



Sacred Heart Parish, North Albury, pays respect to the Wiradjuri people, the traditional custodians of the land on which we gather to celebrate our faith and worship God. We acknowledge with respect elders past, present and emerging.

Third Sunday of Lent 7th / 8th March 2026

Sacred Heart Parish is a Child Safe Community. We promote the safety, wellbeing and inclusion of all and a zero tolerance to child abuse.

Parish Clergy:

Fr Martin Cruickshank—Parish Priest

Parish Office 9am-2pm

Gemma Whitehead Monday & Wednesday

Frances Kernaghan Friday

Phone: 02 6025 1516

Email: sacredheartna@gmail.com

Web: <http://sacredheartnorthalbury.com>

Bank A/c Details for Parishioners wishing to Direct Deposit into our Church A/c (2nd Collect)

BSB: 066 789; A/c No: 10000 5574;

Ref No: Name # Please contact Office for a number

Presbytery A/c BSB: 066 789; A/c No: 10000 5575

Safeguarding Children & Vulnerable People:

<https://wagga.catholic.org.au/safeguarding-children-vulnerable-people/>

Mass Times

SATURDAY VIGIL: 6.00 pm

SUNDAY: 9.30 am

Live-streaming on Sunday 9.30 am Mass by accessing our website

WEEKDAY MASSES: This Week:

Wednesday & Friday 9.30am

RECONCILIATION: SATURDAY: 5.15 PM-5.45 PM

BAPTISMS: By appointment.

CHILDRENS LITURGY:

Children's liturgy is offered in Sacred Heart parish community each second and fourth Sunday at 9.30am mass during school terms.

BIBLE STUDY GROUP:

Our parish bible study group is usually held every second and fourth Wednesday of the month at 7.00pm in the parish hall. During Lent our bible group is joining with the Lenten discussion group held every Tuesday at 7pm in the parish hall.

Pope Leo's Prayer to Saint Francis

Saint Francis, our brother, you who eight hundred years ago went to meet Sister Death as a man at peace, intercede for us before the Lord.

You recognized true peace in the Crucifix of San Damiano, teach us to seek in him the source of all reconciliation that breaks down every wall.

You who, unarmed, crossed the lines of war and misunderstanding, give us the courage to build bridges where the world raises up boundaries.

In this time afflicted by conflict and division, intercede for us so that we may become peacemakers: unarmed and disarming witnesses of the peace that comes from Christ. Amen.



Third Sunday of Lent 7-8 March 2026

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.



Please donate today.

You can support Project Compassion 2026 through the donation boxes, envelopes or by scanning the QR code.

Or online at: www.projectcompassion.org.au/donate

Or by calling: 1800 024 413

Thank you for standing with us, as we *Unite Against Poverty this Lent.*

Parish Community



We pray for those who have gone before us marked with the sign of faith especially:

RECENTLY DECEASED: Joan Harrold, Judith Hyland, James White, Brian Munk, Stephen Neville, Peter Baker, Margaret Gawen, Anne Maginnity.

ANNIVERSARIES: Julie Morgan, Ruth Shanahan, Pat & Arthur Scott, Tony Crimmins, Philip Rolfe, Raymond Lang, John Stiler, James Murphy, Patricia Corrigan, Margaret Creek, Mel Murphy, Bill Stirling, Errol Edmonds, Nora Roache, Juanita Jervois, William Toohey, Keith Appleton, Roy Toon, Mina Bingham, Fr Tony Fitzgerald, Laurence Williams, Frank Kelly, Neville Bennett, Olga Howalczyk, Basil Harrington, Colin & Dianne Surridge, Carl Vonthien, John King, Ida Murray, Joseph Amalfi, Nora Davern, Ned McSweeney.

Gather our loved ones into your arms. Quiet our doubt and anger and send us your healing grace. Through Christ our Lord.



This weekend we welcome into the community of the Christian church through the sacrament of Baptism:

Harper Susie Collins

Daughter of Christopher & Catherine

Dottie Jane Schilg

Samuel & Brittanie

ROSTERS

Sat / Sun: 7th / 8th March

Ministry	Vigil	9.30am
Commentator	Jan Skinner	Narelle Naughton
Lector 1	Mary-Jayne Boyd	Mercedes Goss
Lector 2	Michael Byrnes	Ed Brown
Eucharistic Ministers	Patricia Hopkins Justin Clancy	Sr Patricia Weekes Moiria Porta Eamonn Buckley
Cantor	John van Lint/Brian Waters	David Hicks
Musicians	Judy Foley	Catherine Cutler
Counters: Diane & Greg Bartsch		

Sat / Sun: 14th / 15 March

Ministry	Vigil	9.30am
Commentator	Justin Clancy	Roy Thompson
Lector 1	Paula Waters	Bethany Carey
Lector 2	Terri Anne Scott	Sr Patricia Weekes
Eucharistic Ministers	Catherine Cutler Adrian Mitchelhill	Carey Menz-Dowling Sue McLaurin Mercedes Goss
Cantor	Judy Lindsay	Bob Mathews
Musicians	Judy Foley	Catherine Cutler
Counters: Richard & Trish Parkinson		

Thought for the week Pope Leo XIV

For the 3rd Sunday of Lent 2026, Pope Leo XIV emphasized the theme of **listening and fasting**, encouraging the faithful to turn to the "living water" offered by Christ. "We can trust Jesus. We can surrender our past to his mercy, knowing that He has forgiven us, and will heal all our wounds."

LENTEN PRAYER

Woman at the Well

Jesus, I am coming to the well.
I didn't invite you to my home because I'd be busy like Martha tidying up thinking everything had to be just so and I just want to be Mary, taking in the fullness of your presence.
Unlike the Samaritan woman I already know you are there at the well waiting for me hoping today will be the day I come.

