



We are a welcoming Christian community which embraces all people.
We support each other to grow in faith and create a loving and compassionate community.
We aspire to live as Christ's witnesses of God's unconditional love.

THIRD SUNDAY IN LENT 12 – 3 – 23

This week: Ex 17:3-7 ; Rom 5:1-2, 5-8 ; Jn 4:5-42
Next week: 1 Sm 16:1, 6-7, 10-13 ; Eph 5:8-14 ; Jn 9:1-41



In Year A we read, on the third, fourth & fifth Sundays of Lent, the readings associated with these Sundays since the days of the early Church (the 3 year cycle of readings was only introduced in the wake of Vatican II).

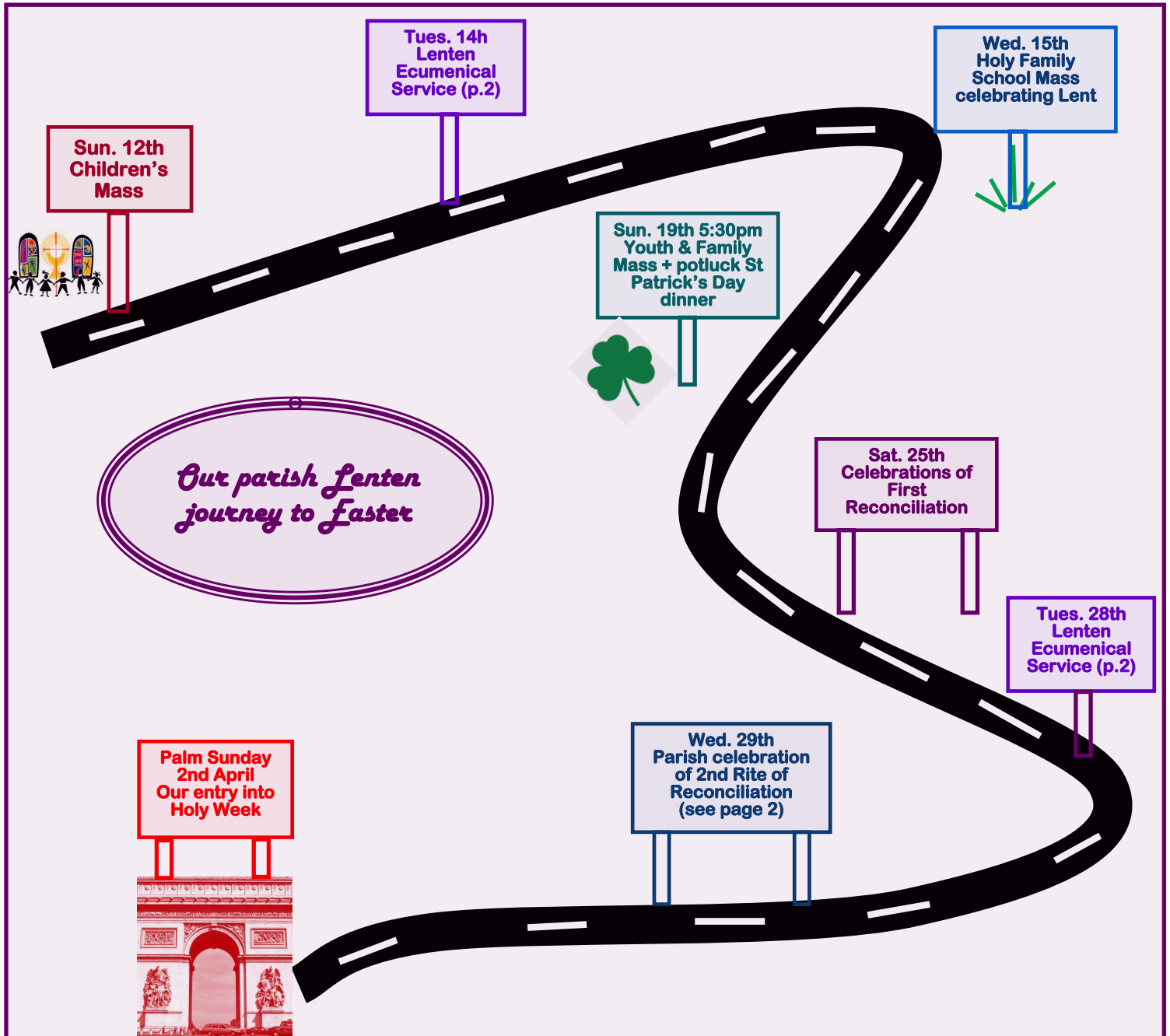
They are readings especially chosen for those preparing for baptism, but offer a challenge also to those who are already baptised.
They are about three great encounters with Jesus in John's Gospel and explore what being his follower is about.

