

Breaking Open the Word

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. 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 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 worshipper the Father wants.

God is spirit, and those who worship must worship in spirit and truth.'

The woman said to him, 'I know that 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.'

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.'

■ The Gospel of the Lord.

Longer form 4:5-42

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FOR WHAT DO WE THIRST?

The first two Sundays of Lent are from Matthew's Gospel, the Gospel of this liturgical year. They recall Jesus' temptation (Mt 4: 1-11) and his experience of being transfigured (Mt 17: 1-9). For the remaining Sundays of Lent, we listen to John's Gospel. These Sundays will explore the central religious and theological questions especially relevant for contemporary disciples in their Lenten journey: For what do we truly thirst (today's Gospel)? How might our eyes be opened to Jesus (next Sunday)? What is the life for which we deeply desire (the final Sunday of Lent)?

In today's Gospel a Samaritan woman comes to a well at noon—the brightest moment of the day—and encounters the source of Light, Jesus. She comes to draw water and only later realises that she has met the one who can quench her deepest spiritual thirst. The whole scene is replete with theological symbolism, a characteristic of John, as Jesus invites the woman to explore the depths of her thirst that only he can address. We learn that she has had several 'husbands'. This is not an admission of the woman's adventurous liaisons, as many commentators have interpreted, but an acknowledgement of her attraction to the 'husbands' (the 'Baals') of religions that are 'not her own'. She is looking for the true one from God, not these other counterfeits.

Jesus reveals himself to her: He is the 'I AM', the Old Testament name for God. Through him the woman comes to encounter the Sacred and sets her on a journey back to her townspeople. Like the woman, we, too, thirst, for God and for a deeper religious life as we journey through Lent.



Fr Michael Trainor

THIRD SUNDAY OF LENT / A

FIRST READING

A reading from the book of Exodus

Give us water to drink.

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?'

■ The word of the Lord.

RESPONSORIAL PSALM

Ps 94:1-2, 6-9. R. v. 8

R. If today you hear his voice, harden not your hearts.

1. Come, ring out our joy to the Lord; / hail the rock who saves us. / Let us come before him, giving thanks, / with songs let us hail the Lord. **R.**

2. Come in; let us bow and bend low; / let us kneel before the God who made us / for he is our God and we / the people who belong to his pasture, / the flock that is led by his hand. **R.**

3. O that today you would listen to his voice! / 'Harden not your hearts as at Meribah, / as on that day at Massah in the desert / when your fathers put me to the test, / when they tried me, though they saw my work.' **R.**

SECOND READING

Rom 5:1-2, 5-8

A reading from the letter of St Paul to the Romans

The love of God has been poured into our hearts by the Holy Spirit which has been given to us.

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

THE SAVING WORD

8 MARCH 2026

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.

■ The word of the Lord.

GOSPEL ACCLAMATION

cf. Jn 4:42, 15

Glorify to you, Word of God, Lord Jesus Christ! / Lord, you are truly the Saviour of the world; / give me living water, that I may never thirst again. / Glory to you, Word of God, Lord Jesus Christ!

GOSPEL

Jn 4:4-5, 19-26, 39-42

A reading from the holy Gospel according to John.

The water that I shall give will turn into a spring of eternal life.

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:



ST PETER CHANEL CATHOLIC PARISH

Under the Pastoral Care of the Claretian Missionaries

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ADORATION CHAPEL

"The Master is here and wants to see you" John 11:28

Adorers are needed for these hours:

Tuesday: 1am, 2am, 3am, 4am, 11pm

Friday: 8pm

Contact: Lucy Sgro 0424056823

DEATH REMEMBRANCE: Joseph Grima, Maria Emilie Peñaranda, Adrian Miave, Rosendo Mesijas, Yolanda Dimaila, Ronnie Zammit, Teresa Calvio, Roko Koprivanac, Irene Go, Margaret Cremona, Maria Phan, Joseph Dang, Dolores Zamora, Carmen, Frank, Joe Gauci, Philomena De Zousa, Carmen Loot, Andrea Castro, Cornelia Nepomuceno, Jose Valdivia, Manzano, Carlota Macamay, Carlos Numa Bozzachi, Maria Rose Pe Bozzachi, George Montebello Mary Camilleri, Dolores Añana, Bruno Solo, Oscar Añana, Frank Juhasz, Stella & Joseph Cini, John Houlihan, Epifania Tuazon, Melicent Loquias, Joe Vella, Olegaria Descallar, Bonifacio Sy, Iris Paris. All Souls in Purgatory

