

08th MARCH 2026: THIRD SUNDAY OF LENT (A)

Mass book: p158

Preface: The Samaritan Woman p72

Eucharistic Prayer: II p24

9.30am	Hymns are on the back of this Newsletter.		
11am	Gathering: There is a River- Hymn Sheet Gloria: Nil Gloria Sanctus: 576 Post-Communion: 965	Entrance: 807 Gospel Accl.: 200 Memorial Accl.: Save us saviour Final: 960	Kyrie: Lord have mercy... Offertory: 924 Communion: 627

The Holy Father's Prayer Intention - For disarmament and peace

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.

Mass Times, Intentions & Feast Days

Sat 07	18:30	<i>First Mass of Sunday</i> Bridget Carberry - Well Being
Sun 08	09.30	✠ THIRD SUNDAY OF LENT (A) Josephine Anthony RIP Rose Greene RIP 14:00 Ghanaian Chaplaincy Mass
Mon 09	09.30	The Intention of the Joyce family Rosary
Tue 10	09.30	Carl, Christin, Jim Burrows & Iris Scott RIP Rosary
Wed 11	09.30	The Intention of the Cassar family Rosary
Thu 12	09.30	Kofi Agyeman - Dwommoh RIP Rosary
Fri 13	09.30	Priscilla Ohoron Assemien - Birthday Blessings Exposition 19:00 Stations of the Cross
Sat 14	09.30	Bridie Horgan - Well Being 18:30 <i>First Mass of Sunday</i> Alan Mode RIP
Sun 15	09.30	✠ FOURTH SUNDAY OF LENT (A) Patrick Travers - Well Being 11.00 Kofi Agyeman - Dwommoh RIP

Prayer Requests

If you request for yourself or an immediate family member to be listed in the Parish Newsletter. Please send an email to: gregoryackron@rcaos.org.uk.

Please Pray for the wellbeing of:

Geoff Brady, Margaret Ann Baker, Henry & Philomena Hutcheon, Nkechi Roberts, Kathleen Edkins, Germani Vemalaragni, Steven Pearce, Carol Bonehill, Kamila Silke, Elizabeth De Masi, Matilda Ogutu, Irene Clark, Denise Sullivan, Bridget Carberry, Pat Travers.

Please Pray for those who have died recently:

Giorgina Mabea, Albert James McElroy, Etelvina Rodrigues, Ann Maria Jalees, Sam Lowell, Tony Rawsthorne, Adam Taylor, Iris Scott, Heather Browne, Sally Kennedy, John McSweeney, John Kennedy (Esther Bell's brother).

Sick & Housebound

If your neighbour or anyone you know is unable to attend Mass because of poor health, please inform Fr Gregory and he will take them Holy Communion.

STATIONS OF THE CROSS

During Lent there will be Stations of the Cross every Friday at 7.00pm.

SACRAMENT OF RECONCILIATION

During Lent there will be confessions before and after all Masses, except on Sunday.

EASTER FLOWERS

It is customary in this parish to make donations for the flowers and decorations for the Church at Easter in memory of the "faithful departed. A mass will be said after Easter dedicated to them.

Please mark your envelopes "Easter Flowers" and write the name(s) of those being remembered in block capitals. Please post your envelope at the parish house.

Catholic Women Praying Together (CWPT)

Join CWPT Group at Our Lady & St. Philp Neri Church every 4th Sunday of the Month, after 11am Mass. See you all there.

Sydenham Catholic Social Club

Just nearby in Watlington Grove - 2 minutes walk.

Available for hire at weekends, during the week for celebrations, funerals, any special occasions or business use.

Call Mags on 07930 889632

The Club opens for drinks and socialising with friends at weekends. Come and join us on Fridays at 7-11pm, Saturdays 4pm to 12.00am (live music) and Sundays 12.00 noon - 11pm.

Gift Aiders

When you use Gift Aid envelopes for first, special and second collections, you must write your Gift Aid number on the envelope. There is a supply of envelopes at the back of the church.

If you have forgotten your number, please email the treasurer on sydenhamtreasurer@rcaos.org.uk

If you are a Tax Payer BUT NOT a Gift Aider

It is very easy to become one. Just complete one of the envelopes at the back of the church and post through the church house letter box. This a way of helping the church at no extra cost to yourself. The church claims from the Government an extra 25p for every £1 you donate.

SDC Bible Study Meetings

Join us for our weekly SDC Bible group meetings on Fridays at 7.30 p.m. These are hybrid meetings so some join online on ZOOM while others meet in person at the SDC House at 38 Ryefield Road, Upper Norwood SE19 3QU. Meetings include reflections, readings and prayer. The main focus this year will be on the theme of the BIBLE TIMELINE.

To join us online go to the Zoom website at pwa.zoom.us/jc and enter the Zoom ID: 4454292726.

All are welcome.

