

St Matthew & St Vincent de Paul Parish

South Belconnen

Archdiocese of Canberra and Goulburn

7 – 8 March 3rd Sunday of Lent (A)

Msgr John Woods- PP, Fr Andrew Yang-Korean Chaplain, Deacon Joe Blackwell, Jacinta Dinn - Parish Secretary.

“Inspired by our faith in Jesus, we pray, listen, and welcome all as we reach out in service to transform the world.”

ST MATTHEW'S CHURCH

12 Chewings Street, Page

ST VINCENT DE PAUL CHURCH

7 Bindel Street, Aranda

Sunday Masses

Saturday	6:00pm Aranda
Sunday	8:30am Page
	10:00am Aranda
Samoa (4th Sun)	12:00pm Page
Korean	3:00pm Aranda

Weekday Masses

Tue	5:30pm Aranda (Adoration 4:45pm)
Wed	7:00 am Page
Thu	9:30 am Aranda
Fri	9:30am Page (Anointing 1st Friday)
Sat	12:00 pm Page

Confessions

Saturday 11:00am-11:30am Page and 5:00pm-5:30pm Aranda

Baptisms

11:30am 2nd and 4th Sundays

Weddings

By appointment

PARISH OFFICE (MON, TUE & THU)

Orana Centre, 7 Bindel Place, Aranda
PO Box 4266 Hawker ACT 2614
02 6254 1827

belconnensouth@cg.org.au

Website – cg.org.au/belconnensouth

Facebook – www.facebook.com/southbelconnen?

Twitter – <https://twitter.com/Bleconnen P>

PRESBYTERY

12 Chewings Street, Page
Fr John 0418 208 129

If only you knew what God is offering

In the next three Sundays the Gospels come from John and focus on three major symbols of Easter - water, light and life. These readings are chosen to accompany the journey towards Baptism of those in the catechumenate program. In today's reading Jesus meets a woman of Samaria who represents the whole Samaritan race. There was conflict between Samaritans and Jews, so it is surprising that Jesus speaks to this woman. But Jesus has come to bring all people to life in God, which is the point of this episode. Jesus invites even the Samaritans to share the gift he brings, expressed in the symbol of living water that will last forever.

This living water symbolises the life of God. We are to be like the well with God's own life flowing within us. This is a completely new revelation to the Samaritans and to the Jews. This is why Jesus speaks of a new way of worshipping that will go beyond Israel's worship in Jerusalem and the Samaritans' worship on Mount Gerazim. No one place or people has a monopoly on God. The life of God within us will enable Christians to worship in Spirit and enter into a true relationship with God. The woman's former husbands symbolise the way people in the past tried to be in relationship with God, but now Jesus has come to offer a new and fuller way of relating with God. From now on all people are invited to come to God in Jesus.

Are we ever aware of God's life within us? Do we ever catch a glimpse of the wonder or beauty of God? This week spend some time beside the well of your own life and acknowledge the God who dwells within.

Sr Mary Coloe PBVM, 'Sundays Under the Southern Cross' 2005 p.15

FIRST RECONCILIATION

We pray for those families preparing with their son or daughter to celebrate their First Reconciliation. May this be a graced time of awareness of God's love and mercy.



AFTER MASS

- Morning Tea after 8:30 am Mass 1st Sunday of the month St Matthew's. (1st March)
- **Cheese and bikkies after the 6pm Vigil 2nd Saturday of the month St. Vincent's. (7th March)**
- Morning Tea after 10am Mass 3rd Sunday of the month St Vincent's. (15 March)

FIRST RECONCILIATION

Commitment Masses

Weekend: 7 & 8 March 2026

Weekend: 21 & 22 March, 2026

Archdiocesan Notices

FR LAWRENCE FREEMAN OSB, Benedictine and Director of the World Community for Christian Meditation (see the 7 February 'Tablet' foyer article 'An Education of the Heart') will speak at 2 Canberra gatherings:

- **MEETING CHRIST IN OUR DEEPEST NEED 10 March 7.00–8.30pm**

Marist College Canberra invite you to an Evening of Dialogue with Fr Laurence Freeman OSB.

