

FROM THE ARCHDIOCESE

COMMITMENT STATEMENT

The emotional, physical and spiritual safety, well-being and dignity of Children and Adults is an integral part of the teachings and values of the Catholic Church. The Archdiocese is wholly committed to ensuring the safety, well-being and dignity of all Children and Adults at Risk, and acknowledge its important legal, moral and spiritual responsibility to create a safe and nurturing environment for those Children and Adults.



CHILD SEXUAL ABUSE IS A CRIME. The appropriate people to deal with crimes are the Police. If you, or anyone you know, have been abused, please contact the Police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office on phone (02) 9390 5810 or via email SafeguardingEnquiries@SydneyCatholic.org. You may also want to speak to your Parish Priest. The Archdiocese of Sydney has a legal obligation to report crimes to the Police.

WORKING WITH CHILDREN CHECK CLEARANCE

You must keep your personal details up to date so that you can be contacted about your Working with Children Check (WWCC). Go to <https://ocg.nsw.gov.au/working-children-check/apply-wwcc/update-or-upgrade-your-wwcc-details> for more information. Please provide the Parish office with a copy of your WWCC. Thank you.

The Catholic Weekly

IN THIS WEEK'S EDITION

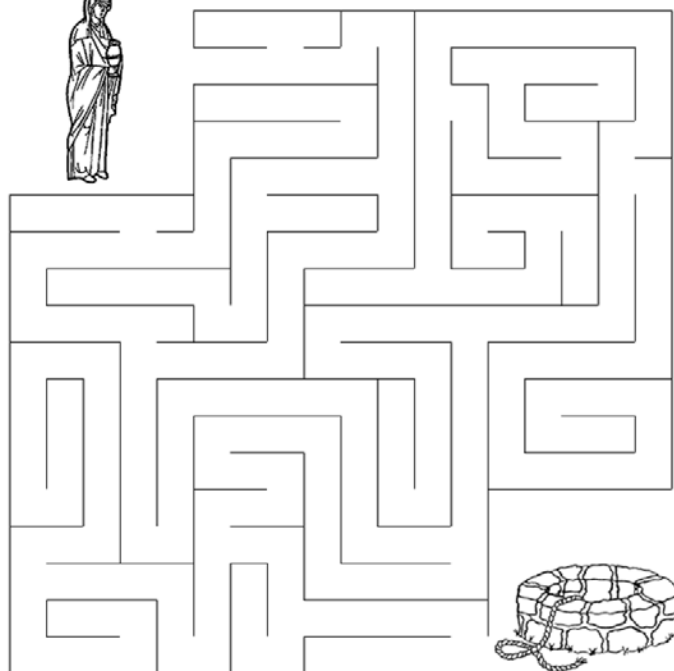
- Three years of preparation for Eucharist28 begins at St Mary's Cathedral.
- Sydney prays for Ukraine on the fourth anniversary of the war.
- Young men are finding faith and returning to Mass.
- Catholic bootcamp for marriages.
- Women's Lenten retreat is a call to deepen intimacy with Christ.
- 'You can't ask that', kicks off Fidelis for 2026.

Copies available at the entrances for \$2.00. Proceeds to St Vincent de Paul.

KIDS CORNER

The Samaritan Woman

Help the Samaritan woman find the way to the well.



"If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

John 4:10

Copyright © Sermons 4 Kids, Inc. • All rights reserved • www.sermons4kids.com

UPCOMING EVENTS

FEAST DAYS OF MARCH

MONTH OF ST JOSEPH

- SAT 7 MAR—Sts Perpetua & Felicity
- SUN 8 MAR—3RD SUNDAY OF LENT; St John of God
- MON 9 MAR—St Francis of Rome
- TUE 10 MAR—St Anastasia the Patrician
- WED 11 MAR—St Daminh Cam
- THU 12 MAR—St Bernard of Carinola
- FRI 13 MAR—St Grace of Saragossa
- SAT 14 MAR—St Urio of Padua
- SUN 15 MAR—4TH SUNDAY OF LENT; St Zachary, Pope
- MON 16 MAR—St Benedicta of Assisi
- TUE 17 MAR—St Patrick
- WED 18 MAR—St Cyril of Jerusalem
- THU 19 MAR—ST JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY
- FRI 20 MAR—St Wulfram of Sens
- SAT 21 MAR—St Serapion the Scholastic
- SUN 22 MAR—5TH SUNDAY OF LENT; St Darcera



Saint Joseph, pray for us.

