



THE SAVING WORD

THIRD SUNDAY OF LENT / A

12 MARCH 2023

FIRST READING

Ex 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.

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

Rom 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.

GOSPEL ACCLAMATION

cf. 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

Jn 4:4-5, 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.'

'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



OUR LADY of MT CARMEL CHURCH BULLETIN

3rd Sunday Lent - 12 March 2023 - Year A

PARISH INFORMATION

Address: 82 Collick Street, Hilton, WA, 6163
Phone: (08) 9314 7733
Email: sec.hilton@perthcatholic.org.au
Website: www.olmchilton.org.au

PARISH MINISTRY TEAM

Parish Priest: Fr Paul Raj
Parish Secretary: Tereza Camacho
Safeguarding Officer: Brigette Liddelow - 0432 908 980
Avila Retirement Village Secretary: Judy Rowlands – 0448 205 283
OLMC Primary School RE: Julie Kay
OLMC Primary School Principal: Jayson Peacock - 9269 2000
Seton Catholic College Website: <http://www.seton.wa.edu.au/olmc-parish>

PARISH OFFICE HOURS

Tuesday, Wednesday & Friday: 9am – 3pm
Thursday: 9am – 12.30pm

MASS INTENTIONS



3rd Sunday Lent, 12 March

Saturday 6pm Mass for De Ornelas Family Deceased Members

Sunday 7.30am Mass for Andrew de Sousa (RIP) + John Maitan (RIP)

Sunday 9am Mass for Stephen Randall (RIP)

Monday 13 March

7-9pm Holy Trinity Prayer Group

Tuesday 14 March

9am Mass for Jesus Christ & St Raphael Archangel Honour & Thanksgiving

7-8pm Safeguarding Meeting in Church for Volunteers & Workers

Wednesday 15 March

9am Mass for Jure (George) Mateljak (RIP Recently)

Morning Tea after Mass

10.30am Legion of Mary

5.30 – 6.30pm Eucharistic Adoration

6.30pm Reconciliation School & Parish

Thursday 16 March

9am-4pm Church Open for Prayers

Friday 17 March – St Patrick

9am Mass for Our Lady of Fatima Honour for Catarina Xavier Health + Michael Brenton (Birthday Intentions)

9.30 – 10.30am Stations of the Cross & Eucharistic Adoration

Saturday 18 March – St Cyril

9am Mass for Our Lady of Mt Carmel Honour for Catarina Xavier Health

4th Sunday Lent, 19 March

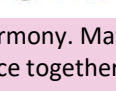
Saturday 6pm Mass for Giovina D’Alessandro (RIP 13th Anniversary)

Sunday 7.30am Mass for Andrew de Sousa (RIP)

Sunday 9am Mass for Dianne De Olival & Maria Jose Da Silva (RIP) St Joseph Honour + Antonio Da Silva (RIP)

11am Baptism of Mateo Federico

THE UNITY PRAYER: My Adorable Jesus, May our feet journey together. May Our hands gather in unity. May our hearts beat in unison. May our souls be in harmony. May our thoughts be as one. May our ears listen to the silence together. May our glances profoundly penetrate each other. May our lips pray together to gain mercy from the Eternal Father. Amen ♡ ♡ ♡



WELCOME TO OUR LADY OF MT CARMEL PARISH

If you are a new parishioner, please introduce yourself to Fr Paul. We extend a warm welcome to our Parish of Our Lady of Mount Carmel.



PLEASE PRAY FOR SICK PARISHIONERS

Christine Rhow, Veronica, Maria, Consiglia Ciavatta, Irwin Beachell, Isabella Da Cunha, Martin, Norma Elliott, Rudi Tassell, Steven, Davina, Elisabetta Paddon, Dermot McKernon, Edward Fortune, Zdenka Mravincic, Beatrice Fernandez, Alex, Desmond O’Connor, Lisa Bubb, Maria Villamagna, Romilda Marinelli, Aaron LoCicero, Jacqueline Paul, Lou Collova, Edward Forster, Maria De Sousa ...



