

To the Heights

Year A 3RD SUNDAY IN LENT

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SPOTLIGHT!

Some of our Parish Faith Reps at our recent training day, discovering more ways to support young people in our parishes!

HEAR! Sunday Gospel



John 4:5-42

If you don't have a Bible handy, click here to access Sunday Mass Readings!

Henryk Siemiradzki, Public domain, via Wikimedia Commons



GAMECHANGERS: ST FRANCES OF ROME 9TH MARCH



The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them Game Changers! Check them out on our web page!



WEEKLY CHALLENGE:

Find some time this week to have an honest conversation with Jesus. You might find it easier to write your thoughts on paper. Speak from your heart and allow yourself time to sit in silence and see what kind of living water He wants to offer you too. Write down any thoughts or ideas, or any bible quote or line from a lyric that strikes you... watch out for ways Jesus will try to speak to your heart this week too!

PRAY



SOME SENTENCE STARTERS TO HELP YOU HAVE AN HONEST CONVERSATION WITH JESUS:

- Jesus, I don't even know what to start with but...
- Jesus, I'm so worried about...
- Jesus, I'm confused about...
- Jesus, I'm so grateful for....
- Jesus, can you help me with...
- Jesus, thank you for....
- Jesus, are you even real?

TUNE!

The Well
Casting Crowns



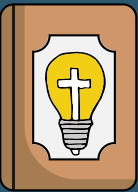
THE CHOSEN

WATCH!

JESUS AND THE WOMAN AT THE WELL



REFLECT



- What town was Jesus visiting?
- Whose well did He stop at?
- Who came to the well at the same time?
- Why was the woman surprised by Jesus' request for water?
- What kind of water did Jesus offer her?
- Where did the Jews say one must worship?
- What did Jesus say was going to happen regarding worship?
- What did Jesus know about the woman's life and past?
- How did this encounter change her?



"Youth leading youth to the Heart of the Church!" Youth 2000 is a Catholic youth organisation that organises fantastic faith festivals, retreats, prayer groups and other events for young people aged 16 - 35 across the island of Ireland, and has been doing so for over thirty years. Check out their website for upcoming retreats in your area: gatherings of young people from across Ireland for a weekend of inspiring talks and testimonies, fantastic workshops, great music and great people! Donation only. More info on www.youth2000.ie

POPE'S MARCH PRAYER INTENTION

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.



Come, see a man who told me everything I ever did.. John 4:29

HIS WORD & MY LIFE:



There's a lot going on in this story: think of the context - a Samaritan woman out at the hottest time of the day because she is an outcast in society. Her life choices have been less than ideal, but here is a woman suffering and alone, dejected and weary. Along comes a Jewish man - the very notion that conversation would happen between them in that kind of cultural context was unheard of. Jews hated the Samaritans didn't they? Not to mind a Jewish male speaking to a female like that. There's a lot of symbolic language that the woman struggles to grasp at the beginning, but by the end of the encounter she is transformed. She knows she is accepted, she is loved, she is cherished. She knows she's being called to more. She knows she has met the Messiah (Jesus revealed this to her first). She knows her life will never again be the same, and she is so full of joy and excitement that her witness converts many in her town. What a beautiful encounter: a real heart meets heart moment. And it's not just for her - it's what Jesus wants with each of us: for us to let down our guard because He sees the real us anyway and loves us. He wants your heart and He's not afraid of the mess. This Lent, remove what you need to to make space for that encounter with Him. You won't regret it.

RESPOND:



What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.



FIND THE WORDS FROM TODAY'S GOSPEL IN THE WORDSEARCH!

PUZZLE

- bucket
- Christ
- drink
- Jacob
- Jerusalem
- Jesus
- Jew
- Messiah
- mountain
- Samaria
- Samaritan
- sixth hour
- spirit
- thirsty
- truth
- water
- well
- woman
- worship



DOODLE PRAYER

Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

"Anyone who drinks the water that I will shall give will never be thirsty again..."



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