



Our Lady of Perpetual Help Parish Ringwood

14 Bedford Road, Ringwood 3134

Phone: (03) 9926 2330 After hours: 0468 589 039 Fr Dispin: 0413 683 153

Email: Ringwood@cam.org.au Web: <https://www.melbcatholic.org/s/ringwood>



Fourth Sunday of Lent (Year C)

30 March 2025

Parish Information

Parish Priest

Fr Dispin John

Assisted by

Fr Michael Kelly CSsR

Fr Len Size (retired)

Fr Maurie Cooney (retired)

Parish Catechist

Trish Chaston

Pastoral Care Worker

Loredana Iacobucci

Parish Secretary

Janine Meades

Office hours

Mon, Tues, Fri 9:30-2:30

Weekend Mass Times

Saturday Vigil 5:00 p.m.

Sunday 9:30 a.m.

Week Day Masses

Tuesday 6:00p.m. Mass and Novena

Thursday 9:15 a.m.

First Thursday—Healing Mass

Confessions

Thursday 9:45 a.m.

Baptism

Please contact the office.

Weddings

Please contact the office.

Our Lady of Perpetual Help School

Principal: Jenny Rohan

admin@olringwood.catholic.edu.au

2 Wilana Street, Ringwood

98707227

LETTING GO, FINDING PEACE

“With God, all things are possible.”

~ Matthew 19:26 ~

Life can feel heavy when we carry too many worries, burdens or past hurts, but God never meant for us to walk alone, weighed down by things we cannot fix on our own.

He invites us to bring everything to Him – the fears, the struggles, the things we don’t understand. “Come to me, all who are weary, and I will give you rest.” These words remind us that we don’t have to hold on to what drains our strength.

Knowing when to unload means trusting God with what we cannot control. It means letting go of worry and placing our cares in His hands. It doesn’t mean our problems disappear instantly, but we find peace in knowing we are not alone.

God’s love never changes, His wisdom never fails and His strength never ends. When life feels too much, we can pause, pray and hand over the weight. He is always ready to carry what we cannot.

👉 WHEREVER YOU GO, GOD IS WALKING WITH YOU 👉

“Dear God, when life feels heavy, remind me to release my worries to You.

Give me rest when I am weary and faith when I am uncertain.

Thank You

for always walking beside me. Amen.”

Sourced from www.majellan.media

Please pray...

For those who are sick or suffering serious illness, their families and loved ones who care for them

For those who have died recently: Norma Poutney

For those whose anniversaries occur at this time:
Sean King

Readings next Week

5th Sunday of Lent

Is 43:16-21

Ps 125

Phil 3:8-14

Jn 8:1-11

The Parish of Our Lady of Perpetual Help, Ringwood is committed to the safety, wellbeing and dignity of all children, young people and vulnerable adults.

Parish Ministries

March 29/30

Saturday 5:00

Lectors: Andy & Kate Coombs

Eucharist: Volunteers Please

Laptop: Royal Castellino

Sunday 9:30

Lectors: Kathy Munro, John Noronha

Eucharist: Volunteers Please

Music: Zomi Choir

Laptop: Zomi Choir

Children's Liturgy: Ingrid Scott

Morning Tea:

April 5/6

Saturday 5:00

Lectors: Val Prendergast, Prudence Graf

Eucharist: Jennifer & Martin de Korte,
Sian Giuliano

Laptop:

Sunday 9:30

Lectors: Frances Cassidy, Maria Cruz

Eucharist: Jim Fuller, Bob Munro, Shiny Kurian

Music:

Laptop:

Children's Liturgy: School Holidays

Morning Tea: Team 1

Linen: March—Shiny Kuran

Flowers: Week 1 & 2—Polish Community
Week 3 & 4— Zomi Community

Link for Readings of the Day

[https://universalis.com/
australia.melbourne/20240301/mass.htm](https://universalis.com/australia.melbourne/20240301/mass.htm)

Children's Liturgy—Sunday 9:30am Mass

Each Sunday during the school term. All school age children are welcome to attend.

