



# THE CARMELITE

Parish of Port Melbourne and Middle Park  
in the care of the Carmelites since 1882

*We acknowledge the Yaluk-ut Weelam Clan, the traditional owners and custodians of this land. We pay our respects to them.  
May we walk gently here.*

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## FOURTH SUNDAY OF LENT YEAR A - 15 MARCH 2026

Dear sisters and brothers,

Last week, we heard the Gospel story of the woman at the well who, through her encounter with Jesus, made a personal spiritual journey from questioning why Jesus, a Jewish man, would ask her, a Samaritan woman, for a drink, to coming to believe in him as “the Christ” – and then bringing the people from her village to come to believe in him.

In today’s Gospel story, we hear of a similar journey to faith in Jesus – this time by a man born blind. He initially acknowledges Jesus as “the man” who *spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, ‘Go and wash in the Pool of Siloam’ (a name that means ‘sent’). So the blind man went off and washed himself, and came away with his sight restored.*

Following interrogation by the Pharisees (not included in the abridged account of the story which we read today), the blind man whose sight was restored proclaimed that Jesus was “a Prophet”. Finally, after hearing that this man was “driven away” by the Pharisees for standing his ground and refusing to be bullied into acknowledging that Jesus was “a sinner” for curing him on the sabbath, Jesus went in search of him. On finding him, Jesus asks the man *‘Do you believe in the Son of Man?’ ‘Sir,’ the man replied ‘tell me who he is so that I may believe in him.’ Jesus said, ‘You are looking at him; he is speaking to you.’ The man said, ‘Lord, I believe,’ and worshipped him.*

The man born physically blind not only has his physical sight restored, but his spiritual (in)sight grows, through his encounter with Jesus, so that he “sees” – through the eyes of faith – that Jesus is the “son of Man” – that is, God’s anointed one, “the Christ”.

By contrast, the Pharisees, though physically able to see, are the ones who remain “blind” to the reality of who Jesus is – and so to the truth of God and what He asks of them. They fail to make the journey to faith in Jesus through their

*Continued on pg 4*

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**Both our Churches are fitted with a hearing induction loop. Please use the ‘T’ or other appropriate switch on your hearing aid. Please tell us if you experience any difficulty.**

