

St. Monica's Parish

North Parramatta



"Our mission is to build up an active parish community with the Eucharist as the centre, foster deeper prayer and spirituality and reach out as a witnessing community"

3RD SUNDAY OF LENT – YEAR A

8TH MARCH 2026

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

Ex 17 : 3-7

A reading from the book of Exodus

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

RESPONSORIAL PSALM

Ps 94

Response: 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

Rom 5 : 1-2. 5-8

A reading from the letter of St Paul to the Romans

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

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

Jn 4 : 5-42

A reading from the holy Gospel according to St John

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 worshiper 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.

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.

St. Monica's Catholic Parish
Cnr Church Street and North Rocks Road, North Parramatta

Sunday Masses:	English: Saturday Vigil - 5pm; Sunday - 9am, 6pm Cantonese: Sunday 11.30am		
Weekday Masses:	English: Tuesday-Friday - 9.15am		
Exposition:	Every Friday following 9.15am Mass until 10.45am		
Reconciliation:	Friday 10-10.30am, Saturday 4-4.30pm, 3rd Sunday of the month 10:15-11am, or on request		
Marriages:	Please contact the Parish Priest at least 12 months prior		
Baptisms:	Please contact the Parish Office for appointment with the Parish Priest. Phone: 9630-1951		
Anointing of the Sick/Eucharist at home	Please contact the Parish Office or Fr Ephraim Lam Phone: 9630-1951		
Parish priest/Chinese Chaplain:	Fr. Ephraim Lam	Phone: 9630 -1951	Email: shingmanlam@gmail.com
Postal Address:	8 Daking Street, North Parramatta, 2151 Website: https://stmonicanp.org.au		
Office hours:	Tuesday-Friday Sunday	8.30am-2.30pm 9am-11am	Phone:9630-1951 Email: stmonicanp@bigpond.com

St. Monica's School

School Principal: Fiona Bylsma Phone: 8832 4100 Email: stmonicasnparra@parra.catholic.edu.au

COMMENTARY

Our Sacred Site

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'.

© Fr Michael Tate;

Eucharistic Congress 2028 Prayer

Lord Jesus Christ, we thank you for the gift of your real presence in the Sacrament of the Holy Eucharist. Grant us the grace to receive you reverently, worship you truly and serve you with hearts renewed. By the power of the Holy Spirit strengthen us, so that as you gave yourself to the Father and to us, we too may offer our lives to God and to others. Inspire and help us to serve you in those who are in need, especially the defenceless and homeless, the lonely and lost. Unite us with your sacrifice of the Mass, so that we may truly become what we have received, the Body of Christ. Amen

2026 Holy Week & Easter Sunday Mass Timetable is available. Please take a leaflet at the tables near the church main entrance.

Project Compassion 2026

Please return the boxes with your donation before Good Friday. For details and donation online please use the QR code on those boxes.

STATIONS OF THE CROSS

All Fridays in March 2026, 7:30pm (*Confession available*)

Youth Announcements

St Monica's Youth Group

Youth Group will continue each week in the community room, starting at 10:30AM! If you're year 6 and up, come hang out for some games, make new friends and learn about God together! If you have any questions, please do not hesitate to contact one of our leaders Raphael Cheung (0420 947 121).

Special Masses in Lent 2026

17th March (Tue) St. Patrick's Day Mass at 9:15am
 19th March (Thu) St. Joseph's Day Mass at 9:15am, 7:30pm
 25th March (Wed) Feast of Annunciation Mass at 9:15am, 7:30pm

PARISH ACTIVITES



Silent Adoration of the Blessed Sacrament

Every Friday following 9.15am Mass until 10.45am. All are welcome.



St Monica's Parish Rosary Group

Every Wednesday from 10.00am to 12.00pm in the Parish Centre.

Enquiries: Lynette Iwachiw 0423 696 961



Christian Meditation

Every Thursday, at the Parish Centre.

6pm-6:25pm Gentle Exercises,

6:30pm-7:30pm Christian Meditation.

Participation via zoom is available. Enquiries: Patricia Brown, email: pabrown02@bigpond.com



Catholic Women's League St Monica's Branch

Every third Monday of the month at 10.30 am in the Parish Centre. Enquiries : Julie Skulander on 0411 988 361



St Monica's Piety Stall (open alternate weeks)

Stall is open on Saturday 4.40 - 6.15 pm

Sunday 8.40 - 10.15 am

Contact : Julie Skulander on 0411 988 361



St Monica's Art Group

Every Saturday 6pm-8pm at the Parish Centre. New workshops are available each week. Please contact Vera (WhatsApp 0402936947) for details.



Bible Supper

Every FIRST & THIRD Thursday of the month, 8pm-9pm, via Zoom.

Fr. Ephraim will introduce every book from the Bible. All are welcome. To get the Zoom Link please scan the QR code on the left or email to Fr Ephraim.



