



Parish Priest: Fr Shabin Kaniampuram IVDei
 Parish Secretary: Fran Adamopoulos (Tue-Thu 9am-2pm)
 Financial Administrator: Margaret Harrington (Mon/Fri 9-2pm)

Assistant Priest: Fr Tuong Nguyen
 Pastoral Worker: Pauline Egan
 Email: adminANT@cam.org.au

Supporting Priests: Fr Brendan Hayes
 Email: financeANT@cam.org.au

ST MARY'S THORNBURY
 1 Rossmoyne Street, Thornbury 3071
 Principal: Mary Kearney | Ph: 9484 5333

ST JOSEPH'S NORTHCOTE
 140 Westbourne Grove, Northcote 3070
 Principal: Mary Kearney | Ph: 9481 7166

PARISH OF HOLY SPIRIT & ST ANTHONY'S
 45 Railway Pl, Alphington VIC 3078

Principals: Noelene Hussey, Acting Principal for Term 1,
 Holy Spirit Primary School,
 197 Clarendon Street, Thornbury East | Ph: 9480 0391
 James Casey, St Anthony's Primary School,
 Tania Bennett, Acting Principal

Partnership Parish Office Address

45 Railway Place Alphington
 P.O.Box 85 Fairfield 3078
Office Number: 9484 2907
Office Hours: Mon-Fri 9am-2pm
Email: adminANT@cam.org.au
www.melbcatholic.org/s/hosan



Follow us on Facebook and Instagram

Mission Prayer: Loving God, guide us as we build a joyful and inclusive community. May your Holy Spirit lead and inspire us to be the Good News of Jesus Christ by serving others and caring for all. Amen.

Reconciliation Times

10.30am Saturdays — St Mary's
 4.30pm Saturdays — Holy Spirit
 5.00pm Saturdays — St Joseph's

MASS TIMES

St Mary's Thornbury

Sunday: 10:00am English/Italian
 5:30pm
Weekday: Wednesday, 9:15am
 English/Italian

St Joseph's Northcote

Saturday: 5:30pm
Sunday: 11:00am
Weekday: Tuesday, 9:15am

Holy Spirit Thornbury East

Saturday: 5:00pm
Sunday: 9:30am
Weekday: Thursday, 9:15am
 English/Italian

St Anthony's Alphington

Sunday: 10:30am, English/Italian
Weekday: Friday, 9:15am

FEAST DAYS IN THE WEEK

Recently Deceased

Kevin Curry

Anniversaries

Salvatore Belvcogze,
 Leonardo Friguglietti (15 years),
 Giuseppe Friguglietti, Felcy de Mel,
 Baby Olivia Harper Garrubba (1 month),
 Massoud Hanna Amad, Allen Doyle,
 Joe Marouf Rahme, Frank Sagaria,
 Salwa Boutros Azrak, Tom McMahon,
 Hanna Saleh Fakhry, Rodriguez Family
 (1 Year), Maria-Teresa Doria, Rosa Totino,
 Deirdre Tomlins (1 year)

To update parish details, please visit
 our official parish website:
www.melbcatholic.org/s/hosan



Third Sunday in Lent — Year A

8 Mar 2026

Living Water — John 4:5-42

This Gospel invites us to recognize the places where we, too, thirst—for meaning, healing, forgiveness, or renewed purpose. Jesus meets us in the ordinariness of our days, just as he met the woman at the well, and offers water that restores the soul. Lent is a time to let His truth gently uncover what needs healing, and to allow His Spirit to refresh what has grown dry or weary.

Like the Samaritan woman, we are called not only to receive this living water but to share it. Our words, our compassion, and our witness can draw others toward the One who knows us fully and loves us still.

As we continue our Lenten journey, may we drink deeply of Christ's living water and become signs of hope for our families, our parish, and our world.

