WELCOME

ST BENEDICT'S CATHOLIC PARISH — 8 MARCH 2026

"The Love of Christ must come before all else." (Rule of St Benedict)

WEEKLY SERVICES

Mass Times:
Mon: Communion - Service @7am **(after the service, the church will be closed)**
Wed/Fri: 7am
Tues/Thurs: 9am
Sat: 7.30am & Vigil 6pm
Sun: 7.30am, 9.30am & 6pm

HOLY HOUR (STARTS WITH MASS)
FRIDAYS @7AM

Reconciliation:
Sat: **4.30PM - 5.30PM**

Exposition of the Blessed Sacrament:
Thursday: 9.30am—5pm
Friday: 8am—5pm

Rosary Groups:
Tue: 9.30am, Wed/Fri: 7.30am
Cenacle: Thurs: 9.30am

Prayer Group:
Mary Mother of Sorrows: Meetings on Thursdays @1pm **(except school holidays)**

Catholic Women's League (CWL)
Meet the 2nd Tuesday of the Month in the Fr Albert Lynch Room **@10am, gathering @9.45am**

Baptisms: By appointment

Marriages: By appointment

Parish Office:
115 Ardross Street, Ardross WA 6153
PO Box 1831, Applecross WA 6953
Tel: 08 9364 1120
Website: www.stbenedicts.net.au
Office Hours: 10am—4pm (Tue-Fri)
Admin Officer: Stefani Chen
E (main): applecross@perthcatholic.org.au
Admin Assistant: Maribel Villegas (Thur: 9am-3pm)
E (office): office.applecross@perthcatholic.org.au
Parish Priest: Fr Nelson Po
E (Fr Nelson): nelson.po@perthcatholic.org.au

BENEDICTCARE COORDINATORS:
Head Coordinator: Carmel Tick - 0488 100 928
New Parishioners: Ruth Thorn
Home Help: Carmel Tick
Handyman/Gardening: Louis Bove
Visiting: Meagan Xanthis
Transport: Carmel Tick
Emergency Meals: Meagan Xanthis

PARISH INCLUSIVITY COORDINATOR:
Bev Piche — 0467 054 168

3RD SUNDAY OF LENT, YEAR A

GOSPEL REFLECTION BY Dianne Bergant CSA

All people thirst for meaning, but of what does that meaning consist? The people in the desert thirsted for water, but they misunderstood their thirst. The woman of Samaria thirsted. Her conversation with Jesus showed that she thirsted for understanding and insight as well as water. For what do we thirst in this world of such great excess and unmeasured need? Life has not become simpler with all of our advances. We still thirst for more – for the newest, the fastest and the best. How much is enough, and when do we cross the line into 'too much'?

The gospel readings for the scrutiny Sundays very clearly lay out the choices that are placed before the catechumens and the rest of the believing community as well. This Sunday it is between water that quenches thirst and water that does not. Jesus identifies himself as the source of water that guarantees eternal life. He places before the Samaritan woman a choice that requires a step of profound faith. She knows the thirst-quenching quality of the water from Jacob's well, but she is not acquainted with the water promised by this stranger who is also an enemy of her people. The choice is not an obvious one. A similar choice is placed before us. We know the demands of our culture and the circumstances of our lives. Are we able to acknowledge the sins of which we are guilty, recognise the grace that is being offered to us, and make the right choice?

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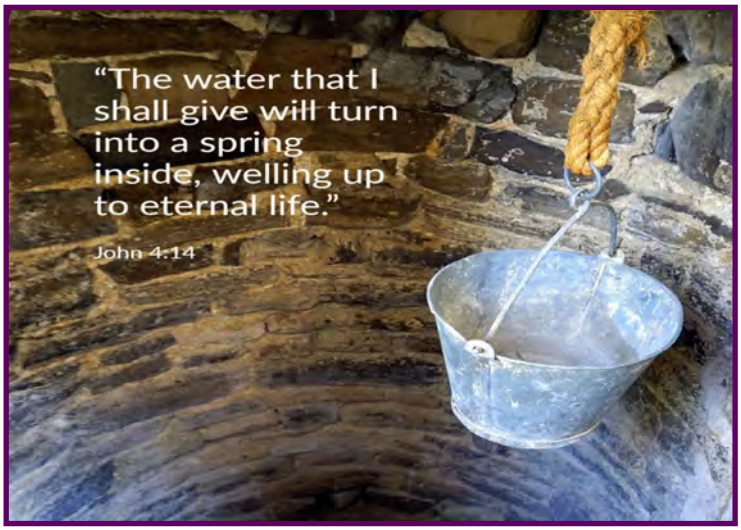


