

During the coming Sundays of Lent, we will offer the opportunity to pray the Stations of the Cross. This is a long-held prayer within the Church. My understanding is that this devotion arose within the Church in the Middle Ages, as a way of allowing the faithful to make a pilgrimage to the Holy Land, without actually, physically going there. So, for us, the Stations of the Cross are a pilgrimage we can make this Lent in faith.

LIVINGTHEWORD

- ❖ **How is your Lent?** 'A goal without a plan is still a dream.' Reflect on your experience of Lent so far. How would you evaluate your Lenten journey and commitment? What has worked well and could be practised more?
- ❖ **Move Beyond the Grumbling:** People 'grumbled.' Moses, heavy with the experience of leading God's people, is frightened he will get stones thrown at him! Wisdom is shared with Moses. Go ahead of the people with some wise people; get away from the grumbling voices. What grumbling or criticising voices pull you down and make you feel sad? How could you let go of complaining voices this Lent, and find some wisdom voices (elders) this Lent? How do the symbols of staff, rock and water speak to you?
- ❖ **While We Were Still Sinners:** Have you ever had someone love you and show continued kindness, even when you were rebelling against them? Have you ever considered just how precious and loveable you are that God would be willing to die for you? This historical event is located at the Cross. Consider visiting a Catholic church and spending time with the Stations of The Cross as a Lenten devotion.
- ❖ **Seeking Water:** Samaritans were considered unclean and unworthy, because they were historically Jewish people that had inter-married with non-believers in the area of Samaria. Jews would normally avoid close contact and speech with Samaritans, and refused to allow them into the Temple in Jerusalem. Remarkably, Jesus begins a conversation with the Samaritan woman around 'life-giving water', a symbol of the life-giving relationship with God. In the heat of the day, where do you go to find rest and water? What / where is your Jacob's well?
- ❖ **Where Are You Hurting?** It is possible that the Samaritan woman has chosen to collect water at the most inconvenient time under the midday sun to avoid the company of other women. Has she had experiences of rejection or gossip? Life has been hard for her. She wants to 'never be thirsty or have to keep coming here'. This Lent ask yourself the two deep questions of spiritual direction: What do you want? Where do you hurt? Consider writing your answers to these two special questions in a dedicated journal.
- ❖ **Husbands:** Some scripture scholars suggest that the 5 husbands the woman has are actually the 5 different 'gods' which have influenced the Samaritans by their inter-marriage. Jesus says He is 'I AM', which is the Divine Name given by God to Moses as Husband to Israel. What does this mean for you?

This is a taste of Bishop Erik Varden's first conference, given for the Papal Household's Lenten Retreat

"Lent confronts us with essentials. It takes us, materially and symbolically, into a space stripped of superfluities. Things apt to distract us, even things wholesome in themselves, are removed for a season. We embrace an abstinence of the senses.

Fidelity to Christ's example and commandments is the hallmark of Christian sincerity. The extent of the *peace* we embody — that signal peace 'which the world cannot give' — indicates Jesus' abiding presence in us. We must insist on this now, when the Gospel is sometimes deployed as a weapon in culture wars. Weaponisation of Christian language and signs should be challenged, not just by outrage, but by teaching the terms of authentic spiritual warfare. For Christian peace is not a promise of ease; it is a condition for transformed society.

It is timely to articulate the radicality of Christian 'peace', while we remind ourselves and others of the truth in St John Climacus' words: 'There is no greater obstacle to the presence of the Spirit in us than anger.' The Church instils our Lenten programme with peace. She detracts nothing from her call to do battle against vices and harmful passions — her language is 'Yes, yes', 'No, no', not 'sometimes this', 'sometimes that'.

She gives us instead, as we start each Lent's battle, a peaceful melody as a seasonal soundtrack: a tract of great beauty that, for over a thousand years, the Church has sung on the First Sunday of Lent, to introduce the account of Christ's temptation in the wilderness. The tract sets the text of Psalm 90, the *Qui habitat*. This work of melodic exegesis deserves attention. It is not just a relic of ancient aesthetics. It carries a vital message.

St Bernard of Clairvaux was attentive to this message. In the Lent of 1139, he preached a cycle of 17 sermons on the *Qui habitat*. There, he reflected on what it means to live by grace as we fight evil, foster good, uphold truth, and follow the exodus path from unfreedom towards the land of promise, veering neither to the right nor to the left, remaining peaceful, conscious that underneath what may at times seem to us a tight-rope walk 'are the everlasting arms'. He summons us to loving and clear-headed discipleship."

