



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>

Second Sunday in Ordinary Time (Year A)

18 January 2026

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

THREE SIMPLE WORDS

"Words are, of course, the most powerful drug used by mankind."

~ Rudyard Kipling ~

Some of the most important, inspiring, healing and helpful messages we give to one another come in just three words. When spoken or conveyed, those sentences have the power to forge new friendships, deepen old ones, restore broken ones and heal pained ones. Here are some three-word phrases that should come from our lips frequently: -

- * **I forgive you.** These words liberate you from feelings of anger, bitterness and resentment.
- * **I miss you.** These words are sure to strengthen and salvage relationships that are cooling.
- * **I appreciate you.** These can be spoken and demonstrated. Either way, they will convey that we are not taking another person for granted.
- * **Please forgive me.** These words indicate humility on our part and an awareness of a wrong we have committed. They open the way to a restored relationship.
- * **I thank you.** People who enjoy good, close friendships are always those who say "I thank you" for the many kindnesses received from others.
- * **Count on me.** When you say this, be sure to mean it and then be there when someone needs you, even if it is inconvenient. Your presence during a hard time will be of great and unforgettable comfort.
- * **Let me help.** Good people and the best of friends fill needs. When they see a hurt, they do whatever they can to heal it.
- * **I understand you.** These words convey complete acceptance and a suspension of judgement. To be in the presence of an understanding, accepting person facilitates emotional healing and better decision making.
- * **Go for it.** All of us need cheerleaders in life. This simple phrase conveys confidence and support in another person.

Written by Victor M Parachin



Lord, help me forgive, encourage and support, so that my words and actions bring hope, comfort and kindness to those around me. Amen.

Sourced from www.majellan.media

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

17/18 January

Saturday 5:00

Lectors: Maria Cruz, Frances Cassidy

Eucharist: Jayke Beckwith, Brian Du Bois

Music: Alys Cavanagh **Laptop:** Matt Giuliano

Sunday 9:30

Lectors: Angela Lacey, Kerry Peterson

Eucharist: Paula & Jim Corcoran, Sean Peterson

Music: Christian Gunawan

Laptop: Jos Vandersman

Morning Tea: Glynis Misquitta & Christine O'Leary

January 24/25

Saturday 5:00

Lectors: Matt Giuliano, Jennifer Tolcher

Eucharist: Cheryl Tay, Margaret Roper,
Brian Du Bois

Music: Christian Gunawan **Laptop:** Matt Giuliano

Sunday 9:30

Lectors: Bob Munro, John Noronha

Eucharist: Tess Repalust, Evelyn Randrup,
Kath McCrae

Music: Our Lady's Singers **Laptop:** Danae Villani

Morning Tea: Joyce Dean & Sarah

January linen: —Frances Cassidy & Pat Smith

Flowers

Week 1 & 2—Elizabeth & Regina (Polish Community)

Week 3 & 4 — Margaret & Friend (Zomi Community)

Week 5—Glynis & Pol (Filipino Community)

Link for Readings of the Day

<https://universalis.com/>

australia.melbourne/20240301/mass.htm

1st Sunday of the Month—February 1

Polish Mass 8:00am

4th Sunday of the Month—January 25

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

Children's Liturgy—Sunday 9:30am Mass

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

Parish Office Closure

Please note the parish office will be closed on Monday 19 January.

Funerals—This week

The funeral for Patrick Waldron will be held on Thursday 22 January at 11:00am.

2026 Sacramental Program—Now is the time to Enrol



Do you have a child who does not attend a Catholic school, that you want to receive the sacraments of First Reconciliation, First Eucharist or Confirmation in 2026.

Classes for First Eucharist begin on Thursday 19th February 2026, Confirmation on Thursday 19th March and First Reconciliation on Thursday 6th August.

To enrol or find out more please email
Trish: Trish.Chaston@cam.org.au

Lector—Refresher Session

Fr Dispin has decided that a refresher session for the Lectors will be held early in 2026. Please watch this space for more information regarding dates.

SVDP Christmas Appeal Thank You

Thank you to all who donated towards the Christmas Appeal; once again, it was a wonderful response.

We delivered around 70 food boxes, smaller hampers to couples and single companions. All children received a Christmas party bag; this was thanks to Our Lady's School Mini Vinnies donations of lollies, crisps, choc. bars and a toy. Food was also donated by them, which is in the storeroom. A huge thanks for their continued support.

To those Parishioners who gave so generously, to family and friends, and members of our Conference, you made this all possible.

Have a very Happy and safe New Year, Blessings and THANK YOU all.

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.

