

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 Ambrose Owusu-Ansah



For latest updates



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 8:40am Rosary*)
Thursday 7.00pm (*preceded by 6:00pm Adoration*)

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

Adoration: (24hour) First Friday 9.45am - 9.00am Saturday

Baptisms: First and Third Sunday of each month

Baptism bookings only [via our website](http://www.stpaultheapostleparish.org)

24 Hour Eucharistic Adoration - March

Commences: 9:10am Mass Friday 6th | Concludes: 9:10am Mass Saturday 7th

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



It's not just 24 hours of silent Adoration

During the 24 hours of Eucharistic adoration, there are other ways one can participate in prayer or reflection and everyone is invited:

- 3:30pm - [Chaplet of Divine Mercy](#) will be prayed in the church in front of the Blessed Sacrament (feel free to assemble at 3:00pm)
- 6:00pm - [Evening Prayer/Vespers](#) will be held. This is also known as [Liturgy Of The Hours](#).
- 6:00pm - [Reconciliation](#) until 7:00pm

Please note there will be 24 Hour Adoration in April as the first Friday/Saturday will be in Holy Week.

Welcome to Father Ambrose Owusu-Ansah!!

Our Parish extends a special and warm welcome to Father Ambrose who has now commenced his appointment here at St Paul's. In terms of some background, Father Ambrose was born in Kwapia village, a farming community in the [Ashanti Region](#) and within the [Diocese of Obuasi](#), Ghana. The middle child amongst his four siblings, joined the seminary at the age of 15 and is now in his 20th year of being an ordained priest. Father has worked in three parishes in Ghana, including Chaplain to the Diocesan Women's Council. Since arriving in Australia just before Christmas last year, Father was appointed assistant priest at St Monica's North Parramatta. Father Ambrose is currently the Parramatta Diocesan Chaplain for the Ghanan community who celebrate Mass at Holy Trinity, Granville.

Registrations for the Sacrament of Holy Communion: open Monday March 2nd

Registrations for this Sacrament in our parish will open on Monday, March 2nd and only [online via our website](#). Please note the eligibility for children to receive the Sacrament of First Holy Communion: has received the Sacraments of Baptism and Reconciliation and be in Year 4 or above in 2026. To find out more please submit your enquiry online via our website: stpaultheapostleparish.org/#contactus

Lenten Reflection Program - you are invited

There are two sessions available and please add your details to the sheets as you leave Mass.

Wednesdays 7:00pm led by [Doctor Peter Holmes](#) in the Marian Chapel on the following evenings: Mar 4th, 11th, 18th and 25th

Each session with Doctor Holmes will focus on the upcoming weekend readings for each Sunday of Lent.

Fridays 10am led by Pauline Camilleri in Parish Centre Conference Room.

Stations of the Cross - every Friday evening at 7:00pm (preceded by 6:30pm Reconciliation)

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.

Prayer for Special Religious Education Teachers (Catechists)

As we celebrate Catholic Schools Week, it is important that we also remember the tremendous work of our parishioners who on a voluntary basis visit several of our local State schools in their role as Special Religious Education Teachers (SRE) or Catechists. They are critical as they spread the joy of the Gospel to children who otherwise may not get a chance to hear it.

Lord God, I come to you today to pray for those women and men that have answered your call to become SRE catechists and helpers in public schools. May the joy of the Gospel that they share, nurture the seeds of faith that you have planted in the children they teach. And may other good women and men be inspired by their example to become witnesses to your love.

I make this prayer in the name of Jesus, your Son, who calls us to share the Good News of your love with all. Amen

If you would like to know more about this ministry and their tremendous work, contact the parish office or SRE@stpaulwinstonhills.org

Pregnancy Help Sydney and "The Little White Box"

The work of supporting women with unplanned pregnancies is still an urgent need in our community. On the first weekend each month we put out "the Little White Box" at the Church at all masses. Donations raised allow the Pregnancy Help Sydney support group to continue supporting women and their families 24 hours a day on the telephone or with other assistance as needed. If you or anyone you know needs support or assistance, to know more, or to contribute, visit <https://www.pregnancyhelpsydney.com/>. Thank you.

