

St Paul the Apostle Parish

40 Buckleys Road, Winston Hills NSW 2153

T: 9639 6516 W: www.stpaultheapostleparish.org

Office hours: Monday to Friday 9:00am - 4:00pm

Emergencies or Anointing of the Sick:
call 9639 6516 and press 5

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)

Weekend Mass times

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

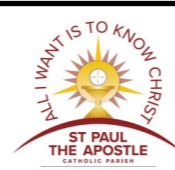
Weekday Mass times

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

Baptisms: First and Third Sunday of each month
Baptism bookings only [via our website](#)



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.

Remember 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.

Registration for Sacrament of First Holy Communion: opens Monday, 24th March

Online registration ([via our website](#)) for this Sacrament opens 9:00am and closes Monday, 7th April. To find out more please submit your enquiry online via our website: stpaultheapostleparish.org/#contactus

Marian Pilgrimage information night: Sunday, 23rd March

There is an opportunity to find out all you need to know about the upcoming Marian Journey and pilgrimage to be held later this year. It features villages of some of the Church's most renowned saints. If you are interested to know more, please come along at 6:15pm in the Father David Scott Parish Centre. Feel free to visit: www.harvestjourneys.com/tours/, contact Tom Lara 0417 430 949 or Father John Paul.

Parish Safeguarding

Please refer concerns to our Parish Priest, or safeguarding@parracatholic.org or 8838 3419.

Please pray for our sick ... Heavenly Father, lay your healing hands upon all those who are sick. Amen

Aeroll Klein, Ameriza Ayoub, Anne Burt, Anthony Iannuzzi, Bailey, Cathie Christie, David, Edgar Cruz, Fermin Manuel, George El-Bayeh, Helene Barker, Jenny Goudas, John Gin, Joshua McCarroll, Krishna Premadas, Lorenzo Agostino, Loy De'Souza, Lucas Le Huray, Mark Lopez, Mary McConvey, Nick Galea, Mary Finianos, Maureen McLoughlun, Peter Gamble, Rosa Caccamo, Sally Georges, Sam Papallo, Sarah Sheehan, 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, Beth Kenny, Charles and Josephine Clayton, Charlotte Dos Remedios, Ettie Boys, George Steel, Gonzalo Balagtas Senior, Lena Pereira, Letitia Revilla, Marelou Cecilia, Roland Gonzalez.

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.

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

Women's Ministry St Paul's

Third 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).

www.parracatholic.org/

www.catholicoutlook.org/

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

Lenten program and discussion groups

There is no need to register and everyone is invited to attend any or all sessions.

- Held every Wednesday evening at 7:00pm during Lent in the Marian Chapel
- Christ's Catholic Community every Friday morning at 10:00am in the Parish Centre Conference Room.

Stations of the Cross - 7:00pm every Friday evening (followed by Reconciliation until 8:30pm)

This Lenten season, come and share the sacred journey of the Stations of the Cross. It is a powerful time of reflection and prayer, as we follow Christ's path to Calvary and meditate on His love and sacrifice. Whether you've participated before or are new to this devotion, the Stations offer a meaningful way to grow closer to God during Lent. Join us every Friday at 7:00pm as we gather in prayer, remembering Christ's suffering and embracing His mercy. All are welcome and we encourage you to please bring along your family.

Count of attendances at Masses this weekend

At all weekend Masses on 8th/9th and 15th/16th March, there will be a count of those in attendance. The last count undertaken in our parish was 2021, and as you may appreciate, the (residual) impact of COVID was still evident. At these counts, no identifiable information will be collected and will be purely a head count. This is being undertaken to better inform our parish planning and strategies.