2023 SACRAMENT DATES

RECONCILIATION: Wednesday 15-3-23 at 6.30pm

1ST HOLY COMMUNION: Sunday 11-6-23 at 9am

CONFIRMATION: Sunday 20-8-23 at 9am



RECONCILIATION

Saturday 9.30-10am and 5.15-5.45pm
Or by appointment.



MASS INTENTIONS

Suggested Offering **\$15 per Mass**. Please give Mass Intention Envelopes to Fr Paul or Parish Office.



NEXT WEEK’S READINGS

4th Sunday Lent, 19 March – St Joseph

1st: 1 Sam 16:1, 6-7, 10-13

2nd: Eph 5:8-14

Gospel: Jn 1-41



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.



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.

Jesus, I surrender myself to you, take care of everything ♡ ♡ ♡. Mother, I am yours now and forever. Through you and with you, I always want to belong completely to Jesus ♡ ♡ ♡. Blessed Lady, spread the effect of Grace of Thy Flame of Love over all of Humanity ♡ ♡ ♡.





OUR LADY OF MT CARMEL CHURCH BULLETIN

3rd Sunday Lent - 12 March 2023 - Year A

STEWARDSHIP: Stewardship and the Catholic Foundation (Endowment). The gift or bequest to the parish, school, Catholic charities, or through the Diocesan foundation can be the final gift of a good steward and is an investment in the future.



challenge of the future. May the cross of Jesus remind us that only love finds the way forward. As we work with big hearts, may we join with Mary in her hope that from now on all generations will experience the great things you will do through us. We ask this in Jesus' name. Amen.



2023 HOLY FATHER MONTHLY PRAYER INTENTIONS: MARCH - For victims of abuse. "We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering".



POPE FRANCIS QUOTE: "Let us pray for peace: peace in the world and in each of our hearts." "God's love calls us to move beyond fear. We ask God for the courage to put on faith, hope and love as we go out into the world and become the word in body as well as spirit."



THIRD SUNDAY LENT 11 & 12 MARCH 2023: Zimbabwe is experiencing an intense drought, exacerbated by climate change. With the support of Caritas Hwange, Priscilla learnt conservation farming skills to grow drought-resistant crops and started poultry farming to support her family during the current food crisis. **Please donate to Project Compassion 2023.** Together, we can help vulnerable communities face their challenges today and build a better tomorrow **For All Future Generations.** You can donate through Project Compassion donation boxes / envelopes available from your parish, by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.

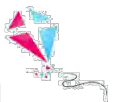


ST JOHN PAUL II CHURCH, BANKSIA GROVE: This weekend we will be having a retiring church collection to support St John Paul II Church. The church was dedicated and opened on Thursday 26 January 2023.

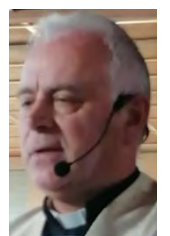
PROJECT COMPASSION PRAYER 2023: God of all generations, We thank you for those who have gone before us, Especially those who have cared for your earth and Who inspire us to help respect your creation And contribute to its healing. We thank you for those with whom we share our lives today, Especially those who work for justice and peace. May we welcome the opportunity that Lent brings to walk more closely with you, especially through fasting, almsgiving and prayer. We thank you for the



SAFEGUARDING INDUCTION FOR ALL CHURCH WORKERS: The Australian Catholic Bishops conference has broadened safeguarding to include adults at risk. **ALL** church workers – volunteers or paid – are to attend a 1 hour safeguarding induction. A church worker is **anyone** in the parish in **any role** – paid or voluntary. This induction provides an overview of the Safeguarding Policies and Procedures, the role of the Parish safeguarding Officer, and the importance of Safeguarding within the parish. The upcoming session will be on **Tuesday 14 March 2023** between **7-8pm** at **Our Lady of Mount Carmel, 82 Collick Street, Hilton, WA, 6163.** To register please phone 9221 7762 or <https://safeguarding.perthcatholic.org.au/training/#induction>.