(Sharing the Treasure, Brendan Byrne SJ)

Parish Earthcare Group cleans up 'local patch' of Australia



Eight members of our parish Earthcare Group participated in the **Clean Up Australia Day** last Sunday at Darebin Parklands, responding to Pope Francis' call to care for our common home. Pope Francis reminds us: **"To contaminate the earth's waters, its land, its air and its life — these are sins."** (Laudato Si', 9)

Project Compassion 2026: Please collect your project compassion box from the back of the church. The funds raised will help provide children like Sisilia, a 13-year-old from remote Tanzania, with safe, clean water close to home, giving them more time to study and pursue their dreams. **Donate** via website: caritas.org.au/project-compassion/sisilia-story/ | or call: 1800 024 413

A Celebration of **Venerable Mary of the Sacred Heart Glowrey**—Friday **13 March**—Mass of Thanksgiving **5pm St Patrick's Cathedral**. Presentations & Reflections 6pm-7pm—Cathedral Hall, 20 Brunswick St Fitzroy—Please register for the presentation: www.trybooking.com/DIWCI. **RSVP** by 10 March. More information: info@maryglowreymuseum.info | (03) 9416 4674.

First Reading *Exodus 17:3-7***A reading from the book of Exodus**

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' The Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

The word of the Lord.

Thanks be to God.

Responsorial Psalm *Ps 94:1-2, 6-9*

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

L 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.**

L 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.**

L 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 *Romans 5:1-2, 5-8***A reading from the letter of St Paul to the Romans**

Through our Lord Jesus Christ by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. This hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man - though of course for someone really worthy, a man might be prepared to die - but what proves that God loves us is that Christ died for us while we were still sinners.

The word of the Lord.

Thanks be to God.

Gospel Acclamation cf **John 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 of John**A reading from the holy Gospel according to John**

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' - Jews, in fact, do not associate with Samaritans. Jesus replied:

'If you only knew what God is offering
and who it is that is saying to you:

Give me a drink,

you would have been the one to ask,

and he would have given you living water.'

'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied:

'Whoever drinks this water

will get thirsty again;

but anyone who drinks the water that I shall give

will never be thirsty again:

the water that I shall give

will turn into a spring inside him, welling up to eternal life.'

'Sir,' said the woman 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. 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.'

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.

Readings Next Week—4th Sun of Lent Year A—15 Mar 2026

1st Rdg: 1 Samuel 16:1, 6-7, 10-13

2nd Rdg: Ephesians 5:8-14

Gospel: John 9:1, 6-9, 13-17, 34-38

Prima lettura Es 17,3-7

Dal libro dell'Èsodo

In quei giorni, il popolo soffriva la sete per mancanza di acqua; il popolo mormorò contro Mosè e disse: «Perché ci hai fatto salire dall'Egitto per far morire di sete noi, i nostri figli e il nostro bestiame?».

Allora Mosè gridò al Signore, dicendo: «Che cosa farò io per questo popolo? Ancora un poco e mi lapideranno!». Il Signore disse a Mosè: «Passa davanti al popolo e prendi con te alcuni anziani d'Israele. Prendi in mano il bastone con cui hai percosso il Nilo, e va'! Ecco, io starò davanti a te là sulla roccia, sull'Oreb; tu batterai sulla roccia: ne uscirà acqua e il popolo berrà». Mosè fece così, sotto gli occhi degli anziani d'Israele. E chiamò quel luogo Massa e Meriba, a causa della protesta degli Israeliti e perché misero alla prova il Signore, dicendo: «Il Signore è in mezzo a noi sì o no?».

Parola di Dio

Tutti: Rendiamo grazie a Dio.

Salmo responsoriale Sal 94

**Rit. _Ascoltate oggi la voce del Signore:
non indurite il vostro cuore.**

L. Venite, cantiamo al Signore, acclamiamo la roccia della nostra salvezza. Accostiamoci a lui per rendergli grazie, a lui acclamiamo con canti di gioia. **Rit.**

L. Entrate: prostrati, adoriamo, in ginocchio davanti al Signore che ci ha fatti. È lui il nostro Dio e noi il popolo del suo pascolo, il gregge che egli conduce. **Rit.**

L. Se ascoltaste oggi la sua voce! «Non indurite il cuore come a Meriba, come nel giorno di Massa nel deserto, dove mi tentarono i vostri padri: mi misero alla prova pur avendo visto le mie opere». **Rit.**

Seconda lettura Rm 5,1-2.5-8

Dalla lettera di san Paolo apostolo ai Romani

Fratelli, giustificati per fede, noi siamo in pace con Dio per mezzo del Signore nostro Gesù Cristo. Per mezzo di lui abbiamo anche, mediante la fede, l'accesso a questa grazia nella quale ci troviamo e ci vantiamo, saldi nella speranza della gloria di Dio. La speranza poi non delude, perché l'amore di Dio è stato riversato nei nostri cuori per mezzo dello Spirito Santo che ci è stato dato.

