



Disciples
Making Disciples



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Online Mass Offering:
tinyurl.com/SFXMassOfferings
UEN: T08CC4033J
Reference: Mass Collection

Satisfying the Unquenchable Thirst

3rd Sunday of Lent
8 Mar 2026

Exo 17:3-7
Rom 5:1-2, 5-8
Jn 4:5-42

Our Lord's encounter with a Samaritan woman at a well is a wonderful story of faith, hope and love. By itself, the narrative is an intriguing account of how Jesus unexpectedly spoke to a woman, how she responded, and how, at each stage of their conversation, he peeled away the layers of his and her identity to reveal the ultimate truth about their divine relationship.

Much is revealed in this strange meeting, which helps us understand our faith better.

First, Jesus did not allow tradition or convention to get in the way of his mission. As a Jew, he was expected to avoid conversing with women in public, least of all one who appeared to be an outcast. We subsequently learn that she had had five husbands and was then living with a man who was not her husband, making her sinful in most people's eyes, and to be publicly shunned.

Our Lord's desire to reach out to her and to other similarly troubled individuals, is a theme that will run over the next two Sundays, when he meets a man who was born blind, and when he goes to see Lazarus who had in fact been dead and entombed for four days by the time our Lord reached him. Jesus' love and compassion for all, especially for those with the greatest need, is central to who he is and how

*"...the water
that I shall give
will turn into
a spring inside
him, welling up
to eternal life."*

JN 5:14



he relates to us.

What he offers is more than just relief from pain and suffering, but healing that is profoundly deeper, as St John notes in the Gospel reading.

"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" (Jn: 5:13-14).

It speaks to our search for identity, relationship, love and inner peace. However much we seek material things to satiate our needs, these temporal things will never be enough, as is evident in the transient world we live in. Humanity suffers from an unquenchable thirst that only God's

living water can slake.

Water is used metaphorically here to signify and connect the various important themes of these readings: communion, love, faith and Baptism.

When Jesus asked us for a cup of water and was offered one, it was a tangible sign of love for him. When we give it, we too enter into communion with him which is solemnised at Baptism, when we are blessed with the holy water that is poured into our hearts and fills us with love.

Baptism is not just about us expressing a belief in God. It is about our being filled with the gift of faith, hope and love that has been poured into us, and which results in our hearts being transformed through grace.

For most of us, our conversion mirrors that of the Samaritan woman — progressive and in stages. She was surprised at meeting Jesus, tentative towards him, and she misunderstood him when he asked her for a drink. But she was not afraid to confront him with questions and was truthful in revealing her past. When she accepted Jesus as the Messiah who will 'tell us everything' — she told anyone who would listen about our Lord and they were similarly converted on the strength of her testimony.

We, too, have many questions to ask about our faith and can draw inspiration from her: Be open about our sins to Jesus, steadfast in wanting to find out more from our Lord and to bear witness to him. It is interesting to note that she was not converted through persuasive theological arguments, but from how Jesus looked into her heart, and knew everything.

Are we ready for an open and honest relationship with the Lord? When we are, he will quench our thirst for life.

Announcements

For announcements in the bulletin, send your requests to mmm@sfxchurch.sg by the MONDAY before the weekend, 2359hrs



**SCAN QR CODE
FOR MASS HYMNS**
www.sfxchurch.sg/mass

LIFT BREAKDOWN ADVISORY

Please note that the Parsonage lift is currently out of service until further notice and repair works are being arranged. Kindly use the stairs to access the Parish Office (L2) or the Columbarium (Basement). Parishioners who require lift access (e.g. wheelchair users or those with mobility aids) may use the lift at the Parish Centre and proceed to Level 2 via the link bridge. We apologise for the inconvenience caused.



SUNDAY FELLOWSHIP

The teens from L9 (Sec 3) in the Catechism programme will be serving breakfast this Sunday at JP11 Hall. Do drop by for some food and fellowship. Love offerings are welcome!

CANDLELIGHT ROSARY PROCESSION

Join us for the candlelight rosary procession on **Fri 13 Mar, 6.30pm**. Meet in JP11 Hall. The procession will take place within the church grounds. Bring your own waxless candle and join us as we honour our Blessed Mother. All are welcome!



STATIONS OF THE CROSS (OUTDOORS)

The Small Christian Communities (SCC) will be praying the Outdoor Stations of the Cross **on Wednesdays during Lent** after the evening Mass **at about 7pm**. Meet outside JP11 Hall. Let us together contemplate the love and sacrifice of Jesus. All are welcome.

INTERCESSORY - LENTEN PRAYER

The SFX Intercessory Prayer Ministry, in collaboration with various parish ministries, will be holding a Lenten prayer session on **Fri 27 Mar, from 9pm to 1am** at JP11 Hall. As we prepare for Holy Week, come spend time in prayer and allow the Lord to ready your heart. All are welcome!