Referring further to Bishop Varden and his Ash Wednesday homily, we get a healthy insight into Lent

Let us pray that we, this Lent, may be formed in profound compassion for man. God is working the world's redemption. He bids us work with him, in his name. May we be present and alert when he has need of us. May we embrace with our prayer those for whom he gave his life in love, who are so easily forgotten, who so easily forget. On their behalf, we shall live and labour and love.

** Pray, Reflect, Grow with the Sunday Readings at www.livingtheword.org.nz



CALENDAR

MONDAY

MARCH 9

Lenten Weekday

2 Kgs 5:1-15ab
Lk 4:24-30

TUESDAY

MARCH 10

Lenten Weekday

Dn 3:25, 34-43
Mt 18:21-35

WEDNESDAY

MARCH 11

Lenten Weekday

Dt 4:1, 5-9
Mt 5:17-19

THURSDAY

MARCH 12

Lenten Weekday

Jer 7:23-28
Lk 11:14-23

FRIDAY

MARCH 13

Lenten Weekday

Hos 14:2-10
Mk 12:28-34

SATURDAY

MARCH 14

Lenten Weekday

Hos 6:1-6
Lk 18:9-14

SUNDAY

MARCH 15

*Fourth Sunday
of Lent*

1 Sm 16:1b,
6-7, 10-13a
Eph 5:8-14
Jn 9:1-41 or
9:1, 6-9, 13-17,
34-38

PRAYER SEEKING THE INTERCESSION OF THE EIGHT BLESSED MARTYRS OF THAILAND AND THEIR CANONISATION

Almighty God, You called the eight Blessed Martyrs of Thailand to serve our Lord Jesus Christ, as priest, religious and lay people, laity leading as young disciples, and as a catechist. These eight Blessed Martyrs responded faithfully to Your call, dedicating themselves to Your redemptive mission for all. For the sake of this mission and their faith in You, they followed Your Son, Jesus Christ, in sacrificing their lives.

May the example of these eight Blessed Martyrs of Thailand inspire us to live our Christian faith today in the Catholic Church, ever giving witness to that faith in our daily life.

According to Your will, we pray that Your servants, the eight Blessed Martyrs of Thailand, may be canonised. We ask this as we seek to strengthen our own faith. So, if it is Your will, bless us with their canonisation, thus giving glory to Your Name.

Through the intercession of the eight Blessed Martyrs of Thailand, grant what we now humbly request in prayer (*take a silent moment*). **Amen.**

Leader: The eight Blessed Martyrs of Thailand

Response: Pray for us

Our website:

www.assumptioncathedralbkk.org

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Rev. Peter Booncharat Suksawang
Rev. Francis Xavier Akranon Kitcharoen

MASS SCHEDULE:

Mon-Fri : Thai 06:00 hrs.
Sat : Thai 06:00; 17:00 novena followed by
mass
Sun : Thai 07:00; 08:30 and 17:00 hrs.
English 10:00 hrs.

BAPTISM:

Thai : **First Sunday** during 8:30 am mass.
English : **Second Sunday** during 10:00 am mass.

CONFESSION:

Sundays : Before all masses (Thai).
English before 10:00 am mass.

CATHOLIC CENTER:

For religious articles, please visit the center opposite
the entrance of the Cathedral.

Opening Hours:

Mon-Fri : 08:30 – 17:00 hrs.
Sat & Sun : 08:30 – noon
Public holidays : Closed

Good News!

March 8, 2026

Third Sunday of Lent (A)

Exodus 17:3-7 / Romans 5:1-2, 5-8 / John 4:5-42
or 4:5-15, 19b-26, 39a, 40-42

FR. THOMAS M. SANTA, CSSR

“If today you hear his voice, harden not your hearts.”
(See Psalm 95.) Our psalm prayer invites us to respond
to the Word of God. A positive response should be as-
sumed as ordinary: very few among us would deliberate-
ly ignore God’s voice. The challenge is not in responding
“yes” to the invitation of the Lord but rather in “hearing”
his voice.

There are so many voices that daily compete for at-
tention. We seem to be bombarded every waking mo-
ment with some kind of noise that demands attention
and action. At one time, Neil Diamond might have been
able to celebrate the “Beautiful Noise” of the city, but
it is far more difficult for us today. Frankly, the noise
around us is deafening, and most people long for true si-
lence, a break in the pattern, a vacation from the frantic
anxiety that seems to be present.

