

St Benedict's Parish Arcadia



THIRD SUNDAY OF LENT YEAR A MARCH 7 & 8 2026



"The water that I shall give will turn into a spring inside him, welling up to eternal life." ~ John 4:14 Image: bible.art

PARISH MASS TIMES

Weekends:

Saturday 7:00pm Vigil
Sunday 9:00am
Sunday 10:30am

Weekdays:

Mondays to Thursdays 9:30am

Fridays 6:30pm Adoration
7:00pm Mass & Confession
(Reconciliation)

Saturdays 9:00am to 10:00am
Adoration & Confession (Reconciliation)

MONASTERY CHAPEL Masses

Sundays 7:00am
Daily 7:00am

Please contact Father Eugene or Parish Office for the following:

Baptisms
Reconciliation
For the Sick
Marriages
Funerals

Contact:
Fr Shansana: 0437 884 233
Paula: 0423 078 282
Parish Office: 9653 2312



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.

OPENING PRAYER

Let us pray.

O God, author of every mercy and of all goodness,
who in fasting, prayer and almsgiving
have shown us a remedy for sin,
look graciously on this confession of our lowliness,
that we, who are bowed down by our conscience,
may always be lifted up by your mercy.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.

SELF-REFLECTION: LIVING RENEWAL

In this Sunday's Gospel, **John 4:5-42**, Jesus meets the Samaritan woman at the well and offers her "**living water**." Through this encounter she is transformed and becomes a witness to others. The story reminds us that Jesus meets us where we are, knows our deepest thirst, and invites us to a new life.

I reflect:

1. What is my heart truly thirsting for?
2. Do I allow Jesus to guide and change my life?
3. When have I experienced God's mercy?
4. Am I open to the new life Christ offers me?
5. How can I share God's love with someone this week?

Thirst for God

Prayer:

Lord Jesus, you know my heart and the deepest needs within me. Give me the living water of your grace, so that I may be renewed and strengthened. Help me to trust in your mercy and to share your love with others. Amen.

First Reading: Exodus 17:3-7 (Year A) (JB)

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

Second Reading: Romans 5:1-2, 5-8 (Year A) (JB)

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 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

**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 (Year A) (JB)

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.'

'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.



(continued next page...)

"Let us open our eyes to the light that comes from God, and our ears to the voice from heaven that every day calls out this charge: If you hear His voice today, do not harden your hearts." — Prologue, Rule of St Benedict ."

(from previous page)

'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.
Praise to you, Lord Jesus Christ.***

Source: Liturgia Brisbane 2026 Images: bible.art

WEEKDAY LITURGICAL READINGS

March 2026

Monday 9: 2 Kg 5:1-15. Lk 4:24-30.

R. My soul is thirsting for the living God: when shall I see him face to face.

St Frances of Rome, religious

Tuesday 10: Dan 3:25, 34-43. Mt 18:21-35.

R. Remember your mercies, O Lord.

Wednesday 11: Deut 4:1, 5-9. Mt 5:17-19.

R. Praise the Lord, Jerusalem.

Thursday 12: Jer 7:23-28. Lk 11:14-23.

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

Friday 13: Hosea 14:2-10. Mk 12:28-34.

R. I am the Lord, your God: hear my voice.

Saturday 14: Hosea 5:15-6:6. Lk 18:9-14.

R. It is steadfast love, not sacrifice, that God desires.

*Loving God,
You call us to new life and true
worship in spirit and truth.
Quench the thirst of our hearts with
the living water of your grace,
renew our faith, and help us to trust in
your word.
May our lives reflect your love so that
others may come to believe in you.
Amen.*

Source: Ordo 2026 image: mycatholic.life



Pope Leo XIV prayer intention for March 2026:

For disarmament and peace.

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

REST IN PEACE

With heavy hearts, we share the sad news of the passing of:



ANNE PEARCE
26 February 2026



We hold Anne's family and friends in our prayers at this difficult time, asking God to grant them comfort and peace.

FUNERAL WILL BE HELD ON:
MONDAY 9TH MARCH
11.00am at the Parish

May Anne rest in God's eternal love.

MEMORIAL MASS



One year Mass for

NAJM AZZI



will be held on Saturday 14th of March at 7pm.

