Parish of Saint Joseph, Subiaco **THIRD SUNDAY OF LENT** **8 March 2026**

Let us remember in our prayers …

Recently deceased: Peter Costelloe, Maria De Felice, Carla Sabatini

Anniversaries: Michael Barker, Bill Long, Jack Long, Fr Michael Cave OSB, Doris Barker, Christine Blachut

Sick: Beula Reddy, Ken Metcalf, Joan Travers, Alan, Tom Brennan, Yvette Henderson, Peter McEvoy, Kaja, Sue, Kaye, Anunciata Alteri, Sr Deidre Brown IBVM, Celine Williams, Catherine, Julia Audino, Alberto Audino, Liam Brady, Lachie Glasfurd, John Audino, Peter Foss, Pat Docherty, Abigail Fells, Anne Hutchins

TEN SUGGESTIONS FOR LENT 2026 **By Fr Mike Schultz**

1. Silence every day. Just take five or ten minutes to really be with the Lord. It's important to slow down and let God speak to us.

2. Pray every day. Always pray to God. It's essential to offer prayers for one's own needs or those of others.

3. Spend time in God's Word. Bring it more and more into your daily life. It can be as simple as reading the gospel of the day. Maybe listening to it and reflecting as you commute to work.

4. Go to Confession. Go at least once. Lent is the time to grow closer to the cross. Even if it means perfecting the way to him.

5. Daily Mass. Try to find one that works with your schedule. It can be before or after work any day. Take time to receive God's extra grace.

6. Spiritual reading every day. Pick a book. There are many meditations to read on the saints or on Christ. The saints can help us grow closer to following him as they once had to learn to take up their own crosses.

7. Fast. Fasting doesn't have to be food, and it doesn't have to be something bad, just something you might be a little too attached to, like social media, retail therapy, or even taking part in uncharitable activities like gossip.

8. Almsgiving. Serve the poor, clean out the closets, give an extra dollar to the collection. These are ways we learn to detach from the world while attaching to the next.

9. Invite someone to Mass. Lent is not something we are meant to do alone. It is an opportunity to hold yourself accountable and even invite someone to participate with you.

10. Go home and love your family. St Teresa of Calcutta reminds us we can change the world by first loving our families. Through the family, we learn about the school of love.

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PROJECT COMPASSION THIRD SUNDAY OF LENT **7 & 8 March**

Caritas AUSTRALIA

UNITE AGAINST POVERTY this Lent

Monoranjon lives in a village in Bangladesh close to the sea, where floods and storms often damage his crops and his home. With support from Project Compassion, he learnt climate resilient farming techniques and new ways to diversify his income, helping his family survive and build a safer, more sustainable future. You can support Project Compassion 2026 by using the donation boxes or envelopes, calling 1800 024 413, scanning the QR code or visiting **projectcompassion.org.au/donate**.

SEEKING VOLUNTEERS FROM A CULTURALLY DIVERSE BACKGROUNDS TO PARTICIPATE IN 'BEFRIENDING WITH GENIE'

If you are from a culturally diverse background and either living with dementia or a caregiver of someone with such an illness, and interested in expanding your social support network to reduce loneliness, you are invited to join an eight-week 'Befriending with Genie' program which aims to assist people living with dementia and/or their caregivers. The program is conducted through ECU, the University of Sydney and the National Aging Research Institute. To learn what the study is all about, view the project video: **youtube.com/@ BwG-Information-Consent**. If you are interested please contact **redcap.link/bwgen-eoi**.

UNDERSTANDING CHANGE, LOSS AND GRIEF **9.30am, 21 March, Catholic Pastoral Centre, 40A Mary St, Highgate**

Understanding Change, Loss and Grief is a 3-hour seminar for people with an interest in learning about what grief is, its potential triggers and impacts, as well as strategies to manage it and move forward. Participants may be interested in finding our about grief for personal reasons or they may be involved in work that would benefit from a deepened understanding of the impact of loss and change. The seminar is intended to remain objective and educational – it is not a grief support group.

The session begins at 9.30am (with morning tea provided) and finishes at 1pm. Cost is $16 for the workbook. Register by 18 March. Contact Catholic Outreach on 9422 7920 or **outreach@perthcatholic.org.au** to register or for further information.

RESPLENDENT ROSSINI: STABAT MATER **2.30pm, Sunday 12 April, Cyril Tyler Auditorium, Perth Modern School**

Join UWA Choral Society and South Side Symphony Orchestra, Conductors Chris van Tuinen and Izaak Wesson, Soprano Jessica Blunt, Mezzo Soprano Ruth Burke, Tenor Vin Trikeriotis and Baritone Ben Del Borrello as they present Rossini's Stabat Mater and selections from The Barber of Seville. Price Concession: $55. Bookings at **trybooking.com/events/landing/1530652**.

