

3rd SUNDAY OF LENT < A

March 7 - 8, 2026

Invocation of the Holy Spirit

Holy Father, we humbly beseech you to accept us also, together with your Son, and in this saving banquet graciously to endow us with his very Spirit, who takes away everything that estranges us from one another.

Intercessions: For the Church

May he make your Church a sign of unity and an instrument of your peace among all people and may he keep us in communion with N. our Pope and N. our Bishop and all the Bishops and your entire people.

In Communion with the Saints

Just as you have gathered us now at the table of your Son, so also bring us together, with the glorious Virgin Mary, Mother of God, with Blessed Joseph, her Spouse, with your blessed Apostles and all the Saints.

For the Departed Souls

With our brothers and sisters and those of every race and tongue who have died in your friendship.

Bring us to share with them the unending banquet of unity in a new heaven and a new earth, where the fullness of your peace will shine forth in Christ Jesus our Lord.

Concluding Doxology

Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever, and ever. **Amen**

Communion Rite

STAND

The Lord's Prayer

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 us 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 Savior, Jesus Christ.

People:

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

Sign Of Peace

Priest : Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you; look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever.

People : **Amen**

Priest : The peace of the Lord be with you always

People : **And with your Spirit.**

Priest : Let us offer each other the sign of peace

Breaking of the Bread

Lamb of God, you take away the sins of the world: Have mercy on us.

Lamb of God, you take away the sins of the world: Have mercy on us.

Lamb of God, you take away the sins of the world: Grant us peace.

Reception of Communion

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.

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

Priest : The body of Christ.

Answer : **Amen**

Priest : The blood of Christ.

Answer : **Amen**

Communion

Prayer after Communion

[Nourishment from Heaven]

STAND

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. **R/ Amen.**

General Announcements

SIT

Blessing

STAND

Direct, O Lord, we pray, the hearts of your faithful, and in your kindness grant your servant this grace: that, abiding in the love of you and their neighbor, they may fulfill the whole of your commands. Through Christ our Lord. **R/ Amen.**

May God give you the spring of living water and bless you: the Father, and the Son, ✠ and the Holy Spirit. **R/ Amen.**

Let the Lord go with you to love him in people.

R/ Thanks be to God.

MC: Greeting

Entrance song

STAND

Introduction by the Celebrant

ENTRANCE ANT. [Eyes on God]
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.

Penitential Act

Sometimes we let the spring of God's love dry up in us and we sin.

Let us ask the Lord to forgive us:

(pause)

Lord Jesus, spring of living water, give us that water that purifies our heart:
Lord, have mercy. **Lord, have mercy.**

Jesus Christ, spring of living water, give us that water that makes our faith grow:
Christ, have mercy. **Christ, have mercy.**

Lord Jesus, spring of living water, give us that water that makes us drink from the fullness of your life and love:
Lord, have mercy. **Lord, have mercy.**

Absolution:

May almighty God have mercy on us, and give us the living water of your gentle forgiveness.

And let it well up to everlasting life. **Amen.**

The Gloria is omitted

C: Collect [Fasting, Prayer, Almsgiving]

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.

R/ Amen.

Liturgy of the Word

SIT

First Reading Ex 17:3-7 *[Water from Rock]*
The Israelites murmured against God in their thirst. God directs Moses to strike a rock with his staff, and water issues forth.

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 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.

R/ Thanks be to God.

Responsorial Psalm Ps 95 *[The Lord Our Rock]*

R./ If today you hear his voice, harden 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 thanksgiving; 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 shepherd, 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.)**

Second Reading Rom 5:1-2, 5-8

[God's Love for Us]
Through Jesus we have received the grace of faith. The love of God has been poured upon us. Jesus laid down his life for us while we were still sinners.

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, thought 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.

R/ Thanks be to God.

Verse Before the Gospel Cf. Jn 4:42, 15

[Living Water]

STAND

R/ 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.
R/ Glory and praise to you, Lord Jesus Christ!



"I am [the Messiah], the one speaking with you."

