



Westmead Catholic Community PARISH HEARTBEATS

Official Weekly Bulletin of Sacred Heart Parish, Westmead

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'The sacred heart of Jesus is an open heart...' St Teresa of Kolkata

Third Sunday of Lent

7 - 8 March 2026

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.*

FIRST READING

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?'

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.
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.
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.'

SECOND READING

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.

Ps 24:15-16

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 - SHORTER FORM

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.

R. 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, 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.'

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.**

JN 4:42. 15

JN 4:5-15. 19-26. 39-42

JN 4:13-14

PARISH CONTACTS

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www.sacredheartwestmead.com.au
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Parish Priest

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Parish Primary Schools:

Sacred Heart Primary

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Principal: Julianne Regan

Assistant Principal: Jodie Smith

Mother Teresa Primary

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Principal: Julianne Regan

Assistant Principal: Katherine Stennett

Westmead Hospital Chaplain

Fr Domingo Barawid MI

Tel: (02) 8890 6037; Pager: 8512

PARISH OFFICE HOURS

Tuesday & Friday: 9.30am - 4pm

Wednesday & Thursday: 10am - 2pm

MASS TIMES - Parish Church

Saturday: 6:00pm (Vigil)

Sunday: 8:00am & 9:30am

Mon, Tue, Wed, Fri, Sat: 9:00am

RECONCILIATION

Saturday: 5:00pm to 5:30pm

BAPTISMS

1st Sundays or by arrangement

MARRIAGES & FUNERALS

By arrangement with the Parish Priest
(min 6 months notice for weddings)

ANOINTING OF THE SICK

By arrangement with the Parish Priest

The Westmead Catholic Community acknowledges the Burramattagal people of the Darug nation, traditional custodians of the land on which we gather, recognising elders past & present. We aim to be an inclusive faith community, welcoming people of all ages, races, creeds, genders, orientations, marital status & cultures.

PARISH DIARY DATES

7 / 8 March	Third Sunday of Lent	
14 / 15 March	Fourth Sunday of Lent	
4 April	Tamil Community Easter Mass	11.30pm

Stations of the Cross

Stations of the Cross will be held in the Church, every Friday at 7pm during Lent.



ANNOUNCEMENTS

Full dates and eligibility requirements for the **Parish's 2025 Sacramental Program** are listed on our website - www.sacredheartwestmead.com.au.

14/15 March - 25/26 April First Eucharist Enrolment forms available at weekend Masses

First Eucharist Program - Attendance is required at the following

2/3 May	Enrolment Ceremonies at weekend Masses (6pm Vigil, 8am, 9.30am)	
12 May	Parent Meeting	7pm
17 May	Groups start for 4 weeks	
14 & 21 June	First Eucharist Masses	11am

Grant Eternal Rest to the recently deceased and those we remember at this time . . .



At Sacred Heart Westmead, **Baptism** is celebrated on the first Sunday of the month at 11am. Please contact the parish office to book for 2026.



WEEK 3 ROSTERS—WEEKEND MASS

Please notify Fr Walter you are in attendance

EMoE - 14 / 15 March

6:00pm: S. Sutherland

8:00am: J. Nealon

9:30am: M. Kastoun

Readers - 14 / 15 March

6:00pm: F. Cadeaux / R. San Juan Tuason

8:00am: A. Priya / M. Schinella

9:30am: P. Alexander / E. Baini

Junior Altar Servers - 14 / 15 March

6:00pm: J. Braganza / M. San Juan

8:00am: L. Harries

9:30am: G. Vicente

Senior Altar Servers - 14 / 15 March

6:00pm: C. San Juan

8:00am: A. Dave

9:30am: L. Vicente

If you are unable to attend your rostered date, please arrange a swap with another minister.

'Tap & Go' devices are installed in our church. Select an amount and tap your card on the logo to donate.



We thank you
for your support of
Sacred Heart Westmead



HOLY WEEK & EASTER PROGRAM

Passion/ Palm Sunday	March 28/29 Mass	6pm, 8am, 9.30am <i>(with Blessing of Palms & Procession)</i>
Monday of Holy Week	March 30 Mass	9am
Tuesday of Holy Week	March 31 Mass	9am
Wednesday of Holy Week	April 1 Mass	9am
Thursday of Lord's Supper	April 2	
	Mass of the Lord's Supper	7pm
	Solemn Reservation until 10pm	
Friday of Passion of Lord	April 3	
	Way of the Cross	10am
	Celebration of the Lord's Passion	3pm
Holy Saturday	April 4	
	Easter Vigil (including Lucernarium)	7pm
Sunday of the Resurrection	April 5	8am, 9.30am

Project Compassion boxes are available to take home to support Caritas Australia this Lenten season and assist vulnerable people around the world face their challenges today and build a better tomorrow for all future generations. Donate through Project Compassion boxes or by visiting lent.caritas.org.au

LENT 40 Days – 40 Activities GIVING

40 caring letters written
40 catch-up phone calls
40 earth care activities
40 volunteering activities
40 more acts of kindness
40 more positive actions

FASTING

40 days less screen time
40 less impulse spends
40 less negative actions

PRAYING

40 prayer intentions
40 prayers of thanks



Todays Message - (by Greg Sunter)

The encounter between Jesus and the Samaritan woman at the well is rich in historical and cultural nuance that enhances our understanding and interpretation of this passage. The woman has obviously come to the well to draw water for herself. Her encounter with Jesus is a moment of transformation for her. At first, she fails to comprehend his reference to 'living water' and never being thirsty again. However, in the end 'the woman put down her water jar and hurried back to the town.' Leaving her water jar behind was a sign of the transformation that had taken place within her. She had indeed drunk of the living water of Jesus and no longer paid attention to the need for water that had brought her to the well. The Samaritan woman's personal encounter with Jesus compels her to start spreading the good news about the amazing man she has met. She meets Jesus face to face and feels compelled to act on what she has felt. She becomes a missionary for him; and a remarkably effective one. The people are convinced by her testimony and flock to Jesus where they have their own personal faith encounter with him. Lent is a time for each of us to again – or for the first time – seek out a face to face encounter with Jesus. Through prayer, contemplation on scripture or reflection on encountering Jesus in the face of others, we build a one to one relationship with Jesus. When we acknowledge this relationship, like the Samaritan woman, we are compelled to act on it.

NEXT SUNDAY'S READINGS: 14 / 15 MARCH

FOURTH SUNDAY IN LENT

1ST READING: 1 SAM 16:1, 6-7, 10-13

2ND READING: EPH 5:8-14

GOSPEL: JN 9:1-41

