

The Eucharist

12 March 2023 ◆ THIRD SUNDAY OF LENT / A



The image which the readings put before us today and which links the first reading and the Gospel is water. This is what they have in common. But what separates them is far more significant. Lack of faith contained in the word 'grumbling' is the picture we get from the Book of Exodus and this is from God's chosen people. On the other hand, the strangers, the Samaritans come to believe in God's chosen one.



Jesus, tired by the journey, sat down by the well. There came a Samaritan woman to draw water.

FIRST READING *(Exodus 17:3-7)*

The Children of Israel have just been liberated from Egypt and within a short space of time, they put the Lord to the test three times and the incident told today is the third of these. Here, the lack of water serves to highlight something deeper, a lack of faith in the Lord.

SECOND READING *(Romans 5:1-2.5-8)*

The second reading takes up a different theme from the other two. The theme of the Letter to the Romans as a whole is stated here. It is that the person who is reconciled to God will be saved as the result of Jesus Christ having risen from the dead. It is hope that allows Paul to say this.

GOSPEL *(John 4:5-15.19-26.39-42)*

Today's story is set in Samaria, the central province of Palestine which separated the other two. Jesus is moving from Judaea to Galilee. The Samaritans were not regarded as real Jews and Jesus is presented as the saviour of all the peoples of the world, here represented by the Samaritans, who respond in faith.

THE INTRODUCTORY RITES

Entrance Antiphon

(Cf. Ps 24:15-16)

**My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.**

In the name of the Father, and of the Son,
and of the Holy Spirit.

Amen.

The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

And with your spirit.

Penitential Act

Brethren (brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to celebrate
the sacred mysteries.

A brief pause for silence follows.

**I confess to almighty God / and to you, my brothers
and sisters, / that I have greatly sinned, / in my
thoughts and in my words, / in what I have done and
in what I have failed to do,**

And, striking their breast, they say:

**through my fault, through my fault, / through my
most grievous fault; / therefore I ask blessed Mary
ever-Virgin, / all the Angels and Saints, / and you,
my brothers and sisters, / to pray for me to the Lord
our God.**

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

Amen.

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

**Lord, have mercy.
Christ, have mercy.
Lord, have mercy.**

(The Gloria is not said.)

Collect

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,

one God, for ever and ever.

Amen.

THE LITURGY OF THE WORD

FIRST READING

(Ex 17:3-7)

A reading from the book of Exodus.

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.

Thanks be to God.

RESPONSORIAL PSALM

(Ps 94:1-2.5-9)

**R O that today you would listen to 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

(Rm 5:1-2.5-8)

A reading from the letter of St Paul to the Romans.

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 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.

Thanks be to God.

GOSPEL ACCLAMATION

(Cf. Jn 4:42.15)

**Glory to you, O Christ, you are the Word of God!
Lord, you are really the saviour of the world;
give me the living water, so that I may never
get thirsty.
Glory to you, O Christ, you are the Word of God!**

GOSPEL

(Jn 4:5-42)

(For Shorter Form, read between ♦ ♦)



The Lord be with you. **And with your spirit.**

A reading from the holy Gospel
according to John. **Glory to you, O Lord.**

♦ 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.' 'Go and call your husband' said Jesus to her 'and come back here.' The woman answered, 'I have no husband.' He said to her, 'You are right to say, "I have no husband"; for although you have had five, the one you have now is not your husband. You spoke the truth there.' '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 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.'

At this point his disciples returned, and were surprised to find him speaking to a woman, though none of them asked, 'What do you want from her?' or, 'Why are you talking to her?' The woman put down her water jar and hurried back to the town to tell the people, 'Come and see a man who has told me everything I ever did; I wonder if he is the Christ?' This brought people out of the town and they started walking towards him.

Meanwhile, the disciples were urging him, 'Rabbi, do have something to eat,' but he said, 'I have food to eat that you do not know about.' So the disciples asked one another, 'Has someone been bringing him food?' But Jesus said:

'My food is to do the will of the one who sent me, and to complete his work.
Have you not got a saying:
Four months and then the harvest?
Well, I tell you:
Look around you, look at the fields;
already they are white, ready for harvest!
Already the reaper is being paid his wages,
already he is bringing in the grain for eternal life,
and thus sower and reaper rejoice together.
For here the proverb holds good:
one sows, another reaps;
I sent you to reap a harvest you had not worked for.
Others worked for it;
and you have come into the rewards of their trouble.'

♦ 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.

Praise to you, Lord Jesus Christ.