## OUR PARISH

### Churches

St Joseph's  
cnr Rouse & Stokes Streets  
Port Melbourne

Our Lady of Mount Carmel  
cnr Richardson & Wright Streets  
Middle Park

### Sunday Masses

5.00pm (Sat) Mount Carmel  
9.00am Saint Joseph's  
10.30am Mount Carmel

### Reconciliation

after 9.00am Mass Saturday

### Carmelite Parish Office

274 Rouse Street  
Port Melbourne Vic 3207

Telephone 03 9681 9600

After Hours Phone Number  
0419 136 030

Email parish@sj-mc.org.au

Parish Website www.sj-mc.org.au

Carmelite Website

www.carmelites.org.au

### Office Hours:

Tuesday - 9am - 4pm

Wednesday - 9am-4pm

Friday - 9am-12pm

**(CLOSED MONDAYS & THURSDAYS)**

### Parish Priest

Fr Paul Cahill, O.Carm

### Parish Secretary

Cathy Garbellini

### Pastoral Associate

Kelly McEnhill

### Business Finance Manager

Mark Zanon

### Sacramental Co-Ordinators

Baptism - Br Daryl Moresco, O.Carm

First Reconciliation - Sally Diserio

First Eucharist - Aimee Nguyen

Confirmation - Sally Diserio

### Safeguarding Officer

Frances Correa

### Maintenance Manager

Dave Fletcher

### Galilee Regional Catholic

#### Primary School

Bank Street, South Melbourne 3205

Telephone 03 9699 2928

## THIS WEEK

**Monday 16 March** - No Mass

**Tuesday 17 March**

9.00am Mass, Mt Carmel

**NB: Change of Weekday Mass Venues Wed./Thurs.**

**Wednesday 18 March**

9.00am Mass, **Mt Carmel**

**Thursday 19 March - FEAST OF ST JOSEPH** followed by

*morning tea in the back of the church.*

9.00am Mass, **St Joseph's**

**Friday 20 March**

9.00am Mass, St Joseph's

**Saturday 21 March**

9.00am Mass, Mt Carmel

5.00pm Vigil Mass, Mt Carmel

**Sunday 22 March**

9.00am Mass, St Joseph's

10.30am Mass, Mt Carmel

## WE REMEMBER

**Those who are sick or ill and in need of prayer:** Fr Maurice Barry, Harry Cubbin, Judy Anne Dawson, Anthony Dickason, Maureen Dickason, Josie Dupont, Lindsay Flint, Pauline Flint, Fr Des Fitzgerald CSSR, Peg James, Ben McGrath, Andreas Morrison, Martine Morrison, Ingrid Ohleiter, Maria Ohleiter, Rafal Rafalski, Ailbe Sheehy, Jim Sullivan, Rick Thompson, Bill Toohey, Helen Turner, Lorinda Turner, Angela Vyde & Rob Winduss.

**Those who have died recently:** Basil Frigo, Aldo Greco

**Those whose anniversaries occur about this time:** Kathleen Collins, Gayl Hindle, Br Eugene Sharkey FSC and Carmelites Enda Carney & David De Loughrey.

### Lent and Easter Timetable 2026

The Lent & Easter Service times are available on the Home Page of the parish website: <https://sj-mc.org.au/>.

## IN OUR PARISH

### Parish Men's Dinner

**Tuesday, 24 March 2026, 6.45pm**

at **Bleakhouse Hotel, Albert Park**

97 Beaconsfield Parade (cnr Victoria Ave)

Meal & drinks at attendee's expense.

Our speaker will be fellow diner Alan Thompson.

Alan will discuss "Australia's Parliament – Present and Future".

If you are interested in attending, please contact

Brian Rochford by Friday, **20 March 2026:**

- phone or text: 0403 056 542
- email: [bfrochford@bigpond.com](mailto:bfrochford@bigpond.com)

All welcome !

### Harmony Week - Everyone Belongs Monday 16 - Sunday 22 March 2026



Harmony Week is a celebration of our diverse identity. It promotes inclusiveness, respect, and belonging for everyone. We create an environment that is safe for people of all ethnicities and cultural identities. It is about shared values of freedom, fairness equal opportunity, respect and experience, of learning, living and working together with dignity and truly listening.

Harmony Week coincides with the United Nations' International Day for the Elimination of Racial Discrimination.

## THANK YOU

for your generosity last weekend

### Parish Stewardship Offerings

Envelopes	\$ 435.00
Credit Card	\$ 850.00
Direct Credit	\$ 1,829.15
Loose Plate	\$ 1,099.40
Tap & Go	\$ 585.00
Annual	\$ 780.00
<b>Total</b>	<b>\$ 5,578.55</b>



## MINISTRIES

**21/22 March 2026**

**FIFTH SUNDAY OF LENT -  
YEAR A**

### 5.00pm Mount Carmel (Vigil)

*Commentator:* Sr Rosie Joyce

*Reader:* Irene Stone

*Offertory:* Abramo Ierardo

*Communion:* Abramo Ierardo

*Music:* Kelly McEnhill

*Sacristan:* Abramo Ierardo

### 9.00am St Joseph's

*Commentator:* Marita Molloy

*Reader:* Elaine Chaffer

*Offertory:* Frances Correa

*Communion:* Aoife Ling

*Counters:* Brian Harrison & Toni Stuart

*Music:* Fr Paul Gurr / Frances Correa

*Hospitality:* Cathy Garbellini

*Sacristan:* Rob Winduss

### 10.30am Mount Carmel

*Commentator:* Sr Joan Power

*Reader:* Kathleen Kiernan

*Offertory:* Sr. Reba Woodwiss

*Communion:* Sr. Reba Woodwiss

*Music:* Choir

*Hospitality:* Jackie & John Tidey

*Sacristan:* Peter Russo

### Communion to the Sick:

Marlene Carlin 22-28 Mar 2026

## DONATIONS

### Parish QR code

Enter the amount, your name, email address & optionally any comment.

