

OUR LADY OF THE SACRED HEART PARISH, WEST BELCONNEN

St John the Apostle Church Kippax St Thomas Aquinas Church Charnwood

To be on Earth the Heart of God



THIRD SUNDAY IN LENT YEAR A

8 March 2026

#10.26

Gospel Reflection

The encounter between Jesus and the Samaritan woman at the well is rich in historical and cultural nuance that enhances our understanding and interpretation of this passage. When he asks the woman for a drink, Jesus breaks two cultural taboos: firstly, for a man to speak directly to an unchaperoned woman was somewhat scandalous; secondly, as the woman points out, Jesus is a Jew and directly addresses a Samaritan – another scandal. Jesus successfully gains the woman's attention by ignoring these social taboos but she fails to fully understand his reference to 'living water'.

The reference to the woman's five husbands has often been construed to suggest that she was either a prostitute or a serial widow. However, it may in fact be a reference to the Samaritans binding themselves (wedding themselves) to the five books of the Torah and ignoring the writings of the prophets and other later writings. This reference is followed by another fact that set Jews and Samaritans apart: the Samaritans worshipped God on a local mountain, Mt Gerazim, whilst the Jews held that true worship could only take place in Jerusalem. Jesus dismisses this major difference between Jews and Samaritans by declaring that soon 'true worshippers will worship the Father in spirit and truth'. He is indicating the much more personal relationship with God that he models; not bound up by ritual, place and law.

Having set the scene for breaking down the walls between Jews and Samaritans, Jesus then reveals to the woman unequivocally that he is the promised Messiah. The woman rushes back to the town to spread the good news about Jesus. She becomes a missionary for him; and a remarkably effective one. The people are convinced by her testimony and flock to Jesus where they have their own personal faith encounter with him.

Gospel Reflection by Greg Sunter

Our Lady of the Sacred Heart Parish West Belconnen

is committed to the care, wellbeing and protection of children, young people and people at risk in our community

Parish Administration

Parish Priest Fr. Tru Nguyen msc TruDuc.Nguyen@cg.org.au	Br. Daniel Magadia msc	Parish Officers Sharon Greaves Kirsty Vera Belconnenwest@cg.org.au	St John the Apostle Primary School Florey ACT- 62583592 Principal - Jo Reed www.sjaps.act.edu.au
Parish Office 25 Blackham Street HOLT ACT	Office Hours 9:00am - 3:00pm Monday Wednesday - Friday	Website olsh.org.au	St Thomas Aquinas Primay School Charnwood ACT - 6258 4077 Principal - Matthew Garton www.staquinas.act.edu.au
Pastoral Council Chair James Nield	6254 3236	Safeguarding Officers Carl Madsen Marg Hourigan belconnenwest.safeguarding@cg.org.au	

We acknowledge the Traditional Custodians who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander Peoples to this country and commit ourselves to the ongoing journey of Reconciliation.

ACCOMPANYING CHILDREN PREPARING FOR SACRAMENT OF RECONCILIATION

In the third week of Reconciliation preparation, the focus of our candidates has been on forgiveness, whether it is forgiving or being forgiven.

As Christians, we are aware of our need for forgiveness, for our relationship with God to be restored. What is reassuring for us is that we believe in a God who is ever-loving and ever-forgiving.

How do we respond? Do we open ourselves to God's love and mercy? To quote the Lord's prayer: do we forgive others' trespasses as God forgives us for ours? It can be easier said than done, but each of us is graced with the capacity to love and reconcile. And one of the most powerful demonstrations of love is forgiveness.

Prayer for Our RCIA Candidates

We ask our parish community to keep our **six RCIA members** in your prayers as they continue their faith journey. May they grow in openness to God's grace, deepen their relationship with Jesus Christ, and come to know the fullness of life in the Catholic Church. Please pray that the Holy Spirit guide and strengthen them at every step.

PARISH SAFEGUARDING VOLUNTEERS

The role of the Parish Safeguarding Volunteer is to be an additional point of contact in the Parish on matters relating to the safeguarding of children, young and vulnerable people, complementing the roles of the Parish Priest and Parish Secretary. They can provide advice on how complaints can be made, and forward concerns, relating to the protection safeguarding of children, young and vulnerable people within the Parish to the Institute for Professional Standards and Safeguarding Manager.