*Eternal Rest grant to him O Lord,
And let the Perpetual light shine upon him,
May he Rest in Peace.
Amen*

**Our prayers and thoughts are with
Aida Azzi and family.**

FATHER SHANSANA

Please keep Fr Shansana in your prayers for a safe return as he travels back from Sri Lanka this Sunday afternoon.

May the Lord grant him a safe journey and bring him home refreshed and in good health. Amen.



Project Compassion 2026 shares four stories from around the world. We'll meet Sisilia from Tanzania, Monoranjon from Bangladesh, Manaini from Fiji and Ahmad from Gaza.

Each of this year's stories highlights unique challenges, yet they are united by the determination to rise above adversity and to build brighter, more hopeful futures for themselves, their families and their communities.



UNITE 
AGAINST
POVERTY
this Lent

Please donate today.

You can support Project Compassion 2026 through the **donation boxes, envelopes** or by scanning the **QR code**. Or online at:

www.projectcompassion.org.au/donate

Or by calling: 1800 024 413

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

VOCATIONS BROKEN BAY ENCOUNTER NIGHT



A YOUNG ADULTS EVENT

FRIDAY
MARCH 13

STATIONS OF
THE CROSS
7 PM

DINNER
FORMATION
7:30 PM



BRYCE GONLIN
Speaker

ST. AGATHA'S CATHOLIC CHURCH

20 Boundary Rd, Pennant Hills NSW 2120



Pls RSVP for catering purposes - vocations@bbccatholic.org.au

HEALING MASS

Healing Mass is held on
the first Thursday of each month
at 9.30am.



In Our Parish

(please let us know if you would like someone added here)

We welcome into God's family all who were recently baptised.

We pray for the sick of our Parish, especially:

Fr Bernard, Kath Moran, Vincent Bacha, Mark Quirk, Brother Mario, and Father Alberic.

We remember in our prayers all our dearly beloved who have died:

Anne Pearce, Robert Wallace, Maria Pappalardo, Shannon Murray, Pellegrino Vaccarella, Najm Azzi, Carmel RUSSO, Margaret McKinley, Joe Guiana ~ May they rest in Peace.



LENTEN GROUPS

Join us this Lent for our **parish Lenten groups**, a time to grow in faith, reflect on Scripture, and prepare our hearts for Easter. These small groups offer a supportive environment to share, pray, and deepen your relationship with God during this holy season.

Locations and Times:

**WEDNESDAYS
FROM 25TH FEBRUARY 2026**

**St Benedict's Parish Meeting Room – 1:00pm
led by Miriam Brown**

**Benigna Cascun's Place – 7:00pm
led by Gebran Azzi
(726 Old Northern Rd Dural)**

STATIONS OF THE CROSS

During Lent, we invite all parishioners to walk with Jesus on His journey to the Cross.

Every **Wednesday morning** at
9:00am followed by the 9:30am Mass.

Every **Friday evening** at
6:30pm followed by the 7:00pm Mass.

Take this opportunity to reflect, pray, and deepen your Lenten journey with our parish community.

CATECHISTS' NEWS

The Diocese through the CCD continues to support us through free Ministry Induction training for all new Catechists. This week's topic is 'Development of the Child and Adolescent' via face-to-face and Zoom.

Please continue to keep our Catechists and the students they teach, in your prayers. There are prayer cards at the church entrances you may wish to take home.

If you are interested in knowing more about becoming a Catechist or helper, please contact me or the parish office or one of our priests.

God bless,

Miriam Brown
srearcadia@gmail.com
Parish Catechist
Co-ordinator



FEEDING THE HOMELESS VOLUNTEERS

I am looking for **10 volunteers** to help feed the homeless.

Date: Saturday, 28th March

Location: 164 Cathedral St, Woolloomooloo

Arrival: 5:30 pm (serving starts at 5:45 pm)

If you would like to help, please contact me and I will add you to the WhatsApp group for coordination.

Thank you for your generosity,
and God bless!

Sam John
0491 031 622



ST BENEDICT'S KIDS YOUTH GROUP

**Join the fun! Ages 8–12 years
Our Kids Youth Group is back on Fridays!**

PIETY SHOP NEWS

**Discover the Treasures of Faith at
Our Piety Shop!**

From rosaries and candles to prayer books and sacramental gifts, we have everything you need to nurture your faith and share it with others. Come in and explore our beautiful selection today!



