

# THIRD SUNDAY OF LENT

MARCH 12, 2023

**Gospel** John 4:5-15, 19b-26, 39a, 40-42  
(shorter form) or John 4:5-42 (longer form)

(Citation adapted for length. For full text, see your Bible.)

Jesus came to a town of Samaria called Sychar,  
near the plot of land that Jacob had given to his  
son Joseph.

Jacob's well was there.

Jesus, tired from his journey, sat down there at the  
well.

It was about noon.

A woman of Samaria 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,

"How can you, a Jew, ask me, a Samaritan woman,  
for a drink?"

—For Jews use nothing in common with Samaritans.—

Jesus answered and said to her,

"If you knew the gift of God  
and who is saying to you, 'Give me a drink,'  
you would have asked him  
and he would have given you living water."

The woman said to him,

"Sir, you do not even have a bucket and the  
cistern is deep;

where then can you get this living water?

Are you greater than our father Jacob,

who gave us this cistern and drank from it himself  
with his children and his flocks?"

Jesus answered and said to her,

"Everyone who drinks this water will be thirsty  
again;

but whoever drinks the water I shall give will  
never thirst;

the water I shall give will become in him  
a spring of water welling up to eternal life."

The woman said to him,



"Sir, give me this water, so that I may not be thirsty  
or have to keep coming here to draw water.

"I can see that you are a prophet. . . .

Jesus said to her,

"I am he, the one who is speaking with you."

Many of the Samaritans of that town began to  
believe in him.

When the Samaritans came to him,  
they invited him to stay with them;  
and he stayed there two days.

Many more began to believe in him because of his  
word,

and they said to the woman,

"We no longer believe because of your word;  
for we have heard for ourselves,  
and we know that this is truly the savior of the  
world."

## Readings for the week:

### 3rd Sunday

#### of Lent

Exod 17:3-7  
Ps 95:1-2, 6-7, 8-9  
Rom 5:1-2, 5-8  
John 4:5-42 or  
4:5-15, 19b-26,  
39a, 40-42

#### Monday

2 Kgs 5:1-15b  
Ps 42:2, 3; 43:3, 4  
Luke 4:24-30

#### Tuesday

Dan 3:25, 34-43  
Ps 25:4-5ab, 6  
and 7bc, 8-9  
Matt 18:21-35

#### Wednesday

Deut 4:1, 5-9  
Ps 147:12-13,  
15-16, 19-20  
Matt 5:17-19

#### Thursday

Jer 7:23-28  
Ps 95:1-2, 6-7, 8-9  
Luke 11:14-23

#### Friday

Hos 14:2-10  
Ps 81:6c-8a, 8bc-9,  
10-11ab, 14  
and 17  
Mark 12:28-34

#### Saturday

Hos 6:1-6  
Ps 51:3-4, 18-19,  
20-21ab  
Luke 18:9-14

### 4th Sunday of Lent

1 Sam 16:1b, 6-7,  
10-13a  
Ps 23:1-3a, 3b-4,  
5, 6  
Eph 5:8-14  
John 9:1-41 or 9:1,  
6-9, 13-17, 34-38



### Opening Prayer

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. **Amen.**

### Reflecting on Living the Gospel

In the gospel story we hear proclaimed today, an intelligent, daring *woman* is at the center of the shocking inclusiveness for which our contemporary church is still striving. The despised woman, who comes to the well in the heat of high noon to avoid the judgmental eyes and tongues of the other women at the usual drawing time of morning and evening, hurries back to her own town. She is no longer ashamed of the story of her life, because she has a more urgent story to tell about the man who lowered a bucket into the well of her soul and drew up the deep living water within her. She has been helped to see what she was looking for, what her own inner reality and truth are, and that she must worship the God in this spirit and truth.

The woman announces to her Samaritan village what she experienced with Jesus, but until they have experienced him personally, they cannot truly believe. Only then can he be named “savior of the world.” This is the faith that calls us, with the elect of our parish communities, to a scrutiny of what quenches our deepest “thirsts,” of what nourishes our spirits as well as our bodies. Do pleasure, power, exclusiveness satisfy us? With what “enemy” are we unwilling to sit and talk, to eat and drink? How tolerant are we of those who belong to other religious or cultural traditions? Do we believe in the value of creative conversation, even when exhausted, even with our own young people who may have questions—sometimes abrasive, often welling up from deep longings within them? Can we move out of our comfort zones, leave our old “water jars” behind, and welcome the gifts of God that are being offered to us, especially in this privileged season of Lent?

### Closing Prayer

Loving God, thank you for the gift of this day and the opportunity to grow in relationship with you. Give us the living water you promise, so that we may never thirst again. Open our hearts to your gifts as we remain faithful to your gospel and the way of discipleship. **Amen.**

#### For Reflection:

• After her encounter with Christ, the Samaritan woman became a powerful witness whose testimony brought others to believe. To whom in your life could you be a witness of the love of God?

#### Suggestions for group and individual use:

1. Pray aloud the “Opening Prayer” (in *The Roman Missal* called the “collect”).
2. One person read aloud the gospel.
3. Each read prayerfully “Reflecting on Living the Gospel” and spend some time in personal prayer.
4. Share together responses to “For Reflection.”
5. Pray the “Closing Prayers.”

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**MASS TIMES:**

**Fr. Anastacio Postrano, Pastor**

Daily Mass: 6:30 AM – 7:30 AM (except Mondays)

Saturday: 5:00 PM – 6:00 PM

Sunday: 8:30 AM – 9:30 AM

4th Wednesday Masses are at 9:00AM at Hale Makua Nursing Home (Wailuku).

**EXPOSITION OF THE BLESSED SACRAMENT**

Every 1st Friday: 6:00 AM

**CONFESSION**

Saturday: 4:30 PM

After every weekday mass or by appointment.

**SACRAMENTS**

Baptism, Confession, Marriage, Anointing of the Sick, Funerals please call the office to make an appointment (808) 244-3284 or (808) 385-3021 (please leave a message).

You can also reach us via email at [stannwaihee@gmail.com](mailto:stannwaihee@gmail.com).

**Financials: 02/27/23 – 03/05/23**

| <b>Weekly Collection Goal \$2400</b> | <b>Total \$3609.00 Over \$1209.00</b> |
|--------------------------------------|---------------------------------------|
| <b>In Church</b>                     | <b>\$ 3259.00</b>                     |
| <b>Online Giving</b>                 | <b>\$ 350.00</b>                      |
| <b>Mail In</b>                       | <b>\$ 0.00</b>                        |

**Mark your calendar for our Lenten Penance Service on Thursday, March 16<sup>th</sup> @ 6:00 p.m.**

**Bread baking on Tuesday, March 21<sup>st</sup>. Order sheet at church entry.**

**Next weekend, 2<sup>nd</sup> Collection for Catholic Relief Services.**

**Eucharistic Miracles @ Maria Lanakila**

Did you see the sign outside with a young man’s face on it? This is Maria Lanakila in Lahaina’s invitation to all of us to visit the Eucharistic Miracles of the World Exhibit at their parish. This exhibit was designed and created by Carlo Acutis, a boy who died at the age of 15 and was Beatified in 2020. He is the first Millennial on the path of sainthood. Come and witness all the Eucharistic Miracles around the world which he documented using technology during his short life. The exhibit is open from 8 am to 8 pm daily until March 19. All are welcome to join St. Ann Faith formation families who will visit it on Sunday March 19 from 11-12 as a field trip excursion.

*Have a Blessed Week!*