

St Paul the Apostle Parish

40 Buckleys Road, Winston Hills NSW 2153

T: 9639 6516 W: www.stpaultheapostleparish.org

Office hours: Tuesday to Friday 9:00am to 4:00pm

Parish Priest: Father John Paul Escarlan

Assistant Priest: Father Abraham Kunnatholy

For latest updates please visit our Facebook page

Find us on:

facebook

facebook.com/stpaultheapostleparish

Baptisms: First and Third Sunday of each month

Baptism bookings only [via our website](#)

Weekend Mass times

Saturday Vigil 5:00pm

Sunday 8:00am, 9:30am and 5:00pm

Weekday Mass times

Monday to Saturday 9.10am *(preceded by Rosary at 8:40am)*

Thursday 7.00pm *(preceded by Adoration at 6:00pm)*

Reconciliation:

Thursday 6.15pm - 6.45pm *(during Adoration)*

First Friday 6.00pm - 7.00pm *(during Adoration)*

Saturday 4.00pm - 4.45pm

Adoration:

Thursday 6.00pm - 7.00pm

First Friday 9.45am - 9.00am Saturday

Masses livestreamed to Facebook:

Mon, Tue, Wed, Fri, Sat 9.10am, Thu 7:00pm, Sun 9:30am

Lenten Observance in Different Catholic Churches

Lent is a period of preparation to celebrate the Lord’s resurrection. It’s also a time where we remember the Lord’s 40 days fasting in the desert. Moses in the Old Testament also spent 40 days and nights on Mount Sinai in prayer before he received the ten commandments from Yahweh.

During lent we seek the Lord in prayer, fasting, giving alms, penance, and self-control.

Lent is observed throughout the Catholic churches but with minor or major differences in rituals and ceremonies.

Lent in the Roman Catholic Church begins Ash Wednesday and runs up to Holy Thursday evening. Sundays in Latin Rite are excluded from Lenten observance and thus, making it 40 days of Lenten fasting.

The Eastern Catholics start the Lenten observance on Ash Monday two days prior to Ash Wednesday. However, some Eastern Churches have 40 days of great fasting until Monday of Holy Week, ie the day after Easter Sunday. Syro-Malabar Church, one of the Eastern Churches, have 50 days of fasting starting from Monday before Ash Wednesday until Easter Sunday.

Lent is also a special time for the candidates who are preparing to receive the sacrament of Baptism. It is also a time of penance and of various pious practices in all the churches. They include personal and communitarian Way of the Cross, Lenten retreats or reflections, personal sacrifices, and penances of different sorts.

In early centuries the rules regarding fasting in all the Churches were very strict, however in more recent times there are somewhat less strict fasting rules in most of the Churches. The Eastern Rite Christians have comparatively stricter rules about fasting, and even in their case, it is not as strict as it used to be in early centuries.

Father (Doctor) Abraham Kunnatholy CMI

Does the parish have an email address?

Our parish does have an email address, however it is not published. Our email address can be obtained by phoning the parish office, or if you wish to send us something feel free to use the Contact Us page from our website: www.stpaultheapostleparish.org/#contactus

Parish Safeguarding

We take the safeguarding of children and vulnerable persons seriously. Refer concerns to the Parish Priest, or to safeguarding@parracatholic.org or 8838 3419. More information www.safeguarding.org.au

Please pray for our sick. Lord, heal the sick, grant strength, comfort, and divine peace. Amen

Aeroll Klein, Anthony Iannuzzi, Cathie Christie, Peter Casey, Daniella Younis, David, George El-Bayeh, Gracia Zalvidea, Iranie Perumal, Kayla Ho, Lucas Le Huray, Mary Finianos, Nick Galea, Peter Gamble.

Please pray for ...

Heavenly Father, We pray that you will lay your healing hands upon all those who are sick. We ask you to have compassion on all who are suffering so that they may be delivered from their painful circumstances. May they know that you are always with them, especially through difficult times. Amen

Jack & Gladys Scott, Father David Scott, Alda Furtado, Beth Kenny, Charles & Josephine Clayton, Christine Garamy, Paul, Gladys, Tom and Damien Beck, Demi Francke, Denis Debono Cullen, Doug Ewin, George Steele, Jacqueline Bazouni, Jenny & Joseph Lucas, John Shepherd, Nametallah & Sunira El Khoury, Peter Howard, Rosario Sciara, Tom Dennis.

Novena to our Mother of Perpetual Help

Prayed during our morning Mass every Wednesday.

Thursday Cenacles

Held in Marian Chapel after every Thursday morning Mass.

Divine Mercy Chaplet

Fridays 3:30pm in Marian Chapel.

Liturgy of the Hours

First Friday at 6:00pm

St Paul’s Mens Ministry

Second Thursday of the month: 6pm-Church, 8pm-Parish Hall

2SM Filipino Mass

Second Sunday at 11:00am

Mass with Ephpheta

Third Sunday at 9:30am

Moments of Mercy

Look into My Heart and see there the love and mercy which I have for humankind, and especially for sinners. Look, and enter into My Passion. *(Diary 1663).*

Prayer for Vocations

Each Lent should bring us closer to our God. There is no failure, except that of no longer trying. You can still follow Jesus more closely .

