

## Here's a text if you've only a minute. . . .

I will gather you from the ends of the earth.... I will give you a new spirit.... [Entrance Antiphon]

When our weakness causes discouragement, let your compassion fill us with hope [Opening Prayer]

Come, ring out our joy to the Lord [Responsorial Psalm]

With songs let us hail the Lord [Responsorial Psalm]

The love of God has been poured into our hearts by the Holy Spirit [Second Reading]

Lead us through a Lent of repentance to the beauty of Easter joy [Opening Prayer]

## *Looking towards next week*

What does next week hold for me, and how do I feel God may be calling me?

And so, what do I want to ask of God for myself or others?

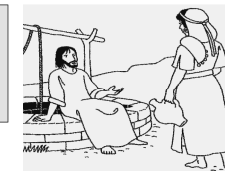


SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



3rd Sunday of Lent.  
Year A. 27 March, 2011

**I will give you a new spirit**



I will prove my holiness through you. I will gather you from the ends of the earth; I will pour clean water on you and wash away all your sins. I will give you a new spirit within you, says the Lord.

[Entrance Antiphon—alternative version]

### **2<sup>nd</sup> Opening Prayer [2nd version]**

Let us pray to the Father and ask him to form a new heart within us. God of all compassion, Father of all goodness, to heal the wounds our sins and selfishness bring upon us you bid us turn to fasting, prayer, and sharing with our brothers.

We acknowledge our sinfulness, our guilt is ever before us: when our weakness causes discouragement, let your compassion fill us with hope and lead us through a Lent of repentance to the beauty of Easter joy.

I read the prayer slowly, over and over, perhaps aloud, letting the meaning of the words sink into my heart. If a word or phrase attracts me I stay with it, mull over it and let God speak to me, 'form a new heart' within me.

I remember times in the past week/s when I experienced God as 'all compassion' and 'all goodness'. I savour those times, allowing my sense of gratitude and other feelings to rise to the surface. I speak to God as I am moved,

Aware that my weaknesses can lead to greater hope in God's goodness, I pray with confidence that during this time of Lent I may come to true repentance and healing, and open my heart to receive all that God wants to offer.

I end my prayer resting in God's love.

### 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?”

**In the wilderness, the Israelites murmured against Moses because there was no food, and God fed them with manna. They now come to a place where there is no water and question God's goodness, even God's presence. In turn God causes water to spring from the rock to quench their thirst.**



As I begin this time of prayer, I try to become still and centred in God's presence. Slowly I read and re-read the passage, letting the word of God become rooted and planted in my heart, letting it water my roots.

I ponder the plight of the Israelites, who were 'tormented by thirst', and I think of the deserts of today's world where people are thirsting in different ways. I bring these to God, confident that God can, and will, open fountains of living water where and when we least expect them.

Perhaps God is asking me to be a bearer of life-giving water to the people/situations in my world. I ponder this and when I am ready I express to God whatever response arises in my heart.

### Gospel - John 4: 5- 15 (Part)

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Joseph's well was there and Jesus, tired by the journey, sat straight down by the well. 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 the gift 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; our father Jacob 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.”



As I read the text, I imagine myself sitting by the well with Jesus and the Samaritan woman. I hear their words, their tone of voice; I notice how Jesus wins her trust and awakens her thirst for another kind of water. I let Jesus look at me and speak with me.

I share with him those areas of my life that feel parched or worn out and I listen to his words, drinking them in like water that refreshes and satisfies my thirst.

Jesus reminds me of 'the spring inside' me and I notice the feelings that this provokes. As I reflect I may feel called to share from this spring. I speak with Jesus about my deepest longings and desires.

Before I end my prayer, I may wish to thank God for the gift of water, so vital for all species of life on our planet. I may wish to ask that all peoples have access to safe drinking water and that all who thirst may be drawn to the living water offered by Jesus.