

OUR LADY OF THE WAY PARISH, EMU PLAINS

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What does the Lord require of you but to act justly, to love tenderly, and to walk humbly with your God.” Micah 6:8

Sunday, 8th March, 2026 3rd Sunday of Lent. Year A

Welcome to the celebration of the Mass.

Entrance Antiphon Cf Psalm 24:15-16

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 Exodus 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?’

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 Romans 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.

Gospel Acclamation. [See 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. [John 4:5-42](#)

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 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. '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 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.' 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.'

Communion Antiphon [John 4:13-14](#)

For anyone who drinks it, says the Lord,
the water I shall give will become in him
a spring welling up to eternal life.

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Let us pray: We pray for recently deceased Marie Therese Adams, and for those whose death anniversaries are at this time. We pray that their families find comfort in the fact that they are safely in the arms of their loving Lord. We also pray for all our brothers and sisters in our community who are unwell, especially, Rylan Gold, Noelene Bangel, David Finn, Karen Allen, Julie Young, Gabriel Manouk, Ray Dukes, Danko Caran, Sean Murray, Franco Di Napoli Laurie Doohan, Linda Hicks, Michelle Gardam, Bradley Gardam, Cecilia Fanning, Kathleen Bell, Michelle Hadden, Cohen Hadden, Peter Joseph Apap, Sr Patricia Holligan, Greg Pigott, Bob Scott, Deacon George Bryan, Kaye Bryan, Desley Mulock, Pauline Balkin, Mary Gayed, Shirley Harman, Dot Gray, Lucy Mikosic, Bernadette Hoolahan, Elisabeth Robens, Marion Betker, Maddie Millard, and Trish Devoy. If you know someone who needs prayers, please contact the parish office on 4735 1041 and we will add them to our prayer list. For privacy reasons, consent is required from the person, who is unwell, or from their next of kin.



Parish Notices:

MASS TIMES FOR HOLY WEEK

PALM SUNDAY: 6pm Vigil, 8am, 9.30am
 WEDNESDAY OF HOLY WEEK: 9am
 HOLY THURSDAY (Mass of the Lord's Supper): 7.30pm
 STATIONS OF THE CROSS: 10am
 GOOD FRIDAY: Passion of Our Lord: 3pm

EASTER MASSES

EASTER VIGIL: 7pm
 EASTER SUNDAY: 8am, 9.30am

Additional times for Reconciliation TBA

Cuppa and a Chat: Please join us on Saturday after the 6pm Mass, and on Sunday after the 9.30am Mass. Next week, we will meet after the 8am Mass.,

Wrap with love knitters group meets on Thursdays from 9am -12pm in the parish hall. For more information, please contact Judy Prendergast (0407101254).

Playgroup: Playgroup meets every second Tuesday (during school term) at 10am in the parish hall. *Next playgroup will be on 10th March 2026.*

Children's liturgy: Every 4th Sunday of the month at the 9:30am Mass.

Upper Primary Youth Group (yrs 4-7): 2nd Friday of the month from 7-8:30pm. The next Youth Group will be on *Friday March 13th* in the Parish Hall. For more information, contact the parish office on 4735 1041.

Choir rehearsal: Tuesday's, 7.30pm, to prepare for the Easter Vigil Mass (4th Apr). All welcome!

Stations of the Cross on Good Friday: If you would like to be involved in the Stations of the Cross as an actor or reader, please contact Debra Gleeson on 0418 259 757.

Readers/ Commentators roster:

Dates:	6.00pm	8.00am	9.30am
March 7/8 3 rd Lent	C: Trish Ryan R: Mary Balam Stevenie Harman Anne Deutscher JS 1: Felicity JS 2: Alex	C: Maria Sirotti R: Geraldine Waters Mark Norbury John Lo Cascio JS: N/A	C: Marianne Castor R: Denise Robens Deacon Batsirai John Cowen Kay Walker (Visit) JS1: Jonah JS2: Rocco
March 14/15 4 th Lent	C: Debra Gleeson R: Isabella Rose Stevenie Harman Michael Manton JS1: Jacob JS2: Elizabeth	C: Paul Ryan R: Alex Jarominek Deacon Batsirai Mary Marsh JS1: Rocco JS2: Ottavia	C: Lisa Samojlowicz R: Joanne Hamilton John Cowen David Green Denise Robens (Visit) JS 1: Hugo JS 2: Nicholas

OLOW 2026 Lenten Reflection Program.

Venue : Church. **TIME:** 5:30pm – 6:30pm

Friday Week 4: Faith and Spiritual Blindness

Jesus Heals a Man Born Blind: John 9:1- 41
 Life in the dark is very challenging. Where can I go in darkness? How do I protect myself in darkness? It is so easy to tumble and fall in darkness. Spiritually, the same applies. Faith cannot flourish in darkness. I need Christ the source of light. *“Again Jesus spoke to them, saying, ‘I am the light of the world.*

Whoever follows me will not walk in darkness, but will have the light of life” (John 8:12).