Diocese of Broken Bay

How do we make abortion unthinkable in Australia?

WITH **DR JOANNA HOWE**

7:30PM
FRIDAY 20TH MARCH

THE LIGHT
OF CHRIST CENTRE
OUR LADY OF THE ROSARY
(END YARDLEY AVE, WAITARA)



ITALIAN ROSARY GROUP

Every **Monday 2.00pm.**
Everyone welcome.



For more details call

Angela Egiziano on 9652 1358.

CCC PRAYER GROUP



Prayer meeting held every
Wednesday morning:
after 9.30am Mass.

*Come and meet new people and
have a cuppa!*

For more details call
Mary Camilleri on 0403 116 987.

CRAFT GROUP

The quilting and craft group will meet every **4th Tuesday** of the month at 10.30am in the parish meeting room.

Bring your craft and come and join us!



SAINTS OF THE WEEK

Saint Frances of Rome, Religious

Feast Day: March 9

c. 1384-1440

Patron Saint of motorists and widows

Invoked against the death of children

Canonised by Pope Paul V on May 29, 1608

Born into an aristocratic family in Rome, Frances was drawn to God's service from an early age. At age eleven, Frances told her father that she wanted to become a nun, but her father replied that he was giving her hand in marriage to Lorenzo Ponziani, an aristocrat and commander in the papal army. Bowing to God's will, Frances was married at the age of twelve.

For the next forty years, Frances wholeheartedly embraced her marriage. The couple loved one another with humble affection and devotion. Though drawn to a life of prayer, Frances often said, "A married woman must, when called upon, leave her devotions to God at the altar to find Him in her household affairs." One day, called away to tend to family affairs four times while praying the psalms, Frances returned to find the psalm's words written in gold as a sign that God was pleased with her fidelity to the duties of her vocation.

Though Frances was of the noble class, she embraced a life of simplicity, including bodily penance, fasting, and prayer. She abstained from meat, exchanged her delectable food for the dry and moldy bread of poor beggars, and dressed in coarse garments.

When plague took two of her children at a young age, Frances joined her sister-in-law to begin an outreach to the sick and poor. The women visited hospitals, nursed the sick, and distributed food to the hungry. After exhausting her own money and possessions, Frances begged other wealthy families for more resources. Soon, more noblewomen joined Frances and her sister-in-law in their work.

In 1413, invaders exiled Lorenzo from Rome, seized his property, destroyed the couple's home, and detained their only living son as a hostage. Through it all, Frances prayed with the suffering Job, "The LORD gave and the LORD has taken away; blessed be the name of the LORD!" ([Job 1:21](#)). Within a few years, Lorenzo was able to move back to Rome and regain his possessions. Frances turned the ruined family home into a hospital to care for the sick, devotedly helping Lorenzo recover in mind and body. During this time, Frances began having visions of her guardian angel, who gave her advice. These visions continued until Frances' death.

In 1425, Frances organized a lay association of Benedictine Oblates for single and widowed women to expand their work for the poor and infirm. The women lived together, embraced Benedictine spirituality, and served the poor and ill. From this time, Lorenzo and Frances abstained from intimacy until Lorenzo's death in 1436.

Widowed at the age of fifty-two, Francis walked barefoot through the city to the monastery of oblates, prostrated herself, and successfully begged for admission. Soon after, she was named superior, finally realizing her childhood desire for religious life. For the next three years, she devoted herself to her community's work until joyfully surrendering to death. In 1925, Pope Pius XI declared Frances the patron saint of automobile drivers because her angel always went before her, lighting the way, as headlights illuminate the way for a car.

Saint Frances of Rome, you loved and served God at every stage of your life. Please pray that I may serve God within my vocation, seeking only His holy and perfect will. Saint Frances, pray for me. Jesus, I trust in You.

St Benedict's Country Fete

Sunday 22 March 2026

**10am
to 3pm**

2 FAGANS ROAD ARCADIA PH: 9653 2312

Fruit & Veggie Stall • Chocolate Wheel • Raffle
Dev Tea • BBQ • Gifts • Coffee • Cakes • Lolly Stall
Hot Dogs • Pop Corn • Gelato • Face Painting
Flowers • Crafts • Plants • Rides & lots more...

FETE NEWS – WE NEED YOU!