A wonderful Lenten practice—indeed, a spiritual
practice that goes well beyond Lent—is to freely choose
to disconnect from distraction. Resist the temptation to
plug in the earbuds. Refrain from the distraction of so-
cial media content. Leave your cell phone in the living
room, go sit in the backyard, and pay attention to noth-
ing. “Be still and know that I am God” (Psalm 46:11),
the psalmist reminds us. Listen for God’s voice, hear his
call, and respond to the invitation. ●

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PLEASE KNEEL**MEMORIAL ACCLAMATION – Belmont Mass**

Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

DOXOLOGY PLEASE STAND

Priest: 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.

GREAT AMEN – Belmont Mass

Amen, amen.

COMMUNION RITE**THE LORD'S PRAYER (No. 387)**

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.

Priest: 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.

All: For the kingdom, the power and the glory are yours, now and forever.

LAMB OF GOD – Belmont Mass

Lamb of God, you take away the sins of the world, have mercy on us. (Repeat)
Lamb of God, you take away the sins of the world, grant us peace, grant us peace.

PLEASE KNEEL

Priest: 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.

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

COMMUNION: MERCIFUL GOD (No. 489, Lent Communion Refrain)**FINAL: LORD, WHO THROUGHOUT THESE FORTY DAYS (No. 479) PLEASE STAND****3rd SUNDAY OF LENT (Year A)**

Sunday, 8 March 2026

ENTRANCE: THE GLORY OF THESE FORTY DAYS (No. 481) PLEASE STAND**INTRODUCTORY RITE**

Priest: I confess to almighty God,

All: 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.

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

All: Amen.

KYRIE / LORD HAVE MERCY – Belmont Mass

Kýrie, eléison. Kýrie, eléison. Christe, eléison. Christe, eléison.

Kýrie, eléison. Kýrie, eléison.

FIRST READING: Ex 17:3-7**A reading from the Book of Genesis:**

In those days, in their thirst for water, the people grumbled against Moses, saying, “Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and our livestock?” So Moses cried out to the LORD, “What shall I do with this people? a little more and they will stone me!” The LORD answered Moses, “Go over there in front of the people, along with some of the elders of Israel, holding in your hand, as you go, the staff with which you struck the river. I will be standing there in front of you on the rock in Horeb. Strike the rock, and the water will flow from it for the people to drink.” This Moses did, in the presence of the elders of Israel. The place was called Massah and Meribah, because the Israelites quarreled there and tested the LORD, saying, “Is the LORD in our midst or not?”

The word of the Lord.

All: Thanks be to God

RESPONSORIAL PSALM 95: IF TODAY YOU HEAR HIS VOICE

1. Come, let us sing joyfully to the LORD; let us acclaim the Rock of our salvation. Let us come into his presence with thanksgiving; let us joyfully sing psalms to him. (R)
2. Come, let us bow down in worship; let us kneel before the LORD who made us. For he is our God, and we are the people he shepherds, the flock he guides. (R)
3. Oh, that today you would hear his voice: “Harden not your hearts as at Meribah, as in the day of Massah in the desert, Where your fathers tempted me; they tested me though they had seen my works.” (R)

SECOND READING: Rom 5:1-2, 5-8**A reading from the Letter of Saint Paul to the Romans:**

Brothers and sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God.

And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us.

The word of the Lord.

All: Thanks be to God.

ALLELUIA: PLEASE STAND**Praise and honour to you, Lord Jesus Christ**

**All: Lord, you are truly the Saviour of the world;
give me living water, that I may never thirst again.**

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

Priest: The Lord be with you.

All: And with your spirit.

Priest: A reading from the holy Gospel according to John.

All: Glory to you, Lord.

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. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship

him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." 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 saviour of the world."

Priest: The Gospel of the Lord.

All: Praise to you Lord Jesus Christ.

PLEASE BE SEATED**THE APOSTLES' CREED PLEASE STAND**

Priest: I believe in God,

All: the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, 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.

PRAYERS OF THE FAITHFUL

**RESPONSE TO THE PRAYERS OF THE FAITHFUL:
"Lord, give us your living water."**

PLEASE BE SEATED**LITURGY OF THE EUCHARIST****PROCESSION OF THE GIFTS**

OFFERTORY: FROM ASHES TO THE LIVING FONT (No. 474, Verses 1, 2 and 3 Sunday 3 Year A)

PREPARATION OF THE GIFTS PLEASE STAND

Priest: Pray, brethren, that my sacrifice and yours may be acceptable to God, the almighty Father.

All: 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.

THE EUCHARISTIC PRAYER

HOLY – Belmont Mass

**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, hosanna in the highest.**