



NEWSLETTER

LENT SEASON | CHRISTOPHER WEST | ANNA NUZZO | PODCASTS | FEATURED PRODUCTS

Welcome to another season of Lent. This is our February Newsletter of 2024 and I am still getting used to writing the date '2024' on documents and letters after all these weeks! Lent is early this year and I hope you've had a chance to receive your ashes and renew your commitment to God in this very important season. I remember personally that every Lent for me is a **time for me to take my spiritual life to the next level**. I want to wish you all a blessed Lenten season and may it be spiritually fruitful for you all.

Firstly, I want to highlight the visit of **Christopher West** in late January. I had the privilege of sitting down with him for a *Parousia Podcast*, to talk about his latest book '*Eating the Sunrise*'. It is great to have been able to see him in Sydney now for two consecutive years, thanks to the Sydney Centre for Evangelisation. In this podcast, we talked about Christopher's 30 year career in promoting the **Theology of the Body**, as well as sharing some stories of the positive impacts this message has had. Christopher is currently the president of the *Theology of the Body Institute*, which is teaching students to be leaders in this area. He was on tour to teach another week-long course to over 80 students. He also gave a talk at *All Saints* Liverpool parish, to a packed audience. We should have new stock of Christopher's book soon, so please look out for that online.



I personally have begun a busy speaking schedule this month. I was asked to lead a spiritual retreat at the *Divine Retreat Centre* in Somersby, to over 70 of their community leaders. It was such a blessed time to be with them as we talked about scripture, prayer, humility, service leadership and discernment. There was Adoration, daily Mass, daily rosary, stations of the cross, praise, fellowship, reflection time and more. I was very blessed to be a part of this retreat and so glad people got a lot out of this.

Also this month, I've launched another bible study, going through the famous program *Unlocking the Mystery of the Bible*, presenting to over 70 adults. We will be journeying throughout the season of Lent and so I ask if you can please pray for the attendees who are wanting to dive deeper into the scriptures. This Lenten bible study series is being held at the *Holy Family Catholic Church* in Maroubra. All are welcome!

We have kick-started a 3 week Lenten series at *St Joseph's Maronite Catholic Church* in Croydon. I am speaking on the three pillars of lent; **fasting, prayer and almsgiving**. The first session was well attended and we had some intriguing questions. Lent is a **real opportunity to grow in your spiritual life**. I am looking forward to sharing more with this young adults group this month.



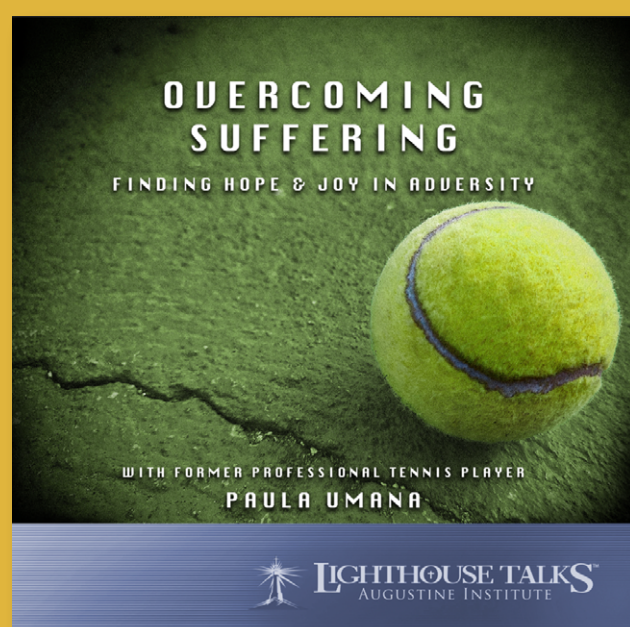
In addition to those events, we've had a two-part bible series in Newcastle, as well as many one-off talks and presentations to small groups. Through these events, people have been transformed by the Word of God in ways only He can do.

Our friend **Anna Nuzzo** is currently in Australia and will be giving a few talks and concerts this month, so stay tuned for that. For any women out there, she will be leading a women's retreat on 1st March, so check out the details of that on our website. Please pray for her visit.

