

Breaking Open the Word



THE SAVING WORD

THIRD SUNDAY OF LENT / A

8 MARCH 2026

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’ said the woman. ‘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 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 when she said, ‘He told me all I have ever done,’ 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.’

■ The Gospel of the Lord.

Longer form 4:5-42

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FOR WHAT DO WE THIRST?

The first two Sundays of Lent are from Matthew’s Gospel, the Gospel of this liturgical year. They recall Jesus’ temptation (Mt 4: 1-11) and his experience of being transfigured (Mt 17: 1-9). For the remaining Sundays of Lent, we listen to John’s Gospel. These Sundays will explore the central religious and theological questions especially relevant for contemporary disciples in their Lenten journey: For what do we truly thirst (today’s Gospel)? How might our eyes be opened to Jesus (next Sunday)? What is the life for which we deeply desire (the final Sunday of Lent)?

In today’s Gospel a Samaritan woman comes to a well at noon—the brightest moment of the day—and encounters the source of Light, Jesus. She comes to draw water and only later realises that she has met the one who can quench her deepest spiritual thirst. The whole scene is replete with theological symbolism, a characteristic of John, as Jesus invites the woman to explore the depths of her thirst that only he can address. We learn that she has had several ‘husbands’. This is not an admission of the woman’s adventurous liaisons, as many commentators have interpreted, but an acknowledgement of her attraction to the ‘husbands’ (the ‘Baals’) of religions that are ‘not her own’. She is looking for the true one from God, not these other counterfeits.

Jesus reveals himself to her: He is the ‘I AM’, the Old Testament name for God. Through him the woman comes to encounter the Sacred and sets her on a journey back to her townspeople. Like the woman, we, too, thirst, for God and for a deeper religious life as we journey through Lent.



Fr Michael Trainor

FIRST READING

Ex 17:3-7

A reading from the book of Exodus

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?’

■ The word of the Lord.

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

A reading from the letter of St Paul to the Romans

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.

■ The word of the Lord.

GOSPEL ACCLAMATION

cf. 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 4:4-5, 19-26, 39-42

A reading from the holy Gospel according to John.

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:

SACRED HEART PARISH - MUNDARING

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👍 FOLLOW US ON FACEBOOK!

📘 Sacred Heart Parish Mundaring

**"To grow in discipleship of
Jesus and go make disciples"**

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LENT

prayer • fasting • almsgiving

WEEKEND MASSES:

Saturday Vigil – 6.00pm @ Sacred Heart

Sunday – 7.30am @ Our Lady of Good
Counsel, Chidlow

9.30am @ Sacred Heart Mundaring

Weekday Masses:

Tuesday 8.30am

Wednesday 8.00am

Thursday 8.30am

7.00pm **Men's prayer group**

Friday 8.30am

9.00am **Adoration & Benediction**

7.00pm Stations of the Cross

Saturday 8.30am

9.00am Rosary & Cenacle

Reconciliation:

Friday 9.00am (Sacred Heart)

Saturday 9.00am (Sacred Heart)

1st Wednesday of the month 12-1.00pm
(Our Lady of Good Counsel, Chidlow)

Parish Cuppa:

Mundaring:

8th March Sunday morning Mass

You are welcome to bring a plate to
share at these 'first Sunday of the month'
Masses.

Chidlow: Following each Sunday morning
Mass ALL WELCOME!

Upcoming Solemn Feasts:

March 17th St Patrick

March 19th St Joseph

March 25th The Annunciation to the Blessed Virgin Mary

Extra Reconciliation

6pm-7pm Thursday March 26th

Holy Week

29th March Palm Sunday

31st March Chrism Mass – 7pm @ Cathedral

2nd April Holy Thursday - 7pm Mass

3rd April Good Friday Stations - 10am

3rd April Good Friday Solemn Commemoration of the
Lord's Passion - 3pm

4th April Solemn Easter Vigil 7pm @ Mundaring

5th April 730am Easter Mass @ Chidlow

930am Easter Mass @ Mundaring

As requested by parishioners, the convenience of **EFTPOS DONATION**
facilities will become available soon.