Solemnity of St Joseph
Spouse of the Blessed Virgin Mary
Thursday 19 March 2026

Celebration Mass
Sunday 22 March, 10:00am
Refreshments afterwards

WOMEN'S LENTEN RETREAT

SAT 14 MAR—ST MARY'S CATHEDRAL

Join us at the Catholic Archdiocese of Sydney Women's Lenten Retreat - a full day of prayer and reflection led by the Dominican Sisters of St Cecilia and hosted by the Catholic Women's Network and Sydney Catholic Schools. To register, scan the QR code or got to: www.tryBooking.com/DIBPT.



Didaskō

FAITH FORMATION 2026

The Eucharist in the Life of the Church



Bus trip to Mt Schoenstatt, Mulgoa.

Sunday 17 May.

Bus leaves at 7:30am - \$50 a ticket.

Breakfast provided, please bring your lunch. Bus returns at 2:30pm.

Contact Georgette (0421 286 180) or Kalala (0434 988 030) for more details.



St Joseph's

CATHOLIC CHURCH
BELMORE

We are called to reach out to everyone with the Love of God.

NEWSLETTER

8 MAR 2026 | Number 275



ST JOSEPH'S PARISH

763 Canterbury Road,
BELMORE, NSW 2192
Parish Priest: FR ITA KOLOAMATANGI
Assistant Priest: FR FALAKIKO AFU
Deacon: REV. CHRISTOPHER ROEHRIG
Phone: (02) 9759 1280
Email: admin@StJosephBelmore.org.au
[Facebook.com/StJosephBelmore](https://www.facebook.com/StJosephBelmore)
Web: www.StJosephBelmore.org.au

MASS TIMES:

Mon—Sat: 9:00am
Sat: 5:30pm Vigil Mass
Sun: 8:00am & 10:00am

Youth Mass: 7:00pm
(First Friday of the Month)
Tongan Mass: 2:00pm
(Last Sunday of the Month)
Filipino Mass: 3:00pm
(First Sunday of the Month)

RECONCILIATION: Wed 6:00pm-6:45pm,
Sat 4:00pm-5:15pm

ADORATION & BENEDICTION:

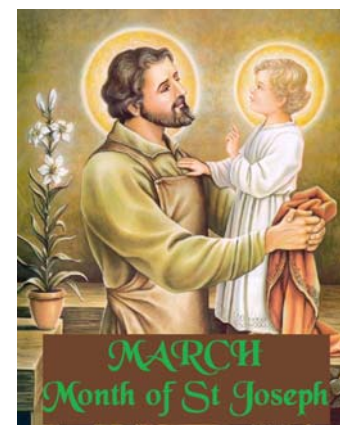
Wed 6:00pm-7:00pm
Baptisms, Weddings & Funerals by
appointment, please contact the office.

TONGAN CATHOLIC CHAPLAINCY

763 Canterbury Road,
BELMORE, NSW 2192
Priest: FR ITA KOLOAMATANGI
Assistant Chaplain: FR FALAKIKO AFU
Ph: (02) 9145 2892
Email: admin@TCCAustralia.org.au
Social: [Facebook.com/TCCAustralia1](https://www.facebook.com/TCCAustralia1)
Web: www.tccaAustralia.org.au

ST JOSEPH'S CATHOLIC PRIMARY SCHOOL

8 Wilson Avenue,
BELMORE, NSW 2192
Principal: MRS KELLY PISANI
Ph: (02) 9759 1154
Email: info@StJBelmore.catholic.edu.au
Social: [Facebook.com/StJosephsBelmore](https://www.facebook.com/StJosephsBelmore)
Web: www.StJBelmore.catholic.edu.au



THIRD SUNDAY OF LENT - YEAR A

REFLECTION FOR TODAY

FACING THE HORROR OF MY SINS.

