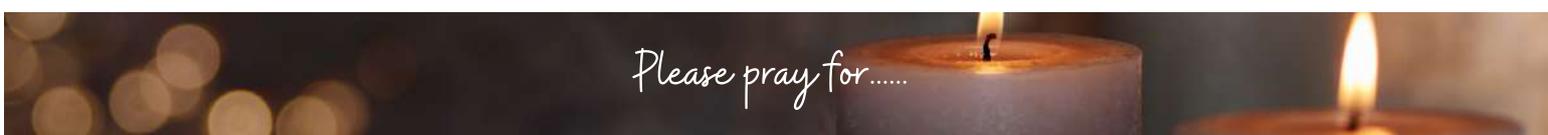
POSTAL ADDRESS FOR THE PARISH OFFICE: PO Box 369, Epping NSW 1710

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):

- 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



Please continue to keep praying for Elizabeth Barton. Also for Charles, her husband, strengthened by our prayers.

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 - Garry Manton (brother of Ross Manton), Sylvia Rañola Hari

Anniversaries & Remembrance - Fonny Oey, Gerald McCabe, Greg Crowley, Jane Sharbean, Dick McCarthy

2nd Sunday of Lent - 16 Mar 2025

Ps 26:1, 7-9, 13-14 Response: The Lord is my light and my salvation.

Gospel Acclamation: Glory and praise to you, Lord Jesus Christ!
From the shining cloud the Father's voice is heard: this is my beloved Son, hear him.