Gospel Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42
SHORTER FORM [Samaritan Woman]
Jesus speaks to the Samaritan woman at the well. He searches her soul, and she recognizes him as a prophet. Jesus speaks of the water of eternal life. He also notes the fields are ready for harvest.

R/ The Lord be with you.
R/ And with your spirit.

A reading from the holy Gospel according to John.
R/ 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 worshippers 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 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 savior of the world."

The Gospel of the Lord.

R/ Praise to you, Lord Jesus Christ.

Homily

SIT

I believe in God

STAND

General Intercessions

Almighty Father, desiring a deeper conversion and union with You in this holy season of Lent, we present to You our needs and prayers:

(Pause)

For those preparing to enter the Church at Easter: that they will find in the Creed of the Church to give them strength and courage in the Lord Jesus as they continue their Lenten pilgrimage. Let us pray:

Lord, quench our thirst with your living water.

For those who hold public office, and all who risk their lives to establish peace among nations, may they persevere to live and practice the fullness of our faith as Christ intended, even in the midst of a secular world. Let us pray:

Lord, quench our thirst with your living water.

For the faithful: that our Lenten fast will increase our thirst for the waters of life, so that we may ever more zealous in living the Gospel and that sacraments may bear much fruit within us. Let us pray:

Lord, quench our thirst with your living water.

For all families, especially those of our parish community: that they may grow in faith and in holiness and love for the Lord. Let us pray:

Lord, quench our thirst with your living water.

Lord Jesus, You are the head of the Church, we humbly seek Your providence of the St. Peter Canisius International Catholic Parish, the grace to bear courageous witness to Jesus and his mercy and to be the light to the nations. Let us pray:

Lord, quench our thirst with your living water.

We pray for those intentions offered for the Mass and for our personal intentions ...

(Pause)

Let us pray:

Lord, quench our thirst with your living water.

Almighty Father, in this Lenten Season, draw us close to You. Bless those entering Your Church, impart faith, pour grace, and lead us home. Through Christ our Lord. **Amen.**

SL: Offertory hymn

SIT

Liturgy of the Eucharist

Preparation of the Bread

Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.

All : Blessed be God for ever.

Preparation of the Wine

Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become our spiritual drink.

All : Blessed be God for ever.

Invitation To Prayer

STAND

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

People : 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 [Pardon] **STAND**

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. **Amen.**

The Eucharistic Prayer

STAND

Introductory Dialogue

The Lord be with you.

And with your spirit.

Lift up your hearts

We lift them up to the Lord

Let us give thanks to the Lord our God.

It is right and just

Preface

[Gift of Faith]

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:

Holy, Holy, Holy Lord God of hosts....

Eucharistic Prayer For Reconciliation II

KNEEL

Praise to the Father

You, therefore, almighty Father, we bless through Jesus Christ your Son, who comes in your name. He himself is the Word that brings salvation, the hand you extend to sinners, the way by which your peace is offered to us. When we ourselves had turned away from you on account of our sins, you brought us back to be reconciled, O Lord, so that, converted at last to you, we might love one another through your Son, whom for our sake you handed over to death.

Invocation of the Holy Spirit

And now, celebrating the reconciliation Christ has brought us, we entreat you: sanctify these gifts by the outpouring of your Spirit, that they may become the Body and Blood of your Son, whose command we fulfill when we celebrate these mysteries.

The Lord's Supper

For when about to give his life to set us free, as he reclined at supper, he himself took bread into his hands, and, giving you thanks, he said the blessing, broke the bread and gave it to his disciples, saying:

Take this, all of you, and eat of it, for this is my Body, which will be given up for you.

In a similar way, on that same evening, he took the chalice of blessing in his hands, confessing your mercy, and gave the chalice to his disciples, saying:

Take this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins.

Do this in memory of me.

Memorial Acclamation

Priest : The mystery of faith.

All : When we eat this Bread and drink this cup, we proclaim your Death, O Lord, until you come again.

The Memorial Prayer

Celebrating, therefore, the memorial of the Death and Resurrection of your Son, who left us this pledge of his love, we offer you what you have bestowed on us, the Sacrifice of perfect reconciliation.