Today we have Jesus' great conversation with the Samaritan woman at the well.

She comes to draw water from the well. Jesus turns the conversation to *living water*. She draws water because she's thirsty. Jesus turns the conversation to a deeper thirst.

The great baptismal and Lenten question that this encounter puts before us, both to those preparing for baptism and to those of us who are baptised, is whether we are in touch with that deeper thirst – for God – and whether we do anything about quenching it.

Fr Colin



Entering the time of Lent...

...let's not miss the opportunities it offers to refresh our discipleship....

ROSEVILLE – LINDFIELD – KILLARA INTERCHURCH FELLOWSHIP LENTEN ECUMENICAL SERVICES



Please be part of this wonderful opportunity to build the bridges of Christian Unity during the Lenten season of renewal:

Tuesday 14th March 7:45pm

at Killara Uniting Church
(cnr Karranga Ave and Arnold St)
Preacher: Rev. Colin Blayney



Tuesday 28th March 7:45pm

at Holy Family Catholic Church, Lindfield
Preacher: Rev. Chris Goringe

Please be there to help build our bonds as fellow disciples of the Lord. On Tuesday 28th March, when we are hosting, please bring a plate for supper if you can.

At the personal level:

Why not set a little time aside and tap into the short daily guided meditations at:

<https://pray-as-you-go.org/>

Or explore the immensely rich and wider offering of prayer resources at :

<https://pray-as-you-go.org/discover>



PROJECT COMPASSION

Lent is a precious opportunity not only 'to give up' but also 'to give'. Please support Caritas in its great work both at home and abroad helping to create self-sustaining communities.

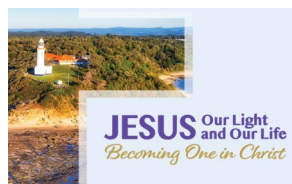
Ways to contribute:

- ◆ Boxes and sets of weekly envelopes are in our foyers.
- ◆ You can also contribute by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.

WEEKDAY MASS DURING LENT

The weekday Eucharist takes just 25 minutes but offers a precious opportunity to be nourished by the daily Lenten Scripture readings and to draw closer to the Lord in the Eucharist.

LENTEN REFLECTIONS



Our diocese has prepared a booklet containing a series of reflections based on the Sunday Gospels of Lent. You're welcome to **take the booklet home** from the church foyers today.

Alternatively you can join in with a group exploring these reflections which will gather each Tuesday of Lent at 10am in the Library of the Shirley Wallace Parish Centre above Lindfield church. Just turn up.

PLEASE HELP US TO MAKE OUR EASTER BEAUTIFUL ~ CAN YOU BE PART OF OUR EASTER CHOIR ?

Our Easter Choir will sing at the a number of celebrations during the Easter Triduum. These are on Holy Thursday evening, Good Friday morning, Good Friday afternoon, Holy Saturday morning and the Mass of the Easter Vigil on Holy Saturday evening.

To ensure we are well prepared there will be **two** rehearsals. If you wish to sing you must attend **both** rehearsals.

1. Sun. 26th March 2:15 - 4:15pm at Lindfield Church.
2. Sun. 2nd April 11.30am-1.30pm at Lindfield Church.

Rehearsals start promptly so please arrive 10 minutes early to get settled. Please bring water and a pencil.

We are looking forward to contributing the beauty of these wonderful liturgies through our music.

Choristers are encouraged to sing at all these liturgies. We understand that this may not be possible so please let us know your availability at the first rehearsal.

For any further information please contact Catherine Willis at catherinewillis@gmail.com



THE SACRAMENT OF RECONCILIATION

Please make use of the beautiful sacrament of God's mercy during Lent. The sacrament is available each Saturday in our two churches. See page 7 for details. **Once Holy Week begins there will be no times for Reconciliation** as by then our Easter preparations should be concluded.



