



Third Sunday of Lent, Year A

12 March 2023

St Michael's Catholic Parish Traralgon

St Michael's Vision Statement: Inspired by Jesus Christ, we are a welcoming Catholic Community seeking to enrich lives. Come and join us!

St Michael's Mission Statement:

To provide opportunities for parishioners –

- to grow in holiness
- to discover and live out their personal and community call to mission to live as Catholics who effectively transform society.

Statement of Commitment to the safety of children and adults at risk: Central to the mission of St Michael's Parish is an unequivocal commitment to fostering the dignity, self-esteem and integrity of children, young people and adults at risk and providing them with a safe, supportive and enriching environment to develop spiritually, physically, intellectually, emotionally and socially.

Please contact our Safeguarding Officer Shane Reid on 5174 2060 if you have any concerns.

St Michael's Parish Information

Fr Aju Varghese Parish Priest

Parish Centre 5174 2060

Priest's Residence: 5174 6765

Deacon Tony Aspinall

Phone 5174 8167

Email: deacontony8@gmail.com

St Michael's Parish Office

Telephone: 5174 2060

Address: 35 Kay Street, Traralgon

PO Box 103, Traralgon 3844

Office hours –

Tues to Friday 9:00am to 4:00pm

Parish Secretary: Catherine Hill

Email: sec@smpt.org.au

Sacraments / Youth: Jenifer Hanratty

Email: sacraments@smpt.org.au

After office hours - in case of an emergency please call 0499 162 313 and leave a message and your contact details. All non-urgent calls should be made during office hours.

Baptisms: Six weeks notice required

Weddings: Six months notice required

Parish Pastoral Council: Lia Di Corleto, Chairperson, Fr Aju, Steve Kimani, Greg Imhagwe, Watson Gomez, Jenifer Hanratty, Judi McLaughlin, Thomas Mathew, Amanda Reid, Jodie Ware, Michelle Charlton, and Doug Doherty.

Our Schools:

St Gabriel's School 5174 5515

Principal: Mrs Michelle Charlton

St Michael's School 5174 3295

Principal: Mrs Jodie Ware

Lavalla Catholic College 5174 5272

Principal: Mr Ryan Greer

Kildare Campus 5174 8111

St Paul's Campus 5174 7355



Weekly Reflection: Third Sunday of Lent

by Michael McGirr

I Exodus 17:3-7 I Romans 5:1-2, 5-8 I
I John 4:5-42 I

Every summer seems to get a little longer and a little hotter. We have all become conscious of issues surrounding water. Either there seems to be too much, as during last year's summer floods or when the sea levels rise in the Pacific. Other times, there seems to be too little water as when the rivers in our country run low or members of God's family around the world experience drought.

Caritas Australia, through Project Compassion, has been responding to the dire needs of places such as Ethiopia and Somalia where a cruel drought, compounded by a shortage of grain from Ukraine, has led to dire consequences. Today's readings may well cause us to reflect on the current state of God's creation.

In the book of Exodus, we hear that people are complaining to Moses because they are dying of thirst. In the Gospel, Jesus meets a woman in a Samaritan town. She has come to draw water from the well in the hottest part of the day. In both cases, access to water is precarious. Yet God responds not only to a thirst for water but to a deeper thirst as well. Moses' people are thirsty for direction, leadership and hope. The woman in John's Gospel has a thirst for love and acceptance which, Jesus tells her, will come from within if she is able to accept him and his message of life. As the story unfolds, we learn of her loneliness and see her reconnecting with her community.

This week, Caritas Australia shares with us an account of its response to a water shortage in Zimbabwe. Thanks to our support for Project Compassion, Caritas is involved in providing access to water in many places. It seems such a basic thing. One we mostly take for granted. But once a community has access to water, it grows in every possible way. People have more time for healthcare and education. People find energy to build their future. This week's scripture readings have a strong sense of a hope-filled future. May we too, in our time, be sources of hope for all future generations.



Priscilla waters her vegetables at a community nutrition garden near her home in Hwange district, north-western Zimbabwe.

Photo: Richard Wainwright/Caritas Australia

Sunday Mass Times	
Saturday	5:00pm Mass
Sunday	9:30am Mass 5:00pm Mass
Weekday Mass Times	
Tuesday Mar 14	9:30am Mass 11:30am Requiem Mass Robert Crump
Wednesday Mar 15	11:00am Reconciliation 11:00am Exposition 12:00pm Mass
Thursday Mar 16	9:30am* Mass @ St Gabriel's
Friday Mar 17	9:30am Mass

*Thursday morning mass will be celebrated at St Gabriel's Primary School. Everyone is welcome.

