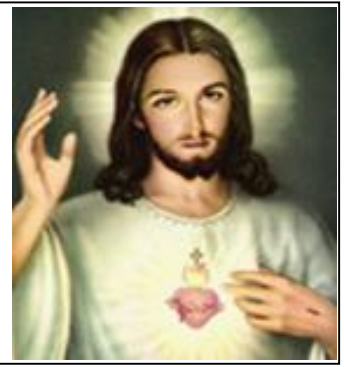




# Sacred Heart Parish Preston



322 Bell St, Preston 3072

Phone (03) 9480 3398 or (03) 9484 2124

Email: [preston@cam.org.au](mailto:preston@cam.org.au)

Website: [www.sacredheartpreston.com.au](http://www.sacredheartpreston.com.au)

## Office Hours:

Mon, Thurs & Fri: 10am -3pm

## Parish Priest

Fr Aloysius Nato, SVD

Ph: 0428 715 282

## Italian Community Chaplain:

Fr Albano Da Costa, SVD

Ph: 0478 963 248

**Parish Office:** Rachel Costa

**School Principal:** Mark Tierney

**School Phone:** 9487 1001

**Sacrament Coordinator:** TBA

## Safeguarding Committee:

### Safeguarding Officers:

Robert Dullard: 0433 401 958

Kay Duffy: 0431 376 212

### Safeguarding Committee: Members:

Mary Harb: 0422 891 324

Teresa Dang : 0434 583 911

Pauline O'Day: 0497 935 593

## Parish Council Members:

Gerard Grant (chairperson), Kay Duffy (secretary), Ophelia Swai, Anisasio (Pauline) Veamatahau, Mark Tierney, Ben Fortuna and Natalie Baran

## Parish Finance Committee:

Peter Constable (Chair)

Ph: 0425 779 831

## St. Vincent de Paul Society:

Stephen Costello (President)

Ph: 0432 405 417

## Parish Mass Schedule

### Weekend Masses:

**Saturday:** 6:00pm

**Sunday:** 9:00am (Italian), 10:30 am, 6:00 pm

### Weekday Masses:

**Monday to Friday:** 9:10am

**Healing Mass: 1st Friday** of the month  
at 1:30pm

**Please note: No healing Mass in April.**

### Next Healing Mass:

**Friday 5 May**

### Devotional Practices:

**Adoration of the Blessed Sacrament:**

Every Thursday at 7:30pm for 1 hour



**Holy Rosary:** Thursday (English) after the 9:10am Mass

### Reconciliation:

30 minutes before Mass or by appointment

**Baptisms & Weddings:** By appointment only

Bulletin printed 10/3/2023

## 3rd Sunday of Lent (Year A)

Sunday 12 March 2023

### “The Water That I Shall Give....”

Today we are invited to continue our Lenten journey of renewal and faith in the company of a person considered an outsider by her own culture. The woman's name is not mentioned by the writer of the Gospel according to John because in some way she represents every one of us.

In Samaria, a woman comes to draw water from the Well of Jacob - a traditional place of significant encounters in Israel's history. The woman belongs to a long line of women whose lot it is to take on this heavy task of drawing water from a well so that their families or others they serve might simply survive - water being a fundamental element of life. A moral outcast and shunned by her own community, she chooses to arrive at the well, at a time that will enable her to access the water away from others who would ostracize, obstruct or challenge her harshly.

At this time Jesus and some of his disciples were passing through Samaria - which was a rarity due to the animosity that existed between Jews and Samaritans. Hot, tired and thirsty from his journey, he stops at the well on his own and, defying the rules relating to gender, cultural & religious differences, he breaks the barrier between Samaritans and Jews, approaches the unaccompanied woman as she is drawing water and asks her for a drink. This chance meeting with Jesus would radically change her life when **she** comes to recognize in this compassionate, humble and understanding person- one who 'listens -beyond the words- to the heart and through whom the mercy and love of God is being offered not only to her but to all human beings. Jesus has pierced through her initial cynicism and defenses, perceived her boldness and honesty and touched on the secrets of her life – not to condemn or demean her- but to expand her vision and offer her hope - if she **can** find the courage to embrace it.

She is now the one who is thirsty- but not in the physical sense. As the conversation continues she finds that Jesus satisfies not only her thirst to know Him better but her longing for a lost dignity and a better life than before. She is sensing something of what St Paul speaks in today's second reading: *'The Love of God has been poured into our hearts by the Holy Spirit which is given to us.'* (Romans 5) Having come to perceive Jesus as a prophet and the Messiah much longed **for** by Samaritans as well as Jews, the Samaritan woman becomes a disciple **of Jesus** and evangelist to her own people, proclaiming at the top of her voice that she has seen the long awaited anointed one of God – the Messiah. Over this week we might think about this story of the 'Woman at the Well'. Let us recall the ways we have **sensed the spirit of Jesus** in our interactions **with others** and changes we must make to become faithful disciples.

