

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 [10 March, Term 1 2026 Newsletter](#)

4 th Sunday in Lent		READINGS YEAR A	15 th March 2026
15 th Mar	1 st Reading 2 nd Reading Gospel	Exodus 17: 3-7 Romans 5: 1-2, 5-8 John 4: 5-42	
22 nd Mar	1 st Reading 2 nd Reading Gospel	Ezekiel 37: 12-14 Romans 8: 8-11 John 11: 1-45	

UPCOMING EVENT		
Wed 18 th Mar	06.30 am	Mass during Lent at OLOG
	11.00 am	Anointing Mass at the Pettit Centre
Thurs 19 th May	01.30 pm	Anointing Mass at Stokeswood Rest Home, SV
	07.00 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/>

PLEASE NOTE THERE WILL BE NO MASS AT 9.00 AM ON 18TH MARCH AT OLOG NOR AT 9.00 AM ON 19TH MARCH AT SFX



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

The Gospel of John (3:1-6) records the meeting between Jesus and Nicodemus, who comes under cover of darkness to speak with him. When Jesus declares that one must be born again, Nicodemus asks how a grown man can be born again: 'Can he go back into his mother's womb?' Jesus responds that one must be 'born through water and the Holy Spirit.'



The candidates for baptism who have received biological life in the womb of their mothers now receive new life in Christ and are born again as daughters and sons of God through water and the Holy Spirit. That is why the baptismal pond is referred to as a womb which begets people spiritually.

According to Genesis 1, creation took place in seven days. The eighth day, then, was considered the day of the new creation. During the early centuries, baptisms were often celebrated in specially constructed buildings or baptisteries. Many were octagonal in shape. This was to give architectural expression to the belief that in baptism the catechumens are born again and become a new creation. Many contemporary fonts are octagonal in shape.

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



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. 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 intinct 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.



EUCCHARISTIC MINISTERS' TRAINING

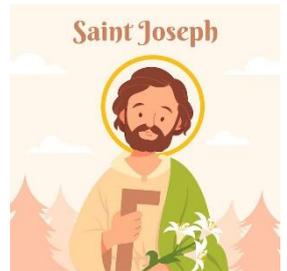
A session will be held on Sunday, 22nd March, after the 8:30am Mass at SFX and also after 10:30am Mass at OLOG Church. This is intended as a refresher session (now that we are distributing Communion under both kinds), for those Parishioners who are already on the roster, and for any new people who would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

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.



ARCHDIOCESAN COMMISSION FOR ECOLOGY, JUSTICE AND PEACE



"We lift up our humble prayer to the Lord, so that the thunderous sound of bombs may cease, weapons may fall silent, and a space for dialogue may open up in which the voice of the people can be heard.

I entrust this intention to the Blessed Virgin Mary, Queen of Peace, that she may intercede for those who suffer because of war and lead hearts along the paths of reconciliation and hope.'

Pope Leo XIV, [Angelus](#), 8 March 2026

DIAMOND JUBILEE - The Catholic Parish of Wellington South is inviting former and current parishioners to a celebration of several historical milestones on Sunday, 19 April 2026. The first Catholic church, St Francis de Sales Church, Island Bay, was built in 1906, 120 years ago, and the current church was blessed and opened on 17 April 1966, 60 years ago. The weekend will also acknowledge 100 years since the opening of the St Madeleine Sophie primary school; the forerunner of the current primary school of St Francis de Sales. A special Mass of remembrance and thanks featuring past and present priests will be followed by a lunch at the Pines Cabaret, Houghton Bay. Registrations of interest are welcomed by providing contact details at: office@wellingtonsouthcatholic.org

Everyone is invited to a time of prayer and reflection in preparation for Holy Week during this Season of Lent.

LENTEN RECOLLECTION

28 March 2025 Fr. Ron Bennett

Our Lady of Grace Church, Heretaunga

1.00 – 1.30pm morning tea

1.30 – 3.30pm Recollection, Reflection, Prayers

3.30 – 4.30pm Confession

"Even now, says the LORD, return to me with your whole heart; for I am gracious and merciful." — Joel 2:12-13



RECOLLECTION DAY – Saturday, 21st March 2026, after the 9.00am Mass in SS. Peter & Paul Church, Lower Hutt.

Theme: *"WE ARE PEOPLE OF HOPE"* Speaker: *Fr Bill Burt SVD*

10.00am – First Reflection Talk Morning Tea– Coffee & tea provided

11.30am– Second Reflection Talk Concluding Prayer

Shared Lunch – *Please bring a plate to share*

Come and take time to pause, pray, reflect and be renewed in hope as we journey together through Lent. All are welcome.

ARE YOU NEW TO THE PARISH? OR HAS YOUR CONTACT INFORMATION CHANGED?



If you are new to our Parish then welcome. Please fill in one of the cards in the foyer: "New to our Parish?" so we can put you on the Parish roll. We are a very vibrant and welcoming Parish and have lots of groups and ministries you might like to join. For more information, OR TO CORRECT YOUR DETAILS please

contact Jovena in the Parish Office 972 4282 or email office@olov.org.nz



4th SUNDAY OF LENT



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



Chrism Mass

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

FOR THE YOUNG ONES

GROWING WITH THE *Gospel* CYCLE A



COLOR

Read the Gospel of the week and color the image.



4th Sunday of Lent • John 9:1-41

PUZZLE FOR YOU

Jesus Heals a Blind Man

So the man went and washed, and came home seeing. John 9:7 (NIV)

The puzzle is based on John 9:1-34 (NIV).



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

BLIND	EYES	SPIT	POOL	WASH
WORLD	SINNED	SIGHT	NIGHT	BORN
HOME	MUD	LIFE	OPENED	LIGHT
SILOAM	PARENTS	RECEIVED	BIRTH	GROUND