

This weekend, we get one of the most vivid stories of the New Testament – the women at the well. It doesn't take much imagination to picture the hot and dusty scene! The reality is that you can fast from food but not from water! Jesus uses water as a symbol to the Samaritan woman about quenching her thirst forever, about putting a flowing fountain of water right inside her. He is talking about the longing each of us has deep within for **“the love poured forth from God in Jesus through the Holy Spirit”**. That is the way Paul puts it in this weekend's second reading. So, as we gather together today, we pray with the Samaritan woman, **“Sir, give me this water”**.

The Third Sunday of our Lenten Journey

Weekend of the 7th & 8th March 2026 Year A

First Reading: **Exodus 17:3-7** Second Reading: **Romans 5:1-2,5-8** Gospel: **John 4:5-42**

Embracing the faith communities of **St Mary's Buderim, St Peter's Coolum, Stella Maris Maroochydore and St Catherine of Siena, Sippy Downs.**

STELLA MARIS CATHOLIC PARISH

Our Parish has zero tolerance for all forms of abuse and is committed to safeguarding everyone involved in its activities, ministries and services. The safety and wellbeing of children and adults-at-risk are paramount.

A Lenten Opportunity For You

Born in Warwick, raised in Toowoomba and now based in North Sydney, Fr. Richard Leonard, SJ, directs the Australian Catholic Office for Film and Broadcasting. He has undergraduate degrees in arts, education, and theology, as well as a master's degree in systematic theology. Richard did graduate studies at the London Film School at Covent Garden. In 2004, he graduated with a PhD in cinema studies from Melbourne University.

He combines his film studies with an active writing and lecturing career in the areas of liturgy, cinema, culture, and religion. He has lectured across Australia and in England, Ireland, Scotland, Italy, Pakistan, India, and the United States.

In 2006, he published *Movies That Matter: Reading Film through the Lens of Faith* (Loyola University Press, Chicago). *Preaching to the Converted: On Sundays and Feast Days throughout the Year* (2007). *Where the Hell Is God?* (2010). *Why Bother Praying* (2013), *What Are We Waiting For? Finding Meaning in Advent & Christmas* (2014). *What Are We Doing on Earth for Christ's Sake?* (2015). *What Are We Hoping For? Reflections on Lent and Easter* (2016). *What Does It All Mean? A Guide to Being More Faithful, Hopeful, and Loving* (2017).

Many of us know Fr Richard for his books or from previous retreats. His insights are always present, timely and thought provoking. Like a cyclone that interrupts the routine of daily life, Fr Richards offers us at the start of our Lenten journey the opportunity to reflect, review, re-evaluate and refocus on who we are and where we are going – so please join us.

So, no matter how old or young you are, where you live or what you do, do yourself a favour at this important juncture of our Lenten journey and join us—why not invite a neighbour or friend?



Fr Leonard will lead our Lenten Mini Mission

**5:00pm to 6:00pm this Monday, Tuesday and Wednesday
at Stella Maris Church.**

Mass will be at 4:30pm, Monday, Tuesday & Wednesday of this week, just before the start of the Mini Mission. If you can't make the evening session, Fr Richard will be at Our Lady of the Rosary, Caloundra, in the mornings from 10:00am to 11:00am this coming Monday, Tuesday & Wednesday.

Stella Maris Parish Office

Adjacent to the Stella Maris Church
Office Hours 9:00am—2:00pm Weekdays
Telephone: 5443 3488
Email: suncoast@bne.catholic.net.au
Website: maroochydoreparish.com.au



At Your Service

Fr Peter Brannelly
Fr Isaac Falzon
Deacon Michael Khoury
Bishop Brian Heenan
Bishop Emeritus

The Week Ahead

We acknowledge the traditional owners of the land on which our communities celebrate liturgies and live out our faith. We pay respects to leaders past, present and emerging. May their example of stewardship be reflected in our lives.

