

# Holy Family Parish

## Como - Kensington



**Parish Priest: Fr Dat Vuong - Email: [dat.vuong@perthcatholic.org.au](mailto:dat.vuong@perthcatholic.org.au)**

45 Thelma Street, Como 6152 - Phone: (08) 9450 5921 - Email: [como@perthcatholic.org.au](mailto:como@perthcatholic.org.au)

Office Hours Tuesday - Thursday 9.00am – 12noon - Website: [www.holyfamilycomo.com](http://www.holyfamilycomo.com)

Pastoral Assistant: Yunita Lay 0485506152 Email: [pastoral.como@perthcatholic.org.au](mailto:pastoral.como@perthcatholic.org.au)

Office Staff: Joanne Zappia and Mareen Dias

**Weekend Masses** Saturday 6.00pm, Sunday 8.30am & 10.00am **Weekday Masses:** Tuesday – Friday 9.00am

**Reconciliation: Saturday** 5.00pm - 5.30pm **Adoration:** Thursdays 9.30am-10.30am

**Funerals, Baptisms and Marriages:** By appointment – Please contact the office

### 3rd Sunday of Lent – Year A

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

#### ENTRANCE ANTIPHON

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

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?'

#### SECOND READING

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 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

John 4:5-42

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 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.' 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

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

**PARISH WEEK AHEAD**  
9<sup>th</sup> – 15<sup>th</sup> March 2026



**Monday 9<sup>th</sup> March**  
9.00am No Mass

**Tuesday 10<sup>th</sup> March**  
9.00am Mass

**Wednesday 11<sup>th</sup> March**  
9.00am Mass

**Thursday 12<sup>th</sup> March**  
9.00am Mass  
9.30am -10.30am Adoration

**Friday 13<sup>th</sup> March**  
9.00am Mass  
7.00pm Stations of the Cross

**Saturday 14<sup>th</sup> March**  
5.00-5.30pm Reconciliation  
6.00pm Mass

**Sunday 15<sup>th</sup> March**  
**4<sup>th</sup> Sunday of Lent**  
8.30am Mass (Morning Tea)  
10.00am Mass (Morning Tea)  
10.00am Reconciliation Lesson – m2

**UPCOMING LITURGIES**

**St Patrick's Day** – 17<sup>th</sup> March 9am  
**2<sup>nd</sup> Rite of Reconciliation** – 18<sup>th</sup> March at 7pm  
**St Joseph** – 19<sup>th</sup> March 9am  
**Annunciation of the Lord** – 25<sup>th</sup> March 9am  
**Palm Sunday** – 29<sup>th</sup> March  
**The Lords Supper** – 2<sup>nd</sup> April 7pm  
**Good Friday** – 3<sup>rd</sup> April, Stations of the cross 10am – Passion of the Lord 3pm  
**Easter Vigil Mass** 4<sup>th</sup> April 6pm  
**Easter Sunday** 5<sup>th</sup> April 8.30am/10am

**Next Sunday's Readings:**  
**4<sup>th</sup> Sunday of Lent - Yr A**

Samuel 16:1, 6-7, 10-13 // Psalm 22  
Ephesians 5:8-14 // John 9:1-41

**LENTEN JOURNEY 2026**

This years Lenten booklets are available in the foyer for only \$6 each. An opportunity to appreciate a little more deeply the mystery of this sacred time. Use them each day or weekly during Lent. Spend 10 minutes personally or gather a few friends/family & meet each week to discuss some of the issues noted. You can pay by using the cash chute for 2<sup>nd</sup> collection or the tap n go machine.

**PLANNED GIVING CONTRIBUTIONS**  
via **DIRECT DEBIT**

**1<sup>ST</sup> Collection Account**  
BSB 086 006 A/C number 331331103

**2<sup>ND</sup> Collection Account**  
BSB 086 006 A/C number 839 893 940

**TAP AND GO MACHINE**  
**1<sup>ST</sup> AND 2<sup>ND</sup> COLLECTION**

Tap each machine selecting the amount you wish to offer OR insert cash into the 2 cash chutes next to each machine.