SECOND RITE OF RECONCILIATION FOR LENT:

After a three year absence we will also have a celebration of **THE SECOND RITE OF RECONCILIATION** in our Killara church on **Wednesday 29th March at 7:30pm.**

A REFLECTION FOR THIS THIRD WEEK OF LENT

"In recent decades we have become particularly aware of the crucial importance of our relationship with nature. As long as we relate to the trees, the rivers, the mountains, the fields, and the oceans as properties according to our real or fabricated needs, nature remains opaque and does not reveal to us its true being. When a tree is nothing but a potential chair, it ceases to tell us much about growth; when a river is only a dumping place for industrial wastes it can no longer speak to us about movement; and when a flower is nothing more than a model for a plastic decoration, it has little to say about the simple beauty of life. When we relate to nature primarily as a property to be used, it becomes opaque – an opaqueness that in our society manifests itself as pollution. The dirty rivers, the smog-filled skies, the strip-mined hills, & the ravaged woods are sad signs of our false relationship with nature.

Our difficult & very urgent task is to realise that nature is not primarily a property to be possessed, but a gift to be received with admiration & gratitude. Only when we make a deep bow to the rivers, oceans, hills & mountains that offer us a home, only then can they be transparent & reveal to us their real meaning.

All of nature reveals great secrets which cannot be revealed to us if we do not listen carefully and patiently. John Henry Newman sees nature as a veil through which an invisible world is intimated ...

How differently we would live if we were constantly aware of this veil & sensed in our whole being that nature desires us to hear & see the great story of God's love to which it points."

(from "Clowning in Rome" by Henri Nouwen, pp. 91-93)
(written in 1979—well ahead of its time!)

LINDARA MARKETS

Next market: Saturday 25th March at Lindfield Uniting Church.

Volunteers needed to help with pricing and sorting of donated items on Fridays March 3, 10, 17 & 24 from 12-2pm .

Helpers also needed for set-up from 6pm on Thursday night 23rd Mar. & to pack away from 1pm on the market day .

All proceeds from the markets go to the Lindara Families Programme, which supports families in crisis, or at risk of being homeless, in the Hornsby-Ku-ring Gai area, administered through CatholicCare.

Clean saleable items of general household goods can be dropped to the Lindfield Uniting Church carport, 454 Pacific Highway.

Best drop off timing is Thursdays and Fridays ready for the sorting sessions in March.

E: lindfield.uniting@bigpond.com

POSITION AVAILABLE

PARENT ENGAGEMENT COORDINATOR (PEC)

We are currently seeking a Parent Engagement Coordinator to join the Holy Family community. This pivotal role is part of the Catholic Schools Broken Bay Towards 2025 Strategy.

The PEC plays a crucial role in building and maintaining a welcoming school environment and building sound, respectful relationships between the school, parents, the parish, carers, parent bodies, Broken Bay Catholic School Parent association and the wider community.

The PEC is required to be adaptable, creative and able to customise their work to meet the specific needs of the community to strengthen a Catholic culture.

Possible opportunities include: facilitating prayer groups, social outreach, playgroups, etc.

Commencement Date: immediate start

Capacity: 1 ½ days per week (days are negotiable)

Please email pauline.dinale@dbb.catholic.edu.au or call 9416 7200 for additional information

Two separate positions - though you'd be welcome to apply for both as there would be a great synergy between the two roles.

POSITION VACANT

PART-TIME YOUTH MINISTRY COORDINATOR

Lindfield-Killara Parish is seeking to recruit a part-time Youth Ministry Coordinator, working approximately 35 hours per month, allocated as per the varying needs of the position. This role plays an important part in the Parish team, coordinating and supporting the various ministries to children and youth and their families. The ideal candidate would have relevant experience in working with young people, of working with volunteers in a Catholic environment, comfortable working autonomously and having an understanding of the need for accountability and ownership in a role, and excellent time management skills. They would also have a good understanding of, and commitment to Catholic values and teachings.

The role allows for flexibility with the working schedule; however, you would need to have availability outside of normal working hours as some activities would by necessity take place on weekends.

If this role interests you, please email a brief cover letter and CV to parish@lindfieldkillara.org.au Applications close **Friday 24th March 2023.**

PARISH RETREAT AT TARRAWARRA ABBEY ~ TWO SPACES AVAILABLE

Unfortunately, due to work circumstances, two people have had to withdraw from our Tarrawarra retreat. If you would like to take one (or both) of the spots please let me know as soon as possible.

The retreat runs from the afternoon of Tuesday 25th April till the morning of Monday 1st May. *Fr Colin*

Hymns for the Third Sunday in Lent

ENTRANCE: LOVE WILL BE OUR LENTEN CALLING

Love will be our Lenten calling,
love to shake and shatter sin,
waking every closed, cold spirit,
stirring new life deep within,
till the quickened heart remembers
what our Easter birth can mean.

Peace will be our Lenten living
as we turn for home again,
longing for the words of pardon,
stripping off old grief and pain,
till we stand, restored and joyful,
with the Church on Easter day.