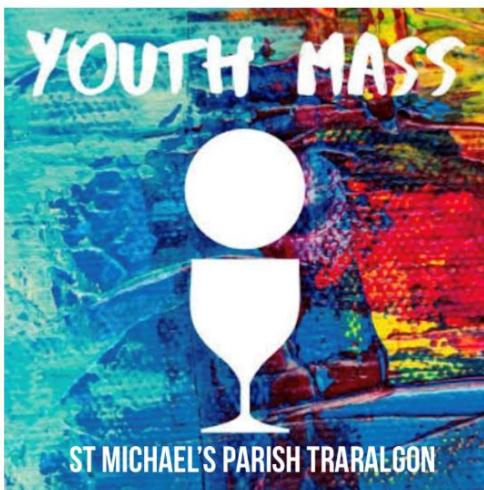
PLEASE PRAY FOR: those who have died recently including Robert Crump, Jennifer Karoussos, and Barry Bennett, and those whose anniversaries occur at this time including Michael Hanratty, Martin Saul, John Zahra, Frank Valencic, Fr Tom O'Connell, Jeanette Smith, Enio Bastianutto, and Mary Holmes. *Lord, let your perpetual light shine upon them. May they rest in peace. Amen.*

WE PRAY FOR THOSE WHO ARE SICK: including Peter Dal Pra, Ann-Maree Daly, Gary Donchi, Bill Edgar, Bernadette Formaran, Fr Frank Freeman, Marj Gilbert, Carolyn Gleeson, Jacqui Granville, Barbara Greaves, Ellen Hammond, Jenny Hansch, Robert Hazelman, Imogen Hillier, Joyce Martin, Ivy May, Deborah McKerchar, Ben Melenhorst, Maree Morris, Henry Polo, Joan Riggall, Theresa Rosello, Jerry Templer, Damiano Tripodi, Julie Vaz, Sharon Veleff, George Walkan, Roy Ward, Victoria Rohli, Father John Speekman, James Whitty, Pasqualina Lopreste, Ria Tactor, Martin McLaughlin and Kelly Maher, and all those we hold dear in our hearts.



SUNDAY 2ND APRIL

YOUTH MASS



LEARN TO READ
COMMENTATE
ALTAR SERVE
MONEY
COLLECT AT
MASS.
JOIN US FOR PIZZA
AFTERWARDS IN THE
MARY MACKILLOP
HALL NEXT TO THE
CHURCH

ST MICHAEL'S PARISH TRARALCON

CONTACT JEN. 51742060 SACRAMENTS@SMPT.ORG.AU

5PM MASSES

We would like our young people to lead us for Stations of the Cross on Friday March 31st. Anyone who is interested in reading should contact Cath or Jen in the Parish office on 5174 2060 for more information.

THIS WEEK'S EVENTS:	
Tuesday March 14	
11:30am	Requiem Mass for Robert Crump St Michael's Church
Wednesday March 15	
11:00am	Reconciliation, St Michael's Church
Thursday March 16	
10:30am	Charismatic Prayer Group, Mary MacKillop Room
10:30am	Mick's Army, Parish Centre
7:30pm	RCIA, Parish Centre
Friday March 17	
7:00pm	Stations of the Cross, St Michael's Church

BAPTISMS: We welcome for baptism **Isla Rose Rossiter**, daughter of Jesse and Anna. Congratulations and welcome to our parish! The next Baptism Preparation Meeting will be held on **Tuesday March 21st at 7:00pm** in the Church. Please contact the Parish Office on 5174 2060 if you are interested in attending. We also welcome our seven school aged children who are preparing for baptism via the RCIC program. Thank you to Alyssa and Susan for their time and talents and for making this possible at such short notice.



RCIA NEWS: This weekend our parish will present Tess and Lorraine with the Nicene Creed as they face the First Scrutiny on their next steps towards joining our church at Easter. Thank you to their sponsors, families and our RCIA team for their ongoing encouragement and support. Please keep them all in your thoughts and prayers.

SACRAMENTS NEWS: We welcome our sacraments families who are preparing for their child's first reconciliation. Please keep them in your prayers as they continue on their journey of faith. They will celebrate the Sacrament of First Reconciliation on Wednesday March 29.



WORLD YOUTH DAY: Places are still available for young people aged 16 – 35 who may be interested in attending. Please contact Cath or Jen in the parish office as soon as possible for more information. **Registrations close March 17 2023.**



MARY MACKILLOP PILGRIMAGE: The Catholic Women's League is organizing a pilgrimage to Mary MacKillop Place in Sydney from the 5th – 7th of June 2023. The tour includes return travel via bus from the Latrobe Valley to Sydney, and 2 nights accommodation. It is an exciting opportunity to travel in a safe and supportive group environment, all the plans and details have been organized for you. Come and Join Us! For more information speak to Johanna Sykes or contact the parish office for more information.