Monday, 9th March

- ◆ **Mass** (4:30pm, Stella Maris Church)
- ◆ **Mini Mission** (5:00pm, Stella Maris Church)

Tuesday, 10th March

- ◆ **Mass** (4:30pm, Stella Maris Church)
- ◆ **Mini Mission** (5:00pm, Stella Maris Church)
- ◆ Finance Committee (5.30pm Stella Maris)
- ◆ Craft Group (1:00pm, St Peter's)
- ◆ Knights of the Southern Cross Meeting (7:00pm, Stella Maris)

Wednesday, 11th March

- ◆ Pray & Play (9:30am, The Annex)
- ◆ **Mass** (4:30pm, Stella Maris Church)
- ◆ **Mini Mission** (5:00pm, Stella Maris Church)
- ◆ Latin Prayer Group (6:00pm, Stella Maris)

Thursday, 12th March

- ◆ **Mass** (8:30am, St Peter's Church)
- ◆ Funeral Jenny Pikersgill G&W Chapel 10:30am

Friday, 13th March

- ◆ Stations of the Cross (8:30am, Stella Maris Church)
- ◆ **Mass** (9:00am, Stella Maris Church)
- ◆ Craft Group (9:45am, Stella Maris)
- ◆ Community Meal for Homeless
- ◆ Stations of the Cross (6:00pm, St Catherine's Church)

Saturday, 14th March

- ◆ Reconciliation (8:30am—9:30am, Stella Maris Church)
- ◆ **Vigil Mass** (4:30pm, St Peter's Church)
- ◆ **Vigil Mass** (6:00pm, Stella Maris Church)
- ◆ **Spanish Mass** (6:00pm, St Mary's Buderim)

Sunday, 15th March

Fourth Sunday of Lent

- ◆ **Mass** (6:30am, Stella Maris Church)
- ◆ **Mass** (7:30am, St Peter's Church)
- ◆ **Mass** (8:00am, St Catherine's) (**Children's Church**)
- ◆ **Mass** (9:00am, Stella Maris Church) (**Children's Church**)
- ◆ **Mass** (9:30am, St Mary's Church) (**Children's Church**)
- ◆ Junior Ministers (3:00pm, Stella Maris Church)
- ◆ 10:10 Youth (3,00pm, The Annex Stella Maris)
- ◆ **Mass** (5:00pm, Stella Maris Church) (**Children's Church**)

Gluten-free hosts are available. To arrange, simply contact the sacristan or Mass coordinator before Mass. The priest will always distribute the gluten free host at communion.

Another Opportunity

There are many Lenten opportunities in our parish this year. Perhaps contemplating Jesus' final journey through the Stations of the Cross might be part of your journey in 2026? The Stations of the Cross are a 14-step Catholic devotion commemorating Jesus Christ's last day on earth, from his condemnation to his burial. Each Friday during Lent you are invited to make this journey of faith, 8:30am at Stella Maris and 6:00pm at St Catherine's.

Very Practical — Very Life Giving

A very practical way of showing your solidarity with your fellow believers, who live in countries around the world where life is hard and a daily struggle, is through this year's Project Compassion appeal. Through your financial sacrifice, you stand with and support those on the fringe of life, and your commitment does make a difference. There are Project Compassion envelopes at the entrance to all our churches.

Money Matters

The Finance Committee meets 5:00pm this Tuesday evening. The task of the Committee is to advise and ensure that we are good stewards of the parish resources. Those resources are a result of your generosity, and it is only through your support that we can pay down our parish debt of \$1,239,518; maintain our churches and continue to fund the outreach and ministry of our Catholic Parish. Thank you for your continued real sacrifices & generosity in supporting the parish.

Upgrade

During the past week, another major audio system upgrade took place at Stella Maris Church. Included in this upgrade was the installation of a digital extender that allows us to connect an extra six inputs into the sound mixer without having to install any extra cabling through the concrete floor. This will allow extra choir microphones and instruments to be connected and used for our Liturgical music. Some music groups are already using all the available microphone and instrument inputs, and there was a need to increase capacity to cover larger celebrations like Christmas, Easter and the annual Multicultural Mass.

As a Parish, we are grateful to all our musicians and members of singing groups who give of their time to rehearse and lead us each weekend across our parish Masses.

Actually, the music ministry of our parish is just a part of a very dedicated and generous web of fellow parishioners who diligently work away to ensure everything flows smoothly and that our Weekend Masses are moving and meaningful celebrations. From cleaners to musicians, audio-visual operators to welcomers, our parish is a rich tapestry of generous parishioners who take their ministries seriously. Each week, a lot of time and reflection go into planning our Masses. *For example*, have you noticed the image at the base of the Altar at Stella Maris? The sand and cactus immediately remind us of the desert journey of Lent that we are all on.

On the Journey — Where life meets Faith

We welcome into God's Family, the Church,
Gregory Garrick, Hugh Garrick, Marlow Logothetis & Mason Logothetis
who will be baptised this weekend in our parish.