Truth will be our Lenten learning;
hear the Crucified One call!
Shadowed by the Saviour's passion,
images and idols fall,
and in Easter's holy splendour,
God alone is all in all.

Tune: Text: 87 87 7; 1997 Elizabeth J Smith. All rights reserved. Reprinted with permission under OneLicence # A-730534. All rights reserved

DEDICATION OF THE GIFTS: COME TO THE WATER

Refrain: Come to the water! You who are thirsty!
Though you have nothing, I bid you come!
And be filled with the goodness I have to offer!
Come! Listen! Live.

Why spend your money on what cannot fill
The emptiness deep in your heart?
Listen to My word and you will enjoy
Goodness and peace in your heart!

Just as the heavens are high above earth;
My ways and thoughts beyond you!
Call me your Father and know I am near!
I will be Father to you!

Just as the rain falls to water the earth;

Just as a seed becomes bread
My word upon you can never return
Until My longing is filled!

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COMMUNION: TABLE OF PLENTY DAN SCHUTTE

Refrain: Come to the feast of heaven and earth!
Come to the table of plenty!
God will provide for all that we need,
here at the table of plenty.

1. O come and sit at my table
where saints and sinners are friends.
I wait to welcome the lost and lonely
to share the cup of my love.
2. My bread will ever sustain you
through days of sorrow and woe.
My wine will flow like a sea of gladness
to flood the depths of your soul.

*Words and Music * 1992 Dan Schutte OCP. Reprinted with permission under OneLicence # A-730534. All rights reserved.*

RECESSIONAL: THOUGH THE MOUNTAINS MAY FALL

Antiphon: Though the mountains may fall
and the hills turn to dust,
yet the love of the Lord will stand
as a shelter for all who will call on His name
Sing the praise and the glory of God.

1. Could the Lord ever leave you?
Could the Lord forget His love?
Though a mother forsake her child,
God will not abandon you.
2. Should you turn and forsake Him,
God will gently call your name.
Should you wander away from Him,
God will always take you back.

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Hymns for the Children's Mass

ENTRANCE: Come and Sing (Brigid McNally)

Chorus: Come and sing along with us,
Snap your fingers clap your hands.
Come and sing along with us,
sing praises to God's name.

We are here to pray, and listen to God's Word.
We are here to share the bread and wine. (Chorus)

We are here to be, God's own family.
We are here as children of the light. (Chorus)

We are here to love, as Jesus taught us to.
We are here to live as Jesus lived. (Chorus)

Used with permission from writer and composer Brigid McNally

DEDICATION OF THE GIFTS:

Make me a channel of your peace
Where there is hatred let me bring your love
Where there is injury, your pardon Lord
And where there's doubt true faith in You

Make me a channel of your peace
Where there's despair in life let me bring hope
Where there is darkness only light
And where there's sadness ever joy.

**Chorus: O Master grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul**

Make me a channel of your peace
It is in pardoning that we are pardoned
In giving of ourselves that we receive
And in dying that we're born to eternal life. **Chorus**

Make me a channel of your peace
Where there is hatred let me bring your love

Where there is injury, your pardon Lord
And where there's doubt true faith in You

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COMMUNION: I am the Bread of Life (Andrew Chinn)

Chorus: I am the Bread of Life
Those who come to me shall not hunger
All who believe in me shall not thirst
They shall have everlasting life

All those who come to me
I will not turn away
I will raise them all
To life on the last day (Chorus)

No one can come to me
Unless they are called
I am the living bread
Given for life, for all (Chorus)

All who eat and drink of me
For my flesh is real food
You will live in me
And I will live in you (Chorus)

Andrew Chinn. Used by permission of OneLicense # A-730534.

RECESSIONAL: This Little Light of Mine

1. This little light of mine, I'm gonna let it shine (x 3)
Let it shine, let it shine, let it shine

2. Jesus is the Light, I'm gonna let Him shine (x 3)
Let Him shine, let Him shine, let Him shine.

3. I will stomp my feet, & I will clap my hands & shout, shout
I will run around & I'll jump off the ground & shout, shout
Repeat first two lines.

Then repeat verses 1 & 2.

Public domain.

THE PRAYERS AND RESPONSES OF MASS

As we gather in worship on this day we acknowledge the Traditional Owners of the land on which our parish is found..

We fast from the joyful words of the Gloria during these days of Lent as we prepare our hearts and our community to celebrate once again the saving death and resurrection of Jesus

PSALM Ps 94 (95): 1-2, 6-9

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before the Lord, giving thanks,
with songs let us hail the Lord.

