

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

ALL I WANT IS TO KNOW CHRIST

ST PAUL THE APOSTLE

CATHOLIC PARISH

WINSTON HILLS

The Lenten Journey

It is normal for people to ask themselves the question of whether they are doing "enough" during Lent. This is a common process for many individuals seeking to deepen their religious (spiritual) practices.

It's important to approach this question with a balance of self-reflection, self-compassion, and a realistic understanding of personal circumstances. Here are some considerations to help guide your reflections:

Personal Growth and Intention: Consider the intention behind your Lenten practices. Are you genuinely striving for personal growth and spiritual deepening? The quality of your engagement often matters more than the quantity. If your efforts are sincere and aligned with the spirit of Lent, they are meaningful.

Prayerful Reflection: Take time for prayerful reflection on your Lenten journey. Are you actively seeking a closer relationship with God? Reflect on your prayer life, acknowledging the moments of connection and areas where you can deepen your conversation with God.

Flexibility and Realism: Be realistic about your circumstances. Lenten commitments should be challenging but also attainable. If you find that external factors are making it difficult to maintain certain practices, consider adjusting your approach while remaining faithful to your overall Lenten goals.

Acts of Love and Kindness: Consider the impact of your actions on others. Are your acts of almsgiving and kindness making a positive difference? The significance of your efforts extends beyond individual practices to the positive impact you can have on the lives of others.

Spirit of Repentance: Lent is a season of repentance and turning towards God. Reflect on your journey with a spirit of humility and openness to God's grace. If there are areas where you've fallen short, use them as opportunities for growth rather than sources of guilt.

Community Engagement: Connect with your parish community. Share your experiences, listen to the journeys of others, and draw strength from the communal nature of the Lenten season. The support and encouragement of fellow believers can be a valuable aspect of your spiritual journey.

Remember that Lent is not a performance evaluation but a time for genuine reflection, repentance, and growth. Trust in God's mercy, and be kind to yourself as you navigate the challenges and blessings of this sacred season.

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, Adleen Hadchiti, 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, Bishop Bede Heather, Alda Furtado, Angelique, Paul, Claude, Myriam Jumeau, Arnold Morris, Bernard Sullivan, Charles & Josephine Clayton, Christine Garamy, Paul, Gladys, Tom and Damien Beck, Demi Francke, Denis Debono Cullen, Doug Ewin, George Steele, Jean Adrian, Jenny & Joseph Lucas, John Shepherd, Nametallah & Sunira El Khoury, Peter Howard, Rosa & Saverio Marotta, 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

This firm resolution to become a saint is extremely pleasing to Me. I bless your efforts and will give you opportunities to sanctify yourself. Be watchful that you lose no opportunity that My providence offers you for sanctification. *(Diary 1361)*

Prayer for Vocations

The challenge before us is to "bear with one another charitably, in complete selflessness, gentleness and patience." That is an essential part of our vocation: to lead a life worthy of these attributes.

Catholic Outlook

www.catholicoutlook.org/

Catholic Weekly

www.catholicweekly.com.au/

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

24 Hour Eucharistic Adoration - March

Commences: 9:10am Mass Friday 1st | Concludes: 9:10am Mass Saturday 2nd

Our Lord Jesus will be exposed for 24 hours and at all times must have someone with Him. If you are able to be in attendance to ensure we have someone always present, please record your details on the booking sheet as you enter the Church. Thank you.

Come ... spend some time with Him

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

Our parish will hold a special Lenten Reflection on Saturday March 9th. The structure of the afternoon 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

Invitation to attend Christ's Catholic Community weekly prayer group - held every Friday

Lent is a time to focus on prayer , to open our hearts and minds to God who loves us. You are invited to experience God's peace and love by slowing down and reflecting in a small group. There is no obligation to attend every week and feel free to join in at any time. They meet 10am in the Conference Room of our Parish Centre and take about one hour. All queries to Pauline Camilleri 0407 417 039.

Rite of Christian Initiation of Adults (RCIA)

Please continue to pray for those involved in our RCIA program as we all continue our journey to Easter.

Young Adult Faith Formation - March 3rd

Young Adult Faith Formation sessions continue on Sunday 3rd March 2024 at The Hustle (Unit 4, 4-6 Purdy Rd Minchinbury) at 7pm. The speaker is Monica Doumit who will talk about and lead discussion on 'How to speak about Hot Topics in the public sphere'. Adults 18-35 are encouraged to come along and enjoy some faith formation, pizza and fellowship! For details call Mark 0477 004 687.

Mission Enhancement Team (MET): The FaithFeed - March 15th

Interested in live music, life & faith stories and curious conversations from those in their 20s, 30s 40s? Sign up for The FaithFeed! Bishop Bede Heather Centre, 1-5 Marion Street, Blacktown from 7:00pm. RSVP and enquiries to met@parracatholic.org

Filipino Chaplaincy: Feast of St Joseph Celebrations - March 16th

Holy Mass will be celebrated for the Feast of St Joseph, on Saturday March 16th at 10:30am at St Patrick's Church, Blacktown. Novena Masses will be held from March 6 to 14 at 7:30pm (except Mar 6,13 at 8:00pm) at St Michael's Church, Blacktown South.

Diocesan Lent and Holy Week Scripture Reflection Evening: March 20th

Looking for ways to reflect on your experience of Lent towards Holy Week? Interested in praying with Scripture readings for Holy Week? Wednesday March 20th from 6:30pm to 8:30pm. RSVP and enquiries to met@parracatholic.org

Novena Mass for St Pedro Calungsod - March 21st

The 7pm Mass on Thursday March 21st, will be the Novena Mass for Saint Pedro Calungsod. More details to follow next week.

Disciples School of Mission Live-in Course - April 1st to 4th

Are you aged between 18-40? Be renewed in your own journey, equipped for mission/youth ministry, and formed in the Catholic faith. This four-day course, held at Mt Carmel Retreat Centre, Varroville, calls people to be equipped for youth ministry and evangelisation. For more information, visit discipleschoolofmission.com.au or ring Judy ([Missionaries of God's Love Sisters](#)) on 0479 059 183.

Position Vacant

Parish Cook (part-time) - St Patrick's Cathedral Parish, Parramatta. Applications close 4 March. Details at: parracatholic.org/about/jobs/

Upcoming Feast Days, Memorials, Solemnities

27th Saint Gregory of Narek | March 1st Ember Day

There will be no 2SM Mass on March 10th due to the Novena Mass for Saint Joseph.