DIRECT DEPOSIT collection details

1st Collection: Priest upkeep

Sacred Heart 1st Collection

BSB: 086006

A/C #: 985196641

2nd Collection: Parish

Sacred Heart Mundaring Parish

BSB: 086006

A/C #: 673418807

🙏 **PRAYER CORNER** 🙏
✚ Prayer Intentions for the sick

Tess Howden

Janina Wren

Trevor Clark

Dennis Denoual

Do you know of someone in the
parish who is sick and would
appreciate some prayers?

Witness the blessing
and consecration of the
Holy Oils at :

Chrism Mass.

7pm Tuesday 31st
March

@ St Mary's Cathedral



NEWS, EVENTS & CELEBRATIONS

Men's prayer and fellowship group

Meeting at the Church on Thursdays 7~830pm.
With fellowship, the rosary, and discussion of the
scriptures.



Thank you from Archbishop Costelloe

On behalf of Archbishop Costelloe, thank you for
you for your generous donations to the 2025
Christmas appeal for Lifelink. A total of \$770,200
was raised to support Catholic Caring Agencies
continue their work supporting so many everyday
people in need of help. From feeding and clothing
the poor, advocating for the Indigenous,
accompanying those with physical or mental
illness, you are part of the good works they
accomplish.

Project Compassion

We have all been confronted with the distressing
scenes of war in the news. Regardless of politics,
we should pray for and try to assist those caught
in the middle of such conflicts. **Caritas**, Australia's
Catholic International Aid organisation,
supported by the Project Compassion appeal,
provides humanitarian support throughout many
parts of the world, including the Middle East, and
places not in the media spotlight, like Sudan. Let
us be generous. More information can be found at
www.caritas.org.au



Parish First Reconciliation Classes

- April 22nd 5 - 545pm Parent Information
night.

Wednesday 415-5pm classes:

- April 29, May 6, May 13, May 20, May 27
- June 3rd Practice
- **First Reconciliation** 415- 5pm Wednesday,
June 10th (parents welcome to attend and
also receive the sacrament)

Thank you to all
attended and supported
last weekends Holy Hour
launching the 2028
International Eucharistic
Congress to be held in
Sydney.



It is a great opportunity
to remember the Real
Presence of Jesus that
abides in the Tabernacle.

A simple quiet Holy Hour is held, every Friday in
the parish which you might like to attend.

Where can I attend Eucharistic Adoration

outside of Friday mornings? We can adore Jesus
in the tabernacle in any Church, such as after
Mass. Fr Stephen will also be happy to let you into
the Church if you wish to come pray. Otherwise
you can also adore Jesus exposed in the
Monstrance **24/7** at either **Greenmount** Church
(Cathy Forrester on [0415 176 249](tel:0415176249)) or **Midland**
chapel ([9274 1495](tel:92741495)).

*"Certainly amongst **all devotions**, after
that of receiving the sacraments, that of
adoring Jesus in the Blessed Sacrament
holds first place, is most pleasing to God,
and most useful to ourselves. Do not then, O
devout soul, refuse to begin this devotion."*

- **St Alphonsus Liguori**, Doctor of the Church

THIS WEEKEND:

SUNDAY 930AM Cuppa after Mass

Please join in prayer for
our staff and growing
school this Sunday.

During Mass new **Sacred
Heart Primary School**

Staff will be commissioned.



JUMP IN AND JOIN

A LENTEN GROUP THIS WEEK:

* **Tuesday 10am** – 1190 Stevens St, Mundaring

You can notify Donna 0447 641 227 you
are coming.

* **Wednesday 7pm** – 1645 Stoneville Rd, Stoneville

Thank you Justin and Kerensa for hosting

* **Thursday 9am** – Church Patio space with Fr
Stephen. Children welcome!