Profession of Faith *(Apostles' Creed)*

I believe in God, / the Father almighty, / Creator of heaven and earth, / and in Jesus Christ, his only Son, our Lord,

At the words that follow, up to and including the Virgin Mary, all bow.

who was conceived by the Holy Spirit, / born of the Virgin Mary, / suffered under Pontius Pilate, / was crucified, died and was buried; / he descended into hell; / on the third day he rose again from the dead; / he ascended into heaven, / and is seated at the right hand of God the Father almighty; / from there he will come to judge the living and the dead.

I believe in the Holy Spirit, / the holy catholic Church, / the communion of saints, / the forgiveness of sins, / the resurrection of the body, / and life everlasting. Amen.

The priest introduces the Prayer of the Faithful.

THE LITURGY OF THE EUCHARIST

Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

Prayer over the Offerings

Be pleased, O Lord, with these sacrificial offerings, and grant that we who beseech pardon for our own sins, may take care to forgive our neighbour.
Through Christ our Lord.

Amen.

Eucharistic Prayer II *(Preface: The Samaritan Woman)*

The Lord be with you. **And with your spirit.**
Lift up your hearts. **We lift them up to the Lord.**
Let us give thanks to the Lord our God.

It is right and just.

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For when he asked the Samaritan woman for water to drink,

he had already created the gift of faith within her and so ardently did he thirst for her faith, that he kindled in her the fire of divine love.

And so we, too, give you thanks and with the Angels

praise your mighty deeds, as we acclaim:

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

You are indeed Holy, O Lord, the fount of all holiness.

Make holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall, so that they may become for us the Body and ☩ Blood of our Lord Jesus Christ.

At the time he was betrayed and entered willingly into his Passion, he took bread and, giving thanks, broke it, and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended, he took the chalice and, once more giving thanks, he gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,

WHICH WILL BE Poured OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME.

The mystery of faith.

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

Therefore, as we celebrate
the memorial of his Death and Resurrection,
we offer you, Lord,
the Bread of life and the Chalice of salvation,
giving thanks that you have held us worthy
to be in your presence and minister to you.

Humbly we pray
that, partaking of the Body and Blood of Christ,
we may be gathered into one by the Holy Spirit.
Remember, Lord, your Church,
spread throughout the world,
and bring her to the fullness of charity,
together with **N.** our Pope and **N.** our Bishop
and all the clergy.

Remember also our brothers and sisters
who have fallen asleep in the hope of the resurrection,
and all who have died in your mercy:
welcome them into the light of your face.

Have mercy on us all, we pray,
that with the Blessed Virgin Mary, Mother of God,
with blessed Joseph, her Spouse,
with the blessed Apostles,
and all the Saints who have pleased you throughout
the ages,

we may merit to be coheirs to eternal life,
and may praise and glorify you
through your Son, Jesus Christ.

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.

Amen.

THE COMMUNION RITE

At the Saviour's command
and formed by divine teaching,
we dare to say:

**Our Father, who art in heaven, / hallowed be thy
name; / thy kingdom come, / thy will be done / on
earth as it is in heaven. / Give us this day our daily
bread, / and forgive us our trespasses, / as we forgive
those who trespass against us; / and lead us not into
temptation, / but deliver us from evil.**

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

**For the kingdom,
the power and the glory are yours
now and for ever.**

Lord Jesus Christ, ...

Amen.

The peace of the Lord be with you always.

And with your spirit.

*The priest may invite the people to exchange a sign of peace
and Christian fellowship. As the priest breaks the consecrated
Host the following is sung or said:*

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
grant us peace.**

Showing the Host to the people, the priest says:

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

Communion Antiphon

(Jn 4:13-14)

**For anyone who drinks it, says the Lord,
the water I shall give will become in him
a spring welling up to eternal life.**

Prayer after Communion

As we receive the pledge
of things yet hidden in heaven
and are nourished while still on earth
with the Bread that comes from on high,
we humbly entreat you, O Lord,
that what is being brought about in us in mystery
may come to true completion.
Through Christ our Lord.

Amen.

THE CONCLUDING RITES

The Lord be with you.

And with your spirit.

May almighty God bless you,
the Father, and the Son, ✠ and the Holy Spirit. **Amen.**

Go forth, the Mass is ended. **Thanks be to God.**

Personal Prayer

Lord Jesus, you are presented today as someone
whose word reaches out to all people without
exception. The original hearers of today's gospel
may have been disturbed, first of all that you were
discovered talking with a woman and secondly
that those who were regarded as outsiders, the
Samaritans, believed in you and recognised you as
the Saviour of the world. Today, may we be disturbed
from any attitude which excludes, to think again, sure
in the knowledge that we are all equal in your sight
and all equally loved by your father and ours. Amen.