I'm coming to the well with eager longing, deep, yearning intensity, so absolutely thirsty to be filled with your living water to reach the depths again of who I am.

And I know you ARE the well.
YOU are the Divine Well of compassion, extravagant love and understanding. You are the healing water overflowing, unlimited to shore up my weakness. You are the calm I need in the storms of my life.

You are the patience, the courage to risk, the faithfulness, the wholeness, the gracious presence to others I so deeply desire.

Let this day overflow with the joy and peace that only your living water can give.

In your precious name we pray.
Amen

Parish News

TO PONDER:

God is with us. This promise flows throughout the Bible, though it can be difficult to believe during life's challenges. It is easy to ask, like the Israelites, "Is the LORD in our midst or not?" Their concern was not whether God existed but whether God still cared for them. The answer is yes God's love for them—for us—is persistent, fierce, and enduring. This love embraces weaknesses, imperfections, and even sins. According to Paul, it is not ease of life that points to God's continual presence with us but rather the love of God "poured out into our hearts" through faith and the gift of Christ. This is the living water that satiates our deeper, inner thirst. When we experience this love, it overflows from us into our communities and families.

As you pray with our readings, how do you experience God's love pouring into your heart? What are tangible ways to allow the outpouring of this love today?

LENTEN GROUP

The early church devoted itself to coming together as a community in the temple and in their homes. This Lent, we encourage you to consider joining us to reflect on the journey of our individual and communal faith.

Small groups are intended to be places of connection and relationship, so invite your friends and family, but also keep in mind those who could benefit from being involved in a positive environment of faith, hope and love.

You are welcome to join us each Tuesday of Lent in the parish hall at 7.00pm for prayer, reflection & discussion.

The Wild Goose Series Continues

This coming Tuesday 10 March we will be hearing more about "The Spirit and the Eucharist" at 10.00am in the parish hall. *'At the Centre of the Church is the Eucharist where Christ is present and active in humanity and in the whole world by means of the Holy Spirit.'* Pope St John Paul II. Morning tea provided. You are most welcome to join us.

Night of Mercy

At the request of Bishop Mark the First Rite of Reconciliation is offered in the major centres of our diocese during the Season of Lent outside the usual parish times.

Therefore the First Rite of Reconciliation will be offered St Patrick's Albury next Friday 13 March between 6.00pm and 11.00pm.

All welcome to receive this important sacrament of healing and forgiveness.

Men's Breakfast

The ecumenical Men's Breakfast will be held Saturday 14th March at 7.45am in St Peter's Lutheran Church Hall, Urana Road, Lavington. All welcome.

St Patrick's Day

On Tuesday 17 March following the 5.30pm Mass at St Patrick's Church there will be a celebration in the parish hall beginning 6.15pm. Irish dancing and music. Sausages provided. Please bring a salad to share.

The Season of Lent 2026

There are also a number of free online resources available which include **The Catholic Guy, Bruce Downes** - Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter. Be inspired. Be refreshed. Be renewed!

For 40 days you will receive short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is FREE and you can sign up here:

<https://brucedownes.org/lent2026>

For more info go to: BruceDownes.org

From Jesuit & Ignation Spirituality in Australia you can also subscribe free to:

<https://book.venue.life/pch/register/lent-2026-i-am-light>

Register to receive two and a half minute daily video prayers with specially curated images and music.

Also from Loyola Press 'Living Lent Daily' which provides a framework for a Lent that will lead to a deeper relationship with Christ. Go to: <https://www.loyolapress.com/catholic-resources/liturgical-year/lent/living-lent-daily/>

If you have access to other helpful free Lenten prayer resources please let us know by email so that we can share this treasure with all in our parish community.

2026 Sacred Heart Football Tipping Competition

We are up and running! If you are as still confused as me please direct all complaints to the 'Roo Boy' not us!

If you still wish to join our competition please follow this link to complete the entry process.

<https://www.footytips.com.au/comps/>

[Sacred Heart North Albury 2026](#)

Pay the \$25 per entry and to be paid in cash via the Parish Office or placing the cash in an envelope with your name clearly marked Footy Tipping and placing in the collection at Mass.

Prizes will be determined when we know how many people are participating.

For those more comfortable with smart devices, get the ESPN Footy Tipping app from your app store.



If you require assistance with this process please email the parish office.

If after attempting the above you are still have no luck please send tips in the usual way and we will find a way forward together. **Go Bombers in 26!**

The competition is open to all parishioners and your relatives, friends or neighbours.

Funeral Mass of Thanksgiving—Joan Harrold

The funeral mass of thanksgiving for the life of Joan Harrold will be celebrated this Monday 9 March in Mercy Place Chapel at 1.30pm. All welcome to attend.

Liturgy of the Word

A reading from the book of Exodus 17:3—7

Tormented by thirst, the people complained against Moses. ‘Why did you bring us out of Egypt? 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? 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 94

(When the Psalm is sung, the words will vary slightly but the meaning remains the same.)

Response: If today you hear his voice, harden not your hearts.

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**

Come in; let us bow and bend low;
let us kneel before 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**

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**

A reading from the letter of St Paul to the Romans 5:1-2,5-8

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:

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!

A reading from the holy Gospel according to John 4:5—42 (Short 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.’ The Samaritan woman said to him, ‘What? You are a Jew and you ask me. A Samaritan, for a drink?’ 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 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 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 we 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.’ Many Samaritans of that town came in believe in him on the strength of the woman’s testimony. He stayed with them for two days and when he spoke many came to believe in him. The Gospel of the Lord.