Infatti, quando eravamo ancora deboli, nel tempo stabilito Cristo morì per gli empi. Ora, a stento qualcuno è disposto a morire per un giusto; forse qualcuno oserebbe morire per una persona buona. Ma Dio dimostra il suo amore verso di noi nel fatto che, mentre eravamo ancora peccatori, Cristo è morto per noi.

Parola di Dio

Tutti: Rendiamo grazie a Dio.

Canto al Vangelo Gv 4,42.15

Lode a te, o Cristo, re di eterna gloria!
Signore, tu sei veramente il salvatore del mondo;
dammi dell'acqua viva, perché io non abbia più sete.
Lode a te, o Cristo, re di eterna gloria!

Vangelo Gv 4, 5-15.19b-26.39a.40-42

Dal Vangelo secondo Giovanni

In quel tempo, Gesù giunse a una città della Samaria chiamata Sicar, vicina al terreno che Giacobbe aveva dato a Giuseppe suo figlio: qui c'era un pozzo di Giacobbe. Gesù dunque, affaticato per il viaggio, sedeva presso il pozzo. Era circa mezzogiorno. Giunge una donna samaritana ad attingere acqua. Le dice Gesù:

«Dammi da bere».

I suoi discepoli erano andati in città a fare provvista di cibi. Allora la donna samaritana gli dice:

«Come mai tu, che sei giudeo, chiedi da bere a me, che sono una donna samaritana?».

I Giudei infatti non hanno rapporti con i Samaritani. Gesù le risponde:

«Se tu conoscessi il dono di Dio e chi è colui che ti dice: Dammi da bere!, tu avresti chiesto a lui ed egli ti avrebbe dato acqua viva».

Gli dice la donna:

«Signore, non hai un secchio e il pozzo è profondo; da dove prendi dunque quest'acqua viva? Sei tu forse più grande del nostro padre Giacobbe, che ci diede il pozzo e ne bevve lui con i suoi figli e il suo bestiame?».

Gesù le risponde:

«Chiunque beve di quest'acqua avrà di nuovo sete; ma chi berrà dell'acqua che io gli darò, non avrà più sete in eterno. Anzi, l'acqua che io gli darò diventerà in lui una sorgente d'acqua che zampilla per la vita eterna».

«Signore – gli dice la donna –, dammi quest'acqua, perché io non abbia più sete e non continui a venire qui ad attingere acqua. Vedo che tu sei un profeta! I nostri padri hanno adorato su questo monte; voi invece dite che è a Gerusalemme il luogo in cui bisogna adorare».

Gesù le dice:

«Credimi, donna, viene l'ora in cui né su questo monte né a Gerusalemme adorerete il Padre. Voi adorate ciò che non conoscete, noi adoriamo ciò che conosciamo, perché la salvezza viene dai Giudei. Ma viene l'ora – ed è questa – in cui i veri adoratori adoreranno il Padre in spirito e verità: così infatti il Padre vuole che siano quelli che lo adorano. Dio è spirito, e quelli che lo adorano devono adorare in spirito e verità».

Gli rispose la donna:

«So che deve venire il Messia, chiamato Cristo: quando egli verrà, ci annuncerà ogni cosa».

Le dice Gesù: «Sono io, che parlo con te».

Molti Samaritani di quella città credettero in lui. E quando giunsero da lui, lo pregavano di rimanere da loro ed egli rimase là due giorni. Molti di più credettero per la sua parola e alla donna dicevano: «Non è più per i tuoi discorsi che noi crediamo, ma perché noi stessi abbiamo udito e sappiamo che questi è veramente il salvatore del mondo».

Parola del Signore

Tutti: Lode a Te O Cristo.

WE PRAY FOR THE SICK

Names will remain for 2 weeks, then a new request is required.

Tina Marangoni, Suhalia Yousef, Tony Gribeh, Wafa Ibrahim, Gamal Gorgees, Angela McKinnon, Mark & Hilly Cunningham.

HOUSE VISITATIONS

Do you or someone you know require any of the following:

- Annual House Visits
- Visits to the Sick
- Anointing of the Sick

Please contact the Parish Office on 9484 2907 to arrange a time with Fr Shabin or Fr Tuong.