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We also had the honour of taking part in the **Somascan Fundraiser Dinner**. Parousia was a bronze sponsor and we're proud to hear they raised funds for the poor around the world. **Fr Ben Saliba** was the MC and I ran into some friends and familiar faces on the night. We actually have a previous podcast with the Somascans if you would like to learn more about who they are.



CD OF THE MONTH

Overcoming Suffering: Finding Hope and Joy in Adversity
Paula Umana

In this inspiring talk, Paula Umana, a former professional tennis player, shares her story of resilience over adversity when she was diagnosed with a serious condition that left her paralyzed. Even though she suffered greatly, she continues to urge us to have faith, hope, and joy when we are faced with hardships in life.

WATCH ON YOUTUBE | youtube.com/parousiamedia



Over the last month, the *Parousia Podcast* has been growing in popularity. Recently we hosted a chat with comedian/radio host, and children's author **Anthony Salame**, sharing his testimony. He has published two children's books: *'J' is for Jesus* and *The Messiah's Donkey*, which are now available on our website. Another podcast we have released is a beautiful discussion with both **Dan and Stephanie Burke**, sharing how they both met and the power of a Catholic marriage. We also discussed prayer and the interior life. You will notice a slight difference with our podcasts this year, with a sit down discussion being released each fortnight, and then a full talk on the alternative weeks, from some of the best Catholic speakers. I hope you enjoy this fresh approach to the podcast and get a lot out of them. **Please subscribe and share** these among your family and friends.

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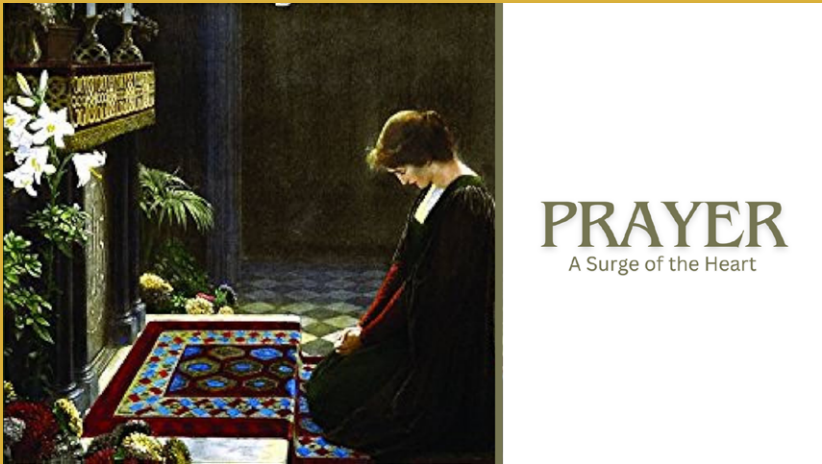
VERITATIS
PUBLISHING
Know, Live & Proclaim the Truth



I also want to highlight the refresh we have had with our *Narrow Gate* blogs. You might have noticed the **growing variety of topics**. With so many great writers, speakers and teachers in the world, we have no shortage of content we can share. You will notice that we are aiming to select articles that are relevant to the themes of the week, whether the theme comes from the podcast, a visiting speaker, a talk, or a particular resource or a liturgical season. We want to tie into these themes so you have a quick and easy read to help inform and inspire you. These are now being shared on even more social media platforms as well.



FEATURED PAROUSIA ON DEMAND



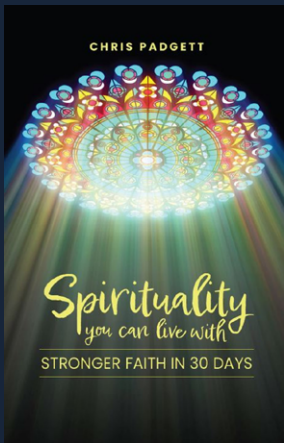
Prayer: A Surge of the Heart

This film challenges us to make more time for God in our lives. Prayer highlights the importance of an ever-deeper prayer life. It looks at the true meaning of prayer, the different types of prayer, growth in the spiritual life, overcoming difficulties and temptations, and the centrality of the Mass. Featuring **Bishop Mark Davies, Fr Marcus Holden, Fr Andrew Pinsent, Sr Mary Trinity, Joanna Bogle, and more.**

