

Our Lady of the Valleys Parish



Parish Priest Father Maleko Api-Tufuga
 Churches Our Lady of Grace Church, 5 Palmer Crescent, Heretaunga (HTG)
 St Francis Xavier Church, 152 Stokes Valley Road. Stokes Valley (SV)
 Sunday Eucharist Sat 5:30 pm Vigil (SV) 8:30 am (SV) and 10:30 am (HTG)
 Tuesday / Thursday 9:00 am (Stokes Valley)
 Weekday Eucharist Wednesday/Saturday 9:00 am (Heretaunga)
 Friday 9:30 am (Heretaunga)
 Adoration of Blessed Sacrament Friday 10:00 am to 6:00 pm (Heretaunga)
 Reconciliation Every Saturday at 9.30 am (Heretaunga)
 Presbytery and Parish Office 5 Palmer Crescent Tel (04) 972 4282
 Heretaunga
 Parish Administrator Monday – Friday 9:00 am – 1:00 pm
 Website www.olv.org.nz E-mail office@olv.org.nz pp@olv.org.nz
 St Brendan's School 56 Palmer Cres Tel (04) 939 1909
 Newsletter 24 February, Term 1 2026 Newsletter

3 rd Sunday in Lent		READINGS YEAR A	8 th March 2026
8 th Ma	1 st Reading 2 nd Reading Gospel	Exodus 17: 3-7 Romans 5: 1-2, 5-8 John 4: 5-42	
15 th Mar	1 st Reading 2 nd Reading Gospel	Exodus 17: 3-7 Romans 5: 1-2, 5-8 John 4: 5-42	

UPCOMING EVENT		
Wed 11 th Mar	06.30 am 09.00 am 11.00 am	Mass during Lent at OLOG Mass at OLOG Mass at St. Joseph's Rest Home
Thurs 12 th Mar	07.30 pm	Parish Finance Committee



EVENTS IN THE ARCHDIOCESE

What is happening around our Diocese? Stay up to date with Archdiocesan events - <https://www.wn.catholic.org.nz/events/>



Lent

Observance

WEDNESDAYS OF LENT

On each Wednesday in Lent there will be an additional Mass at Our Lady of Grace Church at 6:30 am for those who might like to choose this as a Lenten

SACRAMENT OF RECONCILIATION

The communal celebration of the Sacrament of Reconciliation (RITE II) will be celebrated at **St Francis Xavier Church on Sunday 22nd March at 4:00pm**



THROUGH THE LENS OF THE GOSPEL

Because of their participation in the teaching office, all the faithful, including those without a formal theological training, have an instinct for the truth. 'God furnishes the totality of the faithful with an instinct of faith – *sensus fidei* – which helps them to discern what is truly of God' (*Evangelii Gaudium* 119).



Participating in the priestly office enables the full and active participation of all in the celebration of the liturgy of the Church where the whole assembly offers praise and thanks to the Living God.

Participating in the kingly office empowers all the baptised to play an active part in the governance of the Church.

Together, participation in the threefold messianic mission of Jesus Christ calls for a Spirit-filled community that listens, prays, meditates, dialogues, accompanies, discerns, decides and acts as all the baptised journey in Christ to God the Father. Even as the difference between the common priesthood of the baptised and the ministerial priesthood of the ordained is recognised, the essential equality of the one People of God is maintained. Ordained ministers are to serve the community of baptised disciples in its responsibility for the one mission of the Church, a mission that takes on new requirements in an ever-changing world.



CIRCLE OF FRIENDSHIP

Our next Gathering is on Saturday, 7th March at the Pettit Centre at 2pm. This month our guest speaker is Ann Marie Bailey, who will talk about her 58 year career as a nurse and the changes she encountered -from white stockings and scrubs to nursing in modern times.

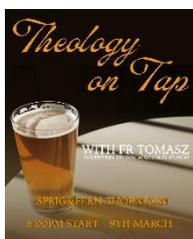
Please feel free to bring along a friend who may be interested in joining us. As usual, donations to help cover our costs are always gratefully accepted. Don't forget our book swap. We will end the afternoon with our usual chat and cuppa

MINISTRY VOLUNTEER'S FOR HOLY WEEK EVENTS

In the upcoming week the Liturgy Committee will be looking for people to assist in the celebration of the various services during Holy Week. The services range from Readers and Eucharistic Ministers for Holy Thursday and Good Friday through to more decorators and readers for the additional reading at the Easter Vigil; To try to make it easier for these people (and to save some of the ringing around that happens to cover all the events/ministries) lists of the ways that parishioners can assist have been placed in the foyer of both Churches. For more information contact:



Liz McCaul: 021 1028297



THEOLOGY ON TAP FOR YOUNG ADULTS

Monday, 9th March at 6.00pm at the Sprig & Fern, 342 Tinakori Road, Thorndon with Fr Tomasz! Come along to hear a talk from him and grab a cheeky bevvvy and some food. All are welcome



EUCCHARISTIC MINISTERS' TRAINING

A session will be held on Sunday, 22nd March, after the 8:30am Mass at SFX and also after 10:30am Mass at OLOG Church. This is intended as a refresher session (now that we are distributing Communion under both kinds), for those Parishioners who are already on the roster, and for any new people who would like to

join this important ministry.

