

## FOR WHAT DO WE THIRST?

The first two Sundays of Lent are from Matthew's Gospel, the Gospel of this liturgical year. They recall Jesus' temptation (Mt 4: 1-11) and his experience of being transfigured (Mt 17: 1-9). For the remaining Sundays of Lent, we listen to John's Gospel. These Sundays will explore the central religious and theological questions especially relevant for contemporary disciples in their Lenten journey: For what do we truly thirst (today's Gospel)? How might our eyes be opened to Jesus (next Sunday)? What is the life for which we deeply desire (the final Sunday of Lent)?

In today's Gospel a Samaritan woman comes to a well at noon—the brightest moment of the day—and encounters the source of Light, Jesus. She comes to draw water and only later realises that she has met the one who can quench her deepest spiritual thirst. The whole scene is replete with theological symbolism, a characteristic of John, as Jesus invites the woman to explore the depths of her thirst that only he can address. We learn that she has had several 'husbands'. This is not an admission of the woman's adventurous liaisons, as many commentators have interpreted, but an acknowledgement of her attraction to the 'husbands' (the 'Baals') of religions that are 'not her own'. She is looking for the true one from God, not these other counterfeits.

Jesus reveals himself to her: He is the 'I AM', the Old Testament name for God. Through him the woman comes to encounter the Sacred and sets her on a journey back to her townspeople. Like the woman, we, too, thirst, for God and for a deeper religious life as we journey through Lent.



Fr Michael Trainor

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' 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 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.

Longer form 4:5-42

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## FIRST READING

Ex 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?'

### ■ The word of the Lord.

## 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 to 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.

## GOSPEL ACCLAMATION

cf. Jn 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

Jn 4:4-5, 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:

*Welcome to  
St Nicholas' Catholic Parish,  
Tamworth  
for the  
Third Sunday of Lent  
Year A*

*8<sup>th</sup> March 2026*

**Fr Christopher Onuekwusi – Parish Priest**  
**Fr Clarence Canafe – Assistant Priest**  
[stnicholasparish@armidale.catholic.org.au](mailto:stnicholasparish@armidale.catholic.org.au) ☎ (02) 6766 2228  
Parish Website: <https://www.stnicholasparish.org.au/>

Parish Secretaries: Finance: Stephanie Hetherington - Mon/Tue 9-5pm  
Administration: Anne Jones Wed/Fri 9-5pm Pauline Skewes Thurs 9-1pm  
**Parish Office hours: Monday – Friday 9am - 5pm**

**Catholic schools in our parish**

McCarthy Catholic College Principal: Mr Michael Whitton  
☎ (02) 6761 0800 Students currently enrolled: 1,006  
St Nicholas Primary School Principal: Mr Peter Flynn  
☎ (02) 6766 1500 Students currently enrolled: 576

**ENTRANCE:** 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.

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

**‘THE WATER OF LIFE.’** Jesus is the saviour of the world. In today’s Gospel he offers the water of life to a Samaritan woman who, in turn, becomes the first missionary of Jesus. She hurries to tell the people in her town about him. We, who have received the life of God in baptism, are also called to be missionaries by inviting others to come and see Jesus.

*Psalter Week 3*

**Monday 09/03 St Nicholas' Mass 7am**  
2 Kg 5:1-15: Ps 41:2-3; 42:3-4: Lk 4:24-30:  
**Tuesday 10/03 St Mary's Mass 9am**  
Dan 3:25, 34-43: Ps 24:4-9: Mt 18:21-35:  
**Wednesday 11/03 St Nicholas' Mass 7am**  
Deut 4:1, 5-9: Ps 147:12-13, 15-16, 19-20: Mt 5:17-19  
**Thursday 12/03 St Mary's Mass 9am**  
Jer 7:23-28: Ps 94:1-2, 6-9: Lk 11:14-23:  
**Friday 13/03 St Nicholas' Mass 7am**  
Hosea 14:2-10: Ps 80:8-11, 14, 17: Mk 12:28-34:  
**Saturday 14/03 St Nicholas' Mass 9am**  
Hosea 5:15 - 6:6: Ps 50:3-4, 18-21: Lk 18:9-14:  
**Vigil Mass 6pm**  
**Sunday 15/03 St Mary's 7.30am Mass**  
**St Nicholas' 9.30am & 5.30pm**

**SACRAMENT OF RECONCILIATION: Saturday 4pm – 5.30pm**

A warm welcome to all new parishioners! To help you feel at home in our parish, we encourage you to introduce yourself to Father after Mass, or you might also consider exploring opportunities to get involved in parish life through various ministries and activities. If so, please see our Parish Notice Board or contact the Parish Office.

**BULLETIN DEADLINE:** If you wish to have a notice or prayer intention included in the Bulletin, please contact the parish office by no later than **3pm Wednesday** or it will not be included until the following weekend. Thank you!