*May the living water of God's love poured into our hearts by the Holy Spirit strengthen us to remove the boundaries that separate, harm or exclude others that we may be disciples of mercy, forgiveness and peace in the name of Christ Jesus.*



## Sacred Heart Parish Prayer

*Loving God, we honour the heart of Jesus, your beloved Son. We remember how he opened his heart in love to all people. Open our own heart to receive the gifts that continue to flow so richly from the heart of Christ, who lives with you in the unity of the Holy Spirit, one God for ever and ever. Amen.*

	<b>Saturday 6:00PM Mass - Readers</b>	<b>Saturday 6:00PM Mass - Ministers of Communion</b>
11-Mar-23	Marlene Vergou Teresa Dang	Mary Harb
18-Mar-23	Celia Lemos Mary Harb	Terry Murphy
25-Mar-23	Rohan Lemos Terry Murphy	Charlotte Bainy

	<b>Sunday 10:30AM Mass - Readers</b>	<b>Sunday 10:30AM Mass Ministers of Communion</b>
12-Mar-23	Eileen Stevens Ophelia Swai	Ivana Lo Bello
19-Mar-23	Hannah Lopez Judeline Wadhvani	Giovanna D' Intino
26-Mar-23	Jessy Thambiraj Ivana Lo Bello	Eileen Stevens

	<b>Sunday 6:00PM Mass - Readers</b>	<b>Sunday 6:00PM Mass Ministers of Communion</b>
12-Mar-23	Michelle Totawatte Rachel Vorlander	Robert Dullard
19-Mar-23	Carolina Constable Peter Constable	Robert Dullard
26-Mar-23	Albert D'Souza Tim Rankin	Damian Casamento

*A Heartfelt Thank You*  
**TO ALL OF OUR AMAZING VOLUNTEERS!**  
We couldn't do it without you!

**Volunteers**  
*To all our Volunteers*  
*Thank you for your hard work*



### **WE PRAY FOR:** The elderly and the sick

Sandra Bishop  
*Our parishioners, family members and friends, that they may be blessed with constant care, attention and respect.*

### Those who have died recently:

### We Commemorate:

*members of the Crocco, Rizzo, Gelain, Bradshaw, Valier-D'Abate families*

O Lord may perpetual light shine upon them.  
May they rest in peace. Amen.



### Last Week's Collection: 5/3/23

1st Collection for our Church: \$1,087  
(electronic contributions for February: \$2,215  
2nd Collection for support of clergy: \$919  
(electronic contributions for February: \$100  
Thank you for your kind generosity!



## ACKNOWLEDGEMENT OF OUR TRADITIONAL CUSTODIANS

Sacred Heart Community Preston acknowledges the Wurundjeri People of the Kulin Nation, the traditional custodians of this Sacred land on which our Church stands.



We acknowledge their unique wisdom and ability to care for Country and their deep spiritual connection to it. We pay our respects to Elders past, present and emerging.



### † Solemnities / Feasts / Memorials of the Week †

*Monday 13 March* 10th Anniversary of the Election of Pope Francis  
*Friday 17 March* Solemnity of St Patrick, Bishop, Missionary  
*Saturday 18 March* St Cyril of Jerusalem, Bishop, Doctor



### THOUGHTS FROM POPE FRANCIS



*The path of poverty and self-denial (fasting), concern and acts of love for wounded humanity (almsgiving), and familiar dialogue with the Father (prayer) make it possible for us to incarnate a sincere faith, a living hope, and active charity.*



### Dates to Remember

All Thursdays during Lent –

Lenten reflection – “The Seven Last Words of Christ” and Adoration – 7:30pm – in the Church

All Fridays during Lent –

Stations of the Cross – 6:30pm – in the church



### **Change to Tuesday & Wednesday Mass location**

#### **PLEASE NOTE:**

9:10AM Mass on TUESDAY 14 March and WEDNESDAY 15 March will be in the presbytery.



### Next Sunday 19 March -

### Come for a Cuppa after 10:30am Mass



Please join us after the 10:30am Mass next Sunday 19 March for a cup of tea or coffee at **Sacred Heart School.**

All are welcome



### Sacrificial giving via QR code

To support our parish, you can make a donation by scanning this QR code which is unique to Sacred Heart Church, Preston.

It will give you direct access to the CDF pay webpage by following a few easy steps.

The QR code is also displayed in the Church foyer.

Many thanks for your continued generosity and support to Sacred Heart parish.



**Please take the bulletin home**



## Project Compassion Third Sunday of Lent



Zimbabwe is experiencing an intense drought, exacerbated by climate change. With the support of Caritas Hwange, Priscilla learnt conservation farming skills to grow drought-resistant crops and started poultry farming to support her family during the current food crisis.

### Please donate to Project Compassion 2023.

You can donate through [Project Compassion](https://www.project-compassion.org.au) donation boxes and envelopes available in the Church foyer, by visiting [caritas.org.au/project-compassion](https://www.caritas.org.au/project-compassion), or by calling 1800 024 413.



### Free Public Lecture in Melbourne

Wednesday the 29 March at 6pm there is a free public lecture, **'Works that Made the West: The Letters of St Paul.'** It is held at The Athanaeum Club, Melbourne CBD. For a free ticket to the evening follow this link; [Free Ticket to Public Lecture](#)



## 3<sup>rd</sup> Sunday of Lent

*Jesus shows himself as the living water.*

Water is central to our Christian identity. Water is life for all living creatures.

