



Third Sunday of Lent - Year A - 11th-12th March 2023

Parish Details:

Address: 4 Winifred Street, St Albans 3021
Phone: 9366 2146

Finance: Lorraine Stafford: StAlbans.Finance@cam.org.au

Parish Office: Lauren Maslaris: StAlbans@cam.org.au

Office Hours:

Monday— Wednesday: 9:30am—4:00pm
Thursday & Friday: 9:30am—2:30pm

Sacrament of Reconciliation:

Sacred Heart English Saturday 10.30am
 Maltese every 4th Saturday 4.00pm

Baptism: Eight weeks notice is required

Marriage: Six months noticed required

Sacred Heart Mass Times:

Weekdays

Tuesday - Friday 7.30am
 Saturday 9.00am

Weekend

Saturday 5:00pm
 Sunday 7:30am, 10:30am
 Polish 9.00am
 Slovene 2nd Sunday of month at 5:00pm

Emmaus Mass Times:

Saturday 6:30pm
 Sunday 9:00am

SAFEGUARDING POLICY

Sacred Heart/Emmaus Parish is committed to the care, wellbeing and protection of children, young people and people at risk in our community. The Parish takes a zero-tolerance approach to child abuse and upholds that child protection and the dignity of every person is the responsibility of every adult. To report issues and concerns, contact: stalbans.csc@cam.org.au or 0413 841 936

ACKNOWLEDGEMENT OF COUNTRY

Sacred Heart-Emmaus Parish acknowledges the Wurundjeri people of the Kulin nation, the traditional owners of the land where we gather. We pay our respect to their elders past, present and emerging.

READINGS

This Week: First Reading: Ex 17:3-7

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

Gospel: Jn 4:5-42

Next Week: First Reading: 1 Sm 16:1. 6-7. 10-13

Second Reading: Eph 5:8-14

Gospel: Jn 9:1-41

REFLECTION

REFLECTION: WE'RE ON THE WAY!

We are heading into the heart of our Lenten journey now. The Word of God now tells of Jesus' presence with those who embark on such a journey. This week he helps the woman-at-the-well explore the story of her life and faith, and then raises her to new life. Such can be the journey of Lent for us, too! To enable that, 'Harden not your hearts' we say in today's Responsorial Psalm.

Yes, a 'heart of stone' is not an uncommon experience, and can get embedded as part of our lives, becoming a habit in the way we regard some others and some parts of our world.. During these next three weeks of Lent, there is the promise that God can bring about a kind of 'heart transplant', by replacing what is dead and stony in us with a new vitality. The three stories of Jesus-and-the-woman-at-the-well, Jesus-and-the-man-born-blind, and Jesus-and-the-man-who-had-died - which we hear over this and the next two Sundays of Lent - are all about the power of God in Christ to 'create a new heart' in us.

A stony heart can grow in times of frustration, disappointment, failure and rejection, and under the constant pressure of everyday life. We can become cold and hardened to those around us, to God, and to ourselves. In that condition, we can sin.

Our God-of-creation can warm those cold places of our hearts, and give new life to us. This is what the process of Lent calls us to: to recognise that we might need this life-giving presence of God in our lives more, to be open to that, to commit to ridding ourselves of some of our coldness, and to let God's promise of forgiveness and life embrace us.

Jesus invites the woman in today's story to 'go down into herself', just as a bucket is lowered into a well. She finds not only much about her life to share with him; she also finds the healing presence of the Lord.

LENT PRAYER AND RECONCILIATION SERVICES will be on Wednesday 29th March at 7.30pm at Emmaus, and on Thursday 30th March at 7.30 at Sacred Heart with the opportunity for one-on-one Sacrament.

WE REMEMBER IN OUR PRAYERS

RECENT DEATHS: Tony Froster, Rena Apap

ANNIVERSARIES: Angela Xuereb, Michael & Josephine Piacentini, Pero Kilsanin, Michael & Jane Saliba, Mary Barbuto, Gemma & Vincent Castelino, Leo Castelino, Frank Jefelnik, Tessie Farrugia, Joseph Grech, Lewis, Paul & Joe Psaila, Sam & Luke Cassar, Margaret Borg, Tome & Manda Viduka, Joanne Martin, Nicky Daddy, Clarrie James, George Borg, Colin, Claceen, Jenny, Claire, Fo Heng Ly, George Bellard, Pjeter, Lize, Kolliy Dajcag, Paul Aquilina, Charlie Camilleri, Carmenu Falzon, Leli Bugeja, Paul Aquilina, Fr. Joshua, Peter Muscat, Maria & Anthony Merceica, Tome & Manda Viduka, Aaron D'Souza, Fo Heang Lee, Stanko Duvnjak & Family, Nora Flores Perez, Gerry, Moira & Trevor Smith, Thomas & Mabel Meyn, Nicola Pacivllo, Domenico Greto.

OUR PASTORAL, SOCIAL & SCHOOL EVENTS

Pope Francis (Ash Wednesday 2017) suggests the following possible fasts... perhaps more challenging than giving up chocolate!

Fast from hurtful words and speak kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent so you can listen.

Risen Lord Community Prayer Group Lenten/Easter program

Our Prayer Group for many years have conducted Stations of the Cross during lent on Fridays from 7:15pm till 7:55pm prior to our prayer meeting. *(Except for Friday 3rd of March)* Our parishioners of Sacred Heart/ Emmaus are most welcome to participate in the stations of cross. God Bless! Rukmal Mendis



During the Season of Lent we are urged to prepare for renewal in our faith at Easter [see reflection on the front page]. To assist with this, Lent calls us to particular focus on key elements in our living our faith: prayer, self-denial in order to consider others more, and deliberate actions of charity and support. **PROJECT COMPASSION** material is available in the foyers today – boxes, envelopes, leaflets, providing an opportunity for reaching out to others during this Season.

HOLY WEEK EASTER - MINISTRY

This weekend at Mass there will be sign up sheets to put your name down to participate in Mass during Holy Week.

As well as Readers and Communion Ministers, there will be roles for palm carriers, oil presenters, foot washers, cross carriers, water carriers and more!!! Sign on now!!

You can also call or email the Presbytery office to register
03 9366 2146 or stalbans@cam.org.au



PALM SUNDAY (1st-2nd April)

Usual weekend Mass times. Procession of Palms commences at the front of the churches

HOLY THURSDAY (6th April)

EMMAUS: 7pm

SACRED HEART: 7pm

GOOD FRIDAY (7th April)

STATIONS OF THE CROSS 11am on 'the oval' at SACRED HEART

SERVICE OF THE LORD'S PASSION

EMMAUS: 3pm

SACRED HEART: 3pm

HOLY SATURDAY (8th April)

BLESSING OF FOOD - SACRED HEART: 10am

EASTER VIGIL (8th April)

EMMAUS: 7pm

SACRED HEART: 7pm

EASTER SUNDAY (9th April)

EMMAUS: 9am

SACRED HEART: 7.30am, 9am (Polish) 10.30am

St Mary of the Cross MacKillop

The work of God goes on and for this we have much to thank him.

Mary MacKillop 24th. Apr. 1876.