PREP COORDINATOR: Maureen Bright
Email: office.applecross@perthcatholic.org.au

SACRAMENTAL COORDINATOR: Rosa Ranieri
Email: stbenedicts.sacraments@gmail.com

Pastoral Care: Yunita Lay
Email: stbenedicts.pastoral@gmail.com

PARISH SAFEGUARDING OFFICERS:
Marina Ciccarelli &
Phil Trueman.

Email contact:
applecross.safeguarding@gmail.com

PARISH NOTICES

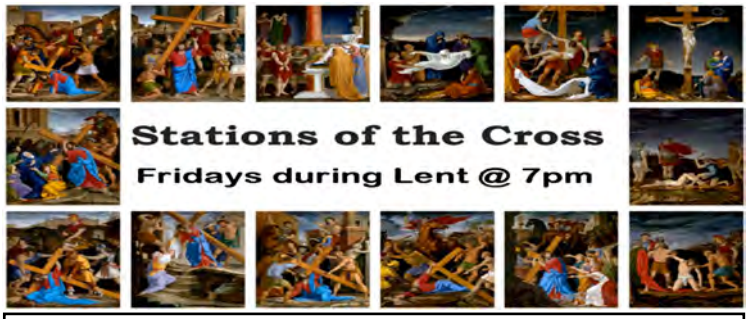
EVENTS

- 7 MAR — YOUTH MASS @6PM
- 8 MAR — PARISH MORNING TEA AFTER 7.30AM MASS (ROSTER: VANESSA KILROE & CHRISTIE STIPINOVIC)
- 9, 16, 23 & 30 MAR — ALPHA AT ALBERT LYNCH ROOM, EVERY MONDAY @9AM-10.30AM
- 11 MAR — SYNODALITY SESSION (REPEAT) @6.45PM-9PM, AT ALBERT LYNCH ROOM
- 13, 20 & 27 MAR — STATIONS OF THE CROSS @7PM
- 14 MAR — SCHOOL COMMUNITY MASS @6PM, FOLLOWED BY SUPPER (*BRING A PLATE TO SHARE*)
- 29 MAR— PARISH MORNING TEA AFTER 9.30AM MASS (PLEASE BRING A PLATE)

If parishioners could contribute to the supper, please bring something that complements the theme of ITALIAN.

ALARM BELLS!!! The Vinnies food pantry is running out of food. There has been a big increased in the demand for food for the homeless and families suffering from the cost of living crisis. We would be grateful to receive donations of perishables such as rice (1kg), tea bags, coffee, milk, cereal, baked beans, spaghetti tins, tinned fruit, pasta sauces, Vegemite, jam, noodles, and canned meat.

- The Applecross conference of the St Vincent de Paul Society.



PRAY FOR THE SICK

Please keep the following people in your prayers:

Myrtle Nimmo, Helen Overman, Shalini Saldanha, Ng Choon Bee, Liesel Beukes, Helen Teo, Thomas McGuire Marris, Lorraine Healey, Kamani Jayaratne, Sue Miguel, Harsono Setiawan, Steven Robertson, Lisa Bailey, Lenna Hosseini, Frank Ranieri, Judith Chan, Grisel Noronha and all others who are not included in this list. *Thank you.*

YOUTH CORNER

Youth Mass — 7 March 2026 @6pm

SACRAMENT PROGRAMME 2026

If you wish your child to receive the Sacraments of Reconciliation, Eucharist and Confirmation this year, the enrolment forms are now available on the parish website. Please read the important information for parents, download the relevant form and return to the parish office. Payment is via direct debit, details are all on the enrolment form. Applications for all Sacraments **close on Friday, 13 March 2026**.

