

LIVING FAITH

THIRD SUNDAY OF LENT

MARCH 8



THE GOSPEL FOR TODAY

John 4:5-15, 19b-20, 39a, 40-42

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that 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 have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.'

Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

TAKING THE GOSPEL HOME

The woman who met Jesus that day in the scorching noonday sun was the first evangelist, the first to tell others of the wonders that Jesus had done in her life, and invite them to meet him for themselves. We are all called to be like that woman.

REFLECT AND DISCUSS

- Who introduced you to Jesus? How did they do this?
- Have you ever introduced someone else to Jesus?

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The Woman at the Well

Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." John 4:10 (NIV)



The puzzle is based on John 4:5-26 (NIV)

1. Find the hidden words. The words have been placed horizontally, vertically, or diagonally. When you locate a word, draw a circle around it.

A F X V C K G I F T P U S S D
M Z Y M R S C V Y H R I R O Z
V N Q P J B C M E I O W T U E
R B F G Q N F U F R P O N H O
M P M A L I F E E S H M J C K
L F C H M U K Q Q T E A R H G
D S P R I N G H Z Y T N R X O
W E L L L I V I N G D R I N K
I M U M T U I G B D U P E B H
V E R K T M Z Y U V D O T E W
J S S A M A R I T A N N E F A
E S B L E H U S B A N D R P T
S I U D Q A H Y R K T A N K E
U A Q P B O K M O T O N A S R
S H Z U M R Y P H D E Q L Y F

PROPHET
LIVING
THIRSTY

WELL
WATER
LIFE

GIFT
ETERNAL
SPRING

DRINK
JESUS
SAMARITAN

MESSIAH
WOMAN
HUSBAND



Journey Through Lent 2026 *Canadian Conference of Catholic Bishops*

The 2026 Journey through Lent video series, which includes reflections on the readings for Ash Wednesday and each Sunday in Lent including Palm Sunday, is available. It is a joint project between three CCCB offices (the Office national de liturgie, the National Liturgy Office, and the Office for Evangelization and Catechesis).

This year's spiritual reflections are delivered by the Most Reverend Daniel Miehm, Bishop of Peterborough (in English), and the Most Rev. Juan Carlos Londoño., Auxiliary Bishop of Quebec (in French).

The videos are available [here](#).



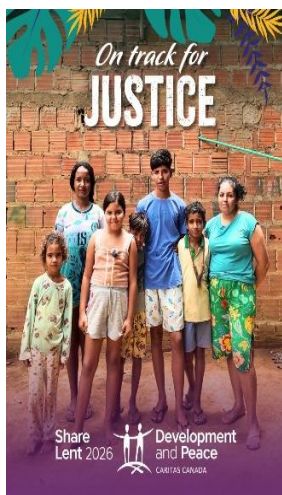
Message of Pope Leo XIV for Lent 2026

The 2026 Message of Pope Leo XIV for Lent is titled "Listening and Fasting: Lent as a Time of Conversion."

In his message, the Holy Father writes: "Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life."

Read the full message [here](#).

Share Lent 2026



Week 3: Women protecting the Earth

In Brazil, the lives of several rural communities are disrupted by industrial agriculture, mining and the Carajás railway. Women are at the heart of the fight to protect the land and the environment from the air, water and soil pollution that they cause. This pollution damages their kitchen gardens and harms the health of their children, families and neighbours.

Courageously, these women resist to continue to exist on their land. To assert and protect their rights, they formed a women's association called Seeds of the Earth with the support of Justiça nos Trilhos (JnT), a partner of Development and Peace — Caritas Canada. Discover all the resources at www.devp.org/lent/resources.

MARCH 8 - Third Sunday of Lent (Prayer of the Faithful)

International Women's Day For women throughout the world, that their dignity may be respected, their rights upheld, and the discrimination they so often endure come to an end, let us pray to the Lord.

"Justice becomes concrete when it reaches out to others, when each person is given their due, until equality in dignity and opportunity among human beings is achieved."

— Pope Leo XIV



Busted Halo has created a short three minute video about the Season of Lent. You can watch this video [Here](#).



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