

# St Paul the Apostle Parish

40 Buckleys Road, Winston Hills NSW 2153

T: 9639 6516 W: [www.stpaultheapostleparish.org](http://www.stpaultheapostleparish.org)

Office hours: Monday 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.com/stpaultheapostleparish](https://www.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*)

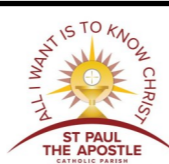
Saturday 4.00pm - 4.45pm

**Adoration:** Thursday 6.00pm - 7.00pm

First Friday 9.45am - 9.00am Saturday

## Masses livestreamed to Facebook:

Sundays 9:30am, except 3<sup>rd</sup> Sunday of the month at 5:00pm



## Alpha is starting here in our parish on Monday 3<sup>rd</sup> February!

After it was last run here in 2015, the Alpha program will be held at St Paul's commencing on Monday, 3<sup>rd</sup> February. Looking for a welcoming space to ask your life and faith questions? Interested in meeting other people in the parish?

Alpha is a great next step for you! Alpha is a series of interactive sessions that create a safe and honest space, where people can explore life, Christian faith and meaning, ask questions, and share their point of view.

Alpha is free and all are welcome to attend. **Registration to attend is necessary** and can be done via this QR code,

or via this link: [bit.ly/alphastpaulwinstonhills](https://bit.ly/alphastpaulwinstonhills). There is no requirement to attend every session and you only need to register once.

Alpha will run every Monday from 7:30pm to 9:00pm from 3<sup>rd</sup> February through to 14<sup>th</sup> April in our Father David Scott Parish Centre.

An additional two day retreat as part of Alpha will be held in the second half of March and more details will be available next weekend.

To find out more about Alpha visit: [alpha.org.au/](http://alpha.org.au/), contact the organiser Kaytee on 0421 573 259 or [krichards3@parra.catholic.edu.au](mailto:krichards3@parra.catholic.edu.au).

## Opportunity: Morning Tea Coordinator for one Sunday per month

We extend a special and heartfelt thank you to Claudine D'Costa who has recently moved on from the coordinator role of the Sunday 9.30 am parish morning tea, which is held on the second Sunday. Claudine ensured there was a spirit of hospitality; leading, and as part a team, where everyone was included and valued. If you want to know more, or are interested in the role, please contact the parish office. You will be part of a dedicated team and everything needed is generously provided by parishioners and the parish.

## Youth Faith In Action Team (FIAT) Ministry gathering: Sunday, 16<sup>th</sup> February

A special talk and discussion will be held after the 5:00pm Mass on that evening. Save the date and more details next weekend.

The FIAT is for those aged 18 to 30 and meet on a regular basis for faith formation and fellowship.

## You are invited! Faith Seeking Understanding (first for 2025): Thursday, 27<sup>th</sup> February

Saint Anselm, a great thinker in Church history, quoted "fides quaerens intellectum", which literally means "faith seeking understanding."

We may begin with the virtue of faith, which is paramount, but we must absolutely seek deeper understanding. As part of our series on

Faith Seeking Understanding, our next event which will be presented by Peter Holmes: "A practical guide to celebrating the Jubilee Year"

Please join us for this special evening which commences at 7:30pm in the Father David Scott Parish Centre after the 7:00pm Mass.

Doctor Peter Holmes has lectured in Scripture, Theology and biblical languages and podcast presenter on [thiscatholiclife.com.au](http://thiscatholiclife.com.au)

## Lenten discussion group: commencing Wednesday, March 12<sup>th</sup>

Lenten Discussion Group will be held every Wednesday evening during Lent in the Marian Chapel.

There is no need to register your attendance and everyone is invited to attend any or all of these sessions.

More details will be available over the coming weeks including availability of resources and books.