For more information email us at sdcreetings@gmail.com

A Day With Mary

Will be taking place at Westminster Cathedral on Saturday 14 March 2026 (9.45am to 5.00pm). Further information is available at <https://www.adaywithmary.org/> or <https://eventcatholic.com/>

Southwark Diocesan Pilgrimage to Lourdes

I warmly invite you to join me on this year's SOUTHWARK DIOCESAN PILGRIMAGE TO LOURDES: 21 to 28 August 2026 A pilgrimage is a great opportunity to refresh and renew our relationship with the Lord Jesus, with the help of Our Lady's prayers.

I have also found it a blessing to be able to accompany and to be inspired by other pilgrims, some of whom are sick, elderly or disabled.

Last year, Deacon John Fogarty and I did a short presentation in parishes, which we would be happy to repeat in your parish, if it can be arranged.

Details for booking travel and accommodation can be found at <https://www.tangney-tours.com/diocese-pilgrimages/diocese-ca/>

We also ask pilgrims to complete a form with details, including medical requirements (if any) at <https://www.catholicassociation.co.uk/join2026>

For more information, please contact Canon Edward Perera (edwardperera@rcaos.org.uk) or Deacon John Fogarty (johnfogarty@rcaos.org.uk)

or myself, Bishop Paul Hendricks (paulhendricks@rcaos.org.uk)

Last Week

Offertory:	Gift Aided: £148	Not Gift Aided: £474
Mass Count:	Sat (46)	Sun 09.30 (72) 11.00 (120)

Second Collection

Last week: CAFOD Lent Fast Day (£645)

This week: None

Next Week: Parish Development Fund

Donate

Gift Aid: Tax payers, please sign up, using the white envelopes at the back of the church, so we can claim 25p for every £1 donated.

Card: Card Machine in Church Foyer or www.olspn.church

Standing Order: Email Treasurer for details.

Cheque: Payable to 'RCAS Sydenham'

Contact

David Simpson Treasurer: sydenhamtreasurer@rcaos.org.uk

Steven Pearce Secretary: Working from Home
sydenham@rcaos.org.uk

Margaret Doherty Catholic Club: 07930 889632

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.

COLLECT

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

Amen

FIRST READING – Exodus 17:3-7

In those days: The people thirsted for water, and the people grumbled against Moses and said, 'Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?' So Moses cried to the LORD, 'What shall I do with this people? They are almost ready to stone me.' And the LORD said to Moses, 'Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink.' And Moses did so, in the sight of the elders of Israel. And he called the name of the place Massah and Meribah, because of the quarrelling of the people of Israel, and because they tested the LORD by saying, 'Is the LORD among us or not?'

The word of the Lord.

Thanks be to God

RESPONSORIAL PSALM – Psalm 94

R. O that today you would listen to his voice! 'Harden not your hearts.'

- 1. Come, let us ring out our joy to the LORD;
hail the rock who saves us.
Let us come into his presence, giving thanks;
let us hail him with a song of praise .
- 2. O come; let us bow and bend low.
Let us kneel before the LORD who made us,
for he is our God, and we the people,
the people of his pasture, the flock of his hand .
- 3. 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 forebears put me to the test;
when they tried me, though they saw my work.

R.

R.

R.

SECOND READING – Romans 5:1-2, 5-8

Brothers and Sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person — though perhaps for a good person one would dare even to die — but God shows his love for us in that while we were still sinners, Christ died for us .

The word of the Lord.

Thanks be to God

ACCLAMATION BEFORE THE GOSPEL

Glory to you, O Christ, you are the Word of God. Lord, you are indeed the Saviour of the world; give me living water, so that I will not be thirsty. Glory to you, O Christ, you are the Word of God

GOSPEL – John 4:5-42

At that time: Jesus came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.

A woman from Samaria came to draw water. Jesus said to her, 'Give me a drink.' (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask for a drink from me, a woman of Samaria?' (For Jews

have no dealings 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 nothing to draw water with, and the well is deep. Where do you get that living water? Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him 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 will not be thirsty or have to come here to draw water.'

Jesus said to her, 'Go, call your husband, and come here.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you now have is not your husband. What you have said is true.' The woman said to him, 'Sir, I perceive that you are a prophet. Our fathers worshipped on this mountain, but you say that in Jerusalem is the place where people ought to worship.' Jesus said to her, 'Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father is seeking 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 Messiah is coming — he who is called Christ. When he comes, he will tell us all things.' Jesus said to her, 'I who speak to you am he.'

Just then his disciples came back. They marvelled that he was talking with a woman, but no one said, 'What do you seek?' or, 'Why are you talking with her?' So the woman left her water jar and went away into town and said to the people, 'Come, see a man who told me all that I ever did. Can this be the Christ?' They went out of the town and were coming to him.

Meanwhile the disciples were urging him, saying, 'Rabbi, eat.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Has anyone brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to accomplish his work. Do you not say, "There are yet four months, then comes the harvest"? Look, I tell you, lift up your eyes, and see that the fields are white for harvest. Already the one who reaps is receiving wages and gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

Many Samaritans from that town believed in him because of the woman's testimony, 'He told me all that I ever did.' So when the Samaritans came to him, they asked him to stay with them, and he stayed there 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 indeed the Saviour of the world.'

The Gospel of the Lord

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

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 neighbour. Through Christ our Lord .

Amen

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 .

PRAYER AFTER COMMUNION

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.

Amen