**BAPTISMS** are held Saturdays at 11am & Sundays at 12 noon. If you wish to book a Baptism, please email or telephone the Parish Office on 67662228 for more information. Candidate for Baptism Forms can also be completed and submitted on our parish website.

**Parish toilet** is located in the Outdoor Function Area. Please ensure children are accompanied by an adult when leaving the church during Mass to go to the toilet or for any other reason.

**PRAYERFUL REFLECTION** on the readings is always included in this Bulletin, after the Communion Antiphon. You are encouraged to reflect on this every week.

**PARISH EVENTS coming up**

10 Mar Tue	St Nicholas Seniors – morning tea 10.30am, West Diggers
11 Mar Wed	Silent Adoration 10.30-11.30am St Nicholas'
13 Mar Fri	STATIONS OF THE CROSS – 5.30pm St Nicholas' St Vincent de Paul Society
13 Mar Fri	Eucharistic Adoration 6-7pm St Nicholas'
15 Mar Sun	Birthday Blessing All Masses Morning tea after the 9.30am Mass hosted by The Frassati prayer group
17 Mar Tue	St Patrick's Day
17 Mar Tue	St Nicholas Women Connecting 5.30pm Dinner at Tamworth City Bowling Club
18 Mar Wed	Silent Adoration 10.30-11.30am St Nicholas'
20 Mar Fri	STATIONS OF THE CROSS – 5.30pm St Nicholas' McCarthy Catholic College - staff
20 Mar Fri	Eucharistic Adoration 6-7pm St Nicholas'
20 Mar Fri	Youth Group – for Yr 5 – Yr 9 7-8.45pm St Nicholas' Meet in the Outdoor Function Area
24 Feb Tue	St Nicholas Seniors – lunch 11.30am West Diggers
25 Mar Wed	Silent Adoration 10.30-11.30am St Nicholas'
25 Mar Wed	The Catholic Ladies – lunch at the Services Club – meet at 12.30pm for 1pm lunch
27 Mar Fri	STATIONS OF THE CROSS – 5.30pm St Nicholas' Parish Pastoral Council
27 Mar Fri	Eucharistic Adoration 6-7pm St Nicholas'
28 Mar Sat	Men's Breakfast 7am St Nicholas' Outdoor Function Area
29 Mar Sun	PALM SUNDAY
31 Mar Tue	Chris Mass & lunch with parishioners, Armidale
01 Apr Wed	Silent Adoration 10.30-11.30am St Nicholas'
02 Apr Thu	Mass of the Lord's Supper 6pm St Nicholas'
03 Apr Fri	☩ Good Friday–Stations of the Cross 10am St Nicholas'
03 Apr Fri	The Passion of the Lord 3pm St Nicholas'
03 Apr Fri	SPECIAL COLLECTION – Holy Places – 3pm
04 Apr Sat	Easter Vigil 6pm St Nicholas'
05 Apr Sun	EASTER SUNDAY
07 Apr Tue	Petitions Rosary 12.15pm St Nicholas'
08 Apr Wed	Silent Adoration 10.30-11.30am St Nicholas'

**PLANNED GIVING: SUPPORTING OUR PRIESTS & PARISH**

**1<sup>st</sup> Collection (supports the clergy)**  
BSB: 082 105 A/C No: 001 023 584  
A/C Name: St Nicholas Presbytery  
**2<sup>nd</sup> Collection (Planned Giving for Parish maintenance)**  
BSB: 082 105 A/C No: 001 003 255  
A/C Name: St Nicholas Parish  
Ref: Planned Giving Number/or your name. Thank you for your support.

**COLLECTIONS: 1<sup>st</sup> March 2026**  
1<sup>st</sup> Collection \$ 1,671.70  
Planned Giving \$ 1,853.00  
Loose \$ 324.05  
\$ 2,177.05

**STATIONS OF THE CROSS SCHEDULE 2026**  
Fridays of Lent: St Nicholas Church: 5:30pm

13 Mar	St Vincent de Paul Society
20 Mar	McCarthy Catholic College - Staff
27 Mar	St Nicholas Parish Pastoral Council

**WEEKLY ROSTER – 07/08 March 2026**

**St Nicholas' Saturday 6pm**  
C: Eil Smyth W/R1: Belinda Tyrrell W/R2: Cate Allen  
Ex Min: Paul McDougall Music: Noel Greacen  
Collection: David Raffaele/Bill Campbell/Morgan Hawthorne

**St Mary's Sunday 7.30am**  
C: Lorraine Bryant W/R1: Judy Scott W/R2: Cheryl Higgins  
Ex Min: John Wallace Music: Grant Quinn  
Altar Servers: Will Nguyen  
Collection: Carl Cavallaro/Bill Higgins

**St Nicholas' Sunday 9.30am**  
C: Denise Green W/R1: Dean Rowsell W/R2: Cate Belson  
Children's Liturgy: Louise/Janine/Kiera  
Ex Min: Anne Bowden/Peter Prisk  
Music: St Nicholas Choir  
Collection: Maria Gruer/Josie Cox/Phil Elliott

