



Third Sunday of Lent

8th March 2026.

Worship Resource

THE LENTEN SEASON

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” *Matt 6:16-18*

LITURGICAL REMINDERS

- No Gloria or Alleluia are sung/said during Lent. The Gospel acclamation changes e.g. Praise to you Lord Jesus Christ, King of eternal glory.
- The sanctuary is not decorated during the season of Lent – the next time we see flowers in the church is on Holy Thursday for the Feast of the Lord’s Supper.

COLOUR OF THE SEASON

- Violet/Purple

LITURGY OF THE WORD

Readings

- **First Reading:** Ex 17: 3-7
- **Psalm:** Ps 94: 1-2, 6-9 - O that today you would listen to his voice: ‘Harden not your hearts.’
- **Second Reading:** Rm 5:1-2, 5-8
- **Gospel:** Jn 4: 5-42

Homily Notes

The Samaritan woman felt she did not belong, yet Jesus spoke to her with kindness and understanding, in a way the disciples did not. Many people today thirst for the same welcome and acceptance in our communities. We can create positive encounters in our parish, families, and neighbourhoods by listening, showing care, and including everyone.

Prayer of the Faithful – suggested text

1. That **Church** leaders may lead us towards a community of faith that is one of acceptance and inclusion of all. Lord, hear us.
2. That **those who are new to our community** may find a welcome, acceptance and care from us all. Lord, hear us.
3. That **those who are suffering** in mind, body or spirit may find kindness and patience in their encounters with others. Lord, hear us.
4. That **those who have died** in the peace of Christ and who put their trust in him may rejoice in God’s presence with the angels and the saints. Lord, hear us.

MUSIC MINISTRY – *suggested hymns*

- **Entrance:** God of Mercy and Compassion
- **Psalm:** Psalm 94: 1-2, 6-9 - O that today you would listen to his voice: 'Harden not your hearts.'
- **Offertory:** Instrumental Music *or* Ag Críost an Síol
- **Communion:** I Will Be the Vine
- **Recessional:** The King of Love My Shepherd Is.

REFLECTION

Life-giving God, we thank you.
You have always watched over our journeying.
You have blessed us with the signs of your presence.

We come to you now this Lenten season,
As we find ourselves needing to take up the staff of pilgrimage once more.
We are in need of energy and renewed hope.
We are in need of your grace to unsettle and re-direct our hearts.

Guide us Lord in our Lenten journey,
Help us to be ever mindful of your truth
Which leads and guides us always

ALTAR SERVERS

- Incense the altar at the start of the offertory

Or

- Stand either side of the presider with candles as the gospel is read.

SUPPLEMENTARY RESOURCES

- Ordo - Pages 60-61
- Mass leaflet
- St. Paul's Sunday Missal, 2026.
- Lectionary
- Intercom Magazine – February and March Editions
- The Furrow Magazine
- Canaimís
- www.synod.ie