Venue: Marist College Canberra Registration: <https://events.maristc.act.edu.au/eveningofdialogue2026>

- **CHRISTIAN MEDITATION 11 March 4–5pm**

St Christophers Cathedral, Franklin Street, Forrest

VOCATIONS DISCERNMENT DINNER -Pearce Presbytery 12 March 6pm.

For men interested in discerning a call to the Priesthood. RSVP: Vocations Director Fr Emil emil.milat@cg.org.au 0414 523 036.



BEHOLD & RESOUND—LITURGY AND MUSIC WORKSHOP 14 March 10:00am –3:30pm

St John Vianney Church, Waramanga. Register by 10 March at cgevangalisation.org.au/bar This gathering will explore different ways the church invites us to pray. Come find out what helps or hinders meaningful worship, and the call to active participation, revealing how liturgy doesn't just shape personal faith but also builds community, and renews parish life.

CANBERRA CHORAL SOCIETY CONCERT 29 March 5:00pm

As part of the UPSTAGEING CANBERRA festival, Canberra Choral Society presents 'Our Stories'.

Ticket bookings: <https://events.humanitix.com/ccs-our-stories>

PALM SUNDAY RALL IN SUPPORT OF REFUGEES 29 March 1:00pm Civic Square

The theme, 'Refugees and Migrants Welcome Here' Join Vinnies to support Australia's 53-year-old commitment to an immigration program, which does not discriminate on the basis of race

LOOKING FOR FLEXIBLE WORK—AND A CHANCE TO SUPPORT PERSECUTED CHRISTIANS?

Aid to the Church in Need (ACN) Australia is seeking a Diocesan Outreach Assistant to give short presentations at weekend Masses across the Archdiocese of Canberra. This part-time role involves sharing stories of the suffering Church and helping build prayerful support within parish communities. If you are comfortable speaking in front of others and have a heart for this mission, we would love to hear from you.

For details: www.aidtochurch.org/work

POSITION VACANT—PARISH OFFICER NAROOMA—COBARGO PARISHES

This is a **permanent part time position** of **10 hours per week** and will be based in the Parish Office, Narooma. Employment conditions are subject to Clerks Award. For a copy of the Duty Statement please email Leanne Boyd, Parish Support Manager leanne.boyd@cg.org.au Applications addressing the Selection Criteria and current CV to be sent to Fr George Azhakath, Parish Priest george.azhakath@cg.org.au by CoB Friday **20 March 2026**.

"I AM CATHOLIC" Card has been developed by the Knights of the Southern Cross (KSC) in case you are in hospital or involved in an accident and would like a priests visit. The card is **FREE** to adult parishioners and senior college students (Yrs 11 and 12) and funded by your local KSC Branch. If you would like a card, please contact Bob Perkins at perkins.family@aapt.net.au with your name, phone number and the number of cards required.

The card must be ordered and will not be just left in the church foyer.

Parish Safeguarding Commitment:

The Parish of St Matthew and St Vincent de Paul is committed to safeguarding and upholding the dignity and rights of all of our children and vulnerable people.

Communicating Safeguarding concerns: Parishioners are encouraged to raise any safeguarding issues by contacting Fr John by emailing or phoning the Parish office or by contacting our Safeguarding Volunteer, Ann Cleary, at SafeGuarding.BelconnenSouth@cg.org.au.

The Manager for the Archdiocese's Institute for Professional Standards and Safeguarding, Maria Hicks, can be contacted at ipss@cg.org.au.

Parish News

Deacon Joe's Farewell 15 March

Please join Deacon Joe at the Orana centre, Aranda, after the 10am Mass on Sunday 15 March to reminisce and thank him for over 20 years' service in the Parish.

Could parishioners please bring a plate (e.g. cake, slice or biscuits) to share. Please ensure that all ingredients are clearly labelled and label your plate if you want it returned.