### Electronic Funds Transfer

BSB: 083-347

Account No: 58 216 8515

Name: Port Melb / Middle Park Parish

**Parish Website:** [www.sj-mc.org.au](http://www.sj-mc.org.au)  
using **DONATE** button on Homepage.

Continued from pg 1

pig-headedness, lack of humility, their inflated sense of self-importance and their fear that Jesus, through his integrity and truth would destroy their authority and lure people away from them to follow him.

Like the man born blind, we are all called to make the journey in life from “darkness to light” (as St Paul puts it in our 2nd Reading from the Letter to the Ephesians). May we continually call on the Lord to “shepherd” us (cf. the Responsorial Psalm) on this journey, even as we stumble and fall along the way. May we journey in confidence for “the Lord is our shepherd ... who guides us along the right path”.



Last Sunday, Archbishop Peter A Comensoli formally convoked a Synod for the Archdiocese of Melbourne. The synod calls the Melbourne Church to journey together in communion, participation and mission, echoing Pope Francis’ vision of a ‘listening Church’ (*Evangelii Gaudium*, §31). Informed by Vatican II’s teaching, the Church is ‘a people made one with the unity of the Father, the Son, and the Holy Spirit’ (*Lumen Gentium*, §4).

There are three themes about which the church of Melbourne is being invited to discern:

- young discipleship
- missionary leadership
- formation and participation.

The synod assembly will be held across the weekend of 4–6 December 2026. Over these next months, a range of opportunities will be available for Melbourne Catholics to be part of the consultation process toward the synod. In the meantime, further information can be accessed at [melbournecatholic.org/synod2026](http://melbournecatholic.org/synod2026).

In the synodal Church ‘the whole community, in the free and rich diversity of its members, is called together to pray, listen, analyse, dialogue, discern and offer advice on taking pastoral decisions (ITC 68) for mission’ (Final Document, §87).

## Prayer for the Synod: Adsumus, Sancte Spiritus

We stand before You, Holy Spirit,  
as we gather together in Your name.

With You alone to guide us,  
make Yourself at home in our hearts;  
Teach us the way we must go  
and how we are to pursue it.

We are weak and sinful; do not let us promote disorder.  
Do not let ignorance lead us down the wrong path  
nor partiality influence our actions.

Let us find in You our unity  
so that we may journey together to eternal life  
and not stray from the way of truth  
and what is right.

All this we ask of You,  
who are at work in every place and time,  
in the communion of the Father and the Son,  
forever and ever. Amen.

(Attributed to St Isidore of Seville (c. 560 – 4 April 636), this prayer been used at councils, synods and other Church gatherings for hundreds of years. Every session of the Second Vatican Council began with the *Adsumus Sancte Spiritus* prayer).

As the Synod preparations unfold, I hope that we may be able to engage with them as a parish, given that our *Parish Vision*, as articulated at our Parish Meeting last year and as accepted in the Guidelines for our Parish Pastoral Council, states: **In a spirit of synodality, we listen deeply, discern prayerfully, and walk together, responding with faith to what God asks of us.**

### Feast of St Joseph – Change of Weekday Mass venues

The Feast of St Joseph, co-patron of our parish, occurs **on Thursday in this coming week – 19 March.**

**Mass will be celebrated at St Joseph’s Church at 9am** on this day, rather than at Our Lady of Mount Carmel Church. However, **on Wednesday 18 March, Mass will be celebrated at 9am at Our Lady of Mount Carmel Church**, rather than at St Joseph’s. Weekday Masses will be celebrated in the usual venues on Tuesday (OLMC), Friday (St Joseph’s) and Saturday (OLMC).

Blessings for the coming week.



# FEAST OF ST JOSEPH



## Celebrations for the Feast of St Joseph

The feast day of one of our Parish patrons, St Joseph, will be celebrated on **Thursday, 19 March, 2026** with morning mass at **9am** at **St Joseph's, Port Melbourne**. On this day, a simple morning tea will be held at the back of the church. All Welcome.