Join the Lenten Reflection group this coming Friday as we reflect on the story of Jesus restoring the sight of a man born blind.

Stations of the Cross: 6.30pm in the church (following the Lenten reflection program).

Sacramental News:

Please pray for our children preparing for the sacrament of reconciliation.



Prayer for the Sacraments

Heavenly Father, we ask for blessings on all the children and families who are taking part in the sacramental program. We pray for the Holy Spirit to touch each one of them so they may experience your great love, presence and mercy in their life.

Amen

Holy Hour for reconciliation children

We will be holding a special holy hour on **Sunday 15th March after the 9.30am Mass** to pray for the children who are preparing for the sacrament of reconciliation. You are welcome to stay and pray for as long or as little as you like.

RCIA: On the 22nd February, our Catechumens, Leanne and Nicholas, along with the RCIA team, John, Heather and Trish, their sponsors and families, attended the Rite of Election at St Patrick's Cathedral. We keep Leanne and Nicholas in our prayers as they prepare to be received into the Catholic church at the Easter Vigil Mass.



Photo: Alphonsus Fok/Diocese of Parramatta

Parish Information

Parish office open Tuesday to Thursday from 9am to 3pm; Friday 9am to 1pm

Ph: 4735 1041

Parish priest: Fr Michael G. Gathuku

Deacon: Batsirai Maringehosi

Parish Office Administrator: Joanne Hamilton

Sacramental Co-ordinator: Cate Kensey

Our Lady of the Way principal:

Phillip Kapitanow (ph: 4777 7200)

Penola Catholic college principal:

Peta Sparkes (ph: 4728 8100)

CathWest Innovation College principal:

Paul Stenning (ph: 02 8886 9500)

St Vincent de Paul Contact Centre:

For assistance call 1800 606 724.

Weekend Mass times:

Saturday 6 pm, Sunday 8am, 9:30am
Filipino Mass-3rd Sunday of the month: 12pm

Weekday Masses:

Tuesday 6pm; **No Tuesday Mass until 05.05.26**

Wednesday, Thursday, and Friday 9am.

Adoration of Blessed Sacrament at 8.30am
Thursday before Mass. Benediction last
Thursday of the month.

First Fridays of the month – healing Mass.

Reconciliation: Saturday 5pm.

Sacraments: baptisms and weddings by
appointment. Please contact the parish office
(emuplains@parracatholic.org) for information
on reconciliation, communion and confirmation.

Diocese of Parramatta Notices:

24 Hours for the Lord at Mount Schoenstatt: 13-14 March

Come and spend time with our Lord and His Mother in the Schoenstatt Shrine. Begin: Friday 13th March 6:30pm with Holy Mass (followed by the Sacrament of Reconciliation) End: Saturday 14th March 5:30pm with Holy Mass (Sacrament of Reconciliation will be available from 4pm). Please bring a plate to share for the fellowship on Friday evening after mass. Contact Sr M. Rita 0493026628 srrita@schoenstatt.org.au to be added to the roster to secure a time of adoration.

Women's Breakfast: Celebrating the Feast of St Joseph, Saturday 21 March. 8:00am – 10:00am. Mary MacKillop Spirituality Ministry, 33 Barina Downs Rd, Baulkham Hills. Cost: \$20 per person (breakfast included). All women are warmly invited to a special community breakfast celebrating the Feast of St Joseph and honouring the legacy of Mary MacKillop and the Sisters of St Joseph. Guest speaker: Sr Virginia Bourke rsj. Bookings essential: Scan the QR code at the rear of the church to register. All women are welcome.

Charismatic Healing Mass: Celebrant: Fr John Puli, Sunday 15th March 2026, 2:00 pm at Campion College, 8-14 Austin Woodbury Pl, Toongabbie. Mass will be followed by individual prayer for healing. All welcome!

Seniors Rights Information Sessions: Later Life Planning & Documents for the Future: 9 & 11 March Free community information session for seniors and their families. 9th and 11th March at Orchard Hills, Springwood and Emerton. For more information, please contact Catholic Care on (02) 8843 2500.

Feast days of the week:

March 9th – St. Frances of Rome

March 10th – St. Marie Eugenie de Jesus

March 11th – St. Constantine II

March 12th – St. Luigi Orione

March 13th – St. Patricia of Nicomedia

March 14th – St. Matilda

Parish bank details:

If you would like to support our priest and church financially through **online banking:**

Name: Emu Plains Catholic church

BSB: 067 950

Account Number: 00000289