The Sacrament Programme is parish-based, family-focused and school-supported and the Sacrament team looks forward to working with and welcoming new families to the program.

For further information contact Rosa Ranieri, Sacrament Coordinator at stbenedicts.sacraments@gmail.com

Caritas AUSTRALIA | PROJECT COMPASSION

First Sunday of Lent: 7-8 March 2026

Monoranjon lives in a village in Bangladesh close to the sea, where floods and storms often damage his crops and his home. With support from Project Compassion, he learnt climate-resilient farming techniques and new ways to diversify his income, helping his family survive and build a safer, more sustainable future.

Please donate today.

You can support Project Compassion 2026 through the donation boxes, envelopes or by scanning the QR code.
Or online at: www.projectcompassion.org.au/donate
Or by calling: 1800 024 413

Thank you for standing with us,
as we *Unite Against Poverty this Lent.*

ONLY ONE ENVELOPE FOR THE SIX WEEK LENT PERIOD

PLEASE PRAY FOR RECENTLY DECEASED:

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ANNIVERSARIES:

Wendy Fazey, Sybil Fernandez and all deceased benefactors of the parish and all departed family and friends.

Thank you.

SAFEGUARDING INDUCTION TRAINING for ALL Parishes and Church Workers paid or unpaid — LEVEL 1 (New requirements & Personal Declaration Form is to be completed)

The Safeguarding Level 1 Induction is now available as **a Self-Paced Online Learning Module**. This format offers greater flexibility and an easier, user-friendly experience. To complete the Safeguarding Level 1 Induction, please follow these steps:

- Visit our **safeguarding.perthcatholic.org.au/training/** to check out the Induction.
- Click on "Safeguarding Level 1 – Induction ONLINE Training".
- Watch the Presentation Video.
- Proceed to Step 2 to register personal details and complete the quiz.

The Safeguarding Office will notify the Parish/Agency/Organisation of the attendance record.

SAFEGUARDING LEVEL 1 INDUCTION TRAINING (in person)

2026 Dates coming soon.

To register **https://safeguarding.perthcatholic.org.au/training/#induction**.

Further info: **safeguarding@perthcatholic.org.au** or 08 9221 7762.

Thank you to all who have already completed the course and submitted their personal declaration forms to comply with the new Archdiocese Directives regarding Safeguarding.

Pilgrimage of Mission & Hope!

800yrs Death Anniversary of St. Francis of Assisi Italy

Join **Mon Michael Keating** to deepen your faith as we travel to Italy from **13th May to 22nd May 2026 (See Notice Board).**

For the itinerary and booking form, please **call us Anawim Journeys on 0402 290 827 (Veronica) or 0433 771 979 (Sheila).** You can also email us at **mail@anawimjourneys.com**

PRAYER FOR THE DAY

Presence

God is with me, but more, God is within me.
Let me dwell for a moment on God's life-giving presence
in my body, in my mind, in my heart,
as I am here, right now.

Freedom

Lord, may I never take the gift of freedom for granted.
You gave me the great blessing of freedom of spirit.
Fill my spirit with Your peace and Your joy.

Consciousness

How am I really feeling? Light-hearted? Heavy-hearted?
I may be very much at peace, happy to be here.
Equally, I may be frustrated, worried or angry.
I acknowledge how I really am.
It is the real me that the Lord loves.

Inspiration

The Samaritan woman came to the right place and at a most opportune moment to find Jesus already waiting there. In no time, she discovered that he could read her like a book. Could it be, Lord, that you can read me equally easily? If so, can you help me have a little of her humility and honesty in recounting how my life has been going in recent times, together with a small amount of her willingness to change?