1st Sunday of the Month—April 6

Polish Mass 8:00am

4th Sunday of the Month—April 27

Zomi Community Mass 2:00pm

Filipino Mass 5:00pm

Parish Sacramental Program

For those not attending the Parish School, email
trish.chaston@cam.org.au

The funeral of Norma Poutney will be celebrated at Our Lady's on Friday 4th April at 11:00am.

Have you picked up your New Thanksgiving Envelopes?

There are still a handful of the new sets of envelopes needing to be collected from the narthex.

Working Bee—This Sunday

After 9.30 Sunday Mass on 30th March.

Younger bodies (under 60) are needed to move screenings into the Memorial Garden. Bring a rake, or yard broom and **muscles** and the job will be done in no time.

Lenten Program 2025—A few copies left

Metanoia—the Lenten Program from the Wollongong Diocese is now available for \$9.00 from the Piety Stall.

St Vincent de Paul News: Good Works -Maroondah Grants

'Today we live in a world where people are isolated. This initiative helps bring members of St Vincent de Paul society, school principals, teachers and families with the goal of ensuring children have an opportunity for education.'

Through this initiative, the conference has expanded its outreach, helping families who may have otherwise gone unnoticed. The impact of this work is continuously being felt within the community,. With the Grant's support, the Ringwood Conference provides schools with funding for education, excursions and essential supplies. Grateful parents have shared how this support has not only eased the financial burden but also boosted their children's confidence in the classroom. By ensuring children have access to the resources they need, the Maroondah Grant does more than just cover costs—it provides hope. The Ringwood Conference is deeply grateful for the continued support of the Maroondah City Council and looks forward to further strengthening its impact in the community.

Our Lady's Table Tennis

Feel like a game of table tennis? Come along by yourself or bring a friend or two and join in the fun on Monday 10-12 in the Parish Hall. Wear appropriate footwear. We provide equipment and a cuppa. You give us \$3 and energy. New players welcome. Play occurs regardless of the weather.

Renovation Fundraising Update

Donations are still trickling in with \$80962.00 raised. (Contribute by Direct Debit to our **Repair and Maintenance Account: BSB 083 347 Account 534233044** use your surname in reference line OR Envelopes are available if you would like to contribute by cash/cheque.

Child Safety

The Child Safety Officers, no longer wear the orange vests but can be identified by a name tag. They should be a first point of contact for any concerns regarding child safety. Remember we ask that children be accompanied by a parent or older sibling when they leave the church to go to the toilet in the Narthex.

Carer Connect Group

Are you a carer? Do you feel a bit overwhelmed at times? Maybe you might like to come along to the Carer Connect Group!

When: Every second Saturday of the month, 10:00-11:30 am

Where: 8a Surrey St, Ringwood

Who: For anyone in a caring role - whether you are a parent looking after a child with special needs, somebody caring for an elderly relative, a partner, or working in the caring professions.

What: A time to chat, share our wins and struggles, connect with God during a gentle meditation, and share our self care tips so you can carry on being the amazing carer you are! Call or message Alys on 0400896542 if you would like to come along.

Australian Catholic Youth Festival

Sunday 30 November—Tuesday 2 December

The Festival will be held at the Melbourne Convention and Exhibition Centre (MCEC). Group registration for the Festival will officially open in early May 2025. We are able to advise that indicative pricing will range from \$390–410 per person for the entire Festival with access to all areas and experiences. Groups will be responsible for all travel to/from the Festival as well as organising any accommodation needs. Meals from vendors at the venue will be available at additional cost.

More information on the parish website

Share the Joy of the Risen Lord!

You are invited to the Easter Lunch
at St John's
on Sunday 20 April at 12.30pm

If you are spending Easter by yourself or if you simply want to share the joy of the Risen Lord with other people, please join us at the Easter lunch that will be held at St John's in the Coghlan centre.

The food will be offered by the Parish and you are invited to bring a sweet plate that you normally love to eat at Easter to share.

If anyone wants to give a donation for the lunch please contact the parish office and we thank you in advance for your generosity.

RSVP by Thursday 17th April at the Mitcham Parish office by phone 9401 6366 or by email mitcham@cam.org.au

Everyday Comfort Reflections



But they who wait for the Lord
shall renew their strength; they shall
mount up with wings like eagles; they
shall run and not be weary; they shall
walk and not faint.