We are also seeking parishioners to take Communion to local Rest Homes and to the sick in their homes. You are required to be a Eucharistic Minister to undertake this very special ministry.

For further information, please contact Liz McCaul: 021 1028297.



WHY WE DO THE THINGS WE DO?

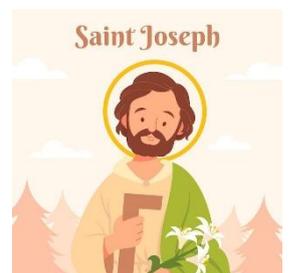
Does a person receive more grace by taking Holy Communion from the chalice as well as from the host?

The short answer is '**NO**'. Even a tiny particle of the sacred host is a total meeting with the Lord who is the Bread of Life. However, for better liturgy we should be moving towards the availability of the chalice to all who receive. It is not a question of receiving more grace but a more complete fulfilment of the Lord's invitation at the last supper- to eat this bread and drink this cup.

1. The words of the Eucharistic Prayer say "take this Chalice, and drink from it..."
2. Communion is only distributed by Priests and Extraordinary Ministers of Holy Communion
3. Taking a '**self help**' i.e., **dipping the host into the chalice to the Blood of Christ is not correct**
4. It is a Priest who can intinc the bread into the blood and offer to communicants the Body and Blood of Christ – but the blood could not be placed in the hand and needed to be administered on the tongue. However, we are not supposed to give Communion on the tongue today for health and safety reasons.

ST. JOSEPH'S CHAPEL

We love the sound of children in our Church however it can be hard for parents who need to feed or relax their babies/toddlers. If you ever feel your little one needs a change of pace, our St Joseph's Chapel is now available at the back of the church on your right. The door will be always open (or closed if parents are in there for you to join them). There is still a full view and sound of the service; and some books and toys for your little ones. You are always welcome back in the pews whenever you're ready.





CATHOLIC WOMEN'S LEAGUE Wellington Archdiocesan Conference

Wednesday 11th & Thursday 12th March. St Thomas More church
36 Worcester St Wilton 10.00am. \$50.00 for full registration

Two Highlights on Wednesday will be: Speaker Lynda Rabeni Vatuloka, and Fr Alfred Tong will talk to us about his journey to priesthood
Thursday morning: Mass at 10am will be celebrated by Cardinal John Dew and a talk from Cardinal John on his experiences with the Conclave, followed by a finger food lunch. This morning session is open to all Parishioners (\$15 registration). Registration forms and more information can be obtained from Susan 021 068 3065 and Helen 027 5289 635.

FUN QUIZZ EVENING.

Friday, 20th March. St Brendan's School, Heretaunga. Catholic Women's League in conjunction with Ulysses Wellington invite you to join with us in supporting an evening, with proceeds going to the Wellington Free Ambulance. Tables of 6-8 persons. Tickets \$10 per person. Starts 7.30pm. Raffles, Lucky Ticket Draws, Supper included. Tickets from Susan 970 3730 & 021 0683065, Christine 971 8712

ARCHDIOCESAN COMMISSION FOR ECOLOGY, JUSTICE AND PEACE

'At times, preaching the message that hope does not disappoint means swimming against the tide, even in certain painful situations that appear to be hopeless. Yet it is precisely at those times when it becomes all the more apparent that our faith and our hope do not come from ourselves, but from God. If we are truly close to those who suffer, the Holy Spirit can revive in their hearts even a flame that has all but died out.'



Pope Leo XIV, [Meditation, Saint Peter's Basilica, 25 June 2025](#)



PLEASE REMEMBER IN PRAYER all who are sick and unwell, and those who are lonely. We pray also for those who have died recently and for those whose anniversaries occur around this time.



Chrism Mass

Wednesday, April 1st
7:30 p.m.
Sacred Heart Cathedral
Thorndon

3rd SUNDAY OF LENT



FOR THE YOUNG ONES

GROWING WITH THE *Gospel* CYCLE A



COLOR

Read the Gospel of the week and color the image.



3rd Sunday of Lent • John 4:5-42

PUZZLE FOR YOU

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)

Based on John 4:5-13



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