Carl Madsen and Marg Hourigan
belconnenwest.safeguarding@cg.org.au

We Welcome Fr. Michael Stephan msc to our parish this weekend.



Time, Talent, Treasure: Commitment Sunday 8 March

Please return your completed TTT forms by placing them in the collection bag this weekend or in the container in the Church Foyer. If you wish to continue or no longer continue in a ministry, kindly complete a form to notify us of your decision.

Thank you for your continued support and commitment to ministry in our parish. Your participation enhances our celebration of the liturgy.

OUR LADY OF THE SACRED HEART PARISH FINANCE COMMITTEE

Members of the Parish Finance Committee will be talking at all masses this weekend.

PARISH LENTEN JOURNEY'S

Lenten Prayer Group

10:00am Fridays during Lent

St John the Apostle Kippax Library

Stations of the Cross

6:00pm Fridays during Lent

St Thomas Aquinas Charnwood Courtyard

Lenten Retreat Online

<https://olsh.org.au/lent-2026/>

As part of your preparation for Easter 2026, you are invited to spend time each week during Lent to reflect on and engage in prayer under the guidance of the late Fr. Michael Fallon msc. The weekly selections of audio files from Fr Fallon's retreats with their accompanying notes are available at **INTERNET LINK**. Each audio file is about 30 minutes long.

PARISH OFFICE CLOSURES

The parish office will be closed
Monday 9 March – Canberra Day

COMMUNITY CONNECTIONS

Connecting with people living alone

2nd Tuesday of the month Coffee Group
10 February – 2:00pm Ichi Café at Kippax
Contact: Barbara Mawson 6254 7989

Adoration During Lent
St Thomas Aquinas Charnwood Church

5:30pm – 6:30pm

St John the Apostle Kippax Church

7:30 – 8:30pm

Thursday Night 26 February

12, 19, 26 March

Prayer before the Blessed Sacrament

Confession during Adoration

Thursday 19 March

A message from Sr Colleen

I have decided that I no longer want to live on my own and will move in to Goulburn at the end of April. I will have a unit within a complex of 8 where other sisters live. As you know I love being a part of the parish family and continue to hold you in my heart and in my prayers!

I will continue to spend a week each month at Mary MacKillop Chapel and let the rest unfold with time. I have been truly blessed and for that I give thanks. God bless us all. ❤️🙏

Archbishop Prowse

Lenten-Easter message 2026

<https://olsh.org.au/wider-church-news/>

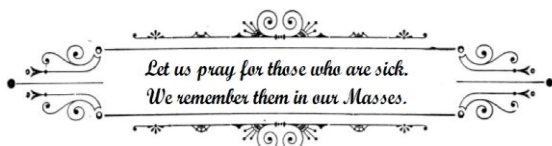
Canberra-Goulburn Cursillo Weekend for Men and Women

Fri 17 - Sun 19 April 2026, St Clements

Retreat Centre, Galong

Info and register by Fri 3 April

at <https://tinyurl.com/cursillo2026>



Recently Deceased: Barbara McGregor, Bev Rodden, Denis Axelby, Annie Leach

Anniversary: Eileen Luke, Joe Conlon, Brendan Patterson, Michael Hamilton, Caelan MacKenzie, Niola Torelli, Syouji Gozum, Raymond Wood, Elaine Drummett, Eugene DeRose, Helen Murphy, Jill Wilson, Donna Guymer, Richard Kingsford, Richard Corr, Peter Roache, Marijan Cavlovic, Garth Towers, Brian Weston, Michael Lowe, Generoso D'Ambrosio, Jack Ranson, Judith Davidson, Veronica Brennan, Michael Murray, Rek Zygmunt

Our Lady of the Sacred Heart Parish
Easter Triduum 2026:

- This year is the first time that we are having Easter Triduum at Our Lady of the Sacred Heart Parish, so we needed to choose times and locations that would allow as many parishioners as possible.
- St John the Apostle Church was selected to provide sufficient space for the larger congregation. Our intention is to foster a stronger sense of unity between St Thomas Aquinas Church and St John the Apostle Church, while ensuring we can comfortably accommodate everyone who wishes to participate in these solemn liturgies.

I understand that this is a change from what we have done in the past, and I would like to ask you to keep us all in your prayers as we take this step together as one parish, Our Lady of the Sacred Heart, West Belconnen.