Catholic Outlook

Access at anytime online: www.catholicoutlook.org/

Catholic Weekly

News, articles and information: www.catholicweekly.com.au/

Low gluten hosts

Available upon request.

Hearing Loop

For signal, set to ‘T’ (Telecoil).

Overheads for hymns used in the Church are used with permission under ONE LICENCE No A-642251

Lenten Reflection here at St Paul the Apostle Parish - you are all invited

Our parish will hold a special Lenten Reflection afternoon on Saturday March 9th and everyone is invited.

The structure of the Lenten Reflection will be as follows:

Parish Centre: 2:00pm Arrival (tea/coffee)
2:30pm - 4:00pm Presentation by Doctor Peter Holmes followed by small group discussions.

Church: 4:00pm - 4:30pm Adoration to the Blessed Sacrament (including Vespers / Liturgy of the Hours)
4:00pm - 4:45pm Regularly scheduled confession will still be held

For planning purposes, there is a sheet as you leave the Church where you can record your intentions to attend.

Doctor Peter Holmes has lectured in Scripture, Theology and biblical languages and presenter on [This Catholic Life Podcast](#).

Liturgical services in our parish during Lent - everyone is welcome to attend

- [Stations of the Cross](#) will be held at 7:00pm every Friday evening (followed by Reconciliation until 8:30pm).
- [Lenten discussion groups](#) will be held every Wednesday in the Marian Chapel at 7:00pm. Each week there will be a different theme. There is no need to register your attendance and everyone is invited to attend any or all of these sessions.

Lent and Easter program 2024—important information

A take home sheet is available to take home which provides a detailed breakdown of all liturgical services throughout Lent, during Holy Week and for Easter. Some of the changes to previous years include:

- Good Friday - Stations of the Cross will now be held in the morning at 10:00am instead of that evening.
- Good Friday - Individual Veneration of the Cross will be offered to everyone during the Passion and not only at the conclusion.
- Second Rite of Reconciliation - will be held on Monday March 18th at 7:00pm
- Additional prayer services during the Easter Triduum

Registration for Sacrament of Holy Communion - closes this Tuesday

Registration ([via our website](#)) closes 5:00pm Tuesday 20th February. To know more please contact Sandra Sheehan via the parish office.

Rite of Christian Initiation of Adults (RCIA) update

RCIA is the process through which older children and adults are prepared for entry into the Church through the Sacraments of Initiation. At St Patrick’s Cathedral this weekend the Diocese will celebrate the Rite of Election. This marks the end of a lengthy period of preparation for the Catechumens, three of whom are from our parish: Li, Shontay and Tan. During the Rites, they publicly acknowledge their desire to receive the Sacraments of Initiation, and their desire to be received into full Communion with the Catholic Church on Easter Saturday. The Rites mark the beginning of a period of more intense preparation and are asked to follow Christ with greater generosity of spirit. Please continue to pray for those involved in our RCIA program as we all continue our journey to Easter.

Upcoming Feast Days, Memorials, Solemnities

21st Saint Peter Damian | 22nd Saint Peter’s Chair | 23rd Saint Polycarp

Welcome to those Baptised here recently

To Lucia, we pray her faith will be an important and integral part of her life.

Call out for volunteers to operate our Mass audio visual

If you can use a TV remote then you’ve got all the skills needed for this role! We are seeking volunteers to assist in operating the powerpoint presentation for our various Masses. If you are interested and available to assist, please contact the parish office. Thank you.

Adult Faith Formation opportunities in 2024

Looking to learn more about the Bible, spirituality, theology or practical skills for ministry?

Searching for encouragement and growth by listening to life & faith stories from adults in their 20s, 30s and 40s?

Get in touch with the Diocesan Mission Enhancement Team met@parracatholic.org or view their 2024 calendar <https://shorturl.at/grLV3>

Youth Mass ‘Round the Diocese: 25th February

Looking for young adults to worship with? Wondering what goes on around our Diocese? Mass ‘Round the Diocese is just that! Our young people are visiting different churches around the Diocese for Mass and fellowship afterwards. The next Mass will be at Our Lady, Queen of Peace Parish, Greystanes, on Sunday 25 February for 6pm Mass. Please contact Laura on laura@stbernadette.org.au

Catholic Youth Parramatta 2024 LIFTED Launch: 29th February

Join young people from across our Diocese for an evening of faith, live music, formation, and more. Learn about ways you can meet, connect and 'walk with' other young people. West HQ Rooty Hill, 29 February, 7pm to 9:30pm. Register parracatholic.org/liftedlaunch

Grace & Silence Retreat at Mt Schoenstatt, Mulgoa - March 3rd

A four part silent retreat series for single, young women 20-40 years of age discerning a vocation to Marriage and Family, Single Life or Consecrated Life. Attendance at all four full day retreats is highly recommended. Cost: \$25 per retreat or \$90 for full series. Registration closes Feb 25th for Part 1. For more information please contact Hannah on 0433 443 384.

Receiving Communion for those unable to attend Mass

We recognise and understand members of our parish community are unable to physically attend Mass as they may be sick, elderly etc. If you, or anyone you know, seeks to receive the blessed Eucharist at their home, please contact the parish office to arrange.