

MISSALETTE

8 MARCH 2026 ❖ 3RD SUNDAY OF LENT ❖ YEAR A



Our Lenten Journey with Jesus, the Life-Giving Water

The Third Sunday of Lent invites us to reflect on the theme of water. Like the Samaritan woman, we are all invited to ask for the life-giving water that flows from Jesus—His teaching and grace, the cleansing of sin through His death and resurrection, and the water of His Spirit, which alone satisfies our longing for love and meaning. We were given these gifts at baptism and continue to receive them whenever we approach the Lord in faith and love. Today, as we gather around the altar, let us recall the gift of our baptism and offer the life-giving sacrifice of the Eucharist to the Father.

INTRODUCTORY RITES

ENTRANCE ANTIPHON

(To be recited only when no entrance hymn is sung.)

**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.**

(Cf. Ps 25 (24):15-16)

GREETING

P—Blessed be Jesus, the source of living water.
May his grace and love be with you all.

All— And with your spirit.

PENITENTIAL ACT

P— As we prepare ourselves to celebrate the Eucharistic Sacrifice, let us call to mind our sins. (Pause)

P— Lord Jesus, You are the fountain of living water, but we have often preferred the dead

marshes of selfishness, greed, and lust. Lord, have mercy.

All— Lord, have mercy.

P— Lord Jesus, You taught us to worship God in spirit and truth, but sometimes we give to creatures the honor that we should offer to God alone. Christ, have mercy.

All— Christ, have mercy.

P— Lord Jesus, You laid down Your life to reconcile us with God the Father, but we often do not show appreciation for the grace You have earned for us. Lord, have mercy.

All— Lord, have mercy.

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

All— Amen.

COLLECT (OPENING PRAYER)

P— O God, author of every mercy and of all goodness,
who in fasting, prayer and almsgiving
have shown us a remedy for sin,

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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.
All – Amen.

LITURGY OF THE WORD

1st Reading

Ex 17:3-7

R – A reading from the Book of Exodus

**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

Ps 95:1-2, 6-7, 8-9

R – *If today you hear his voice, harden not
your hearts.*

R. M. Velez

If to-day you hear his voice,
har-den not your hearts!

* Come, let us sing joyfully to the Lord;
let us acclaim the Rock of our salvation.
Let us come into his presence with thanks
giving;
let us joyfully sing psalms to him. **R.**

* 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.**

* 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.**

2nd Reading

Rom 5:1-2, 5-8

R – 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.

Verse before the Gospel

cf. Jn 4:42, 15

**All – Glory and praise to you, Lord Jesus
Christ.**

**Lord, you are truly the Savior of the
world!**

Give me living water, that I may never

thirst again.
Glory and praise to you, to you, Lord
Jesus Christ.

Gospel

Jn 4:5-15.19b-26.39a, 40-42

P –The Lord be with you.

All–And with your spirit.

P –A reading from the holy Gospel according
to John

All–Glory to you, O 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 speaking with you.”

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

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.”

The Gospel of the Lord.

All–Praise to you, Lord Jesus Christ.

HOMILY

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,
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.

PRAYER OF THE FAITHFUL

P— Even more eager than the Samaritan woman to receive from Jesus the water of divine grace, we humbly ask Him to pour out the abundance of His blessings as we pray:

All —**Lord Jesus, quench our thirst.**

C —For the pilgrim Church: may God’s mercy sustain Her with the living water of His Word and Sacraments as She journeys through a world of indifference and opposition. Let us pray. **R.**

C —For the Holy Father and all spiritual leaders: may they faithfully represent Jesus, the new Moses, who quenches our souls with the water of divine grace. Let us pray. **R.**

C —For our civil leaders: may they guide and inspire us through honest dedication to the common good and care for society’s most vulnerable. Let us pray. **R.**

C —For all who are suffering—physically, emotionally, or spiritually: may they find strength and comfort in the loving support of their family and community. Let us pray. **R.**

P— Lord Jesus, You are the source of living water, able to transform the deserts of our lives into gardens of holiness. Refresh our thirsty souls with the abundance of Your grace, that we may experience in this life the joy of Your Kingdom, where You live and reign forever and ever.

All — **Amen.**

LITURGY OF THE EUCHARIST

PREPARATION OF THE GIFTS

P —Pray, brethren . . .

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.**

PRAYER OVER THE OFFERINGS

P—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 neighbor. Through Christ our Lord.

All — **Amen.**

PREFACE: THE SAMARITAN WOMAN

P —The Lord be with you.

All—**And with your spirit.**

P —Lift up your hearts.

All—**We lift them up to the Lord.**

P —Let us give thanks to the Lord our God.

All—**It is right and just.**

P— 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:

All — **Holy, holy, holy . . .**

MEMORIAL ACCLAMATION

P — The mystery of faith.

All — **When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**

COMMUNION RITE

All—**Our Father . . .**

P —Deliver us, Lord . . .

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



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SIGN OF PEACE

BREAKING OF THE BREAD

All—Lamb of God, you take away the sins of the world:
the world:
have mercy on us. (2x)
Lamb of God, you take away the sins of the world:
the world:
grant us peace.

COMMUNION

P— 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 ANTIPHON

(To be recited only when no Communion hymn is sung.)

For anyone who drinks it, says the Lord,

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

(Jn 4:13-14)

PRAYER AFTER COMMUNION

P—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.

All—Amen.

CONCLUDING RITES

P—The Lord be with you.

All—And with your spirit.

P—May almighty God bless you: the Father, and
the Son, and the Holy Spirit.

All—Amen.

P—Go in peace, glorifying the Lord by your life.

All—Thanks be to God.

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