Come in; let us bow and bend low;
let us kneel before the God who made us
for the Lord is our God and we
the people who belong to God's pasture,
the flock that is led by God's hand.

O that today you would listen to God's voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your ancestors put me to the test;
when they tried me, though they saw my work.'

GOSPEL ACCLAMATION

Glory and praise 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 and praise to you, Word of God, Lord Jesus Christ!

THE APOSTLES' CREED

I believe in one God,
the Father almighty,
Creator of heaven and earth,

and in Jesus Christ,
his only Son, our Lord,

(all bow at the following words in bold):

**who was conceived by the Holy Spirit,
born of the Virgin Mary,**

suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come
to judge the living and the dead.

I believe in the Holy Spirit,
the Holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen

MEMORIAL ACCLAMATION



Save us, Sav-iour of the world, for by your



Cross and Res - ur - rec - tion you have set us free.

Mass Shalom (Revised) Bro. Colin Smith and Paul Mason All rights reserved. Used with permission. OneLicence Licence no A-641752.

FR RICHARD ROHR OFM'S MEDITATION . . .

PILGRIMAGE: ALWAYS A PERFECT MOMENT

We explore the contemplative tradition of pilgrimage. In 1983, Father Richard Rohr went on a teaching pilgrimage to the sacred sites of Lourdes, Assisi, Rome, and several locations in the Holy Land. Richard's first talk took place in the great Basilica of the Immaculate Conception in Lourdes, France. This basilica stands above the Grotto of Massabielle, the place where Mary is said to have appeared in 1858 to a teenage girl named Bernadette Soubirous (who was named a saint in 1933). Here is how Richard introduced the topic:

Through the centuries, pilgrimage of some type is found in many religions. Pilgrimage took the form of the Jewish exodus, Islam's Hajj to Mecca, vision quests, walkabouts, and classic heroic journeys about leaving home. In the fourth century, many Christians began to travel to Jerusalem. Each century took on a new form; the interesting thing is the spirituality that went behind it. It was an exercise in letting go, a search for wonder, a constant discovery of the new. It kept older religions from becoming staid and expecting God only in the familiar and customary. Pilgrimage accustomed people to change and growth.

So, major Christian pilgrimages would go to Jerusalem (later travellers would visit saints' shrine or relics) and oftentimes they'd go for a whole year or more. They travelled at great expense and with great difficulty, and their goal would be to reach the River Jordan. Then, at the

River Jordan, they would dive in the water and swim across. This was of course a way of re-experiencing the baptism that Jesus experienced.

To help us to understand pilgrimage in its ideal sense, it has to do with the sanctification of both time and place. Let me give you a mantra that the New Jerusalem community [Father Richard's spiritual community before he founded the Centre for Action and Contemplation] have come to know. The mantra is "This moment or this place is as perfect as it can be." Our temptation is to always look to the next moment to be more perfect, the next place, and then the next moment or place.

You see, we are always disappointed in what we actually have. We are always rushing into the future. The reason we're rushing into the future is because we're not experiencing a wholeness in the present. And when we haven't grasped the present, we always live under an illusion. It is an illusion that the next moment or place is going to be better. When I get around this corner, when I see this church, when I get to Jerusalem, when I get to the hotel—whatever it might be. But pilgrimage helps us see that attitude is essentially wrong. As long as we think happiness is around the corner, it means that we have not grasped happiness yet. Because happiness is given in this moment and this place, and this moment and place are as perfect as they can be.

OUR PARISH LITURGICAL LIFE :

SUNDAY MASS

KILLARA CHURCH :

5:30pm Vigil 9.00am

LINDFIELD CHURCH

6.00pm Vigil 8.30 am 10.15am **

12 noon Chinese Mass (2nd & 4th Sun.)

6:00pm (5:30pm on the third Sunday of the month)

** the 10:15am Mass on the 2nd Sunday of each month is our Children's Mass, featuring the Children's Choir

(For Mass online see homepage of our website:
www.lindfieldkillara.org.au)

WEEKDAY MASS this week:

THIRD WEEK OF LENT

Mon.: 8:00am Killara
Tues.: 8:00am Killara
Wed.: 10:00am Lindfield (School Mass—all welcome)
Thurs.: 10:00am Lindfield
Fri. 10:00am Lindfield (Solemnity of St Patrick)

THE SACRAMENT OF RECONCILIATION

Saturdays for 15 mins after Vigil Mass at Killara
Saturdays 5.15 - 5.45pm at Lindfield

PARKING

As there is now no parking on the Coles carpark at Lindfield, in addition to the onsite parking in the church and school grounds, Lindfield Uniting Church (cnr Provincial Rd) have kindly made their grounds available to us for parking for the Vigil & Sun. 6pm Mass (they require their grounds for their own Services on Sunday mornings). Enter from Pacific Hwy.