**CARITAS AUSTRALIA**  
**PROJECT**  
**COMPASSION**



This week, Project Compassion shares with us the story of Monoranjon, a farmer in Bangladesh whose family has been deeply impacted by environmental damage, specifically salination of soil and water. This story reminds us of the importance of meeting people, as Jesus did, at their place of greatest need.

**A LENTEN REFLECTION**  
**WITH MARY**



WE INVITE  
PARISH PASTORAL  
COUNCIL MEMBERS  
&  
ALL PARISHIONERS

Presented by Bishop Sproxtton & the Parish Renewal Team

**Date: Saturday 14 March 2026**

**Time: 10.30am - 2.30pm**

**Venue: St Columba's Catholic Church**  
**25 Forrest Street SOUTH PERTH**

**RSVP: 7 March via website or email**  
**parishrenewal@perthcatholic.org.au**

**LENT AND ABSTINENCE**

**The law of fasting** binds those who have completed their 18<sup>th</sup> year, until the beginning of their 60<sup>th</sup> year.

**The law of abstinence** binds those who have completed their 14<sup>th</sup> year (CCL 97, 1251f). Lent is a penitential season of prayer, self-denial and helping others. In this way, the whole church prepares for Easter with those who are to be baptised.

**FINANCE COMMITTEE**  
**ANNOUNCEMENT**

We wish to inform you that **Frank O'Connor**, Finance Chairman, has stepped down from his role due to health reasons. We take this opportunity to sincerely thank Frank for his dedicated service and commitment to the Como Parish. His time, expertise, and generous contribution to the financial stewardship of our parish have been greatly appreciated. We are also pleased to welcome **Sam Sapienza**, who has been appointed as the new Finance Chairman. We thank Sam for accepting this responsibility and wish him every blessing in his new role.

**MASS INTENTIONS:**

*For all those who are mentioned in the "Names of the Book of the Dead"*

**THE POWER OF PRAYER LIST**

**Please keep the following people in your prayers:**

Norah Langshaw, Waminda Residents, Dragutin Markovic, Daisy Givens, Nadia O'Brien, Mary Hippolite, Reg & Joyce Groutsch, Ed Devereux, Heather Jordan, Ng Choon Bee, Ng Chai Hong, Paddy Embry, Caroline, Wayne, Ethan, Liam & Scarlett, Sonali, Sachini, Fe Fontanini, Michael, Nadia, Annie, Reg & May, Margaret & Arthur, Edith Johnson, Rhys, Brit, David, Anne Armstrong, Elaine Newman, Helen Peters, Carmel, Msgr Brian O'Loughlin, Rosa Canada, Sarah, Molly, Fred, Patrick, Louise, Chris, Aria, David Rowe, Sanjana & family, Andrew, Aura Diego, Familia Becerra, Famia Cerinca, Annemarie MacPherson, Barbara Kenny, David Tiley, Margaret Abbott, Joshua, Serafini Family, Cain Family, Regina & Linda, Beverley Loraine, Jono, Gina & Brian, Fr Carroll, Maria O'Connor, Albert, Carmel, Julie, Anna Alfonso, Jessie S, Mario Gomez, Caitlin Von Witt, Melissa Arthena, Chris Lowry, Aldrin Ong, Adrian Ong, Kaye, Anastasia, Ashot, Tamara, Mervin & Jenni Yap, Wang Ming Wei, Lachlan, James Chandler, Lachlan, Sucich family, Maureen & Beiam McCormack, Enzo Troisi, Natasha, Marie H, Jean, Antonette & George, Declan & Family, Trevor Fonty, Steve Ford, Aiden Cooper, Ian Wood, Rosina Renzullo, John Joyce, Richard Newman, Beryl Northey, John O'Connell, Liz Mulcahy, Kelley H, Ambiqa Salavantra, Bob Peruc, Mark, Eduardo & Mario Gomez, Darren, Tony B, Paul, Mary L, William, Maria F

**SAFEGUARDING COMMITMENT**  
**STATEMENT**

Holy Family Parish Como is committed to providing a safe & secure environment for all its members, leaders, especially its children & vulnerable adults. The care, safety & welfare of children & vulnerable adults is a collective responsibility embedded in policies & practices of the Parish which reflect a commitment to a zero tolerance to abuse.