**St Nicholas' Sunday 5.30pm**  
C: Terry Dries W/R1: Paul Hagley W/R2: Alison Hagley  
Ex Min: Claire Doherty Music: Recorded music  
Altar Servers:  
Collection: Volunteers

Counting Team: Brian & Maria Lincoln  
Altar Linen: Cecilia Dries  
Sacristy Cleaning: Ellie Muldoon/Kerrie Bryant  
Candelabrum: Brian Lincoln 08/03/26-14/03/26

**School-Age Baptism** is being offered for children in **Kinder to Year 6** who have **not** yet been baptised.  
**Parent Information Session: Wednesday 18<sup>th</sup> March 2026 at 5.30pm in the Parish Meeting Room.**  
**School-Age Baptisms: Saturday 21<sup>st</sup> March 2026 at 10am at St Nicholas' Church.**

**FIRST EUCHARIST SCHEDULE 2026**

**Parent/Carer Information Session in St Nicholas' Church:**  
**Wed 25 March 5.30pm or Sat 28 March 2pm**  
**1<sup>st</sup> Reconciliation: Wed 10 June 5.30pm**  
**1<sup>st</sup> Eucharist Masses: Sat 13 June 6pm or Sun 14 June at 9.30am**

**CONFIRMATION SCHEDULE 2026**

**Parent/Carer Information Session in St Nicholas' Church:**  
**Wed 29 July 5.30pm or Sat 1 August 2pm**  
**Reconciliation: Thurs 17 September 5.30-6.30pm**  
**Retreat at St Nicholas' School: Fri 18 September 9.30am – 2.30pm**  
**Confirmation Masses: Sat 19 Sep 6pm or Sun 20 Sep 9.30am**



**Lenten Reconciliation**  
St Nicholas' Church  
Wednesday 01 April  
6pm

**WEEKLY ROSTER – 14/15 March 2026**

**St Nicholas' Saturday 6pm**  
C: Pauline Skewes W/R1: Paul McDougall W/R2: Leonie Hansen  
Ex Min: Cate Allen Music: Noel Greacen  
Collection: David Raffaele/Bill Campbell/Morgan Hawthorne

**St Mary's Sunday 7.30am**  
C: Bernadette Virgen W/R1: John Murphy W/R2: Matt Pawsey  
Ex Min: Deb Pawsey Music: Grant Quinn  
Altar Servers: Will Nguyen  
Collection: Carl Cavallaro/Bill Higgins

**St Nicholas' Sunday 9.30am**  
C: Esther Nweke W/R1: Helen Rowsell W/R2: Michael Moy  
Children's Liturgy: Linda/Felicita  
Ex Min: Alison Hamilton/Brian Lincoln  
Music: St Nicholas Choir  
Collection: Maria Gruer/Josie Cox/Phil Elliott

**St Nicholas' Sunday 5.30pm**  
C: Halley Buckman W/R1: Henry Buckman W/R2: Claire Doherty  
Ex Min: Terry Dries Music: Recorded music  
Altar Servers:  
Collection: Volunteers

Counting Team: Ted Heazlett/Bruce Stewart  
Altar Linen: Kate Stewart  
Sacristy Cleaning: Marie Rice/Gemma & Michael Moy  
Candelabrum: Anne Jones 15/03/26-21/03/26

**BAPTISM:** We pray for **Kaiden Murray** who is receiving the Sacrament of Baptism this weekend. May God's love be with him throughout his life.

**RECENTLY DECEASED:** Please pray for the repose of the soul of **Kenneth (Ken) Mundy**. May he rest in peace eternal.

**SPECIAL INTENTIONS:** Please pray for **Dullas Pereira**, (6<sup>th</sup> Anniversary), **Barbara Emily Northey** and **Simone Vella** (Anniversaries). May they rest in God's peace.

**PERPETUAL INTENTIONS:** Please pray for the repose of the souls of **Alec & Betty Fyffe** and **Cyril & Grace Cahill**, who will be long remembered in our parish.

**WE PRAY FOR THOSE WHO ARE SICK**

Maddy Anderson (Sydney), Carmel Bennett (Gladstone), Colin Bryant, Michael Bryant, Rev Fr Tony Castelli, Brindley Cavallaro (Sydney), Elizabeth Coroneos (Toowoomba), Dan Daly, Bill Dennis, Kath Donoghue, Cormac Downes (Uralla), Nicholas Doyle (Sydney), Richard Doyle (Sydney), Doreen Eunson, Pat & Tony Favell, Sonia Fawdry (Alstonville), Joan Goodridge, Darren Graham, Paul Hayes, Sherree Haylock, Nadia Hum (Newcastle), Sullivan Hum (Singleton), Kay Mason, Julie Michell, Ken Michell, Jan & Richard Noad, Kim Riley (Orange), Russell Smith, Adam Urquhart, Maureen White (Orange).

**“Nothing great is ever achieved  
without much enduring.”**  
~ Saint Catherine of Siena