On **Sunday, 22 March 2026**, the Parish will celebrate the Feast of St Joseph with a concert performed by **Heart Song** and a grand afternoon tea.

The concert will be held in St Joseph's Church; concert goers are asked to gather in the church at 2.00pm for a 2:15pm start.

The concert will be followed by a catered afternoon tea in St Joseph's Hall.

In order to facilitate catering, St Joseph's Feast Day Sign-up sheets will be available in the back of each Church, from 22 February. The cost is **\$20.00** per head. Bookings close on **16 March 2026**, and all monies are to be paid by this date.

To book select one of the following methods:

- contact Cathy at the Parish Office (9681-9600 or [cathy@sj-mc.org.au](mailto:cathy@sj-mc.org.au)) & pay using the DONATE button on the Home page of the parish website ([www.sj-mc.org.au](http://www.sj-mc.org.au))... be sure to select **St Joseph's Feastday Concert** and specify your **First name** and **Last name**.
- use the QR Code on page 3; this directs you to the DONATE button on Home page of the parish website ([www.sj-mc.org.au](http://www.sj-mc.org.au)). Follow the above instructions.
- see **Carmel Collins** after the 5.00pm Mass at Our Lady of Mt Carmel
- see **Cathy Garbellini** after the 9.00am Mass at St Joseph's
- see **Cathy Garbellini** after the 10.30am Mass at Our Lady of Mt Carmel

Please put the Concert & Afternoon Tea in your diary and come and join us for a very enjoyable celebration !

**Heart Song** - is a non-formal community choir based in Yarraville and made up of a collection of folk who love to sing. Guided by their innovative music director, Amanda Armstrong, they perform an eclectic mix of music from traditional to contemporary, sometimes acapella, sometimes not!" Sally Diserio, Parishioner & Parish Pastoral Council member, is a member of the Choir.

# SAFEGUARDING NEWS

We have put together a poster of the safeguarding committee along with contacts as follow up of the action items from the safeguarding survey. The poster has been placed in both churches under the safeguarding boards. The Safeguarding Board at St Joseph's church is in the foyer and it is on the back wall at Our Lady of Mt Carmel. A copy has also been placed in the safeguarding stands (next to the safeguarding board) and below.

Please contact any of the members in case you have any concerns.  
The Safeguarding Committee

## SAFEGUARDING COMMITTEE



LEADER, PARISH PRIEST  
FR. PAUL CAHILL



SAFEGUARDING OFFICER  
FRANCES CORREA

### COMMITTEE MEMBERS



ELAINE CHAFFER



AOIFE LING



TONI STUART

LILIAN GIULIANI

KELLY McENHILL

TRIS TANUMIHARDJO



KEN BECKER

### CONTACT DETAILS

EMAIL: [SJ-MC.SAFEGUARDING@CAM.ORG.AU](mailto:SJ-MC.SAFEGUARDING@CAM.ORG.AU)

PHONE: 9681 9600

WEBSITE: [HTTPS://SJ-MC.ORG.AU/CONTACT-SAFEGUARDING COMMITTEE](https://sj-mc.org.au/contact-safeguarding-committee)

## CARMELITE REFLECTION

### *Journey into the light*

In this Sunday's Gospel we accompany the man who was born blind on his journey into the light. The first thing we read in the full version of this Gospel is that Jesus announces that the man is sinless – he has been born blind so that God's glory can be seen at work in him. Then Jesus gives the blind man sight. Notice that the man didn't ask to be healed – this is Jesus' initiative, taking the first step and reaching out in love. That's how Jesus approaches us, too.

When the man returns home there is no rejoicing or welcome from his neighbours and friends. Instead, he is greeted with many questions and much suspicion. They seem blind to what has happened to the man. These same neighbours and friends march the man off to the religious authorities to see what they make of the situation. But they, too, greet the man with many questions and great suspicion and finally drive him away. They, too, are blind to the work of God both in the man and in Jesus who cured him.