Lenten prayer and Reflection Books

Copies of 'Compassio' – this year's Lenten program from the Wollongong Diocese have been ordered and will be available early February from the piety stall. Lent begins on Ash Wednesday, February 18th.

Memorial Garden Door

As the door to the memorial garden is an emergency exit, the door hardware has been changed for compliance reasons. It can be opened from the inside but be aware that it is locked from the outside, so make sure you push the door to catch the magnetic lock.

Child Safety

The Child Safety Officers identified by a name tag should be the 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.**

Safeguarding Training

Just a reminder that all volunteers should complete the training module every 3 years. Please go to: www.safeguarding.melbournecatholic.org to complete training. If unsure if you need to do this contact the office and speak to Janine.

Memorial Garden & Wall

The Memorial Garden was established a number of years ago to commemorate deceased members of Our Lady's who spent time to build up the Parish and/or come to worship in our Church. The Memorial Wall carries niches to accommodate cremated remains of the deceased people who belonged to Our Lady's Parish Community.

Morning Tea

Why not stay awhile after 9:30 Mass for a cuppa and find someone you haven't met yet? A good way to grow our community.

ST VINCENT de PAUL

RINGWOOD CONFERENCE DONATION OPTION

If you wish to donate directly, our Bank Account details are:
A/C Name: SVDP Vic-Conf Gift Account
BSB: 063003 A/C No: 10081787 Ref: Ringwood Conf 447
On behalf of the Conference thank you for your donation.

Please pray...



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

For those who have died recently: Bill Brooks, Maria Anderson, Patrick Waldron

For those whose anniversaries occur at this time: Ron Brooks, Jake Breugelmans

Scripture Readings Next Weekend

3rd Sunday in Ordinary Time

Is 8:23-9:3

Ps 26:1, 4, 13-14

1 Cor 1:10-13, 17

Mt 4:12-23

Outreach Pastoral Care Ministry

If you or someone you know would like to have a chat or a visit, please call Loredana on 0423 313 336 or e-mail loredana.iacobucci@cam.org.au.

Everyday Comfort Reflections

If we have no peace, it is because we have forgotten that we belong to each other.

Mother Teresa

TIME OUT—DON'T BE LONELY

Come and join our Time-out Group: a few laughs and good company. We meet on the **3rd Wednesdays** of the month for luncheon/meeting at 12 noon in the Narthex. Bring a plate to share and a gold coin donation.

Also join us on:

The **1st Wednesdays**: a dine out lunch at one of the eateries in the area. Phone Allan Jones or Maree to book on 98704831 or 046783051.

The **4th Wednesdays**: "Morning Melodies" at the Dorset Gardens Hotel, Croydon. Meet at 10:00am in the Foyer. \$15 includes morning tea and the show. Contact Lyn Crane on 0438021143

There are two Book Clubs in the area held on the **1st Fridays**: call Merle Smith on 98703517 for details.

We acknowledge the Wurundjeri People as the traditional custodians of this land and pay respects to their Elders. We acknowledge that this land continues to be sacred to them.

Stewardship Corner

"Now the Lord has spoken who formed me as his servant from the womb..." ISAIAH 49:5
God have given each of us different gifts. In order for God's plan to work, you have to do what God is calling you to do, and I have to do what God is calling me to do. And guess what? God has given each of us a different plan! So, stop comparing yourself to others. Don't let envy and jealousy enter your life. Be thankful for the gifts God has given you and become the saint that God is calling you to be.

<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.

To 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.

If you would like to support our Parish via TAP and GO please use the terminals located in the narthex and in the church. All you need to do is to select the amount displayed and tap the terminal with your credit card / debit card / smart phone or smart watch—your contribution will go straight into our Church account.

Any loose cash contributes to the support of the Parish Priest.

If you would like to contribute to the support of our Priests here are the Bank details:

Account name: St Johns Presbytery Account
BSB 083347 ACCT NO. 459 634 437

to support our parish click
[HERE](#) or use the QR Code

Please chose 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>

Journey through loss—Resumes February

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.*

House of Books —Reopens January 27th

Monday—Friday 10am - 4pm Saturday 10am-1pm Closed
Sundays & Public Holidays.

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.

RCIA – St John's and Our Lady's A Journey in Faith

Find out about this journey of faith and discovery. See what the RCIA (Rite of Christian Initiation for Adults) program can offer you.

Do you ever ponder:
Who is Jesus?
Why a Church?
What do you seek?

The Parish RCIA program will commence mid October. If you or someone you know is interested in finding out more about the program please contact the Office on 9401 6366 email: mitcham@cam.org.au.