We pray for all those who have died, especially this week we remember **Jan Cox & Jenny Pikersgill**.
May their souls and the souls of all our deceased priests, religious, family members and
members of our Parish Community, through the rich mercy of God,

Rest in Peace.

A very big thank you to our hospitality teams across the parish who set up, cleaned up and provided the refreshments after last weekend's Masses – your ministry and generosity are appreciated by us all! **Thank you.**

Off to a Great Start

Accepting the challenge of our late Pope Francis, through his encyclical, *Laudato Si*, we are aware of God's good creation and how we can respond more positively to caring for our environment. Sometimes, ***that is a lot easier said than done!***

One practical way, however, which is a **win / win** for our parish family, is by recycling. As of last weekend, on the first Sunday of the month, we will have a trailer parked at Stella Maris where you can leave your bottles and cans. We will take them to **Containers for Change** to be recycled. We are off to a great start with 10 bags of bottles and cans taken to be recycled last week, so start saving up for the next collection day. The proceeds will go towards supporting our youth programme. If you would rather go directly to the Containers for Change depot, you can use our **Scheme ID number C10193859**.

However you wish to support this initiative, thank you for doing your part in caring for God's good creation here on the Sunshine Coast, and supporting our youth programme.



Something for Everyone

Play & Pray

Mums and dads, granddads and grandmas, perhaps this fun gathering is calling you? From 9:30am to 11:00am every Wednesday morning, parents with smaller children gather at Stella Maris for our **Pray & Play group**. It is an excellent opportunity for young children to interact with each other while at the same time for adults to share their wisdom and, in the process, have some fun. Grandparents are especially welcome to share their experiences and stories while at the same time enjoying the energy and inquisitiveness of those just starting out on the great adventure of life.

Children's Church

Every Sunday **8:00am Sippy Downs**, **9:30am Buderim** and **9:00am & 5:00pm Maroochydore** we have Children's Church. All our younger children, at the start of Mass, are sent forth with their catechist to celebrate a more age appropriate reflection on the Gospel before returning to the church towards the end of the Eucharistic Prayer. From little things great things grow!

Junior Ministers in Action

Our **Junior Ministers Youth Group** meet 3:00pm every Sunday in the Bliss Room. The Junior Ministry is open to all younger members of the parish from Years 3 to 6 who are eager to actively participate in serving our community. Opportunities include training to become an altar server, welcomer, reader, computer operator, collector, or part of the music ministry. They are busy preparing to lead our Sunday night Mass next weekend. While our primary focus is on serving others, we also ensure there's plenty of fun to be had with friends!

10:10 – Our High School Youth Group

Calling all young people, Years 7-12! Join us each Sunday afternoon for **10:10**, our parish youth group here on the Sunshine Coast 📅 **Date: Every Sunday** 🕒 **Time: 3:00pm** 📍 **Location: Stella Maris Church**

Come along for an afternoon of fun, faith, and friendship as we kick off this exciting new journey together. Meet the amazing NET team, enjoy delicious slushies, and take part in awesome games. Inspired by John 10:10, *"I have come that they may have life, and have it to the full"*, our youth group is a place to grow, explore, and live life to the fullest. Bring your friends and be part of something awesome. See you there! *For more information, please contact maroochydore@netministries.com.au or see Fr Isaac.*

With the football season underway, and experts already being proved wrong, good luck to all our Stella Tippers!

Knights in Shining Armour

Weaving its way through our Sunshine Coast parish are many groups and gatherings that build up and strengthen our Catholic community. One of those groups is the members of our local **Knights of the Southern Cross**, which is a Catholic fraternal order committed to promoting the Christian way of life throughout Australia. Our Maroochydore branch of the Knights was established in April 1979. The members of the Knights raise money to support organisations that build up our community, and we see their ministry in our own parish at major functions and events when the members are on hand to serve and be of service. The members of the knights also, importantly, meet once a month to reflect upon the pressing issues of the day and to support each other. The next meeting of the Knights of the Southern Cross will be **7:00pm, Tuesday, 10th March**, in the Duffy Room. A warm invitation to any men who would like to discover more of our mission and ministry or to join us, simply call John Legg 0434 587 491.