You can support water conservation by starting a single small habit - like always turning the tap off while brushing your teeth. After you've got that down, start another habit and build up gradually. Head to the Nature Conservancy Australia for more easy water saving tips. If you're ready for more action, think about joining your local waterway friends' group, like the Friends of Merri Creek.



## MARRIAGE ENCOUNTER Weekend

### "Live Your Best Life in Love"

Every relationship is a journey and the grind of everyday life can cause you to lose touch with your spouse.

This weekend gives married couples the tools to keep passion alive in a gentle, nurturing environment, away from pressures and distractions of daily living. The weekend is based around Catholic values and couples of all faiths are welcome.

**Please check our website for more details.**

**28 – 30 April 2023** in Melbourne

(Book early to avoid disappointment)

Information/Bookings:

Phone **Mercy & James 0409 183 676** or

Email: [vicbookings@wwme.org.au](mailto:vicbookings@wwme.org.au)

Website: [wwme.org.au](https://www.wwme.org.au)



## Lenten Regulations

### Ash Wednesday and Good Friday are days of Fasting and abstinence from meat.

On all other Fridays, except solemnities, the law of the common practice of penance is fulfilled by performing any one of the following:

- Prayer:** e.g., Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary; or in other ways.
  - Self Denial:** e.g., not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country or elsewhere; or in other ways. Project compassion is a major means of expressing our self-denial in Australia.
  - Helping Others:** e.g., special attention to someone who is poor, sick, elderly, lonely or over-burdened; or in other ways.
- \* All who have completed their 18<sup>th</sup> year and have not yet begun their 60<sup>th</sup> year are bound to fast. All who have completed their 14<sup>th</sup> year are bound to abstain. (Canon 1252)
  - \* The Season of Lent is a time of penance. During Lent the faithful are exhorted to devote themselves in a special manner to prayer, to engage in works of piety and charity, and to deny themselves.
  - \* Each of the faithful is obliged to receive Holy Communion at least once a year. This precept must be fulfilled between Ash Wednesday, 22 February 2023 and Trinity Sunday 4 June 2023 unless for a good reason it is fulfilled at another time during the year.
  - \* The wonderful gift of the Lord's merciful love is offered in a special way in the Sacrament of Reconciliation. Lent is a most appropriate time to receive this Sacrament. All faithful who have reached the age of discretion are bound faithfully to confess their grave sins at least once a year.



### Sacred Heart Primary School 2024 Enrolments

Enrolments for the 2024 school year Foundation classes, open on Monday 6th March. For a school tour, please contact the school principal on 9487 1001 or via the school website <http://www.shpreston.catholic.edu.au>



Our school was ranked in the top 7% of primary schools across Victoria for NAPLAN in 2022.

At Sacred Heart School, our students are at the heart of every decision we make. Every day is Open Day and prospective students and their families are warmly invited to tour our school.



### Joke Corner

A ship was sailing in the middle of the ocean when a storm suddenly developed. As the storm raged, the captain realised the ship was sinking fast.

He called out loudly, "Anyone here know how to pray?"

A man proudly raised his hand and came forward, "Aye captain, I know how to pray."

The captain replied, "Great, you kneel and pray while the rest of us put our life jackets on ... we're one short!"

## 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?'

The Word of the Lord

**All: Thanks be to God.**

## RESPONSORIAL PSALM

**The Response Is:**

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

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. *Resp.*

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. *Resp.*

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.' *Resp.*

## 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. And 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

**All: Thanks be to God.**

*Please stand for the Gospel Acclamation.*

## 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

*John 4:5-42*

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.' 'Go and call your husband' said Jesus to her 'and come back here.' The woman answered, 'I have no husband.' He said to her, 'You are right to say, "I have no husband"; for although you have had five, the one you have now is not your husband. You spoke the truth there.' '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 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.'

At this point his disciples returned, and were surprised to find him speaking to a woman, though none of them asked, 'What do you want from her?' or, 'Why are you talking to her?' The woman put down her water jar and hurried back to the town to tell the people. 'Come and see a man who has told me everything I ever did; I wonder if he is the Christ?' This brought people out of the town and they started walking towards him.

Meanwhile, the disciples were urging him, 'Rabbi, do have something to eat; but he said, 'I have food to eat that you do not know about.' So the disciples asked one another, 'Has someone been bringing him food?' But Jesus said:

'My food is to do the will of the one who sent me, and to complete his work.'

Have you not got a saying: Four months and then the harvest? Well, I tell you: Look around you, look at the fields; already they are white, ready for harvest! Already the reaper is being paid his wages, already he is bringing in the grain for eternal life, and thus sower and reaper rejoice together. For here the proverb holds good: one sows, another reaps;

I sent you to reap a harvest you had not worked for. Others worked for it; and you have come into the rewards of their trouble.'

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.

**All: Praise to you, Lord Jesus Christ.**

## COMMUNION ANTIPHON

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