FOLLOWING THE FOOTPRINTS OF JESUS: Fr. Joseph Abutu, Parish Priest from St Agatha's Parish Cranbourne, will be leading a 14-day pilgrimage to the Holy land from 30th April to 13th May 2023. This pilgrimage organised by Magi Pilgrimages will feature Jordan, the Dead Sea, Petra, Mt Nebo, Nazareth, the Sea of Galilee, Bethlehem, Mt Tabor, Jericho, and Jerusalem. This Pilgrimage costs inclusive flights, accommodation in 4-star hotels, and meals. Mass will be celebrated daily at various holy sites. More than 85% of the intended Pilgrims have made their deposits. However, if you wish to join the group, please make your reservation by 20th March 2023. You can contact the parish office on 5996 1985.



PROJECT COMPASSION: Priscilla lives in the Hwange district in Zimbabwe with her husband, Charles, and their two grandsons. Climate change continues to bring unprecedented challenges for people living in the most vulnerable and remote communities in Zimbabwe. With the support of Caritas Hwange, Priscilla learnt conservation farming skills to grow drought-resistant crops to support her family during the current food crisis. Priscilla was able to produce a bumper harvest in her first year of practising conservation farming. Priscilla used the funds from her harvest to start poultry farming, which enabled her to sell eggs to pay for her grandchildren's school fees, books and stationery. The poultry farming provides a safety net for Priscilla and her family during times of hardship, like the current drought.

While the situation in Zimbabwe and across eastern Africa remains dire, the work of Caritas Hwange means that Priscilla can learn the skills she needs to build resilience and support her family during this current food crisis.

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 and envelopes available from the church foyer or the parish office, or by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.

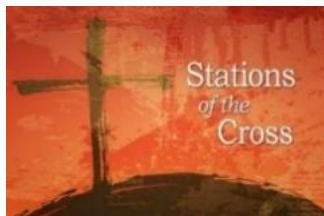


Art Competition

THEME: HOLY WEEK - the meaning of Easter

St Michael's Parish is running another Art Competition for all students. Get your creative cap on and draw, paint or sketch a masterpiece that represents the theme of **HOLY WEEK**. Entries close **March 20th 2023**. The winning artwork will feature on the home page of St Michael's Parish website and all artworks will be displayed in the church throughout our Easter celebrations. Artworks will be judged by a panel and prizes will be presented to the most creative entries. Prizes presented to winners at Mass on April 2nd at 5pm.

Please submit your entries to the following school offices (St Michael's and St Gabriel's) or the St Michael's Parish office, including the following details on the back: Name, Class, Age, School and a parent's phone number.



Stations of the Cross Fridays during Lent @ 7pm in the Church All are welcome.

Next week will be led by our Syro Malabar Community.

LENTEN JOURNEY 2023 via ZOOM: You are invited to gather & engage with others focusing on prayer, discussion and fellowship via Zoom. We will be using a Lenten Companion called Spirit and Truth, The Power of Christ Revealed, issued by the Catholic Archdiocese of Sydney. If you can partake in only some of the sessions, your attendance is always welcome. For further details or enquiries, please contact Michelle Grimsted at the St Mary's Parish Centre, Bairnsdale on 5152 2942.

Monday March 13, 20 and 27 from 8 – 9pm

STEWARSHIP REFLECTION:

"Everyone who drinks this water will be thirsty again." (John 4:13)

Jesus reminds us that material things, even something as basic as water, can never satisfy us for long. When we build our lives around material possessions, we always want more. True Joy and Peace only comes when we follow Jesus; when we become more "God-centered" and less "self-centered."

Rosters for March 18 & 19, 2023

Fourth Sunday of Lent, Year A

	Lector	Commentator	MERT	Welcomer	Musicians
Saturday Mar 18 5:00pm	M & J Hanratty	B Purcell	S Thomas	L Kennedy	Alison, Jeanne & Amanda
Sunday Mar 19 9:30am	W & J Gomez	M Wilkinson	G Imhagwe	J & P Dal Pra	Charismatic Choir
Sunday Mar 19 5:00pm	E & M Joseph	C Hill	J McLaughlin	M Noone	

Church Cleaning:
Mick's Kitchen:

March- St Gabriel's Primary School Staff
March 16 McLaughlin Team

March 23 Scholtes Team

Entrance Antiphon Cf Ps 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?'

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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.

Gospel Acclamation 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 4:5-15 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 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 the 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.'