Catholic Education in our Sunshine Coast Parish

Siena Catholic Primary School

58 Sippy Downs Drive,
Sippy Downs
psippydowns@bne.catholic.edu.au
Principal: Eric Ellems



Last month, Siena Primary celebrated the Year 6 Leadership Liturgy with staff and families. This significant event marks the beginning of a new chapter for the students. The Liturgy was an important celebration where the students reflected on the importance of leadership and the responsibilities that come with it. The highlight of the liturgy was the presentation of the leadership shirts and the Year 6 Leadership Pledge. The leadership shirts were designed by the students and staff and are a source of pride for the students. Many thanks to Mrs Anngie Swan for all the work that went into organising this year's student leadership shirts.

Parents and teachers watch with pride as the students pledged their promise to lead with our school values of hope, integrity, justice and excellence. The liturgy concluded with a blessing, encouraging the students to live in the footsteps of Jesus and lead with gratitude, empathy, and mindfulness. The Year 6 Leadership Liturgy is not just about receiving a shirt; it's about embracing the journey of leadership with support from school and families and the positive impact these students can make in our school community. In the words of St Catherine of Siena, 'Be who God meant you to be and you will set the world afire.'



Stella Maris Primary School

Stella Maris Way,
Maroochydore
pmaroochydore@bne.catholic.edu.au
Principal: Mark Ballam



This year, our school community has proudly relaunched a revised approach to Positive Behaviour for Learning. This refreshed framework places a strong and intentional focus on who we are called to be—both as learners and as people of faith. At the heart of our approach are our five core school values. We strive to be people of: Commitment, Creativity, Courage, Compassion and Confidence. These values guide our daily interactions, our learning environments, and the way we care for one another.

Our revised PBL framework recognises that positive behaviour is taught, modelled, encouraged and celebrated. It is built on the understanding that every member of our community, students, staff and parents plays an important role in nurturing a culture of respect, responsibility and belonging. As educators, we are committed to explicitly teaching behaviours that reflect our values and support students to grow socially, emotionally and spiritually. We ask for parents and carers to partner with us by reinforcing these values at home and modelling them in everyday life. And as students, our children are invited to live these values through their words, actions and choices. This shared approach is deeply inspired by our school motto from Micah 6:8: "Act justly, love tenderly and walk humbly with our God."

This powerful call reminds us that positive behaviour is not only about rules or routines, but about living out our faith in practical ways—showing fairness, kindness and humility in all that we do.

Siena Catholic College

60 Sippy Downs Drive,
Sippy Downs
ssippydowns@bne.catholic.edu.au
Principal: Sharon Collins



Project Compassion fundraising is in full swing at Siena Catholic College, with our community already showing incredible generosity in support of Caritas Australia. Despite the rain, the MacKillop House Caritas BBQ was a wonderful success, bringing students and staff together in the spirit of service and community.

CARITAS AUSTRALIA PROJECT COMPASSION

The enthusiasm of our students ensured the event was filled with laughter and generosity, raising valuable funds for communities in need.

Our fundraising efforts will continue next week as Catherine House hosts the next Caritas fundraiser on Tuesday, selling the ever popular Kenilworth donuts. We look forward to seeing our community once again rally together in support of this important cause.

On Friday 6 March, our College will also join the global Christian community in marking World Day of Prayer.

Together, we will pause as a community to pray in solidarity with people around the world, reflecting on our shared faith and our call to work for justice, peace, and hope.

A Stitch in Time

The **Stella Maris Craft Group's** next get together is 9:45am this Friday, 13th March (after Mass) in the Bliss Room. The **Coolum Craft Group** gathers 1:00pm this Tuesday 10th March at St Peter's. Everyone is welcome - no skills required.

Come and spin a yarn!



Don't forget that we live stream the 9:00am Stella Maris Mass each Sunday. Simply go to our parish website, click on the "Live Mass" link, and it will take you to the last five Sunday Mass recordings. Tuning into our weekly Mass is a great way for those who are housebound to stay connected with our community. One of our goals this year is to expand this important ministry, and we are grateful for the new volunteers who have joined this ministry.

Available at the entrance of all four of our churches, we have new information envelopes containing details about our **Parish Planned Giving** programme and the many ways you can support your parish and our **Endowment Fund**, which will provide your parish family with financial security into the future. For new and returning members of our parish, there is a **Welcome Pack**. It contains valuable information about your new parish. Please feel free to take an envelope home with you today. The parish **Funeral Preparation Pack** is also available at the entrance to the Church. To all new members of our parish community, you are welcome—*thanks for being part of our church family.*