Jesus seeks the man out and asks if he believes. The man asks in whom he should believe. Jesus answers, 'in me'. The man, who now sees clearly who Jesus is, believes and worships.

The man's whole world has been totally transformed from total darkness into light through the loving action of Jesus. Bit by bit throughout the reading the man has gradually come to realise who Jesus is. At first Jesus is simply 'a man', then 'a prophet', then 'Son of Man' and finally, 'Lord'.

We, too, can be blind to the many ways God is present in our lives and in those around us. It can take some time on our journey of faith to realise just who Jesus is and to allow our lives to be filled with Light.

The candles we use in our churches remind us of the vitality and life of Christ which has been entrusted to us. With our minds lit and our hearts warmed by the Spirit of Christ we, too, develop true insight and as God's heart begins to beat within our own, we become light and warmth for each other.

May the light of Christ burn strongly within us!

*David Hofman, O.Carm. Celebrating at Home, Carmelite Communications, Melbourne*

## OUR LITURGY

PROCESSIONAL HYMN: THE LORD IS MY SHEPHERD

BRIAN BONIWELL / PAUL GURR

**Refrain:        The Lord is my shepherd, and I want to follow,  
                         wherever he leads me, wherever he goes.**

Over the mountains, the waters and byways,  
valleys and highways he's waiting for me.

I want to go to meet him there, to lay myself down in his love. **Refrain**

And while on the journey to where we are going,  
he promised to be there to help us along.

And over the mountains we'll walk on together,  
to know all the wonders he's given to me.

I want to go to meet him there, to lay myself down in his love. **Refrain**

FIRST READING

### *1 Samuel 16:1. 6-7. 10-13*

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

RESPONSORIAL PSALM

PSALM 23 – THE LORD IS MY SHEPHERD

**Response: The Lord is my shepherd; there is nothing I shall want.**

The LORD is my shepherd; I shall not want.  
In verdant pastures he gives me repose;  
beside restful waters he leads me;  
he refreshes, refreshes my soul. **Response**

He guides me in right paths  
for his name's sake.  
Even though I walk in the dark valley  
I fear no evil; for you are at my side  
with your rod and your staff  
that give me courage. **Response**

You spread the table before me  
in the sight, the sight of my foes;  
you anoint my head with oil;  
my cup, my cup overflows. **Response**

Only goodness and kindness follow me  
all the days, all the days of my life;  
and I shall dwell in the house of the LORD  
for years, for years to come. **Response**

SECOND READING

*Romans 5:1-2. 5-8*

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said:

Wake up from your sleep,  
rise from the dead,  
and Christ will shine on you.

LENTEN GOSPEL ACCLAMATION

CURTIS STEPHAN

**Response: Glory to you, O Word of God, Lord Jesus Christ!  
Glory to you, O Word of God, Lord Jesus Christ!**

One does not live on bread alone  
but on every word that comes forth from the mouth of God. **Response**

GOSPEL

*John 9:1. 6-9. 13-17. 34-38*

As Jesus went along, he saw a man who had been blind from birth. He spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.'

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man.

'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe,' and worshipped him.

## APOSTLES CREED

I believe in God, the Father almighty,  
creator of heaven and earth, and in Jesus Christ,  
his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.  
I believe in the Holy Spirit, the holy catholic Church,  
the communion of saints, the forgiveness of sins,  
the resurrection of the body, and life everlasting. Amen.

## OFFERTORY: OPEN MY EYES

Open my eyes, Lord  
Help me to see Your face  
Open my eyes, Lord  
Help me to see

Open my ears, Lord  
Help me to hear Your voice  
Open my ears, Lord  
Help me to hear

Open my heart, Lord  
Help me to love like You  
Open my heart, Lord  
Help me to love

I live within You  
Deep in Your heart, oh love  
I live within You  
Rest now in me  
Rest now in me  
Rest now in me

JESS MANIBUSAN

**All: May the Lord accept the sacrifice at your hands  
for the praise and glory of his name,  
for our good and the good of all his holy Church.**

Cel: The Lord be with you. **All: And with your Spirit.**

Cel: Lift up your hearts. **All: We lift them up to the Lord.**

Cel: Let us give thanks to the Lord, our God. **All: It is right and just.**

## HOLY, HOLY, HOLY

Holy, Holy, Holy, Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Hosanna in the highest.