Welcome to those Baptised here recently

To Alexandra and Sophia, we pray that their faith will be an important and integral part of their lives.

Dance Classes every Tuesday evening

You are invited to join dance classes every Tuesday evening from 7:30-9:30pm in the Father David Scott Parish Centre.

New England Journal of medicine found that dancing is a highly effective, non pharmacological method to reduce risk of dementia / alzheimers up to 76%. Exercise, mental stimulation and fellowship all in one, and helping protect brain health.

Caritas Project Compassion Boxes

In Lent, we are called to Unite Against Poverty. By taking home a Project Compassion box, you'll be answering the Gospels' call to care for our global family and walk alongside the most vulnerable. Visit: caritas.org.au/project-compassion/. Boxes can be returned at Easter.

Upcoming Feast Days, Memorials, Solemnities, Commemorations

4th Saint Casimir | 6th Ember Day | 7th Saints Perpetua and Felicity

Parish Safeguarding Statement

We take the safeguarding of children and vulnerable persons seriously. Refer concerns to the Parish Priest, or to Office for Safeguarding and Professional Standards safeguarding@parracatholic.org or 8838 3419. More information available at www.safeguarding.org.au

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.

Holy Father's Prayer Intentions for the month of March

For disarmament and peace. Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

Interested in knowing more? All enquirers welcome

Are you, or is someone you know, not Catholic but may be interested in finding out more about what Catholics believe and understanding Catholic Teachings? Please leave your name with the Parish Office to arrange a quick chat.

Please pray for our sick ...

Heavenly Father, We pray that you will lay your healing hands upon all those who are sick.

Aeroll Klein, Amanda Caputo, Ameriza Ayoub, Antonia Maturano, Arlene Diaz, Aurora Ignacio, Bailey Whou, Ben Rivera, Bob McMillan, Darrel Morrison, David Nichols. David, Declan Trainor, Edgar Cruz, Ellen Wynne, Eric Wood, Fermin Manuel, Grace Kaddissi, Helene Barker, John Gin, Joshua McCarroll, Judy Ibrahim, Krishna Premadas, Lesley Neylan, Loui Ibrahim, Loy De'Souza, Lynda Steel, Lucas Le Huray, Lynette Giri, Maria Mezzagosto, Marian Bacho, Maridel Manuzon, Mark Lopez, Mary McConvey, Michael Hall, Nick Galea, Paloma Escarlan, Peter Beck, Sam Papallo, Stella Kim, Sally Georges, Therese Garamy, Vanessa Ibrahim, Valeriano Estacio Jnr, Vincent (Vinny) Coorey.

Please pray for the repose of the souls:

Jack and Gladys Scott, Father David Scott, Beth Kenny, Charles and Josephine Clayton, George Steel, John and Kevin Young, Noel Young, Lorna and Jack Wardell, Roland Gonzalez, Arnold Morris, Doreen Marsh, Louis, Mary and George El-Bayeh, Rita Marino, Vince Colosimo, Doug Irwin, Norma Sinclair.

May the souls of our dearly departed rest in peace. Amen

Moments of Mercy

I need sacrifice lovingly accomplished, because that alone has meaning for Me. Enormous indeed are the debts of the world which are due to Me; pure souls can pay them by their sacrifice, exercising mercy in spirit. (*Diary 1316*)

Vocations reflection

We can never be called "generous". All that we possess we have received from God. It is our vocation to return to God all the talents God has entrusted to us.

Communion to the sick

Contact parish office to organise.

Mother of Perpetual Help

Novena prayed after Mass every Wednesday morning.

Thursday Cenacles

Held in Marian Chapel after every Thursday morning Mass.

Christ's Catholic Community

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

Divine Mercy Chaplet

Fridays 3:30pm in Marian Chapel.

Liturgy of the Hours

First Friday at 6:00pm

Mass with Ephpheta

Third Sunday at 9:30am

Women's Ministry St Paul's

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

2SM Filipino Mass

Second Sunday at 11:00am

St Vincent de Paul Society

2nd & 4th Mondays of the month 7pm Parish Centre conference room Assistance? 131812 (M-F 8.30-4.30)

Low gluten hosts

Available upon request

Hearing Loop:

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

www.catholicoutlook.org/

www.catholicweekly.com.au/

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