

Sunday, March 12, 2023
Third Sunday in Lent

Prayer for the Morning

The fountain of eternal life leaps up within the faithful: at prayer, let us drink of the living water.

Glory to the Father...Amen. Alleluia!

Hymn

Meter: 87 87 D

Come, thou fount of ev'ry blessing,
Tune my heart to sing thy grace!
Streams of mercy never ceasing
Call for songs of loudest praise.
Teach me some melodious sonnet
Sung by flaming tongues above.
Praise the mount! Oh, fix me on it,
Mount of God's unchanging love.
Here I find my greatest treasure;
Hither, by thy help I've come;
And I hope, by thy good pleasure,
Safely to arrive at home.
Jesus sought me when a stranger
Wand'ring from the fold of God;
He, to rescue me from danger,
Interposed his precious blood..

Psalm

1

My root is spread out to the waters;/ the dew rests by night on my branches. (Jb 29:19)

Jewish and Christian traditions of spirituality speak of the Word of God as the living water whereby the spirit is cleansed and refreshed. A quick sip – an occasional prayer snatched from the jaws of a relentlessly busy world – is better than no water at all, but roots that grow deep draw the water of life by frequent prayer. This living water produces a healthy tree that gives fruit to all who come.

Happy indeed is the man
who follows not the counsel of the wicked;
nor sits in the way of sinners
nor sits in the company of scorners,
but whose delight is the law of the Lord
and who ponders his law day and night.
He is like a tree that is planted
beside the flowing waters,
that yields its fruit in due season
and whose leaves shall never fade;
and all that he does shall prosper.
Not so are the wicked, not so!
For they like winnowed chaff
shall be driven away by the wind.
When the wicked are judged they shall not stand,
nor find room among those who are just;

for the Lord guards the way of the just
but the way of the wicked leads to doom.

Glory to the Father...

Word of God

Revelation 22:1-2

Then the angel showed me the river of life-giving water, sparkling like crystal, flowing from the throne of God and of the Lamb down the middle of its street. On either side of the river grew the tree of life that produces fruit twelve times a year, once each month; the leaves of the trees serve as medicine for the nations.

The one whose hope is in the Lord/ is like a tree planted beside the waters/ that stretches out its roots to the stream. (cf. Jer 17:7-8)

Canticle of Zechariah

His wells shall yield free-flowing waters. (Nm 24:7)

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David. Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father...

Intercessions

On this Third Sunday of Lent, we pray with the whole Church for those who are preparing to be initiated into the fullness of the Church's life at Easter:

R/Grant life, O Lord.

For the elect, and for the communities preparing to receive them, – that all may scrutinize their lives and own their sins with the honesty of the Samaritan woman, we pray. **R/**

For the elect, and for the communities preparing to receive them, – that all may be freed from whatever deters them from following Christ, we pray. **R/**

For the elect, and for the communities preparing to receive them, – that all may come to worship God in spirit and in truth, we pray. **R/ Personal intentions**

Our Father....

O God, through the Samaritan woman, inspire us also to leave behind the heart's old water jars, grown too small to hold the living water, and drink deeply at the well of salvation, that we may run with eagerness to proclaim the Gospel to all we meet, through Christ our Lord. Amen.

Sunday, March 12 2023

Third Sunday in Lent

Reading 1

Exodus 17:3-7

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?'

Reading 2

Romans 5:1-2, 5-8

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. And this 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.

Gospel

John 4:5-15, 19b-26, 39a, 40-42

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: 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.' '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 do 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.'

Men of St. Joseph Prayer

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

Prayer for text used with permission of Magnificat