Conversation

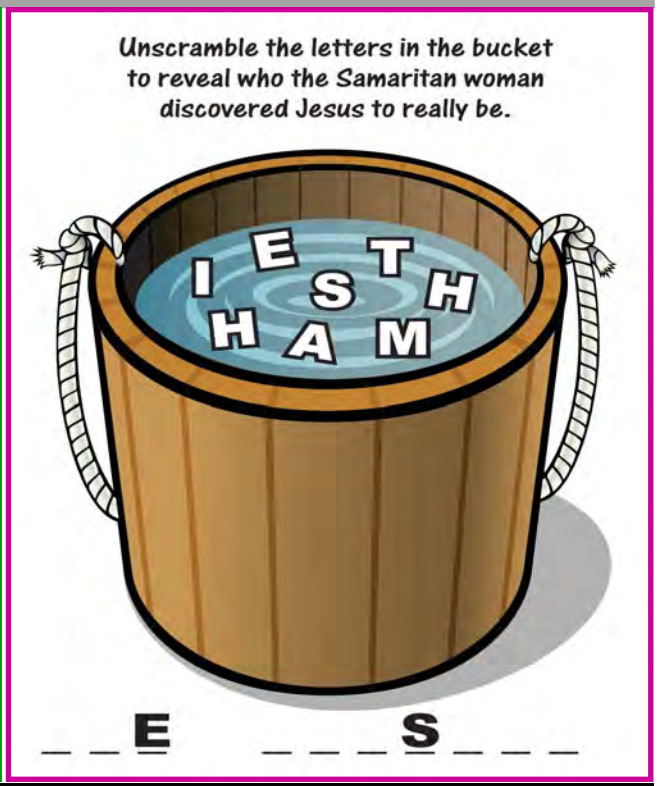
Lord, help me to connect with You. I don't always know how, but I want to receive Your love and I open my hands and my heart to You. Please come to me today.

Conclusion

I thank God for His gift of love
as I go forth with joy and hope
to serve His people.

Amen

CHILDREN'S CORNER



Church/School Parking – Reminder

Please park on the allotted bays in the church carpark and in the school carpark at Alness Street. **Do not park on the neighbouring residents' lawns across the road from the church & the church's lawns.** *Thank you.*

NEXT WEEK'S READINGS: 4th Sunday of Lent, Yr A

1st: 1 Sam 16:1, 6-7, 10-13 **Ps:** Ps 22

2nd: Eph 5:8-14 **Gospel:** Jn 9:1-41

READINGS FOR THE DAY

Entrance Antiphon *Cf Psalm 24:15-16*

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*

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?'

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 *Romans 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.

Gospel Acclamation *See John 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 *(Shorter form)* *John 4:5-15. 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: 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.'

Communion Antiphon *John 4:13-14*

For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

MINISTRY SCHEDULE — 14 & 15 MARCH 2026

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	BRYAN MEYERKORT	ROD DOWLING	LUKE HANDCOCK	ROB PAUL
ALTAR SERVERS	JORDAN TRUEMAN JOSHUA & ETHAN TSIA	GRACE STEWART JOEL DOWLING	XAVIER SIA DANIEL & CHRISTIAN VINCI	NOEL, ELOUISE & FELIX LIU
COMMENTATORS	AYLMYR SEQUEIRA	LORNA D'SOUZA	PATRICK LEECH	KATRINA MCINNES
COLLECTORS	LOUIS BOVE MATTHEW TLOCZEC	GERRY DOYLE	MARGARET SANDFORD	OSBORNE D'SOUZA ROSS FRANCHINA GRAHAM KNIGHT
READERS	ANTONIO VARNAKULASINGHAM TONY RYAN	MARIA ARANDA MONICA ANDERSON	NICOLE PARKER TERRY BOLAND	GLENDA BEUKES CLARE COOMBES
EMOHC	FRANCES MEYERKORT KELLY DWYER ROSA WEST YVONNE GARBIN	TINA CAMMARANO JUDY LEE VOLUNTEER NEEDED	JUDY PHILLIPS TERESA LEECH MARGARET HANDYSIDE CARMEL RECHICHI	KEVIN AUTON OSBORNE D'SOUZA JOE CINANNI MAISIE CINANNI

ALTAR SOCIETY: NO FLOWERS	PILGRIM STATUE: MARGARET HANDYSIDE
COUNTERS: JOE & MAISIE CINANNI, JOYCE D'CRUZ & GILLIAN COELHO	CHILDREN'S LITURGY: —