## 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.

## Returning in February

- The first 24 Hour Eucharistic Adoration for 2025 will take place on Friday, 7<sup>th</sup> and Saturday, 8<sup>th</sup> February.
- Saint Paul's Men's Ministry gathering will assemble for the first time in 2025 on Thursday, 13<sup>th</sup> February.
- Mass with the Ephpheta community will next take place Sunday, 16<sup>th</sup> February at 9:30am

## World Day of Prayer for Consecrated Life: Sunday 2<sup>nd</sup> February

You are invited to attend Solemn High Mass at 11am at St Patrick's Cathedral, Parramatta celebrated by Bishop Vincent Long OFM for the Feast of the Presentation of the Lord and a special celebration of Consecrated Life. Jubilee candles for each Order or Congregation will be blessed during a short ceremony in the Cathedral courtyard then carried in procession into the Cathedral.

## Red Mass for judiciary and legal community: Monday, 3<sup>rd</sup> February

The Very Reverend Robert Riedling, Dean of St Patrick's Cathedral, Parramatta cordially invites members of the judiciary and legal community, public service officials, law students and their families to the annual Red Mass on Monday, 3<sup>rd</sup> February at 7:00pm, (refreshments following Mass). Please RSVP by Friday, 31<sup>st</sup> January to [enquiry@stpatscathedral.com.au](mailto:enquiry@stpatscathedral.com.au) or call 8839 8400.

## Diocesan World Day of Prayer for the Sick: Tuesday, 11<sup>th</sup> February 11:00am

Includes Sacrament of the Anointing of the Sick. All welcome, including those who are sick, who care for the sick and dying and health care professionals. St Patrick's Church, Allawah Street Blacktown. RSVP by 6<sup>th</sup> February [parracatholic.org/world-day-prayer-feb11](http://parracatholic.org/world-day-prayer-feb11)

## FaithLIFE Scripture Short Courses for adults: Wednesday 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> February

Are you looking to read the Bible more in 2025 but don't know where to start? Consider the FREE FaithLIFE Scripture Short Course guided by Scripture scholar, Dr Michele Connolly RSJ. Wednesdays, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> February. 6:30 pm to 8:30 pm at Bishop Bede Heather Centre, 1-5 Marion Street Blacktown. RSVP via [parracatholic.org/faithlife](http://parracatholic.org/faithlife) or email [met@parracatholic.org](mailto:met@parracatholic.org)

## Catholic Engaged Encounter Weekend: 22<sup>nd</sup> and 23<sup>rd</sup> February

How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life. Spend time together to strengthen and enrich your relationship. The next Engaged Encounter Weekend will be held on 22-23 February, with future dates in May, August and November 2025. For further information visit [www.engagedencounter.org.au](http://www.engagedencounter.org.au)

## Stamps for Charity

A big thank you for your donation of used stamps. For a long time now, our parish proudly supports the Mary MacKillop International Mission through the collection of used stamps. At any time, if you have any unused stamps, please place them in the box in the Church foyer else drop off to the Parish office. These stamps are forwarded to the Mission which are sold to support their charitable works. It doesn't matter if you only have a small amount and they are all gratefully welcomed. Thank you again for your continued generosity.

## Moments of Mercy

May praise and glory for this Image Never cease to stream from man's soul. May praise of God's mercy pour from every heart. Now, and at every hour, and forever and ever. (*Diary, 1*)

## Prayer for Vocations

If a wedding between God and us? "to have and to hold, from this day forward, for better or for worse." God is faithful and true. Let us do the same.

## Mother of Perpetual Help

Novena prayed after Mass every Wednesday morning.

## Thursday Cenacles

Held in Marian Chapel after every Thursday morning Mass.

## Divine Mercy Chaplet

Fridays 3:30pm in Marian Chapel.

## Christ's Catholic Community

Prayer group every Friday 10am: Parish Centre Conference Room.

## Liturgy of the Hours

First Friday at 6:00pm

## Men's Ministry St Paul's

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

## Low gluten hosts

Available upon request

## Communion to the sick

Contact parish office to organise.