Parish Priest	Monsignor Kevin Long PhD kevin.long@perthcatholic.org.au
Pastoral Associate	Sr Marie Fitzgerald RSM marie.fitzgerald@mercy.org.au
Sacristan, Funeral and Liturgy Coordinator	Claudia O'Malley 0408 186 790 enquiries@stjosephssubiaco.org.au
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Youth Ambassador	Tina Perez youth@stjosephssubiaco.org.au
St Vincent de Paul Society Subiaco Conference	Belinda Becker Subiaco.President@svdpwa.org.au
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Uthana Mission	Rod Pereira ask@uthanamission.org.au
Safeguarding Officers	Fiona Chong 0416 271 714 Amanda Bozikovic 0429 580 576 safeguarding@stjosephssubiaco.org.au

WEEKLY HYMNS **5pm Saturday 7 March; 9am & 5pm, Sunday 8 March**

Lyrics are available on the Parish website by using the QR code (right), or by visiting **stjosephssubiaco.org.au/lyrics**. Hymn books are also available at Church entrances. Please return them at the conclusion of Mass.

Mass	*Entrance*	*Offertory*	*Communion*	*Recessional*
Sat 5pm	Forty Days & Forty Nights *(Verses 1, 2 & 3)*	Graduale Romanum Antiphon: Lustitiae Domini	Antiphon: Qui Biberit Aquam Soul of My Saviour (308)	Forty Days & Forty Nights *(Verses 4 & 5)*
Sun 9am		Eat this Bread (96)	As the Deer Longs (27) Come to Me	In Christ Alone (189)
Sun 5pm		Come to the Water (76)	Eagles' Wings (92) The Power of Your Love (330)	40 Days (*Matt Maher*)

ST JOSEPH'S LENTEN PROGRAM 2026

PARISH RETREAT: ENTERING INTO HOLY WEEK **9am, Saturday 28 March, Parish Upper Room**

Presenter Mother Hilda OSB will assist us to rediscover God's dream for our salvation.Dreaming is an essential part of our biblical, theological and cultural inheritance. It's a dream of invitation, not accusation, the acceptance of which He has left to you and me. In this retreat day, we hope, through input, interaction, reflection, silence and prayer, to embrace this dream, this invitation and the unconditional love of God in Jesus. The day will conclude with the Parish Vigil Mass. Bookings at **trybooking.com/DJJIF** or via the QR code n the right.

STATIONS OF THE CROSS **5pm, Fridays 13, 20 March**

During Lent, Stations of the Cross will be celebrated in the Church at 5pm each Friday.

PARISH RECONCILIATION: 5.15pm, Monday 30 March (*Visiting Priests*)

EASTER LITURGY AT ST JOSEPH'S

Holy Thursday	7pm	**Evening Mass of the Lord's Supper** **Altar of Repose (*Until 10pm*)**	**Holy Saturday**	7pm	**Easter Vigil of the Resurrection of the Lord**
Good Friday	10am 3pm	**Stations of the Cross** **Celebration of the Passion of the Lord**	**Easter Sunday**	9am	**Mass of the Resurrection** ***Please note : NO 5pm Mass***

ST JOSEPH'S UPCOMING EVENTS

Young Family Group	Faith Formation for Little Tots	Youth Group	Seniors Morning Tea
12 April	15 March	22 May	7 May

MASS TIMES (*Subject to change - refer to Parish Diary for latest information*)	
Tuesday	5.30pm
Wednesday, Thursday & Friday	9am
Saturday Reconciliation	4.30pm
Saturday Vigil	5pm
Sunday	9am & 5pm

PARISH CONTACT DETAILS	
Office	Tuesday - Friday: 9.30am to 4.30pm
Phone	9381 0400
Postal	PO Box 568, Wembley 6913
Email	enquiries@stjosephssubiaco.org.au
Website	www.stjosephssubiaco.org.au

PARISH BANK ACCOUNT DETAILS

First Collection EFT Details

Account Name: St Joseph's Presbytery Subiaco
BSB: 086 006
Account #: 887 970 525
Reference: Name

Second Collection EFT Details

Account Name: St Joseph's Church Subiaco
BSB: 086 006
Account #: 564 990 302
Reference: Name

PARISH DIARY

Sunday 8 March	9.45am 9.45am 11.30am 2pm	**Third Sunday of Lent** Piazza: *Parish Morning Tea and Animal Farm* Baptism: *Campbell & McPhee children* Baptism: *Leia Estelle Vermeulen* Church*: Choir Rehearsal*	*Monsignor Kevin* *Fr Oscar Aguilera*
Monday 9 March		**Monday, Week 3 of Lent**	
Tuesday 10 March	6pm	**Tuesday, Week 3 of Lent** Upper Room: *St Vincent de Paul Meeting*	
Wednesday 11 March	9.30am 10am 4.30pm 5pm	**Wednesday, Week 3 of Lent** Upper Room: *Trinity College Yr12 Retreat* Tribune Chapel: *Ladies Prayer Group* Upper Room: *First Reconcilation Parent & Child Workshop* Tribune Chapel: *Centering Prayer*	
Thursday 12 March	3.30pm	**Thursday, Week 3 of Lent** Wedding Rehearsal*: Samantha Wood & Joshua Romanelli*	*Fr Jason Yeap*
Friday 13 March	12.30pm 5pm 5pm	**Friday, Week 3 of Lent** Rosary & Requiem Mass: *Carla Sabatini* Church: *Stations of the Cross* Upper Room*: rClyp (Rite of Christian Initiation for Young People)*	*Monsignor Kevin*
Saturday 14 March	3pm	**Saturday, Week 3 of Lent** Wedding Service: *Samantha Wood & Joshua Romanelli*	*Fr Jason Yeap*

MONSIGNOR KEVIN

St Patrick's Day Mass
Iona Presentation College