INVITATION TO ATTEND EVENING OF MIRACLE PRAYERS AND HEALING: **Friday 14 April 2023 at 7pm** at **Our Lady of Mount Carmel Parish, 82 Collick Street, Hilton. Angelus and Holy Rosary**





OUR LADY OF MT CARMEL CHURCH BULLETIN

3rd Sunday Lent - 12 March 2023 - Year A

at 7pm. Reconciliation – Meditation / Talk – Laying of Hands – Prayers of Liberation. Talk and Healing Service by Fr Rozo Palic. Fr Francis Ughanze Available for Confession. Are you suffering from Anxiety, Depression, Addictions or Cancer? ‘Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart.’

CATHOLIC ARCHDIOCESE OF PERTH - Employment Opportunities:



The Catholic Archdiocese of Perth has two employment opportunities available for suitably qualified persons to join the team and continue the good work of the Church. For details, refer to <https://www.perthcatholic.org.au/employment.htm>.

- Manager, Wellbeing, Health and Safety - Permanent, Full-Time (listed on SEEK) – the Manager provides expert knowledge, advice, and support to generate and promote a positive health and safety culture that embraces human dignity. This includes embedding the organisation's values into everyday work life through care for our people and maintaining a safe workplace by implementing the Wellbeing, Health and Safety framework across all areas to deliver high-quality services reflecting the organisational values. This work spans various locations and stakeholders, including offices, organisations, agencies and parishes within the Catholic Archdiocese.
- Manager, Executive Services (Episcopal Services) - Permanent, Full-Time (listed on SEEK) - the Manager (reporting to the Executive Director, Office of the Archbishop) leads, oversees and coordinates the activities of the Administration Team within the Office of the Archbishop in support of the Curia to ensure the effective coordination and functioning of the administration, reception, and secretarial services.

PRAYER FOR UKRAINE. From the Catholic Agency for Overseas Development:

Loving God, We pray for the people of Ukraine, for all those suffering or afraid, that you will be close to them and protect them. We pray for world leaders, for compassion, strength and wisdom to guide their choices. We pray for the world that in this moment of crisis, we may reach out in

A Prayer For Ukraine



solidarity to our brothers and sisters in need. May we walk in your ways so that peace and justice become a reality for the people of Ukraine and for all the world. Amen.

WANTED - DAY ACTIVITIES FOR ADULTS WITH DISABILITY - EMMANUEL CENTRE:



Emmanuel Centre currently has a couple of vacancies for day activities at our centre near East Perth train station. Mondays and or Tuesdays 9.30am to 2pm. Cost of \$4.00 per day to cover morning tea and light lunch provided. If interested, please ring 08 9328 8113 or email emmanuelcentre@perthcatholic.org.au.

LETTING GO: 31 March to 2 April. As



NEW NORCIA BENEDICTINE COMMUNITY

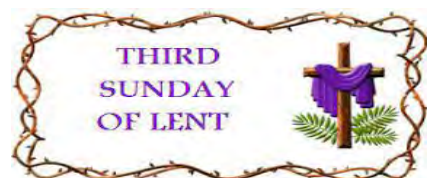
we journey through life, we are in a continual process of 'letting go', in many different ways. This letting go can be the result of the loss of loved ones, of the process of ageing, of relationship changes, and families growing up, etc. On the other hand, there can be things in our hearts -anger, regret, grief, attachment- of which we would like to let go but find it difficult to do so. Yet, in learning to 'let go', we can embrace God's plan for us more deeply, and thus come to live with greater fullness and freedom. This retreat will provide companionship and guidance in this process. Presenter, Sr. Lilian Bong, SJA. Cost, \$300 (includes accommodation, meals and entry into the Museum and Art Gallery. Further info and bookings www.newnorcia.com.au.

POPE FRANCIS WORDS: Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude. Fast from anger and be filled with patience. Fast from pessimism and be filled with hope.