**SAFEGUARDING OFFICERS**

Mark Ferroa 0425454763  
Breda Pires 0422237261



This Sunday, the Gospel presents us one of the most beautiful and fascinating encounters Jesus has – the one with the Samaritan woman. Jesus and his disciples take a break near a well in Samaria. A woman arrives and Jesus says to her, “Give me a drink”. I would like to pause specifically on this expression: Give me a drink.

This scene depicts Jesus, thirsty and tired. A Samaritan woman finds him at the hottest hour, at midday, asking for refreshment like a beggar. It is an image of God’s abasement. God lowers himself in Jesus Christ for our redemption. He comes to us. Thirsty like us, he suffers our same thirst. Thinking about this scene, each one of us can say: the Lord, the Teacher, “asks me for a drink. So, he is thirsty like me. He shares my thirst. You are truly near me, Lord! You are in touch with my poverty.” In fact, Jesus’ thirst is not only physical. It expresses the deepest thirsts of our lives, and above all, a thirst for our love. He is more than a beggar. He “is thirsty” for our love. And this will emerge at the culminating moment of his passion, on the cross, where, before dying, Jesus will say: “I thirst” (Jn 19:28). That thirst for love brought him to descend, to lower himself, to a base himself, to be one of us.

Thirsty for love, Jesus quenches our thirst with love. And he does with us what he did with the Samaritan woman – he comes to meet us in our daily life, he shares our thirst, he promises us living water that makes eternal life well up within us.

Give me a drink. There is a second aspect. These words are not only a request from Jesus to the Samaritan woman, but a cry, silent at times, that meets us every day and asks us to slake someone else’s thirst, to take care of someone else’s thirst. How many say ‘give me a drink’ to us, in our family, at work, in other places we find ourselves. They thirst for closeness, for attention, for a listening ear.

People say it who thirst for the Word of God and need to find an oasis in the Church where they can drink. Give me a drink is a cry heard in our society, where the frenetic pace, the rush to consume, and especially indifference, that culture of indifference, generate aridity and interior emptiness. Let us not forget this, ‘give me a drink’ is the cry of many brothers and sisters who lack the water to live, while our common home continues to be polluted and defaced. Exhausted and parched, she too “is thirsty”.

Today, we can ask ourselves: Do I thirst for God? Am I aware that I need his love like water to live? And then: I who am thirsty, am I concerned about the thirst of others, their spiritual thirst, their material thirst?

*Pope Francis, 12.03.23 Angelus, Saint Peter’s Square*

**WOUNDED BY BEAUTY CLASSICAL MUSIC SERIES**  
The Dawson Society presents the fourth event in its *Wounded by Beauty* series, an evening of guided listening that offers a deeper way of experiencing classical music. Perth’s acclaimed Chimera Ensemble will perform Antonín Dvořák’s Piano Trio No. 3 in F minor, Op. 65. Emeritus Professor John Kinder FAHA, OSI (UWA) will provide an introduction – with live musical excerpts from the musicians – prior to the full performance. Friday, 20 March, 7:30pm, Calloway Music Auditorium, UWA, 35 Stirling Highway, Crawley. Tickets here: <https://brushfire.com/dawsonsociety>

**EVERY WEDNESDAY EVENING | COMMON GROUND FAITH EDUCATION FOR YOUNG ADULTS**

**Every Wednesday, 6pm to 8.30pm, Catholic Pastoral Centre, 40A Mary St, Highgate (enter through Harold St).** Common Ground is a space where Young Adults who share similar values and beliefs come together and belong. Through faith formation, prayer, mission, ministry and social activities, Common Ground provides opportunities to grow in faith, deepen your relationship with God and explore what it means to live a life of purpose and meaning. Ask questions, share your struggles, and receive encouragement and guidance. Come along! For more information contact <https://www.cym.com.au/>