St. Vincent de Paul Society

Please come to their monthly meeting on the last Wednesday of the month, 7pm, at the Parish Centre, or contact Jacob Payra 0431 881 697

Half Day Retreat on "Christ Suffers for Us"

21st March 2026, Saturday

9am to 12pm

Holy Innocent Chapel, Kellyville

To enrol please scan this QR code or call the parish office.



14th / 15th March ROSTERS

	5pm Vigil	9am	6pm
Readers	G. Basha K. Handcock	S. Jacob J. Nguyen	D. Cruz T. Lim
Extraordinary Ministers	M. Samson K. Handcock	J. DeAraujo J. Payra	TBA
Acolytes	P. Senjak	I. Goldthorpe	A. Cheung
Cleaning	Group – 2 Vera's Cleaning Crew (13 th March)		
Children's Liturgy	Jesuina / Julie		
Morning Tea	Julie & Jason		
Counting	Group 4		

Scripture - John 4:5-42

Observation

In his passage, Jesus initiates a conversation with a Samaritan woman fetching water from the well which seems sort of strange; a Jew and a Samaritan, alone at the well. The woman comes to the well for water: most likely one of her important daily household tasks, however, it seems as though she is also thirsty for a genuine encounter. Jesus approaches her with respect, listening carefully and reveals himself to her, explaining that while ordinary water will satisfy only temporarily, the "living water" He gives leads to eternal life. He shares His identity, his Messiahship and tells her that true worship isn't tied to a place but is done "in spirit and truth". Towards the end of the passage, the disciples remain silent and don't challenge Him for speaking to a Samaritan woman but we see that her testimony and proclamation of Jesus lead others in also believing too.

Application

This passage can be applied to our lives by challenging us to look beyond social boundaries and recognise the deeper "thirst" within ourselves and others. Just as Jesus approached the Samaritan woman with respect and without judgement, we are called to treat people with dignity, even those who may be excluded or different from us. Throughout the passage, Jesus points out that people often try to "quench" their thirst of success or to fit into societal standards through materialistic things, such as appearance, possessions or popularity which will always leave them longing for more. Jesus identifies Himself as the only true source that can bring them away from their worldly desires. It reminds us that lasting fulfilment comes from a relationship with God, not temporary achievements or desires, such as: maybe not changing who you are just to fit in or being honest even when it seems uncool. It also guides us to reflect on our own lives too. Jesus tells us to "worship the Father in spirit and truth" which isn't just about going to church or following routines, but it's about sincerity and living out your beliefs through your actions. For example, try spend each day talking to God honestly, not just memorised words. I think that this week's Gospel serves as a reminder that building a genuine relationship with God can lead to true satisfaction and encourages us to reflect on what we are truly seeking in our lives.

Prayer

Dear Lord, thank you for sending Jesus to show us the way to true life. Help us to find the living water that only you can give and not to depend on the things that will never fully satisfy us. Teach us to worship you in truth, with sincere hearts not just through actions. Give us the courage to live confidently in our faith and to share your love through our actions each day. Amen.

For details of the Sydney 2028 International Eucharistic Congress, please go to their website: <https://eucharist28.org/>



Please support our sponsors...

TOLAR PHARMACY

Shop 13 Northmead Plaza
Northmead NSW 2152
Phone (02) 9630 7717
Free Deliveries



LEOPARD LAWNMOWING

Call Chris
0419629666

Leopardlawnmowing@gmail.com



EST 1968

FOR ALL YOUR MECHANICAL NEEDS
EFI SPECIALIST

9630 1352

Unit 1, 27, Daking Street

North Parramatta NSW 2151 Proprietor & Workshop Manager

David Zaiter

POWER SOURCE ELECTRICS

For all of your electrical needs
contact Michael on 0433 363 675

Or email

sparky@powersourceelectrics.com



ON BUDGET AND ON TIME

MSQS

Own an Investment property?

SAVE THOUSANDS ON TAX

with a MSQS Tax Depreciation Schedule

Contact Matthew today to find out how

msqs.com.au

0406 660 427



Floral Expressions
Ph: 02 9683 1116

Shop 7, 2 Campbell Street,
Northmead

Flowers/ plants/ gift wares/ balloons/
hampers for all occasions.

The Supplier of Flowers at
St Monica's Church.



***Affordable HOME RENOVATION &
HOUSE CONSTRUCTION**

making your home beautiful and
transforming your space with care and excellence.*

Home care and NDIS welcome.

****Contact: 0415 887 838 (Jordan)****

Sanitise Housing Service

www.sanitisehomeservice.com.au



CREED PTY LTD

For All Your Painting Needs!

Contact: Boris on 0400 663 602

Free Quotes All Areas

Email: info@creedpl.com

**SELLING OR LEASING
YOUR PROPERTY?**

CONTACT YOUR LOCAL AGENT FOR A
COMPLIMENTARY MARKET APPRAISAL!



SCAN ME!

Arianne Fontanilla

LICENSED REAL ESTATE AGENT

AGIUS
PROPERTY GROUP

0410 202 550



arianne.fontanilla@agiuspropertygroup.com.au