

# ST CHRISTOPHER'S SYNDAL PARISH

5 DOON AVENUE, SYNDAL

IN THE CARE OF THE PALLOTTINES

In partnership with Holy Saviour, Vermont South

THIRD SUNDAY IN ORDINARY TIME (YEAR A)

25 JANUARY 2026

WELCOME TO ST CHRISTOPHER'S

You are INVITED!

St Christopher's is a Missionary Parish of Intentional Disciples, passionate about being Christ to all, through our witness of God's love in action.

## REFLECTIONS...

Discipleship is not something that we take upon ourselves. We are called to it. Some people are very conscious of this call. They are aware of it in their aspirations and dreams; they recognise it in the events of their lives. They hear the call as clearly as Simon, Andrew, James and John heard the voice of Jesus. For others, the call to discipleship is not so clear. They may experience an undefined restlessness, a dissatisfaction with their lives. People can respond to the call in one of two ways. They can consider the mere suggestion of discipleship an intrusion into their plans, or they can drop what they are doing, leave their former concerns behind and follow Jesus. There is a misunderstanding about being called and leaving everything behind. Although the gospel says that the four men left their occupation of fishing in order to follow Jesus, this kind of 'leaving behind' was not, and still is not, required of all, for it is in the ordinary events of life that our salvation unfolds. For most

people, this is precisely where they are to function as disciples. Still, disciples of Jesus are called to leave behind certain ways of living as they follow him. They are called away from lives of pettiness and division. They are called away from the kind of factionalism that seems to have threatened the unity of the Corinthian community. They are called away from narrow-mindedness and mean-spirited competition. It is much easier to leave nets than to leave the web of one's prejudices.

### MASS TIMES

#### Next Week's Mass Times

Saturday Vigil 6 pm,  
Sunday 8.30 am & 10.30 am  
Livestream Sunday 10.30 am

#### Weekday Masses

Tues, Thurs & Sat 9.15am

Priest available for  
Confession on Saturdays  
after mass

## New to St Christopher's? Connect with Us:

<https://stchristopherssyndal.com.au/welcome-from-our-parish-priest/pages/new-parishioner-registration-form>

**PARISH PRIEST: FR JACOB ALVARES**  
E. [jacob.alvares@cam.org.au](mailto:jacob.alvares@cam.org.au)

**PARISH SECRETARY/VENUE HIRE:**  
T. 9802 8538  
E. [secretary@syndalcatholic.org.au](mailto:secretary@syndalcatholic.org.au)

**SCHOOL PRINCIPAL: MR PATRICK GREEN**  
E. [principal@scsyndal.catholic.edu.au](mailto:principal@scsyndal.catholic.edu.au)

**Elevate: Louis Shu**  
E. [elevateyouthminister@gmail.com](mailto:elevateyouthminister@gmail.com)

**Baptisms, Weddings, Funerals:**  
T. 9802 8538  
E. [secretary@syndalcatholic.org.au](mailto:secretary@syndalcatholic.org.au)

**ST CHRISTOPHER'S CHURCH ADDRESS:**  
184 BLACKBURN RD, SYNDAL

**RCIA: Alison Trudgett**  
E. [rcia@stchristopherssyndal.com.au](mailto:rcia@stchristopherssyndal.com.au)

**Children's Ministry & Sacramental preparation: Charles, Germaine**  
E. [childrensministrysyndal@gmail.com](mailto:childrensministrysyndal@gmail.com)

**St Vincent de paul:**  
T. 1800 305 330 (M-F 10am-3pm)

## Parish Office Opening Hours:

Tuesdays & Thursdays 9am - 4pm

Fridays 9am - 4.30pm

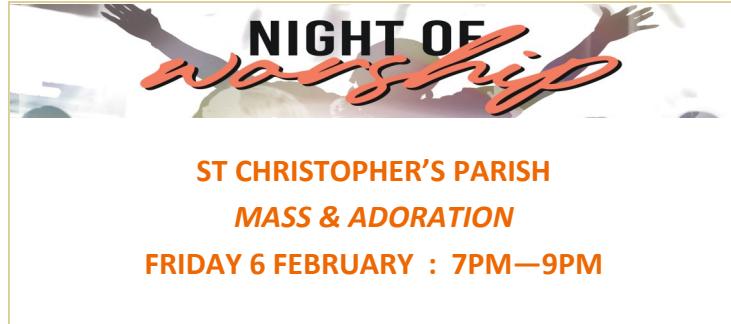
5 Doon Ave, Syndal

## St Christopher's website

We welcome you to browse through our new website ...  
there is so much to see!

