

8th March 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

3rd Sunday of Lent



<https://www.papal.com/nd/sa/kr/https%3A%2F%2Fwww.thechurchnews.com%2F/living-faith%2F02%2F23%2Fcome-follow-me-february-24-march-2-what-have-church-leaders-said-about-doctrine-and-covenant-18%2F%2Fcaig=AOvYaw0sKdVEnRahcgBSUMTKOKs&ust=1743299178844000&source=images&cd=vr&on=89978449&ved=0CBMqjRxoEwoTCPTv0Sv0v0v0C&sa=AAAB9Q>

Coming up:

Liturgical Training
14 & 21 Mar

2026 Alpha Course
16 Apr

2026 Parish Assembly
2 May



cg.org.au/narrabundah



THE thirst

If we're honest, *thirst is uncomfortable*. We do everything in our power to avoid it.

In Exodus, the Israelites are not polite or poetic. They are cranky, scared, and fed up. "Is the Lord with us or not?" they ask. They are thirsty — and it feels like God is silent.

In Gospel of John, the Samaritan woman comes to the well at noon, alone. She is carrying more than a water jar. She is carrying shame, complicated relationships, disappointment. Jesus does not avoid her thirst. He names it. **He sits in it with her.** And then He offers living water — not a quick fix, but a new source.

Lent has a way of stripping back our distractions. Without the noise, the scrolling, the constant busyness, we start to feel it: the ache for more. The ache to be known. The ache to matter. *The ache for God.*

And here's the realness: *sometimes we don't trust that He will actually satisfy us.*

However the deepest promise of this Sunday is simple and beautiful: *the One who meets us at the well is also the One who can fill it.*

Lenten Challenge:

Come to Adoration this week — not because you feel holy, but because you feel thirsty. Sit before Jesus and tell Him honestly where you are dry. Don't perform. Don't rush. Let Him meet you there.

The Rock still flows. The well is not empty.

St Benedict's

Events and Announcements



Stations of the Cross

At 5pm on Fridays during Lent, we will be doing the Stations of the Cross in the Church before the 5:30pm Healing Mass.



Want to receive an Online Bulletin + Additional Notices?

If you are wanting to receive an online bulletin and join the mailing list, please contact Parish Office at narrabundah@cg.org.au or call 02 6295 7879. They are also uploaded to the Parish Website each week. Each week in addition to emailing out with the weekly bulletin, we include Archdiocesan-Wide Notices that would not make it to our weekly bulletins.



Adoration Roster -Current hours to fill

- Monday 9-10am
- Tuesday 9-10am
- Friday 8-9am & 10-11am

If you can fill one of these, please sign up via the QR-Code!



12
MAR

Coffee at Gryphons

All parishioners are invited to meet at Gryphon's, Griffith shops at 10.30 am on the second Thursday of each month, the next catch up will be Thursday 12th of March!

14 | 21
MAR

Liturgical Training and Formation: PLEASE RSVP!

Saturdays 14 & 21 March | 10am-4pm in the Church
Morning Tea and Lunch will be provided both days.
Please RSVP for registration and catering purposes!



Be formed and equipped to serve in the liturgy with confidence, reverence, and faith. These sessions combine spiritual formation with practical training and are open to all current and prospective ministers.

14 March: Lectors (Readers), Sacristans & Extraordinary Ministers of Holy Communion Training & Formation (Keynote: **Fr Tony Schick MGL**)

21 March: Liturgical Music Training & Formation (Keynote: **Stephen Kirk**)

All are warmly encouraged to attend one or both days as there will be general formation and instruction for the liturgy that will be incredibly rich and fruitful regardless of your involvement in any particular ministry.

Note for Extra-Ordinary Ministers of Holy Communion and Lectors (Readers)

If you are currently or hoping to become a Extra-Ordinary Minister of Holy Communion or a Lector, you must attend on the 14th of March and then in the following weeks, you will be commissioned at your regular Parish Mass where you will be formally made a extraordinary-minister or lector, however you will need to have attended the training to be commissioned and/or recommissioned.

How to connect with our Parish?

KINGDOM KIDS

Sun 9am Mass (except school holidays & long weekends)
Sherice Kazzi (Contact Parish Office)

FUSION YOUTH GROUP

Friday Nights (Fortnightly)
7-9pm Collins Wing
Axel Healey (Contact Parish Office)

MOTHER'S PRAYERS

Each Monday (school term)
9.30am, Parish Centre
Rachael Nano (Contact Parish Office)

MEN'S SHARING GROUP

Tuesday Nights (Fortnightly)
7:30pm, Parish Centre
John Murray (Contact Parish Office)

REST IN ME MEDITATIONS

Wednesdays (Fortnightly)
10am-12pm, Parish Centre
Ayanthi Perera (Contact Parish Office)

STREET MINISTRY

Friday Nights
After 5:30pm Mass, Civic
(Contact Parish Office)

Sacrament Dates 2026

First Reconciliation: 25th of March

First Communion: 21st of June

Confirmation: Not happening next year.