SUNDAY MASS ROSTER

Saturday		11 Mar	18 Mar.
Lindfield	6:00 pm	Fr Colin	Fr Thomas
Killara	5:30 pm	Fr Thomas	Fr Colin
Sunday		12 Mar	19 Mar.
Lindfield	8:30 am	Fr Colin	Fr Thomas
Killara	9:00 am	Fr Thomas	Fr Colin
Lindfield	10:15 am	Fr Colin	Fr Thomas
Lindfield	12:00 pm	Fr Thomas	No Mass
Lindfield	6:00pm	Fr Thomas	5:30pm: Fr Colin

Ways that you can support our parish

- ◆ BY DIRECT DEBIT CONTRIBUTIONS from your bank account to our parish accounts:

1st Collection: (providing for Frs Colin & Thomas & also for retired & sick clergy of the diocese)

BSB 062 784 Acct 10000 1624

Second Collection: (providing for all the operating costs of the parish):

BSB 062 784 Acct 10000 1623

- ◆ CREDIT CARD CONTRIBUTIONS: scan this code & then select each of our two parish collections:
- ◆ YOU CAN ARRANGE FOR PERIODIC PAYMENTS FROM YOUR CREDIT CARD: just click on the hotlink box entitled 'Supporting parish finances' on the homepage of our website (www.lindfieldkillara.org.au) and scroll down to 2i.b. for the form. (or simply email accounts@lindfieldkillara.org.au for assistance.)
- ◆ The TAP MACHINES are available in our two churches.



PARISH DIARY ~

MARCH

Sun. 12th 10:15am Children's Mass, followed by morning tea
Tues. 14th 7:45pm Lenten Ecumenical Service at Killara Uniting Church
Wed. 15th 8:00am Meditation (online)
11:00am Scripture study (online)
Sun. 19th 5:30pm Youth and Family Mass, followed by parish potluck dinner.
Tues. 21st 6:00pm Tarrawarra Group
Wed. 22nd 8:00am Meditation (online)
10:00am Parish Book Club
7:30pm Scripture study (online)
Sat. 25th Celebrations of First Reconciliation
Tues. 28th 7:45pm Lenten Ecumenical Service at Holy Family Church
Wed. 29th 8:00am Meditation (online)
7:30pm Second Rite of Reconciliation (Killara)

TARRAWARRA ABBEY RETREAT

Unfortunately, due to work circumstances, two people have had to withdraw from our Tarrawarra retreat. If you would like to take one (or both) of the spots please let me know as soon as possible.

The retreat runs from the afternoon of Tuesday 25th April till the morning of Monday 1st May. Fr Colin

HOW TO CONTACT US

Fr Colin Blayney, Parish Priest

colin@lindfieldkillara.org.au 0475 558500

Fr Thomas Alackakunnel VC, Assistant Priest

thomas@lindfieldkillara.org.au; 0421 406162

Parish Office Hours: Tue-Fri 9.30 am ~ 4pm

Postal address: PO Box 22, Lindfield NSW 2070

P: 9416 3702 E: parish@lindfieldkillara.org.au

Parish Website: www.lindfieldkillara.org.au

For contact information for all of our parish team go to our parish website and click on 'Our Parish' and then 'Parish Staff and Contacts'.

Holy Family School: 4 Highfield Rd, Lindfield

E info@holyfamily.nsw.edu.au Ph.9416 7200

Principal: Mrs Pauline Dinale

Lord, in Jesus your Son, you restored to us the gift of everlasting life. Grant that life to:

Recently deceased: Julia Martin, Carole White, Marie Gibbons, Gerry McGreevy, Patricia Murray, Peter (Brian) Cahill, Kevin Surplice.

Anniversary: George Joseph Blayney.

PLEASE PRAY FOR THOSE WHO ARE SICK:

Please pray for Nena Umali (mother of our Parish Secretary, Philita Marundan) who was very close to death at the time of printing this bulletin.