The Easter Triduum

Holy Thursday

2 April 2026 - 7:00pm

St John the Apostle Catholic Church

Altar of Repose

Evening Prayer will conclude at 9:30pm

Good Friday

3 April 2026 - 10:00am

Stations of the Cross

St Thomas Aquinas Catholic Church

The Passion of the Lord

St John the Apostle Catholic Church

3:00pm

Easter Vigil

4 April 2026 – 7:00pm

St John the Apostle Catholic Church

Easter Sunday of the Resurrection of the Lord

5 April 2026

St Thomas Aquinas Catholic Church

9:00am

St John the Apostle Catholic Church

8:30am and 10:00am

There will be no evening Mass

St John the Apostle Church Kippax
25 Blackham Street, HOLT

MASS TIMES

Vigil Saturday 5:00pm
 Sunday 8:30am, 10:00am, 6:00pm
 Monday and Friday 9:30am
 Liturgy of the Word with Communion:
 Tues 9:30am

Rosary before Mass

Weekdays in both parishes at 9:05am

SACRAMENTAL LIFE

Baptisms	1st & 2nd Sun during Mass
Reconciliation	Sat 4:00pm – 4:30pm
Sacramental Program	Contact Parish Office
School of Religion (Parish Centre)	Sunday 9.15am during school term

PRAYER LIFE

Meditation	Friday 5:15-6.30 pm
Gethsemane	Thursday before First Friday
Eucharistic Adoration	Mass 7:30pm – 8:30pm
Sacred Heart Devotion Mass	First Friday of the Month 9:30am

ROSTERS

15 March Acolyte Roster

5:00pm	Helen Kennedy, John Drury
8:30am	Maria Scarr, Frank Craddock
10:00am	Rose Benedictos, Boni Benedictos
6:00pm	Luan Nguyen

15 March Lector Roster

5:00pm	Joe Catanzariti, Vera Ngah
8:30am	Jordan Forka, John O'Heir
10:00am	Libby Kain, Kate Lawrence
6:00pm	Busi Nkomo, Karna O'Dea

15 March Ministers of Communion

5:00pm	Anthony Jayawardena, Marie McKie
8:30am	Theresia Suh, Sigrid Kropp
10:00am	Sugi Mohanadas, John Blackwell
6:00pm	Charlotte D'Cruze, Lionel D'Cruze

15 March Hospitality Roster

5:00pm	Carol Moore, Barbara Mawson
8:30am	
10:00am	James & Jessica Nguyen, Pav Perera
6:00pm	

15 March SJAShop

5:00pm	
8:30am	Sabina Van Rooy
10:00am	
6:00pm	

Weekly Rosters

Altar Society	8 March	Pat Gilchrist
Church Cleaning:	9 March	Edgar Nnajide, Chioma Nnajide
Grounds	14 March	Carl Madsen, Bede Foundling

Readings 15 March 2026

First Reading 1 Sm 16:1, 6-7, 10-13
 Psalm Ps 22
 Second Reading Eph 5:8-14
 Gospel John 9:1-41

St Thomas Aquinas Church Charnwood
23 Lhotsky Street, CHARNWOOD

MASS TIMES

Vigil Saturday 6:00pm
 Sunday 9:00am
 Wednesday and Thursday 9:30am
 Liturgy of the Word with Communion:
 Tues 9:30am

Rosary before Mass

Weekdays in both parishes at 9:05am

SACRAMENTAL LIFE

Baptisms	2nd Sun during Mass
Reconciliation	Sat 5:00pm – 5:30pm
Sacramental Program	Contact Parish Office

PRAYER LIFE

Eucharistic Adoration	Thursday Weekly 5:30pm – 6:30pm
Men's Scripture Discussion	Wednesday after 9:30am Mass
Open Scripture Discussion	Thursday after 9:30am Mass
Latte with Our Lady. Rosary outside the Charcoal Chicken	First Saturday of the month 10:15am

ROSTERS

15 March Acolyte Roster

6:00pm	Gavin Howard
9:00am	Marg Hourigan

15 March Lector Roster

6:00pm	Brian Daly, Irene Daly
9:00am	Megan Winter, Jancye Winter

15 March Ministers of Communion

6:00pm	Fran Handoko, Cathy Howard
9:00am	Leo Walsh, Helene Axelby

15 March Music Ministry / Slides

6:00pm	Recorded, Janette O'Sullivan
9:00am	Recorded, Peter Jean

RESPONSE TO THE PSALM:

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

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!