PLACING OUR MEN OF SIGNIFICANCE UNDER THE CARE OF ST JOSEPH

Please write the names of your husbands, fathers, spiritual fathers and other men of significance in the book provided in Church, in front of Mother Mary's stained glass icon. On **Thu 19 Mar (Solemnity of Saint Joseph, husband of the Blessed Virgin Mary)**, a prayer of blessing will be offered at the morning and evening Masses.



HEALING THROUGH A EUCHARISTIC-CENTRED LIFE

Join the Charismatic Prayer Ministry on **Mon 9 Mar, 7.45pm to 10pm** at the **Main Church** for an evening of praise and worship, spiritual talk, Holy Mass & Healing Adoration led by Fr Joseph Edattu, VC. Come and encounter the Lord in the Eucharist, and allow His healing grace to renew your heart. You are strongly encouraged to use public transport. All are welcome.

PARISH LENTEN RECOLLECTION (SESSION 2)

Take a meaningful pause this Lenten season and allow your heart to be renewed through stories, reflection and prayer. Join us for Session 2 of our Lenten Recollection, a sacred time to reconnect with God, find peace amid life's noise and rediscover the true essence of faith, forgiveness and hope. Let this spiritual journey prepare you for the joy and grace of Easter. Register now!

Dates & Time : Sat 21 Mar, 10am – 3.30pm

Venue : Auditorium (Parish Centre, Level 3)

Register : tinyurl.com/SFXLentenRecollection2026



STATIONS OF THE CROSS: POINT-OF-VIEW (POV) – MEETING JESUS ON CALVARY

She met Jesus on Calvary while moved to care for Him in any way she could.

Collect your character card this week and stick it to your A3 card from last week. If you do not have the A3 card, please get one from the booth outside JP11 Hall. This **Friday's Stations of the Cross at 8pm** will include a slightly extended reflection from St Veronica's point-of-view. May this little activity help you enter into deeper reflection on the Passion in your prayer time and with your friends and family.



CATHOLIC JUNIOR COLLEGE LENTEN EVENING 2026

Catholic Junior College (CJC) warmly invites all Catholic youths aged 15 to 19 to participate in Lenten Evening 2026. Held with support from the Office for Young People (OYP), this event aims to create an opportunity for all participants to encounter Christ more deeply in this Lenten season, as well as forge bonds across Catholic students from different schools and parishes.

Date : Fri 27 March 2026

Time : 5.30pm to 9.30pm (including dinner)

Venue : CJC Auditorium

Attire : For students enrolled in secondary/IB schools, JCs or MI: School-based t-shirt with school pants/skirt/pinafore
For young adults in tertiary institutions: plain t-shirt with pants

Register: <https://tinyurl.com/cjclent26> (Deadline for registration: 23 Mar, 5pm)



Please take note that consent from parents/guardians is required via a form to be downloaded from the above link. Please bring the hard or soft copy of the consent form and submit it on arrival at CJC.



Earlier this year, the RCIY participants of the 25/26 batch gathered for their second stay-in retreat. The retreat adopted the theme of the Samaritan woman from John 4, and had a range of activities including sessions, reflections, games and fellowship over meals.

The objective of the retreat was to introduce the participants to the notion of developing an intimate relationship with the Lord. Just as many of the Old Testament Patriarchs encountered their wives at the well, Jesus sought out the Samaritan woman at Jacob's well, and despite her history, extended an invitation to enter into life and love with Him.

The participants learnt that the woman represents the chosen faithful, to whom the marriage covenant is extended - in other words - all members of His Church. The participants examined their own thirst and attachment to the things of the world, and reflected on Jesus' offer of living water to satisfy, as well as His deep thirst for souls to come to know Him, which was perfectly expressed on the cross. The retreat culminated in a night of adoration, in which many of the participants encountered the love of God deeply.



RCIY retreat has been meaningful to me, especially in building my relationship with God. During the retreat, I learned that if we drink of the eternal living water of Christ, it will quench our spiritual thirst for the Lord. I have received the Lord's blessing to be more patient and to grow in my spiritual life.

– Asher Tung

During the retreat, I think it's evident God did wonders for everyone. For me, during the retreat, I was struggling with feeling God's love for us. Within the prayers I asked for this encounter with the Lord, again and again. On the second day of the retreat, we had adoration in front of the Blessed Sacrament. I had been to adoration multiple times before, but this time, it was different. An overwhelming love surrounded me. Looking up at the Blessed Sacrament, I saw the ultimate manifestation of his love for us: that he gave us his all, dying on the cross, and allowing us to partake in his glory.