## St Vincent de Paul Society

2nd & 4th Mondays of the month 7pm Parish Centre conference room

## Hearing Loop

For signal, set to 'T' (Telecoil).

## News and Information

[www.parracatholic.org/](http://www.parracatholic.org/)  
[www.catholicoutlook.org/](http://www.catholicoutlook.org/)  
[www.catholicweekly.com.au/](http://www.catholicweekly.com.au/)

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

## Our spiritual wellbeing

We have become accustomed to the months of December and January as time for a holiday.

Most of us tend to travel to spend time with loved ones, visit friends and relatives, relax and refresh ourselves.

Truly we need a break from the routine to make ourselves energised. We make it a point to maximise this time and opportunity, because it is necessary for our wellbeing, both physical and psychological.

For the physical wellbeing of the person, there are many ways people remain in good health. This may be in eating well and healthy choices, good sleeping patterns and undertaking activities which bring enjoyment and also that provide exercise and fitness. There are also programmes available for people's psychological wellbeing.

Human beings are composite beings; they are body, mind and soul together. They have faculties that are physical, psychological and spiritual. For those that are in want of a perfect wellbeing of the human person, they need to attend to all these faculties. Once you shift focus away from one for the other, or attend or neglect to any of them partially or wholly, our wellbeing is not complete.

Religions attend to peoples spiritual wellbeing. They have different programmes to rejuvenate the spiritual life of the human beings. In the Catholic Church we have several things which take care of the spiritual wellbeing of the people. The Church stresses the welfare of the entire person and that is why we have them in place.

The worthy reception of different Sacraments are ordinary means of spiritual rejuvenation. But there are some extraordinary means as well such as parish retreats, topic based discussions and sessions, Lenten reflections, Advent reflections and activities of different pious organisations. All these are the extraordinary means and are open to anyone in the parish, whereas activities of different pious organisations are generally specific to the group members alone unless otherwise notified. Taking this into consideration, a good way to start the new year is with a commitment to attending the Alpha program offered by our parish which commences shortly.

It is also important to note freedom is there for each one to choose the ordinary or extraordinary means.

If we are looking for the wellbeing of the total person, we must use the extraordinary along with ordinary means.

As we come towards the end of this holiday time, may we be reminded about the need to seek the spiritual wellbeing as well through ordinary and extraordinary means offered by the Church.

St Paul the Apostle, pray for us!

Father Abraham Kunnatholy

## Upcoming Feast Days, Memorials, Solemnities

27<sup>th</sup> Saints Timothy and Titus, Saint Angela Merici | 28<sup>th</sup> Thomas Aquinas | 31<sup>st</sup> Saint John Bosco

## Parish Safeguarding

Please refer concerns to our Parish Priest, or [safeguarding@parracatholic.org](mailto:safeguarding@parracatholic.org) or 8838 3419.

More information at [www.safeguarding.org.au](http://www.safeguarding.org.au)

## Please pray for our sick

*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*

Aeroll Klein, Ameriza Ayoub, Anne Burt, Anthony Iannuzzi, Bailey, Cathie Christie, David, Dominic Abate, Edgar Cruz, Fermin Manuel, George El-Bayeh, Helene Barker, Jenny Goudas, John Gin, Joshua McCarroll, Lorenzo Agostino, Lorraine Abraham, Loy De'Souza, Lucas Le Huray, Mary McConvey, Nick Galea, Mary Finianos, Maureen McLoughlun, Peter Gamble, Rosa Caccamo, Sally Georges, Sam Papallo, Sarah Sheehan, Tashia Vergara, Valeriano Estacio Jnr, Vanessa Ibrahim.

## Please pray for ... May the souls of our dearly departed rest in peace. Amen

Jack and Gladys Scott, Father David Scott, Alan and Noel Darcy, Beth Kenny, Charles and Josephine Clayton, Everett Harrison, George Steel, Jamile Isaac, John Boys, Lenny Fernandes, Louis and Elizabeth McMullen, Mary Ford, Roger Athiade, Roland Gonzalez.