—MyCatholic.life

Jesus said to her, "Go call your husband and come back". The woman answered and said to him, "I do not have a husband". Jesus answered her, "You are right in saying, 'I do not have a husband'. For you have had five husbands, and the one you have now is not your husband. What you have said is true". John 4:16-18



Today, we are given the beautiful story of Jesus' encounter with the Samaritan woman at Jacob's Well. The story begins with Jesus resting by the well, for He was "tired from his journey". A Samaritan woman approaches the well at noon, during the heat of the day, most likely to avoid the scorn of the other women who looked down on her. Jesus then does something that greatly surprises her: He asks her for a drink of water.

Jews used nothing in common with Samaritans, yet Jesus was willing to drink from her utensil. When she questioned Him about this, Jesus responded, "If you knew the gift of God and who is saying to you, 'Give

me a drink,' you would have asked him and he would have given you living water". The "living water" Jesus desired to give her was the spiritual gift of grace to renew and refresh her soul. His divine eyes enabled Him to see her spiritual hunger, and His compassion filled Him with a desire to free her from her many burdens.

The passage above might sound harsh at first: "For you have had five husbands..." Why would Jesus bring up this woman's humiliating situation? Because she had clearly been searching for fulfilment throughout her life, engaging in one failed marriage after another. Now, she was living with a man who was not her husband, a reality that left her dry and thirsty.

By speaking this way to the woman, Jesus lets her know that He knows all about her, loves her, and longs to fill her with the satiation she has been searching for throughout her life. He does not judge or condemn her; He invites her to experience the freedom He longed to bestow upon her. After the encounter, the woman left the well overjoyed and even left her water jar behind, symbolizing that she was no longer thirsty—spiritually speaking. She then confidently went to the people of the town and said, "Come see a man who told me everything I have done. Could he possibly be the Christ?"

Each of us needs to see ourselves in this woman. Our sins fill us with shame. The guilt of our hidden sins weighs us down, leaving us thirsty. If we can identify with this sinful woman, then we can also expect the same depth of compassion from Jesus. Too often, we hide our sins, even from ourselves, justifying our actions, downplaying them, or ignoring them. That is not the path to freedom. Freedom only comes by allowing our Lord to reveal our sins to us, facing them, and encountering God's abundant mercy.

Reflect today on the importance of opening your eyes to see the reality of your sins. Don't run from your past—confront it, understand it, confess it, and receive the living water of mercy. The holier you become, the more clearly you will see even the smallest sins you have committed. That is good. It is necessary if we want to be healed and refreshed by God. Imitate this sinful woman today. God is never ashamed of us. Let the shame and guilt dissipate within God's abundant mercy so that like this woman, you will know that God knows you through and through and loves you despite your sin.

My Lord and Source of Living Water, my soul is often dry and empty. I long for satiation and fulfilment. Please forgive me for trying to fulfil my soul through sin. I repent of my sins and ask You to reveal to me the full depth of those sins. As You do, please give me the grace I need to repent with all my heart so that I can be filled with Your abundant mercy. Jesus, I trust in You.

MISSION STATEMENT

Our mission is to find ways, centred on the love of God, to provide a welcoming Parish, a place of spiritual nourishment, and a home to a community that supports everyone and encourages them to contribute their gifts.

READINGS OF THE DAY

FIRST READING

A READING FROM THE BOOK OF EXODUS

17:3—7

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.

RESPONSORIAL PSALM

Ps 94:1—2, 6—9

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

A READING FROM THE LETTER OF ST PAUL TO THE ROMANS

5:1—2, 5—8

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.

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

A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN

4:5—42

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'. '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 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'. 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

NEXT WEEK: 15 MAR 26—FOURTH SUNDAY OF LENT—YEAR A

READINGS:

Reading 1: 1 Samuel 16:1, 6—7, 10—13
Responsorial Psalm: Ps 22

Reading 2: Ephesians 5:8—14
Gospel: JOHN 9:1—41



PARISH / LOCAL NEWS

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.

(Shorter Form, 4:4—5, 19—26, 39—42)

SACRAMENT OF RECONCILIATION—REMINDER

During Holy Hour (Adoration & Benediction) from 6:00pm to 7:00pm every Wednesday evening, Father will also be available for confession. All Welcome.