SICK OR HOUSEBOUND / MALATI O CONFINATI A CASA

Se conoscete persone che sono malate o confinate a casa e vorrebbero ricevere visite o la comunione a casa siete pregati di mettervi in contatto Parish Office **9484 2907**

CHRISTIAN MEDITATION

Christian Meditation on Thursdays at 10:30am at Holy Spirit Parish. ALL WELCOME.

BAPTISMS: By Appointment Only

- 1st Sunday of the month—St Mary's
- 2nd Sunday of the month—Holy Spirit
- 3rd Sunday of the month—St Anthony's
- 4th Sunday of the month—St Joseph's

Please call the Parish Office 9484 2907 or go to our website at <https://www.melbcatholic.org/s/hosan>

SENIORS

After the Thursday 9:15am Mass at Holy Spirit Parish Hall.

- Dopo messa Bingo e carte nella sala, si offre caffè e biscotti. Tutti benvenuti.

After Mass, bingo and cards in the hall, with coffee and biscuits offered. All Welcome.

Last Friday of the month

St Joseph's Seniors Mass every last Friday of the Month at 10:30am in the church.

Parrocchiani anziani di San Giuseppe sono invitati a partecipare alla **Santa Messa ultimo Venerdì del mese alle 10:30am.**

Mass of Anointing of the Sick

9:15am Mass of Anointing of the Sick will take place on the first Friday of the month at St Anthony's Alphington.

"Telephone Prayer meeting"

When: Every Tuesday at 11:30am
Dial: **07- 5660 6012** (call from home)
Access code: **722762 #**
Cost: Cost of a local call. Open to all.

Catholic Religious Education Classes for children attending government schools in preparation for the Sacraments

Please call the Parish Office 9484 2907 or go to our website at

<https://www.melbcatholic.org/s/hosan>

Safeguarding Children, Young People and Vulnerable People Committee

Contact Person via the Parish Office:
Moses El-Fahkri

Parish Notices

SACRAMENT OF BAPTISM



We welcome into the Christian Community **Zoë Hania Tran** who is presented for her baptism by her parents **Kate & David** at **Holy Spirit** this Sunday. We congratulate Zoe and her family and pray for her spiritual growth and wellbeing in the Lord.

RCIA: We thank Jim Coffey and Cheryl Sullivan for preparing our Catechumens: Jake, Kyle, Caitlin, Max and Candidate Lucy in their journey to receive the sacraments of Baptism, First Eucharist and Confirmation at Easter. We keep our Catechumens and Candidate in our prayer as they do their First Scrutiny this Sunday.



Third Sunday in Lent—convocation of the Melbourne Synod 2026

On the third Sunday of Lent, Archbishop Peter A Comensoli will formally convoke a Synod for the Archdiocese of Melbourne. The synod calls the Melbourne Church to journey together in communion, participation and mission, echoing Pope Francis' vision of a 'listening Church' (Evangelii Gaudium, §31). Informed by Vatican II's teaching, the Church is 'a people made one with the unity of the Father, the Son, and the Holy Spirit' (Lumen Gentium, §4).

There are three themes about which the church of Melbourne is being invited to discern:

- *young discipleship*
- *missionary leadership*
- *formation and participation.*

The synod assembly will be held across the weekend of 4–6 December 2026. Over these next months, a range of opportunities will be available for Melbourne Catholics to be part of the consultation process toward the synod. In the meantime, further information can be accessed at melbournecatholic.org/synod2026.

In the synodal Church **'the whole community, in the free and rich diversity of its members, is called together to pray, listen, analyze, dialogue, discern and offer advice on taking pastoral decisions (ITC 68) for mission'** (Final Document, §87).



St Joseph's Feast Day

Sunday 22nd of March 2026

11am at St Joseph's church Northcote

*Refreshments will be served afterwards in the church garden
Please bring a plate of food to share. All are welcome.*

During the month of March, children at our Parish Primary schools and those preparing through the Sacramental Program (PSP) will receive the Sacrament of **Reconciliation**. Please keep all our students in your prayers as they prepare to receive the gentle forgiveness and love of their Lord.



Asylum Seeker Support Group Alphington, Fairfield, Northcote & Thornbury Presents ... A Taste of India—Fundraising Dinner for Asylum Seekers

21 March 2026, 7-11pm | Holy Spirit Hall, 197 Clarendon St, Thornbury East | **Entertainment: Jhoom Bollywood Dance Company**

Introducing: Eve Watt Comedian

Tickets \$ 75 available via Humanitix: <https://events.humanitix.com/indiandinner> |