– Seochan

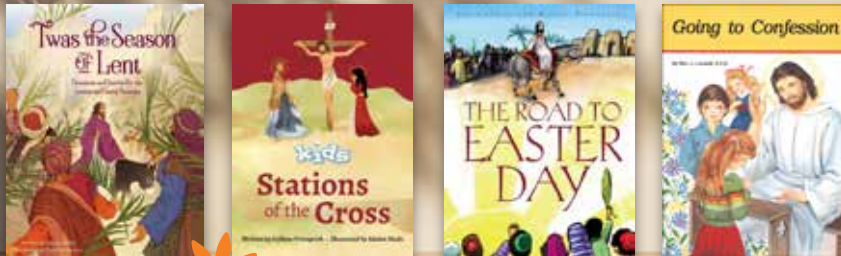




Looking for more information?
Visit www.sfxchurch.sg

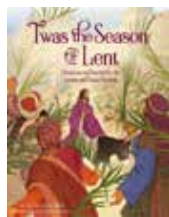
Lent for the Little Ones

FROM ST JEROME LIBRARY



Especially for young parents! **This Lent, spend meaningful time in spiritual reading with your little ones.** Help them rediscover the tender and personal love of God in Jesus' voluntary journey to Calvary. Help them understand Confession as our ongoing encounter with God's love and forgiveness. Deepen these discoveries in the following books with your child:

1 **'Twas the Season of Lent** is a 40-day devotional and storybook that explores the life, words and works of Jesus in the days leading up to Christ's death and resurrection. Written in both prose and poetry, this beautifully-illustrated picture book promises to be an engaging read for children of all ages.

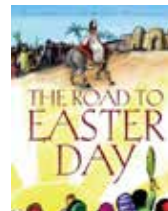


2 **Kids Stations of the Cross** can help children understand how much Jesus suffered in His love for everyone as He carried the heavy cross to Golgotha. He struggles to get up after each fall, teaching us that every worthwhile goal requires perseverance and determination and that He is with us in all the difficult times we face.



3 Told through the eyes of a Jewish boy named Ben, **The Road to Easter Day** teaches children about the events of Holy Week leading

up to Easter. Ben sees the untying of the Palm Sunday colt and the entry into Jerusalem; Christ's Crucifixion on Good Friday; His glorious resurrection on Easter Sunday and he also sees the journey on the Emmaus road. Ben could take in all the details of Holy Week and understand what Jesus was doing for everyone because "Ben looked and listened, he listened and he looked" - this phrase is repeated throughout the book inviting children to be attentive to Jesus and learn from Him.



4 **Going to Confession** helps children learn to reflect on their actions, recognize mistakes and seek forgiveness from God. By going to confession, children experience God's love and mercy and this strengthens a child's relationship with God and the Church. Confession is our ongoing sacrament to build a Christ-centred life.



Mass Times

WEEKDAY MASSES

Mon - Thu:
6.30pm

Tue - Sat:
6.30am

Fri:
8pm

WEEKEND MASSES

Sat: 5.30pm

Sun: 7am, 9am, 11am, 5.30pm
(There is currently no Confession before Mass)

MASS ON PUBLIC HOLIDAYS

9am

CONFESSION

Contact Parish Office to make an appointment.

Fri:
4pm - 6pm

Sat:
10am - 12pm

Opening Hours

MAIN GATE

Mon - Sun:
5am - 11pm

Closed on Public Holidays after 9am Mass

BACK GATE

Mon - Sun:
5am - 11pm

Closed on Public Holidays after 9am Mass

PARISH OFFICE

Mon - Sat:
9.30am - 6.30pm

Sun: 8.30am - 1pm
Closed on Public Holidays

ADORATION ROOM

Mon - Sun:
7am - 11pm

Closed on Public Holidays

LIBRARY

Sun:
8am - 1pm,
4pm - 5.30pm

COLUMBARIUM

Mon - Fri:
10am - 7.30pm

Sat - Sun:

8.30am - 7.30pm
Closed on Public Holidays

ANOINTING OF THE SICK

The sacrament can be administered to any Catholic awaiting serious surgery, suffering from serious illness or weakened by old age. Anointing may be given before admission for the anticipated medical procedure. Contact the Parish Office to request for a priest. In emergencies, priests of the church nearest to the hospital can be contacted.



INFANT BAPTISM

Spiritual preparation is held on the last Friday of every odd month. Baptism is held on the first/second Sunday of the following month. For registration, please refer to our website.



FUNERAL

Please check with the Parish Office for priest availability and Mass timing before confirming the timing at the crematorium. For prayers at the wake, please contact the Parish Office.



MARRIAGE

Contact the Parish Office 12 months before your intended date to book the church premises and ensure that your presiding priest is able to make that date.



MASS OFFERING

Mass offering envelopes are available outside the Parish Office and outside JP11 Hall. Submit your envelopes at least two weeks in advance of your intended date. Please write the names clearly, and in block letters.



VOLUNTEER & SHARE YOUR GIFTS!

If you're interested in content curation and design layout, contact mmm@sfxchurch.sg