Jack Sullivan, Jessica Keen, Therese Playoust, Ali Crawford, Jeanette Cicutto, Morna Sutherland, Barbara McMullen, Nicholas Sutherland, Jesse Langford, Anthony Ellison, Cyril Ferriere, Alex Noble, William Wise, Ophelia Mari and Nena Umali, Rosanna Comastri. **And for all affected by COVID.**



This image of the Sorrowful Mother of God, in a posture suggesting a crucifixion scene, was painted by a Ukrainian iconographer on wood from an ammunition crate. The artist wanted to express stubborn conviction that beauty, aesthetic and spiritual, can emerge from ugliness and violence. Even in the

midst of the ongoing, terrible war. 'They shall beat their swords into ploughshares, their spears into pruning hooks', we read in Isaiah. When? When the Lord 'shall judge between the nations' (2.4). Judgement has been inaugurated, but is worked out at a pace that, from our perspective, seems unbearably slow. The Mother of God displays a grief inalienable from the human condition; yet we address her in wonderful liturgical texts with the imperative, 'Rejoice!'. Christian joy is born through things as they are. It is a lucid joy not needing to abstract from reality; for reality as we suffer it is borne, held by a humanly inexplicable benevolence, in process of redemption. The mystery of faith.

(from the website ('Coram Fratibus') of Bishop Eric Varden ocsa. Eric Varden is a Cistercian monk, formerly Abbot of Mt St Bernard Abbey in Leicestershire and now Bishop of Trondheim in Norway)

OUR CHINESE CATHOLIC COMMUNITY

四旬期第三主日 12.3.2023

恭讀聖若望福音 4:5-15,19-26,39,40-42

讀經一(請給我們水喝!)

恭讀出谷紀 17:3-7

那時候,百姓在曠野裡非常口渴,就抱怨梅瑟說:「你為什麼從埃及領我們上來?難道要使我们、我們的子女和牲畜,都渴死嗎?」梅瑟向上主呼號說:「我要怎樣對待這百姓呢?他們幾乎就要用石頭砸死我了!」上主回答梅瑟說:「你到百姓面前,帶上幾個以色列長老,手中拿著你擊打尼羅河的棍杖!看,我要站在你面前,在曠野的一塊磐石上;你擊打那磐石,就有水流出來,給百姓喝。」梅瑟就在以色列的長老眼前,照樣做了。梅瑟稱那地方為瑪撒和默黎巴,因為以色列子民在那裡爭吵過,並試探過上主說:「上主是否在我們中間?」

——上主的話。

答唱詠(詠)95:1-2, 6-7, 8-9

【答】:你們今天該聽從他的聲音,不要再那樣心硬。(詠95:8)

頌:請大家前來,我們要向上主歌舞,齊向救助我們的磐石,高歌歡呼;一齊到他面前,感恩讚頌,向他歌唱聖詩,歡呼吟詠。

【答】

頌:請大家前來,一齊伏地朝拜,向造我們的上主,屈膝示愛。因為他是我們的真神,我們是他牧養的人民,是他親手所引導的羊群。【答】

頌:今天,該聽從他的聲音:不要再像在默黎巴那樣心硬,也不要像在曠野中瑪撒那天,你們的祖先,雖然見過我的工作,在那裡,他們還是試探我,考驗我。

【答】

讀經二(天主的愛,藉著所賜與我們的聖神,已傾注在我們心中了。)

恭讀聖保祿宗徒致羅馬人書 5:1-2,5-8

弟兄姊妹們:

我們既因信德成義,便是藉我們的主耶穌基督,與天主和好了。藉著耶穌,我們得以因著信德,進入了現今所站立的這恩寵中,並因希望分享天主的光榮,而歡躍。

望德不叫人蒙羞,因為天主的愛,藉著所賜與我們的聖神,已傾注在我們心中了。當我們還在軟弱的时候,基督就在指定的時期,為不虔敬的人死了。為義人死,是罕有的事;為善人,或許有敢死的;但是,基督在我們還是罪人的時候,就為我們死了,這證明天主怎樣愛了我們。

——上主的話。

福音前歡呼

頌:基督、天主聖言,願光榮歸於你。

眾:基督、天主聖言,願光榮歸於你。

頌:主,你確實是世界的救主;請給我活水,免得我再口渴。(參閱若4:42,15)

眾:基督、天主聖言,願光榮歸於你。

福音(耶穌是活水,是湧到永生的水泉。)