Isaiah 40:31

Outreach Pastoral Care Ministry

Pastoral care is available @ Our Lady's, if you or someone you know would like to have a chat, please don't hesitate to call me (Loredana) on 0423 313 336 or e-mail loredana.iacobucci@cam.org.au.



Fourth Sunday of Lent
29th and 30th of March 2025

Irene lives in the Kongolo Region in the Democratic Republic of the Congo (DRC) and faced immense challenges after losing her father to war and raising her children in poverty. With support from Caritas Australia, Irene received vocational training in sewing and farming and can now support her whole family.



Photo credit: Arlette Bashizi/Caritas Australia
Please donate today.

You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above.

Or online at: caritas.org.au/project-compassion

Or by calling: 1800 024 413

Catholic Theological College

Invites you to our

Engaging Your Faith online presentations

From \$25 per session.

For more information and to register:
ctc.edu.au/engaging-your-faith/

Stewardship Corner

"No longer was there manna for the Israelites, who that year ate of the yield of the land of Canaan." - Joshua 5:12

Over the forty years that the Israelites journeyed through the desert, God provided them with manna to eat. As soon as they were able to enjoy the fruits of the Promised Land the manna ceased. Likewise, God's blessings to us may change over the years but it is important to trust that God will always provide us with all that we need.

<https://resources.archstl.org/article/359120/stewardship-bulletin-inserts>

Supporting the Parish

Through the Stewardship Program, parishioners are asked to pledge a regular amount to the upkeep of the parish. This allows the parish to pay utility bills, insurance premiums, Archdiocese levies, purchase church supplies and pay staff wages. This amount is given as the "Thanksgiving Offering" and placed in the appropriate envelope or given as a direct debit. Any loose cash contributes to the support of the Parish Priest. A percentage of the Presbytery collection is also required to be sent quarterly to the Archdiocese. Become part of the Stewardship Program, please contact the office for further information on how this can be done or click the link below to take you to the 'donate' page on the parish website and choose how you wish to support the parish.

to support our parish
click [HERE](#) or use the QR
Code
Please choose where you
wish your
support to go.



Parish Meetings

Parish Pastoral Council: First Wednesday of Month
Parish Finance Council:
Safeguarding Committee: 7:30pm
Time Out : Third Wednesday of Month 12 noon

St Vincent de Paul Piety Stall

CASH ONLY—Sorry.

The piety stall has available items for Sacraments: stoles, cards, gifts. Opened: After 5:00pm Mass Saturday and 9:30 am Mass Sunday. For welfare enquiries please call Vinnies on 1800 305 330 Mon-Fri 10am–3pm

Sharing from St. John's Parish Mitcham

Phone: 03 9401 6366 or 0402 330 128

Email: Mitcham@cam.org.au

Website: www.stjohnsmitcham.com.au

Weekday Masses

Tuesday, Wednesday, Friday: 10:00a.m.

Weekend Mass Times

Sat Vigil 6pm, Sun 8:30am, 9:45am, 11:15am, 5pm

Venue hire— St Johns

Call Manuela at St John's Parish Office for more information.

<https://stjohnsmitcham.com.au/venue-hire>

STATIONS OF THE CROSS

Come and pray the Stations of the Cross in the Church every Friday during Lent at 9.15am from 7th March.

Journey through loss—April 16

When we lose a loved one, the emotions can be overwhelming, grieving can take many forms. Our friendly and informal gathering gives an opportunity to support each other as we journey through grief and loss. Please join us: Every second Wednesday of the month at 10:30am St John's Parish Office. Gold coin donation welcome.

Christian Meditation

We meditate fortnightly. You are most welcome to join us. Lockdown can sorely test our endurance and spirits. If you are interested in deepening your spirituality, or want to know what God wants of you at present, you must try this.

To indicate your interest or for any enquiries:
Chris Ryan, 9401 6366.

House of Books

Finished your 'to be read pile'! Looking for a good book to read? Visit the House of Books, located at 508 Whitehorse Rd, Mitcham, next to St. John's Church.

All books, CD's and DVD's have been donated and there are books for every taste, including fiction and non-fiction and an extensive children's section. Prices generally range from \$1-\$5. The Bookshop is open from 10am to 4pm Monday to Friday and 10am to 1pm on Saturdays.