Our Parish Fete is jus around the corner, and your help can make it amazing!

- **Raffle Tickets:** Grab some from the Church entrances to sell – let's spread the excitement far and wide!
- **Cow Tickets: Now available – get yours today!**
- **Donations Needed:** Bring **FLOWERS** for the day, **BAKED CAKES, LOLLIES** (need them earlier to put in small bags) for the stalls, and **CRAFT items**, or donate **NEW GIFTS** for the gift stand. **BIG PRIZES** for the chocolate wheel are especially welcome.
- **Volunteers Needed** - for **hanging up signs** the week prior to Fete. We also need **relief volunteers** on the day to give our hardworking helpers a chance to enjoy the festivities too. Your support will make the day run smoothly—and it's a fun way to be part of the celebration!

Every little bit counts and helps create a fun, memorable day for our whole parish community.

**Let's work together to make this Fete
the best one yet!**

Contact Tania for any information on 0401 597 278



Parish Roster

PLEASE JOIN US FOR
MORNING TEA AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER
14/3/2026 to 15/3/2026
FOURTH SUNDAY OF LENT - YEAR A

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Paul C	George A
Reader1	Mary C	Judy H	Mirko J
Reader2	Natasha S	Mary C	Leeann A
Prayers	Miriam B	Donna B	Jutrisa Family
TV		Nigel M	Mary A
EMHC 		Ann L	Sandra M
EMHC 		Lorraine D	Caterina V
Music		Melanie H	Melanie H
Music		Teresa G	Martina J
Music		Keith W	Theresa N
Music		Marisa Q	
Morning Tea		Mandah V	
FLOWERS	No flowers	during lent	

ACKNOWLEDGMENT

We acknowledge the Traditional Owners of this land and their enduring connection to country, waters, and culture. We pay respect to their Elders past, present, and emerging.

*Above all we give thanks to **God our Father**, who blesses this land, its people, and all creation. May we live in harmony, justice, and peace, guided by His love.*

SAFEGUARDING MISSION STATEMENT

St Benedict's Parish is committed to the safety of all, especially children and vulnerable people.

Concerns? Contact Fr Shansana 0437 884 233, or the Office for Safeguarding 8379 1605.

*For all parish **OH&S and Safeguarding Children** matters Contact: Lorraine Dailey on 0416 081 882.*

MONASTERY CHAPEL

Liturgy of the Hours

"Seven times a day I will praise you"

Psalm 119:164

The liturgy of the hours is a set of prayers (psalms, hymns, readings and other prayers). It is recited in the Monastery Chapel daily at the following times:

5.45am Office of Readings
6.30am Morning prayer - Lauds
12.45pm Midday prayer
6.00pm Evening prayer - Vespers
8.00pm Night prayer - Compline
ALL are welcome to attend any time.

SACRAMENTAL PROGRAM UPDATE



NEXT NEW SACRAMENTAL PROGRAM ENROLMENTS - mid year

For any queries please email the parish office:
arcadia.parish@bbcatholic.org.au

For our current Sacramental Program—the children who were confirmed and enrolled last year—we begin Reconciliation classes:

Wednesday 4th MARCH
and Friday 6th MARCH.

Please keep these children, their families, and their teachers in your prayers as they take this important step in their faith journey. May they experience God's love, forgiveness, and joy as they prepare to receive the Sacrament of Reconciliation.

DID YOU KNOW...

The Rosary is often called the "compendium of the Gospel" because its prayers guide us through the life of Christ and Mary.

PARISH OFFICE HOURS:

Mondays & Fridays: 9.00am to 2.00pm
Fr Eugene: 0499 548 521

Parish Office: 02 9653 2312
Address: 2 Fagans Road, Arcadia 2159
Email: arcadia.parish@bbcatholic.org.au
Website: www.bbcatholic.org.au/arcadia

Parish Priest: Fr Shansana Samarasinghe OSB
Email: sanshanasamarasinghe@yahoo.com
After hours: 0437 884 233

Facebook: [stbenedictsarcadia](https://www.facebook.com/stbenedictsarcadia)



MONASTERY: 02 9653 1159
121 Arcadia Rd, Arcadia 2159

PARISH BANK DETAILS for ONLINE only donations:
BSB: 062 784 **Account:** 100002141
Account Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

Support our parish!
Scan this QR code to make a donation.