Speaking about social media platforms...Did you know that we not only have a *Facebook* and *Instagram* page, but we also have a *LinkedIn*, *Tik Tok* and an *X (Twitter)* page. We also are very active on *YouTube* and *Rumble*, so there is no excuse for people missing us on whatever platform they are using. **Please share our powerful content to help evangelise and form others.** We will share our *Narrow Gate* blog articles across the social media platforms moving forward, so please look out for them and share. You will also notice a consistent release of short videos being shared across these platforms.

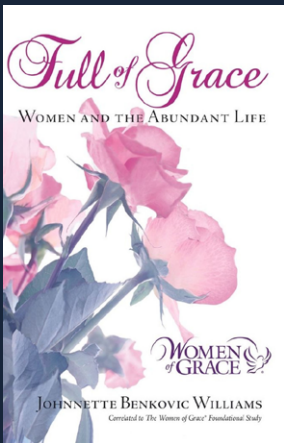


OTHER FEATURED PRODUCTS



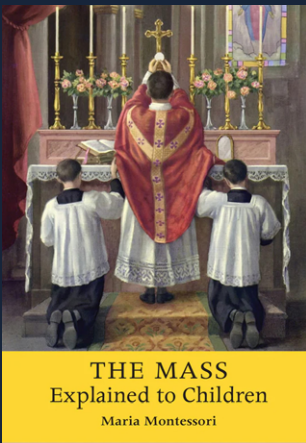
Spirituality You Can Live With
Chris Padgett

\$24.99



Full of Grace: Women and the Abundant Life
Johnnette B. Williams

\$29.99



The Mass Explained to Children
Maria Montessori

\$19.99



Good & Evil (20 Answers)
Joe Heschmeyer

\$9.99



Can you
help us?



That wraps up another month at Parousia. We are so blessed to be able to bring to you so many good stories on **how God is working in our lives**. I have not even touched on the ever-growing range of new books and resources we have published and released recently. Look at some of them featured in this newsletter and please visit our online store. If you are in Sydney, I want to invite you to visit us at our office at *Marymount Mercy Retreat Centre*, Castle Hill. It's a beautiful place and I welcome you all to come and visit some time. If you are in a position to support this important work, please consider becoming a monthly donor. **It goes a long way towards reaching souls and helping us** pay our bills. I wish you all a blessed lenten season.



God Bless
Charbel Raish
Director

PRESENTED BY
PAROUSIA
MEDIA

MAKE THE BIBLE
come alive this lent

Author and Speaker
CHARBEL RAISH

Following the success of Bible in A Day, Charbel is now hosting:

WEEKLY LENTEN BIBLE STUDY

The series will run for 7 WEEKS
Monday 12th February | 7pm - 8pm
Holy Family Maroubra Church Hall
214 Maroubra Rd, Maroubra
Registration essential to 0414188682

INTERESTED IN SIMON CARRINGTON FOR YOUR EVENT?

Book Simon at
[parousiamedia.com/
simon.carrington/](http://parousiamedia.com/simon.carrington/)

About Simon



Simon Carrington is the co-founder of **Fire Up Ministries**. Simon completed a Bachelor of Theology, minoring in Philosophy at the University of Notre Dame Australia. He is currently a Certification Student at the Theology of the Body Institute in Pennsylvania, USA.

Simon speaks at parishes, schools, retreats and conferences all around Australia on the topics of **chastity, dating, theology of the body and masculinity**. He is the co-host of *The Fire Up Podcast* with his wife Madeleine. He lives in Sydney, Australia, with his wife and children.

Simon Carrington is a Presenter on the Parousia Speaker Bureau

Main Presentations

- How to Date with Passion and Purpose (Teens and Young Adults)
- Sexual Desire: A Call to Love (Young Adults)
- How to Build Authentic Intimacy (Engaged/Married Couples)

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