**MARY MACKILLOP TODAY BREAKFAST IN THE GARDEN**

The 2026 Mary MacKillop Today Breakfast in the Garden will be held on Saturday 14 March at 8:00am in the garden at the Mary MacKillop Centre (St Joseph’s Convent), 16 York Street, South Perth. Cost: \$20.00. BYO chairs RSVP by Tues 10<sup>th</sup> March to Roberta on 0459 364 872

**KIDS’ CORNER**

**The Thirst Quencher**

Jesus answered her, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.” John 4:10 (NIV)

X K B R K K T W G Q D W W L W  
W A Q N O S J F S M E K U W O  
T E I Q R Q B C V P W L V P M  
J R L I A L X M A Y R A I L A  
D M H L T J N E V E R I T I N  
H T S I D X D E N U J I N E H  
L T A O J L I V I N G E B G R  
M Y M W S H J L W T M G S I T  
P X A R Z B C O P E L D D U D  
V J R A P U D E U A W S C E S  
E P I T O I T T N R N Z R I O  
V Y T B L S Q R A Q N I Y E W  
Y L A O J I E S X F T E R G E  
C E N O A T F N G I F T Y F R  
C D G I E E Z E G O V F K A Z

LIFE	LIVING	NEVER	WATER	THIRST
WOMAN	TIRED	ETERNAL	JESUS	GIFT
SPRING	WELL	JOURNEY	SAMARITAN	DRINK

Today we will hear about a meeting between Jesus and a Samaritan woman. The Samaritans came from a place called Samaria. The Jews from Galilee and Judea didn’t like them because the Samaritans had built a temple for God on Mount Gerizim, in their own country and refused to worship at the temple in Jerusalem.

**Let us Pray**

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## WEEKEND ROSTER

		Saturday 6.00pm	Sunday 8.30am	Sunday 10.00am
<b>COMMENTATOR/READER</b>				
7 <sup>th</sup> / 8 <sup>th</sup> March	3rd Sunday of Lent	C. Carolyn Watson R. Amanda Johnson EMHC Christina Sidi	C. Peter Messer R. Jacinta Vu EMHC Murray Rosenberg	C. Fiona Wee R. Shanthi Dias EMHC Patricia Cowley
14 <sup>th</sup> / 15 <sup>th</sup> March	4 <sup>th</sup> Sunday of Lent	C. Amanda Johnson R. Carolyn Watson EMHC Graham Johnson	C. Lynne Newton R. Ralph Newton EMHC Rose Hart	C. Pascale Tin R. Cecilia Bray EMHC Carem Carrasco
<b>ACOLYTES</b>				
7 <sup>th</sup> / 8 <sup>th</sup> March	3rd Sunday of Lent	Hasan Sidi	John Newman	Tony Bray
14 <sup>th</sup> / 15 <sup>th</sup> March	4 <sup>th</sup> Sunday of Lent	Dimitrio Sidi	Shajy Vadukoot	James Chong
<b>ALTAR SERVER</b>				
7 <sup>th</sup> / 8 <sup>th</sup> March	3rd Sunday of Lent	Nicolas Willey Hayden Willey	Evangeline Taylor-Beard Patrick Newman	Ethan George Angel Siby
14 <sup>th</sup> / 15 <sup>th</sup> March	4 <sup>th</sup> Sunday of Lent	Edith Johnson Lilyanna Bell		Martina Teran-Carrasco Samantha Teran-Carrasco

### LOST PROPERTY BOX

We have many items currently in the Lost Property Box at reception. Sunglasses, reading glasses, water bottle, a pair of children's thongs, hats, caps and a watch. We also have a set of keys. If you think you have lost something at church, please have a look in the box because it may be yours.

### EMPLOYMENT OPPORTUNITIES - CATHOLIC ARCHDIOCESE OF PERTH

The Catholic Archdiocese of Perth has employment opportunities for suitably qualified persons to join its team. For details refer to our parish noticeboard or <https://www.perthcatholic.org.au/employment.htm>

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