



Entrance Antiphon

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.

First reading Exodus 17:3-7

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.

Responsorial Psalm

Response: *If today you hear his voice,
harden not your hearts.*

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**

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**

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 Romans 5:1-2,5-8

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. And 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.

Gospel Acclamation

Glory to you, Word of God, Lord Jesus
Christ!

Lord, you are truly the Saviour of the
world;

give me living water, that I may never
thirst again.

Glory to you, Word of God, Lord Jesus
Christ!

Gospel Matthew 17:1-9

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. I see you are a prophet, sir. 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.'

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.

Communion Antiphon

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

NEXT WEEK'S LITURGY

Monday 13th March

Monday of the 3rd week of Lent

Kg 5:1-15; Lk 4:24-30

Tuesday 14th March

Monday of the 3rd week of Lent

Dan 3:25,34-43; Mt 18:21-35

Wednesday 15th March

Monday of the 3rd week of Lent

Deut 4:1,5-9; Mt 5:17-19

Thursday 16th March

Monday of the 3rd week of Lent

Jer 17:23-28; Lk 11:14-23

Friday 17th March

Monday of the 3rd week of Lent

Jer 1:4-9; Lk 10:1-12, 17-20

Saturday 18th March

Monday of the 3rd week of Lent

Hosea 5:15 – 6:6; Lk 18:9-14

Sunday 19th March

FOURTH SUNDAY OF LENT

Sam 16:1,6-7,10-13; Eph 5:8-14;
Jn 9:1-41