Fast from worries and have trust in God. Fast from complaints and contemplate simplicity. Fast from pressures and be prayerful. Fast from bitterness and fill your hearts with joy. Fast from selfishness and be compassionate to others. Fast from grudges and be reconciled. Fast from words and be silent so you can listen. God bless! 🙏





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BULLETIN SPONSORS



OLMC CHURCH

82 Collick Street, Hilton, WA, 6163
08 9314 7733
Sec.hilton@perthcatholic.org.au

SAFEGUARDING OFFICER

Brigette Liddelow
0432 908 980

AUSTRALIAN LEADING LOCK SERVICE

Mark Berkovic 0408 404 048
PO Box 4573, Myaree BC, 6960
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Mon to Fri 10.30am – 6pm
Sat 10.30am – 3pm
39 Hulme Court, Myaree
9329 9889 or www.rich7harvest.com.au



OUR LADY of MT CARMEL

NOVENA:

God our Father, prompted by Your Spirit the order of Carmel has from the beginning dedicated itself to the Mother of Your Son. As she unites her prayers with ours, look with favour upon us and bless our families, keep each of us from harm And bring us to the joy of heaven. We ask this through Jesus the Lord. **Amen.**



SOULS in PURGATORY PRAYER:

Eternal Father, I offer You the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, for those in my own home, and in my family. **Amen.**



OUR LADY of ALL NATIONS

PRAYER:

Lord Jesus Christ, Son of the Father, send now Your Spirit over the earth. Let the Holy Spirit live in the hearts of all nations, that they may be preserved from degeneration, disaster and war. May the Lady of All Nations, the Blessed Virgin Mary, be our Advocate. **Amen.**

WEEK 2

11-12 Mar
3 Lent

COMMENTATOR

READERS

ACOLYTE

Sat 6pm

Volunteer

Volunteer

Simon Overton

Sun 7.30am

Diane Richards

Nicolas Lim

Gerry Miller

Sun 9am

Vicky Rafala

Maria Bradshaw

Frank Cooper

WEEK 3

18-19 Mar
4 Lent

COMMENTATOR

READERS

ACOLYTE

Sat 6pm

Loretta Masnada

Carmel Collova

Gerald Farrell

Sun 7.30am

Mark Ryan

Maureen Cooper

Frank Cooper

Sun 9am

Toni Kalat

Jason Rozario

Joe De Ornelas



Through Him, with Him, in Him
In the unity of the Holy Spirit,
All glory and honour is Yours,
Almighty Father,
Forever and ever.
Amen.



PRAYER TO OUR LADY HELP OF CHRISTIANS:

Lord, you place deep in our hearts the love of Mary, help of Christians. Through her prayers grant wisdom to our leaders and integrity to our Citizens. Under her protection may Australia be granted harmony, justice and peace. We ask this through Christ our Lord. **Amen.**



EUCCHARISTIC ADORATION

Come Visit Jesus
For One Hour
Wednesday Evenings
5.30 – 6.30pm
Friday Mornings
9.30 – 10.30am
Jesus is Waiting for You



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 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 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.

Longer form 4:5-42

A SERVICE OF THE SOCIETY OF ST PAUL



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Breaking Open the Word

LIVING WATER

Despite the floods of recent years, Australians more than many people appreciate just how precious a resource water is. There would be very few of us who would not be able to remember living through some period of drought or scarcity of water. Our experience places us in a good position to appreciate the problem faced by the people of Israel. Having been rescued from the oppression of the Egyptians the people of Israel felt betrayed – had they been saved from Egypt only to perish in the desert by thirst? Despite their lack of faith God reached out through Moses and provided them with water in the desert.

When the Samaritan woman came to the well searching for water she could barely have imagined where her encounter with Jesus would lead. She came seeking water but left having come to terms with her past, and having led others to Jesus, the source of living water. As is so often the case, personal experience is the best teacher and having heard Jesus for themselves her fellow Samaritans come to see Jesus as their saviour and source of living water.

When Paul reflected on salvation history he came to see that despite the hardness of the human heart God has always been as he was with the people in the desert. The life-giving love of God has been poured into our hearts to quench our thirst and bring us to life. This love has always been freely given and undeserved. The most powerful proof of this is that Jesus died for us while we were yet sinners.

Christopher Monaghan CP