那時候,耶穌來到撒瑪黎雅的一座城,名叫息哈爾,靠近雅各伯給他兒子若瑟的莊田;在那裡有「雅各伯井」。耶穌走累了,就順便坐在井旁;那時,大約是第六時辰。

有一個撒瑪黎雅婦人來打水。耶穌向她說:「請給我一點水喝!」那時,耶穌的門徒都到城裡,去買食物。那撒瑪黎雅婦人就回答說:「你既是猶太人,怎麼向我一個撒瑪黎雅婦人要水喝呢?」原來,猶太人和撒瑪黎雅人一向不相往來。耶穌回答那婦人說:「如果你知道天主的恩賜,並知道向我說『給我水喝』的人是誰,你或許早就會求他,而他也早就賜給了你活水。」那婦人問說:「先生,你連打水器也沒有,而井又深,你從那裡取得那活水呢?難道你比我們的祖先雅各伯還大嗎?他留給了我們這口井;他和他子孫,以及他的牲畜,都曾喝過這井裡的水。」耶穌回答說:「凡喝這水的,還要再渴;但誰若喝了我賜給他的水,他將永遠不渴;並且我賜給他的水,將在他內,成為湧到永生的水泉。」

婦人說:「先生,請給我這水吧!免得我再渴,也免得我再來這裡打水。……」

「先生,我看你是個先知。我們的祖先一向在這座山上,朝拜天主,你們卻說:應該朝拜的地方,是在耶路撒冷。」耶穌回答說:「女人,你相信我吧!到了時候,你們將不在這座山,也不在耶路撒冷,朝拜父。你們朝拜你們所不認識的,我們朝拜我們所認識的,因為救恩出自猶太人。然而,時候要到,且現在就是,那些真正朝拜的人,將以心神以真理朝拜父,因為父就是尋找這樣朝拜他的人。天主是神,朝拜他的人,應當以心神以真理去朝拜他。」婦人說:「我知道默西亞(意即基督)要來;他一來了,必會告訴我們一切。」

耶穌向那婦人說:「同你談話的我就是。」城裡有許多撒瑪黎雅人,信從了耶穌,因為那婦人作證說:「他向我說出了我所做過的一切。」這樣,那些撒瑪黎雅人,來到耶穌面前,請求耶穌在他們那裡住下;耶穌就在那裡住了兩天。還有更多的人,因為耶穌的宣講,而信從了耶穌。他們向那婦人說:「現在我們信,不是因為你的話,而是因為我們親自聽見了,並知道:他確實是世界的救主。」——上主的話。

*華人天主教會北區中心主日彌撒-主日彌撒時間 3月12日,3月26日正午12時,

四旬期內拜苦路 31/3星期五 8:00 pm 請各教友參加
牧職修女 司徒金美修女 0419-426899,
北區中心聯絡 Gloria Cheung 0416-118089

Pre-election...Be informed!

Get the facts

Public Forum
Monday 13 March
5.00-7.00 PM

Hear the stories

Dougherty Community Centre
7 Victor Street, Chatswood

Find out more about these issues before you vote:

HOMELESSNESS & WOMEN IN NSW

Unaffordable housing, high rents and no-cause evictions are causing growing homelessness, especially among women over 55

FIRST NATIONS PEOPLE IN NSW

NSW is the only State not to have begun a process towards Treaty and reconciliation. Let's get it started.

NORTH SHORE'S ENVIRONMENTAL ISSUES

NSW communities of koala, platypus and rock wallaby face extinction due to bushfires, land clearing and climate change

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Our goal is to make sure our election candidates care: about social & environmental justice - and our children's future

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WHAT'S ON FOR YOUTH

GOOD FRIDAY PASSION PERFORMANCES

Calling all HIGH SCHOOL students!

We're now "casting" for our Good Friday services' Passion Play. To participate you'll be required to attend two practices & be available all day on Good Friday.

Please contact us (see below) to indicate interest.



Use this QR code to find out more information and/or to indicate your interest. Or email: youth@lindfieldkillara.org.au



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youth & family MASS
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SUN 19 MARCH
5.30PM
LINDFIELD CHURCH

Pot Luck-of-the-Irish Dinner (after Mass)



We are "going green" in March to celebrate St Patrick's Day! At our potluck supper, we will be joined by talented dancers of the Cox Academy of Irish Dance for a little performance to celebrate the occasion. Cox is the North Shore's most awarded and successful Irish Dancing school, and some of our little parishioners will be dancing for us!

If you've never experienced Youth Mass, now is the time! Please join us!

Can you bring a plate to share? Sign up here.



A reminder that our next Children's Mass will be celebrated at 10:15am in Holy Family Church at Lindfield THIS Sunday 12th March - featuring our Children's Choir.

Mass will be followed by morning tea.

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Adj Assoc Prof Peter Chung



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