Update on Livestreaming of our Masses

Throughout the COVID pandemic and in the years that followed, our livestreaming of Masses proved to be a valuable tool to help especially isolated parishioners remain connected to our community. Over the past twelve months however, the number accessing the stream has diminished to less than a handful. For this reason we have made the decision to discontinue livestreaming. Please note:

- Ephpheta Centre will still livestream our St Paul's 9:30am Mass on the third Sunday via Facebook: [facebook.com/thecentrefordeaf](https://www.facebook.com/thecentrefordeaf)
- *Mass for You at Home* continues to be broadcast on Channel 10 each Sunday and on YouTube: [youtube.com/massforyouathome](https://www.youtube.com/massforyouathome)

Parish Youth Ministry - Joint FIAT and PYT gathering: Sunday, 16th March

This event is open to all young adults aged 18 to 30 and youth in Year 7 to Year 12. The gathering will take place on Sunday, 16th March. Commences with 5:00pm Mass. Please join us after in the Father David Scott Parish Centre for food and discussion on the topic: *Lent: What's the Point? Discovering the Purpose and Meaning of the Season.*

Women's Ministry of St Paul: this Thursday, 20th March

Gathers on the third Thursday each month, commencing with Adoration (6pm), Mass (7pm) then assemble at the Parish Centre (~7:45pm). All women aged 18 and over welcome. Please come along in a special gathering where Sister Rebecca (Schoenstatt Sister of Mary) will lead a discussion: *Mary in the Gospel Journeying with our Lady through Lent.* Contact Hala 0411 865 649 or our office 9639 6516. This will be the first of the monthly gatherings for our Women's Ministry and would love to see as many as possible to be in attendance.

Lenten Reflection Afternoon: 'The Seven Last Words of Christ From The Cross' on Saturday, 29th March

Charbel Raish, Director of Parousia Media will be leading a Lenten Reflection here in our parish as part of our Lenten journey. The afternoon will commence at 2:00pm with Charbel presenting a session titled "The Seven Last Words of Christ From The Cross". Eucharistic Adoration will follow starting at 4:00pm and will be followed by the 5:00pm Vigil Mass. Please note that Reconciliation will still be held that afternoon from 4:00pm to 4:45pm during Eucharistic Adoration. We encourage as many parishioners to attend.

Welcome to those Baptised here recently

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

Come along and join us Monday nights for ALPHA!

Alpha is a space where people can explore life, Christian faith and meaning, ask questions, and share their point of view.

All welcome to attend and is free. **Registration to attend is necessary** and be done via this link: bit.ly/alphastpaulwinstonhills.

Alpha will run every Monday from 7:30pm to 9:00pm, through to 14th April in our Father David Scott Parish Centre. Visit: alpha.org.au/

At The Well Gathering for Women: Sunday, 23rd March

A casual gathering of women aimed at providing a space for conversation, community and encounter. This gathering will be a collaboration with the Women of St Clare with a focus on the topic of "Living as a Catholic woman in a secular world."

For more information and to register visit parracatholic.org/events/at-the-well-gathering-23-march/

"24 Hours for the Lord" at Mt Schoenstatt Mulgoa in March

This special event will begin Friday 28th at 6:00pm with Holy Mass in the Shrine and conclude Saturday 29th at 5:00pm with Holy Mass. The Shrine will remain open for the entire duration, with continuous adoration throughout the 24 hours. This is a worldwide Lenten initiative of prayer and reconciliation, introduced by Pope Francis. Additionally, the Schoenstatt Shrine at Mulgoa, is a designated pilgrimage site in the Parramatta Diocese during the Jubilee Year of Hope 2025. Pilgrims can obtain a plenary indulgence by visiting the shrine during this Jubilee year, provided they fulfill the necessary conditions. For more info please reach out to Ramani 0424955859.

You are invited: Office of Tenebrae: Monday, 14th April

Office of Tenebrae is a Holy Week reflection liturgy including Scripture, psalm chanting and motets and features the Cathedral Choir. The Annual Tenebrae service is a reminder of the eternal light and hope brought into the world through Christ's Resurrection. Catholics are invited to attend the Office of Tenebrae at least once in their life. All are welcome to attend at St Patrick's Cathedral at 7:30pm.

Caritas Project Compassion boxes

Your generous support will provide life-changing support to communities facing poverty, food insecurity, lack of education, water shortages, while building resilience. You'll be answering the Gospels' call to care for our global family and walk alongside the vulnerable.

Positions Vacant

Administration Assistant: Mission Enhancement Team and also at Holy Spirit Parish, St Clair. Details at: parracatholic.org/about/jobs/

Rosters for next quarter: please notify the parish office of any extended unavailability by Monday, 17th March. Thank you.