Link: <https://www.stchristopherssyndal.com.au>

# PARISH MINISTRIES AND NOTICES



## CHARISMATIC Prayer Group

Wednesday 11 February @ 7:30pm - Cenacle Room

Rosa: 0447 111 270 / John: 0407 182 916

*All are welcome ...*

## Seniors Mass @ Holy Saviour Parish

Wednesday 11 February - 12pm

Followed by lunch - please bring a plate to share.

Coffee/tea will be provided.

*All are welcome !*

Contact Rose 0411 706 016

**\*\* there will be NO 9.15am Mass \*\***

## Wedding Anniversaries

We praise you, O God, we bless you, Creator of all things, who in the beginning made man and woman that they might form a communion of life and love. We also give you thanks for graciously blessing our family life so that it might present an image of Christ's

## PARISH COMMUNITY DAY MONDAY 9 MARCH 2026 (9AM - 3PM)

An exciting new initiative ...

Inter-generational, fun, something for everyone!

Joining efforts to fund raise for **OUR Parish!**

**Jumping castle, Petting zoo,  
Walking trail (1.5km, 3km & 4.5km),  
Line Dancing, Zumba & Fitness sessions,  
Coffee Truck & Free Sausage Sizzle!!!**

**Lock the date in your calendars  
and look out for more details in mid Jan !**

**Dear friends and family,**

I wish to express my heartfelt thanks to each one of you for your prayers, best wishes, and loving support during my recent health scare. I had a minor heart attack and was rushed to the Victoria Heart Hospital, where the doctors discovered two blockages. One has been treated with a stent, and the other will be attended to in due course.

By God's grace, I am presently doing very well and there is nothing to worry about. I am deeply grateful for the excellent care I am receiving from the doctors, nurses, and hospital staff, whose professionalism and compassion have been truly reassuring.

Your prayers, messages, and concern have been a great source of strength and comfort to me at this time. Please know how much I appreciate your kindness and support.

May God bless you all abundantly.

With gratitude and prayers,

Fr. Jacob Alvares

## CALLED AND GIFTED CHARISM DISCERNMENT - 2 DAY WORKSHOP

**ST CHRISTOPHER'S PARISH, HENNESSY HALL**

**FRIDAY 13 FEBRUARY 2026 (7.30PM - 9.00PM)**

**SATURDAY 14 FEBRUARY 2026 (9.45AM - 5.00PM)**

Cost: \$10 per person (*includes lunch and afternoon tea*)

**SIGN UP NOW!** Sign-up sheets in the Narthex or email Mary Tan ([mary@tuenproductions.com](mailto:mary@tuenproductions.com)), giving your full name and mobile number & dietary requirements. If you are interested but cannot make it for this session, please also email Mary Tan and let her know, as we are planning for a second run of the 2 Day Workshop.

Refer to the workshop flyer in the Narthex for full details.

- 1. How can I be more enriched in my Christian life?*
- 2. Which church ministry should I serve in?*
- 3. Why am I more drawn to certain church ministries?*
- 4. Why do some people serve with so much joy and energy?*

## OTHER NOTICES

**Volunteers for Fr Jacob's Meal Prepping** As you might know, Fr Jacob has had a mild heart attack. He is now back at the parish and is required to rest for 2 weeks. He has been told to start with 5 mins of walking twice a day and no driving for 2 weeks. We know that you are all concerned for him and are happy to help. We are putting a roster together for those willing to help with food preparation. He is happy to have the same food for both lunch and dinner. His preference is for more greens. Below are recommendations of foods to help you prepare. Please let the office know if you're able to help and the dates/days you prefer.

**\*\* Meal required from Saturday 24 Jan - Sunday 22 Feb \*\***

### Foods & Drinks to Limit or Avoid (Especially with Warfarin)

- **Cranberry Juice/Products:** Can significantly increase bleeding risk
- **Grapefruit:** Interacts with some medications
- **Alcohol:** Limit intake, as it affects how blood thinners work
- **Herbal Supplements:** Turmeric (in large doses) ginger (supps), Coenzyme Q10, Ginkgo biloba can cause issues
- **Large Vitamin E Doses:** More than 800mg/day

### Foods to Enjoy (Especially with Warfarin, in Consistent Amounts)

- **Vitamin K Rich Greens:** Spinach, kale, broccoli, brussels sprouts, swiss chard, asparagus, lettuce collard greens, turnip greens (Eat similar amounts daily)
- **Fruits:** Apples, oranges, bananas, berries, watermelon (avoid grapefruit & cranberry juice)
- **Healthy Fats:** Olive oil, avocado, nuts (almonds, walnuts) seeds
- **Lean Proteins:** Fish, skinless poultry, eggs, beans, legumes
- **Whole Grains & Vegetables:** Whole grains, carrots, cauliflower, tomatoes

### Safeguarding – All Volunteers

**St. Christopher's is committed to the safety, wellbeing and dignity of all children, young people and adults at risk.**

As we begin a new year, a reminder for all volunteers to ensure that you have a Working With Children Check (WWCC), have signed a Code of Conduct Declaration (CoC) and have completed the Safeguarding Essentials Training (SET).