RCIA begins TBD

Marriage and Baptisms by request.

Before each sacrament there is an information evening, a sacramental program, a retreat then the date of the sacrament itself.

If you would like your child to receive the sacraments, please contact the parish office for more information.

Praying for the sick

Jindalee & Mt View residents; Pamela Brown and family, Tony Evans, Caroline Evans, Jackie Carpenter, Mark Ransom, Gert Fletcher, Anna Pace, Rita Smith, Wendy Fisher-Hudson, Barry Murphy, Helen French, Sagar Julie O'Brien, Oscar.S, Michael and Rita, Peter Robinson and all those sick in our parish.

Recently Deceased: Lorraine Davis

Anniversaries: Luis Eduardo Mendoza, Michael Slee, Mike Parer, Lorna Evans, Wal "Harry" Stuchbury

Priests:



Parish:



Giving / Stewardship

Give now using QKR!

1st Collection: supports our parish priests

2nd Collection: helps with the running costs to our parish (wages, utilities).

Donation via Deposit

If you would like to join our planned giving program or make a donation; contact the parish office for account details.

First Reading Ex 17:3-7

Give us water to drink.

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' The Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

Responsorial Psalm

Ps 94:1-2. 6-9. R.v.8

(R.) If today you hear his voice, harden not your hearts.

1. Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. (R.)
2. Come in; let us bow and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. (R.)
3. O that today you would listen to his voice! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.' (R.)

Second Reading Rom 5:1-2, 5-8

The love of God has been poured into our hearts by the Holy Spirit which has been given to us

Through our Lord Jesus Christ by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. This hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners.

Gospel Acclamation See Jn 4:42. 15

Glory to you, Word of God, Lord Jesus Christ!

Lord, you are truly the Saviour of the world; give me living water, that I may never thirst again.

Glory to you, Word of God, Lord Jesus Christ!

Gospel

Jn 4:5-15, 19-26, 39-42

The water that I shall give will turn into a spring of eternal life.

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied: 'If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.' 'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied: 'Whoever drinks this water will get thirsty again: but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.' 'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said: 'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we do know; for salvation comes from the Jews. But the hour will come – in fact it is here already – when true worshippers will worship the Father in spirit and truth: that is the kind of worshiper the Father wants. God is spirit, and those who worship must worship in spirit and truth.' The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.' Many Samaritans of that town had believed in him on the strength of the woman's testimony, so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'



Reflection by Fr Michael Tate

The Jewish people worshipped at the Temple in Jerusalem. The Samaritans to the north worshipped on Mount Gerizem. But Jesus says to the woman of Samaria: 'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem . . . true worshippers will worship the Father in spirit and truth.' We do this by acknowledging Jesus Christ as our sacred site. Jesus is where God is to be found. In his earthly ministry this was around places like the well in Samaria. As Risen Lord, he is to be found in those in dire need, and in the Heavenly Bread. In both cases we need to incline the body as an act of worship: in the case of the needy, by doing something practical; in the case of the Heavenly Bread, by genuflecting, bowing, before the Blessed Sacrament. We could pause for a moment to reorientate ourselves to the Sacred Site who is the Risen Christ, acknowledging him as indeed the 'Saviour of the World'.

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Our Commitment to Safeguarding:

At St Benedict's Parish, we are committed to creating a safe and welcoming environment for all, especially children, young people, and vulnerable adults. We follow Archdiocesan safeguarding policies and procedures to ensure that everyone in our community is protected and respected.

MASS TIMES

Weekdays

5:30pm (Tues, Thurs)
12:30pm (Wed)
5.30pm Friday Healing Mass

Saturday

8am
6pm (Vigil)

Sunday

9am
6pm (Charismatic)



EUCCHARISTIC ADORATION

Come adore Jesus in the Blessed Sacrament.

Mon - Tue:

7am - 9pm

Wed - Thurs:

1pm - 9pm

Friday

7am - Sat 8am



ROSARY

After each weekday mass except Fridays.
After Sat 8am Mass.



RECONCILIATION

Friday

6:15pm - 7pm

Saturday

5pm - 5.30pm



SPIRITUAL DIRECTION & PERSONAL VOCATION

Adrian Wellspring

OUR PRIESTS

Fr Chris Eaton MGL (PP)
Fr Samson Ezemuokwe MGL (APP)
Fr Joseph Nivaskaran MGL (APP)
Fr Tony Schick MGL

PARISH OFFICE

Parish Secretary & Communications:
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SAFEGUARDING OFFICER

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