SACRAMENT OF RECONCILIATION PROGRAM 2026

| DATE | EVENT |
|-------------------------------|--|
| Sat 7 Mar – After Vigil Mass | Session Two |
| Sat 14 Mar – After Vigil Mass | Session Three |
| Sat 21 Mar – After Vigil Mass | Session Four |
| TUE 24 MAR – 7:00PM | CELEBRATION OF THE SACRAMENT OF RECONCILIATION |

NOTE: It is a requirement for all candidates along with at least one parent / guardian attend and participate in ALL sessions, except the Parent Information Evening.

Every Friday during Lent, 9:00am & 7:00pm



Exposition of the Blessed Sacrament

Every Sunday after 8:00am Mass
Please join us as we prepare for Eucharistic 2028

Prayer Requests & Special Intentions

Please contact the Parish Office for your prayer requests and intentions.
Email: admin@StJosephBelmore.org.au Phone: +61 2 9759 1280
May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



DEATH ANNIVERSARY—MARCH

1st—Pietro Milazzo; Keith Lane; Linda M McGlinchy; 2nd—Laurie Worth; Anna M Jemon; Eileen A McQuinn; Anne M Jemon; Enri Magsakay; Thomas P McQuinn; 3rd—Francisco Masejar; 4th—Noeline Smith; 5th—Mary Walters; Alice Cleary; Queenie Grace; 6th—Saturnino C Bonbon; Lucy Murphy; 7th—Angelo John Digilio; 8th—Joseph Khoury; Gary Swanson; Angela Prusicno; Maria R Divola; Marie Naoum; 9th—Sam Lill; Michael O'Connor; 11th—Fred H Weis; Joseph Attie; 12th—Bessema H Khoury; 13th—Charles Feeney; Frederick G Beltingham; 14th—Thomas M Glennon; Teresita McBryde; 15th—Tony Elia; 16th—Violet C Rowan; Ellen McGlynn; Edmund Fernando; Patrick F Steward; Evelyn Florence Hentry; 17th—Henry Attard; Antoine Khoury; Catherine Morris; 19th—Errol Moore; 20th—Helen Fellenw; George Tsafaropoulos; 22nd—Albert Worth; 23rd—Basil T (George) Donnelly; Maria L O'Laco; Francis Sidney Jones; 24th—Noeline McDonald; 26th—Harold Bull; 27th—Thomas L Crow; James K Fisher; Elizabeth Hayer; 28th—Arthur J; Sandra Petris; Myles Huon; Antonia Quinto; 29th—Eva Cummings.

MASS INTENTIONS
Parishioners who are sick.
Our Elderly Parishioners.

Parishioners celebrating their birthdays, especially
Maria Pham Thi Cuc.

REPOSE OF SOULS
Souls of our dearly departed family members.

LET'S KEEP OUR CHURCH CLEAN



Our church is cleaned by volunteers.

Please place any rubbish you have into the bins at the entrances, or take them home with you. If you can help clean our church, inside & outside, please contact the office on 9759 1280 or email admin@StJosephBelmore.org.au.



Thank you for keeping our church clean.

Volunteers Needed

CAN YOU HELP?

We need your help especially during our Sunday liturgies. If you're able to, please send your details to the Parish Office via email: admin@StJosephBelmore.org.au stating which ministry you'd like to help—Collector, Lector, Choir, Eucharistic Minister etc. For more information / registration details, go to: <https://Liturgy.SydneyCatholic.org/ministry-training-formation/> or scan the QR code. Thank you for your support and God bless you.



Children's Liturgy
ST JOSEPH BELMORE PARISH HALL
Every Sunday during 10:00am Mass, in the Hall. All children and parents welcome.
Children under 3yrs MUST be accompanied by an adult (parent/guardian).
Sharing the Gospel in a child-friendly way.

Happy 100th Birthday!

Maria Pham Thi Cuc, 8 March 2026



Congratulations from Father Ita, Deacon Christopher & parishioners of St Joseph's Parish, Belmore.
May God Bless you.



Novena to St Joseph

10 – 11 March
Feast Day: 19 March



St Joseph
PARISH
BELMORE