The SET and CoC have an expiry of three years and many of the original certificates for volunteers who completed these early in the process have started expiring. Log in and check your expiry dates.

You can complete the training module, as well as signing the CoC Declaration, by going to the Archdiocese website - [www.safeguarding.melbournecatholic.org](http://www.safeguarding.melbournecatholic.org) \*

***This link is also available on the new parish website under Safeguarding.*** (\* Electronic link attached)

**As Archbishop Comensoli said – 'Safeguarding is not just about compliance but about developing a Safeguarding Culture within the parish.**

### ELEVATE YOUTH GROUPS

## Term 1, 2026

### » "The Call to Discipleship"



#### events

**FAST 24**  
20 MAR, 6PM -  
21 MAR, 7:30PM  
**YOUTH MASS**  
15 FEB, 15 MAR  
@ 10:30AM

**fridays**  
**6:30-9:00** »

**YOUTH:** Year 7-12  
**CONNECT:** 18-30  
**\*COMBINED:** All



#### youth

30 JAN\*  
13 FEB  
27 FEB  
13 MAR  
17 APR



#### connect

30 JAN\*  
6 FEB  
20 FEB  
6 MAR  
27 MAR  
10 APR



**CONTACT US...**  
IG @elevateyouthgroups  
elevateyouthminister@gmail.com

### Acknowledgment of Country -

We acknowledge the traditional custodians of this land of the Kulin Nation. We pay our respect to them and their cultures.



# PARISH MINISTRIES & NOTICES

## 1ST COLLECTION - PRESBYTERY

December 2025 : \$7,215.60

Supports the Parish Priest, Supply Priests, Priests of the Archdiocese and Archbishop's fund

## 2ND COLLECTION - THANKSGIVING OFFERING

December 2025 : \$13,290.60

This collection goes towards the running costs of the Parish and supports all the Ministries

## THANKSGIVING CONTRIBUTION TO ST CHRISTOPHER'S PARISH

Your kind donation helps support our community



## ROSTER

Week Beginning Monday 26 January 2026

Prayer Leader	Reader	Prayers of the Faithful	Counters
Tuesday 9.15am	Mary Tan	Margaret Foley, Pat McCulloch, Louise Pagliaro	
Thursday 9.15am	Ronnie Poskitt	Flowers	Kate Foley, John Corin, Pauline Perrin
Saturday 9.15am	Louise Pagliaro	Jennie Johan	

Duty	6pm	8:30am	10:30am
Sacristan	Paul Liew	Anastasia Darmawan	Chris De Silva
Altar Server	Evana D'Silva, Kevin Saldana, Cameron Lettice	Lukas Lettice, Francesca & Vincenzo Purawinata	Gabriella, Raphaella & Raziel Reuben
Commentator	Grae Widarja	Jon Chavarria	Justin Tan
Reader	Kevin Widarja	Anne Choy	Luciano De Biase
Eucharistic Minister	Tony Hough, Ronnie Poskitt	Betty Robinson & Marie Murphy	Genny Leeworthy, Catherine Drake, Harry Lim
Welcome Desk	-	-	Loretta Stapleton
Greeters	Edna Louzado	Rianny Tjung	Carol Peters
Ushers	Catherine & Kelvin Loo	Volunteer	Ethan Ghee, Lyn Lam
Videographer	-	-	Dillan Cooray
Music	RENEWED	EFRATA	REJOICE
Morning Tea	-	Margaret Yap, Virginia Quek	Marie & Gamini Fernando

In Faith, Hope and Love, let us pray for repose of the souls of .....

### Recently Deceased:

**Death Anniversaries:** Ron Thiele, Janet Lim, Vu Manh Kim, Armando Purcarelli, Phillip McCormick, Ignacio Espiritu. Pietro Costanzo, Saverino Costanzo, Chrisanthe De Silva, Vera Crothers, Damien de Sieno, Eileen Ebert, Pat Lawless, Rosa Costanzo, Mary Bergland, Catherine Rani, Fr Joe Butscher, Brian Brady, John Barro, David Lyons, Jack Moloney, Hans Branderhorst