

'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.'



The Gospel of the Lord.
Praise to you Lord Jesus Christ.

Reflection by Fr Michael Tate

The Jewish people worshipped at the Temple in Jerusalem. The Samaritans to the north worshipped on Mount Gerizem. But Jesus says to the woman of Samaria: 'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem . . . true worshippers will worship the Father in spirit and truth.'

We do this by acknowledging Jesus Christ as our sacred site. Jesus is where God is to be found. In his earthly ministry this was around places like the well in Samaria. As Risen Lord, he is to be found in those in dire need, and in the Heavenly Bread. In both cases we need to incline the body as an act of worship: in the case of the needy, by doing something practical; in the case of the Heavenly Bread, by genuflecting, bowing, before the Blessed Sacrament.

We could pause for a moment to reorientate ourselves to the Sacred Site who is the Risen Christ, acknowledging him as indeed the 'Saviour of the World'.

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ST MARTIN DE PORRES

Catholic Parish

Avondale Heights

Today's Celebration is on pages:

Old Missal: 69 New Missal: 171



3rd Sunday of Lent, Year A

8 March 2026

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?'

The word of the Lord. Thanks be to God.

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.

The word of the Lord. Thanks be to God.

Gospel Acclamation See 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 Short 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.'

St Martin de Porres Parish

158 Military Rd, Avondale Heights Vic 3034

🌐 www.melbocatholic.org/avondaleheights

Parish Priest: Fr. Paul Tru

Secretaries: Lee Tran: Wednesday - Friday

Charles Meneze: Tuesday

Office Hours: Closed Monday

10am - 3pm Tuesday - Friday

Pastoral Assoc: Sr. Cres Villas, asjm

Sr. Connie Mamo, asjm (Vol)

Phone: 9337 6016

E-mail: avondaleheights@cam.org.au

Weekend Masses

Saturday Vigil 6:00pm

Sunday 8:00am & 9:30am

Vietnamese 11:00am

Weekday Masses

Tuesday to Friday 9:15am

Benediction Wednesday after Mass

Reconciliation Wednesday 10.00am
Saturday 5:30pm

St Martin de Porres School

Principal: Stefanie Harvey

Secretaries: Mary Carmuciano

Maria Aloe

Phone: 9331 9000

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The Augustinian Sisters

Convent: 2 Venice Court,
Avondale Heights

Phone: 9337 4595

E-mail: sisaugustinian@gmail.com

Website: www.asimoz.org

Safeguarding is Everyone's Responsibility.

The Parish of St Martin de Porres and the Archdiocese of Melbourne are committed to the care, wellbeing and protection of children, young people and vulnerable people in our community. Child protection and the dignity of every person is the responsibility of everyone.

IN OUR PRAYERS

Sick: Franca, Nazzi & Teresa Demaio;
Peter Falzon; Nancy Green; Emily & Grace;
Monica Marland; Mellisa; Charles.

Recently Deceased:

Salvatrice Melia; Carmen Schembri; George Borg; Concetta Malgioglio; Mario Parnise; Noel Tovey; Veronica Mondeddu (India); Emmanuel Sammut; Nazzareno Care; Nola Edwards.

Anniversaries & Remembrances:

Caterina Tassone (1mth); Victor Degabriele; Manfredo Del Cimmuto; Anna Le Thi Them; Phillip Nguyen Tho; Ellen Sepala; Dominic Cumbo; Bernarda & Francis Grima; Teresa, Emmanuel, Tonina, Phillip Sammut; Emmanuel & Nazarena Farrugia; Adam Hood; Rita & Carmelo De Bono; Joseph Consiglia.

Parish Support Programme:

Pays Wages, Electricity, Cleaning, Insurance, Rates, Maintenance.

Pledge: \$2,588 Received: \$2,400

Loose: \$1,015

Presbytery: Supports Parish Priest,
Retired Priests & Cathedral. \$1,713

CONTRIBUTING TO THE COLLECTIONS

QR Code

You may wish to use the QR code if you have left your cash at home.

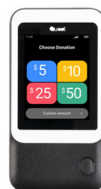


Donation Tap

Through the Archdiocese, we've introduced a simple Donation Tap Machine (like EFTPOS).

It's an easy method to donate to the parish if you forgot your cash and has a limit of \$99.

Please see one of our friendly volunteers with the machine in the back of the church if you wish to tap your card/phone to donate.



Thank you for your generosity.

St Martin's Prep Enrolments 2027



Applications Now Open

Please apply at the School Office or phone 9331 9000.

LENTEN PROGRAMME

Easter Individual Reconciliations

Monday 23rd March 7pm

English; Italian; Maltese; Vietnamese

Tuesday 24th March Vietnamese 7pm

For Palm Sunday:

Saturday 28th March By 10am

Please bring Cypress, Palm and Olive branches to the church.

Easter Rosters are in the Church Foyer

Please indicate where you can help.

Reflection Sessions with Sr Mayla



Wednesdays after Mass in the Pastoral Centre Meeting Room. All welcome.

Stations of the Cross After 9:15am Mass

Vietnamese - Thursday English - Friday



Caritas AUSTRALIA

PROJECT COMPASSION

3rd Sunday of Lent

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

Please support Project Compassion 2026 through the donation boxes, envelopes or by scanning the QR code,

Or by calling: 1800 024 413 **Or online at:** www.projectcompassion.org.au/donate

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

Instruction - First Eucharist & Confirmation

For children who do not attend a Catholic school. Please contact the Parish office if you wish to enrol your child to receive First Eucharist or Confirmation Sacraments this year. Preparation classes start Wednesday 25th March 2026.



On the 3rd Sunday of Lent, Archbishop Peter A Comensoli will formally convoke a Synod for the Archdiocese of Melbourne. The synod calls the Melbourne Church to journey together in communion, participation and mission, echoing Pope Francis' vision of a 'listening Church' (Evangelii Gaudium, §31). Informed by Vatican II's teaching, the Church is 'a people made one with the unity of the Father, the Son, and the Holy Spirit' (Lumen Gentium, §4).

There are three themes about which the church of Melbourne is being invited to discern:

- young discipleship
- missionary leadership
- formation and participation.

The synod assembly will be held across the weekend of 4-6 December 2026. Over these next months, a range of opportunities will be available for Melbourne Catholics to be part of the consultation process toward the synod.

Further information can be accessed at www.melbournecatholic.org/synod2026

In the synodal Church 'the whole community, in the free and rich diversity of its members, is called together to pray, listen, analyse, dialogue, discern and offer advice on taking pastoral decisions (ITC 68) for mission' (Final Document, §87).



ANOINTING OF THE SICK MASS

9:15am Wednesday 18th March
followed by Adoration.



Devotion to Divine Mercy

Mondays: 2.30pm Rosary
3pm Divine Mercy Chaplet

followed by Stations of the Cross, 4pm finish.



Christian Meditation 2026

Maranatha ... Come Lord Jesus
All welcome: Monday 10 - 11am
Parent's Room in the Church
Term 1: Mar 16 & 30.