Tea/coffee and a sausage sandwich will be available.

If you need transport assistance on the day, please contact Jacinta at the Parish Office by Wednesday 11 March.

A card will be available at both Churches over coming weeks, so you can leave a message to Deacon Joe.

A cash retiring collection for Deacon Joe is being held on the week-ends leading up to the farewell.

If you have any suggestions or questions please contact Bernard Williams

bernardwilliams@bigpond.com



Project Compassion How it helps.....

\$172 can deliver skilled development training for rural midwives and updated skill sessions for Traditional Birth Attendants in Bangladesh



REGIONAL SECOND RITE (Belconnen Parishes)

6 pm Tuesday 31 March at St Vincent's Aranda.

CHILDREN'S LITURGY 15 March

During 10 am Mass at St Vincent's, Aranda.

During Lent the parish **Laudato si' Circle** invite you to consider the ideas in the **2026 Care for Creation Lenten Calendar**

Limited copies available in the foyer

7 & 8 March 2026

14 & 15 March 2026

	6pm Aranda	8:30 am Page	10 am Aranda	6 pm Aranda	8:30 am Page	10 am Aranda
Reader	Bernadette Leger Colleen Meadley	John Duck Christina Rowe	Michael Allam Adora Calub	Mary Patton Michael White	Helen Casey Paul Coghlan	Gerard Hogan Elizabeth Hannan
Senior Server	Robyn Grubmueller	Greg Pocock Sacristan	Paul Scholtens	David Ross	John Woods	Jenny Murphy
EMHC	Margaret Toye	Joan Murphy	Mina Chiu	Colleen Meadley	Mary Morris Jan Woods	Annette Charge Helen Digan
Linen/Altar		Yvonne McAdoo	Ladies of the Korean Community		Yvonne McAdoo	Amanda Kabaila Rachelle Stannard
Cleaning Group				Louise M, Jerry C, Peter D, Geoff S	Jennie D, Mark K Andrew S	

Hearing Aid Loop is installed in both Mass centres, St Matthew's **only** middle 2 sections turn your hearing aid to the T switch

Prayer Requests

RECENTLY DECEASED:

Ray Minius, John Bryan, Alex Mahl, Keiron Hart, Lorna Barnett (Carmel Brady's mother).

ANNIVERSARIES

Margaret Wilkinson, Sean Reiher, Percy Knight.

THE SICK

Sophy Jacob, Ruth Duffy, Denis De Marco, Shirley Dellamarta, Matt Chunky, Lucas Parker, Brian Fitzgerald, Fr Michael Mullen, Pauline Zerbo, Luke Buckmaster, John Muscat, Paul Collins, Sally Pickering, Margaret Wilson, Daryl Brohman, Jacqueline Donohue, Kathryn Anderson, Anna Blackwell, Trevor Blake, John Collard, Angela Collier, Gemma Collier, Maureen Dalzell, Anne Darmody, Leon Darmody, Denis Dellamarta, Mary East, Richard East, Ken Evenden, Joachim Exell, Tony Fuller, Fr Chris Gardiner OFM, Ivan Guevara, Denise Hampson, Pat Hannon, Madellon Harvey, Margaret Keen, Charlie King, Bob Longland, John Malycha, Pamela Myatt, Barry Joseph O'Leary, Oscar Perez, Francis Power, Sam Ross, Pat Stakeum, Anthony Stewart, Cate Sweeney, Jennifer Webster, Angela Williams.

LITURGY OF THE WORD 3rd Sunday of Lent (A)

Entrance Antiphon

My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

First Reading [Exodus 17:3-7](#)

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

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

(L.) 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.)**

(R.) 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.)**

(L.) 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 [Romans 5:1-2, 5-8](#)

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

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 (Shorter form) [John 4:5-15, 19-26, 39-42](#)

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 worshipper
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.'

Commissioning of Ministers of Holy Communion

Our sisters and brothers who are sick cannot be with us today. Take the bread of life to them with our love and prayers for their healing. Through your encounter with them may they come to know God's love.