RECENT DEATH: Namalee

SPECIAL INTENTION: Jerin Joel, Nobin Joel, Emil James Milan, Gavin, City of Cairns

HEALING: Pauline Gatt, Tony & Agatha Saliba, Arlyn, Charlie & Helen Aquilina, Arlyn Lim, Ynna Dayrit, Roger Jemino Sr, Gauci family

THANKSGIVING: Sr Pierre Caliza, Sr Lawrence Nicolas, Baby Ofquiria, Hong Thuy Ernesto & Mary, Charlie Vella, Eric Alcobber, Aaron & Rosann McGregor, Nicholas Vella

THIS WEEK: 8 March 2026 - Third Sunday of Lent - A

	7:00pm	7:00am	8:30am	10:00am	12:00pm	6:00pm
Commentator 1st Reader 2nd Reader	Perly C Rency C Manoj L	Richelle C Alister R AA Aguilar	Mario N Divina N Hilda D S	Roger S J Marilou S J Maria Sulfaro	Toniette S Flora S Vernon A	Frances R Christina M Sophia P
Extraordinary Ministers of Holy Communion	Teo C Antonietta C Paul M Anna C	Stefan P Cedric B Ronald D Rukmal M	Loirenz N Hilda B Ronald D Rukmal M	Froilan M Don C Cathryn D Joe M	Kirk D G R Jacqueline R Candida D S Tami M	Joe C Gloria T Michael D Marie E
Altar Servers	Ric M	Tony Cilia	Adrian D A	Henry Fawaz	Raphael P Rev S Arielle Mary Ann	Jericho Jude Jherizelle
Choirs	MWF with LHLM Sisters	AHFI	Holy Redeemer	MWF with LHLM Sisters	Lea Lapid	CFCA

NEXT WEEK: 15 March 2026 - Fourth Sunday of Lent - A

	7:00pm	7:00am	8:30am	10:00am	12:00pm	6:00pm
Commentator 1st Reader 2nd Reader	Carina F Jennifer S AA Aguilar	Alister R Susan C Telmo E	Hilda D S Kumudu M Rukmal M	Julie Ann M Jennifer G Greza P	Gloria T Arlene P Evelyn N	Andrea C D Lobo C Tayag
Extraordinary Ministers of Holy Communion	Joan S Charmaine R Ernesto Co Nick S L	Richelle C Stefan P	Roland D Ronald D Thi Pham Wynna D	Alvin G Lidia L Antonietta C Nonie G	Oliver T Jacqueline R Emman CS Kirk D G R	Diana T Maria Sulfaro Joe C Ric M
Altar Servers	George E	Tony Cilia	Adrian D A	Henry Fawaz	Raphael P Rev S Arielle Mary Ann	Jericho Jude Jherizelle
Choirs	Eucharistic Choir	AHFI	MWF with LHLM Sisters	Emmaus	Lea Lapid	Exxemoz

Project Compassion Unite Against Poverty this Lent, by taking part in Caritas Australia's Project Compassion. You can donate through Project Compassion donation boxes and envelopes available in the foyer of the church or by visiting caritas.org.au/project-compassion, or by calling 02 7254 5120

Blessing of Project Compassion boxes on Holy Thursday. There will be blessing of Project Compassion boxes on Holy Thursday during the Mass of the Lord's Supper as part of our offering. Thank you.

Legion of Mary. Meetings every Friday at 9.15am in the Chanel Meeting Room. Contact: Delia Jarina 0424996140

Lenten Regulation 2026. Printed information on Lenten Regulation For Parishioners are available in the Foyer of the church. Please get a copy

Labour Day (Victoria) - Public holiday Monday, 9 March. No sacramental Sessions.

Next Week: 15 March 2026 Fourth Sunday of Lent - A

IMPORTANT REMINDER.

A gentle reminder to all, to please **DO NOT LEAVE** any valuables in your car and ensure your car doors are locked. Thank you.

A VOCATION VIEW

Only the Lord can give true living water, fullness of life. Our body cannot survive without water; our spirit cannot survive without living water. Now is the time to renew our lives in the waters and Spirit of Baptism.