## MEMORIAL ACCLAMATION

We proclaim your Death, O Lord, and profess your Resurrection until you come again.

## LAMB OF GOD

Lamb of God, you take away the sins of the world, have mercy, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy, have mercy on us.

Lamb of God, you take away the sins of the world, grant us, grant us peace.

Cel: Behold the Lamb of God.

Behold him who takes away the sins of the World.

Blessed are those called to the supper of the Lamb.

**All: Lord I am not worthy that you should enter under my roof,  
but only say the word and my soul shall be healed.**

**Refrain: Be with me, Lord, when I am in trouble.  
Be with me, Lord, I pray. (Repeat 2x after the verse)**

You who dwell in the shelter of the Lord Most High,  
who abide in the shadow of our God,  
say to the Lord, "My refuge and fortress,  
the God in whom I trust." **Refrain**

No evil shall befall you, no pain come near,  
for the angels stand close by your side,  
guarding you always and bearing you gently,  
watching over your life. **Refrain**

Those who cling to the Lord live secure in God's love;  
lifted high those who trust in God's name.  
Call on the Lord, who will never forsake you,  
God will bring you salvation and joy. **Refrain**

RECESSIONAL HYMN: CITY OF GOD

Awake from your slumber! Arise from your sleep!  
A new day is dawning for all those who weep.  
The people in darkness have seen a great light.  
The Lord of our longing has conquered the night.

**Refrain: Let us build the city of God.  
May our tears be turned into dancing!  
For the Lord, our light and our love,  
has turned the night into day!**

We are sons of the morning; we are daughters of day.  
The One who has loved us has brightened our way. **Refrain**

God is light; in him there is no darkness.  
Let us walk in his light, his children, one and all.  
O comfort my people; make gentle your words.  
Proclaim to my city the day of her birth. **Refrain**

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POPE LEO XIV'S MARCH PRAYER INTENTION

Pope Leo XIV's prayer intention for the month of March is for **disarmament and peace.**

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

Lord of Life,  
you shaped every human being in your image and likeness.  
We believe you created us for communion, not for war,  
for fraternity, not for destruction.  
You who greeted your disciples saying, "Peace be with you,"  
grant us the gift of your peace  
and the strength to make it a reality in history.  
Today we lift up our prayer for peace in the world,  
asking that nations renounce weapons  
and choose the path of dialogue and diplomacy.  
Disarm our hearts of hatred, resentment, and indifference,  
so we may become instruments of reconciliation.  
Help us understand that true security  
does not come from control fuelled by fear,  
but from trust, justice, and solidarity among peoples.  
Lord, enlighten the leaders of the nations,  
so they may have the courage to abandon projects of death,  
halt the arms race,  
and place the lives of the most vulnerable at the centre.  
May the nuclear threat never again dictate the future of humanity.  
Holy Spirit,  
make us faithful and creative builders of daily peace:  
in our hearts, our families,  
our communities, and our cities.  
May every kind word, every gesture of reconciliation,  
and every choice for dialogue be seeds of a new world.  
Amen.



**PROJECT  
COMPASSION**

## Fourth Sunday of Lent 14–15 March 2026

Life was hard for **Manaini** and her children living in rural Fiji. With the support from Caritas Australia's partner, FRIEND, she learnt food processing and gardening skills, improving nutrition and creating new income opportunities to support her children's education.



**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](http://www.projectcompassion.org.au/donate)

**Or by calling:** 1800 024 413

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

**THE PARISH OF PORT MELBOURNE AND MIDDLE PARK  
IS COMMITTED TO THE SAFETY,  
WELLBEING AND DIGNITY OF ALL CHILDREN,  
YOUNG PEOPLE AND VULNERABLE ADULTS.**