

### 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?'

**Responsorial Psalm** O that today you would listen to his voice! 'Harden not your hearts.' Ps 95

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.'

### 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.

### Gospel Acclamation

Lord, you are indeed the Saviour of the world; give me living water, so that I will not be thirsty.

### Gospel

John 4:5-15, 19b-26, 39a, 40-42

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. 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.' Many Samaritans from that town believed in him. 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 Newsletter of the Parishes of St Alban's Pelaw & St Patrick's Felling



St Alban's at Pelaw



St Patrick's at Felling



Our School at Pelaw

### Part of the John Ingram Partnership of Parishes

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The Diocese of Hexham & Newcastle Registered Charity Number: 1143450

### 3<sup>rd</sup> Sunday of Lent Year A - 8<sup>th</sup> March 2026

#### MASS TIMES AND INTENTIONS

Sat	7 <sup>th</sup>	3 <sup>rd</sup> of Lent Year A	St A	6.00pm	Andrew Sloan
Sun	8 <sup>th</sup>		St P	10.00am	People of the Parishes
Mon	9 <sup>th</sup>	Weekday of Lent	St P	10.00am	Anne Donald
Tue	10 <sup>th</sup>	Weekday of Lent			No Service
Wed	11 <sup>th</sup>	Weekday of Lent	St A	10.00am	Bill Harland
Thu	12 <sup>th</sup>	Weekday of Lent	St P	10.00am	Denis Patrick Lenehan
Fri	13 <sup>th</sup>	Weekday of Lent	St A	10.00am	Priest's Intention
Sat	14 <sup>th</sup>	4 <sup>th</sup> of Lent Year A	St A	6.00pm	People of the Parishes
Sun	15 <sup>th</sup>		St P	10.00am	Brida & Ken Clay

St A = St Alban's; St P = St Patrick's  
 Weekday Masses at St Patrick's are Celebrated in the Parish Centre  
 Weekday Masses at St Alban's are Celebrated in the Chapel in the Presbytery  
**The Sacrament of Reconciliation** - available on Request

*"Stability and peace are not achieved through mutual threats, nor through the use of weapons, which sow destruction, suffering, and death, but only through reasonable, sincere, and responsible dialogue."  
 (Pope Leo)*

**The Order of Mass** can be found on **Page 200**  
in the **middle of your Hymn Books** indicated by the grey page markers.  
**The Gloria** is on page **202**. **The Creed** is on page **205**.

**Journeying with the Word of God**  
**Living Water**

In the **First Reading** we meet another of the leaders of the Old Testament – Moses, leading his people in the desert. The people, losing their trust in God, complain to Moses. God listens to Moses' appeal and grants them water from the rock.

**Psalm 94** is a direct response to this incident. It is one of the invitatory psalms, inviting us to come into God's presence and pray. We may pray that our hearts are not hardened by lack of trust.

In the **Second Reading** St Paul speaks of the wondrous gift that Jesus has won for us – the love of God that is poured into our hearts by the Holy Spirit.

In the **Gospel** from St John Jesus meets a Samaritan woman, and beginning with a request for a drink of water, leads her gently to accepting him as Messiah. We see her spreading the word immediately and bringing others to know him.

We deepen our trust that faith in Christ satisfies our deepest needs.

**Discerning our Mission:** two parish open meetings will be held as follows:

**Thur 12<sup>th</sup> Mar 6.30pm at St Alban's**

**Thur 19<sup>th</sup> Mar 6.30pm at St Patrick's**

During these meetings we will be invited to reflect on and discern together our mission. This will include thinking about the four Diocesan Pastoral Priorities of:

**Walking with Jesus and Enabling Encounters with Him**

Renewing sacramental preparation as a journey of accompaniment and encounter. Deepening our communities as places of welcome, safety and belonging — sharing God's love with all.

Creating opportunities to walk with Christ throughout our entire lives.

**Living Justly and Caring for Our Common Home**

Stewarding our resources wisely — building a safe and sustainable future.  
Being a Church that goes out to the margins.

**Growing as One Diocesan Family**

Growing as a synodal Church — learning to listen, discern, and walk together.  
Clergy: sustaining priestly ministry with care and collaboration.  
Growing the gifts and vocations of all the baptised.

**Bring Formed by Christ for Mission**

Educating for Mission — forming hearts and minds in Christ.  
Walking with our young people — forming faith, hope, and leadership.  
Growing our discipleship through lifelong, Spirit-filled formation.

**Lenten Alms:** During Lent we traditionally support the work of **St Cuthbert's Care**. If you wish to do so, please use the basket marked at the back of church.

**Something to Follow for Lent: A Lenten Course** focussed on helping people enter more deeply into prayer will be offered on **Wednesday evenings during Lent in St Patrick's Parish Centre at 6.30pm**. Each hour long session is based on a short filmed presentation by Fr. Stephen Wang, (Who is also the author of the Sycamore RCIA Course). Topics covered include:

**Session 3 PRAYING WITH THE BIBLE** Session 4 HOW TO PRAY THE MASS

Session 5 SILENT PRAYER AND THE PRESENCE OF GOD

All are most welcome to attend all or any of these sessions.

**Children's Liturgy will be offered every Sunday during Lent at St Patrick's.** All primary school age children are welcome.

**We Especially Welcome** the six school First Holy Communion children and their families, as they receive their prayer book for Lent today.

**Stations of the Cross** will be celebrated during Lent on Fridays as follows:

**Friday 13<sup>th</sup> March** 12noon in **St Patrick's Church Hall**

Friday 20<sup>th</sup> March 2.45pm in St Alban's Church – led by Year 6

Friday 27<sup>th</sup> March 12noon in St Patrick's Church Hall

Friday 3<sup>rd</sup> April, 10.00am in St Alban's Church

If you would like to help lead any of these, please let Fr Martin know.

**CAFOD Family Fast Day:** Please return to the collection plate, as soon as possible.

**The next Partnership RCIA meeting** will be on Tues 10<sup>th</sup> March, 6.30pm at St Patrick's, Felling. (There is a break for school Half term week).

**Easter Flowers for St Alban's:** There is a basket at the back of Church for donations for flowers for Easter. All contributions welcome.

**Diocesan Lenten Reflection Resources:** Many Lenten resources are available on the homepage of the diocesan website. This includes **We Dare to Ask** which is a resource for small group faith-sharing and for individual meditation, featuring five sessions on the theme of our Baptismal Vocation.

**Community Coffee Mornings near to St Alban's church:** Hertfordshire House community centre, located on Rothbury Ave, has a coffee morning on **Thursday and Friday morning from 8.45 am till 11.30am**. Tea coffee cakes and hot sandwiches are £1.00 each. It offers a warm place and friendly atmosphere. (Often there is surplus stock from a local supermarket free of charge). More information can be found on Facebook Community coffee mornings.