

## 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**

Cf. Ps 24: 15-16

## GOSPEL

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

The Lord be with you.  
**And with your spirit.**

A reading from the holy Gospel according to John.  
**Glory to you, O Lord.**

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.'

R. Many Samaritans from that town believed in him because of the woman's testimony. 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.'

R. The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

## PRAYER OVER THE OFFERINGS

R. 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

Jn 4:13-14

**For anyone who drinks it, says the Lord,  
the water that 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.**

Cf. John 4:42, 15

## 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.**

## PSALM

Psalm 95(94):1-2. 6-7b. 7c-9. R.7c, 8a

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

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.

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.

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

A reading from the Letter of Saint Paul to the Romans.

Romans 5:1-2, 5-82

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.

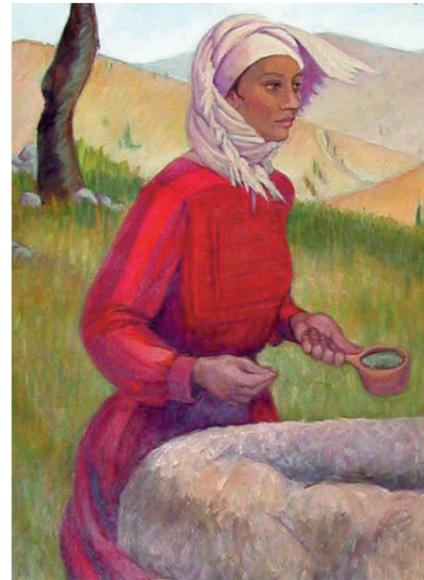
The word of the Lord.  
**Thanks be to God.**

## 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.**

## Our Faith on Sunday

## GOSPEL REFLECTION



Before being a set of doctrines Christianity is a personal encounter with Jesus. This is what we see portrayed in the account of the Samaritan woman

meeting Jesus at the well. This woman represents all of us who are caught up in the affairs of this world symbolised by the material need for water; and perhaps, like the Samaritan woman, we have all sorts of difficulties in our relationships with others. We approach life as a series of problems to be resolved, hoping for the best but fearing the worst. Then, out of the blue, Jesus enters our lives offering us the gift of divine life, a life we never even dreamed of. He offers us the water that quenches our true thirst: the thirst for God. As St. Paul tells us, this water which is the love of God is poured into our hearts through the Holy Spirit who has been given to us. However, like the Samaritan woman, we must ask for this water. By our very nature we all experience spiritual thirst but it requires an act of humility to admit that we cannot quench this thirst through our own resources. We may be

under the illusion that we can quench this thirst by filling up our lives with material possessions or with projects of self-fulfilment based on personal success in business, politics, the arts, entertainment. But it is an illusion and one way of understanding the Lenten season is to see it as an opportunity to recognise all the ways in which we try to mask our spiritual thirst. Let us hope that in the coming weeks we may, like the Samaritan woman, encounter Jesus and say to him, "Sir, give me this water so that I will not be thirsty".



POPE FRANCIS' ENCYCLICAL  
**FRATELLI TUTTI**  
BROTHERS AND SISTERS ALL



## THE ULTIMATE FOUNDATION

274. From our faith experience and from the wisdom accumulated over centuries, but also from lessons learned from our many weaknesses and failures, we, the believers of the different religions, know that our witness to God benefits our societies. The effort to seek God with a sincere heart, provided it is never sullied by ideological or self-serving aims, helps us recognize one another as travelling companions, truly brothers and sisters. We are convinced that "when, in the name of an ideology, there is an attempt to remove God from a society, that society ends up adoring idols, and very soon men and women lose their way, their dignity is trampled and their rights violated. You know well how much suffering is caused by the denial of freedom of conscience and of religious freedom, and how that wound leaves a humanity which is impoverished, because it lacks hope and ideals to guide it".<sup>263</sup>

263. Address to the Leaders of Other Religions and Other Christian Denominations, Tirana, Albania (21 September 2014): Insegnamenti II, 2 (2014), 277.

**Jubilee of Seminarists**  
Meditation Pope Francis Angelus  
15 March 2020

The promise of living water that Jesus made to the Samaritan woman becomes a reality in his Passion: from his pierced side flowed "blood and water" (Jn 19:34). Christ, the Lamb, immolated and risen, is the wellspring from which flows the Holy Spirit who remits sins and regenerates new life. This gift is also the source of witness. Like the Samaritan woman, whoever personally encounters the living Jesus feels the need to talk about him to others, so that everyone might reach the point of proclaiming that Jesus "is truly the saviour of the world" (Jn 4:42), as the woman's fellow townspeople later said. Generated to new life through Baptism, we too are called to witness the life and hope that are within us. If our quest and our thirst are thoroughly quenched in Christ, we will manifest that salvation is not found in the "things" of this world, which ultimately produce drought, but in he who has loved us and will always love us: Jesus, our Saviour, in the living water, that he offers us.



# PARISH COMMUNITIES OF ST GEORGE POLEGATE AND ST WILFRID HAILSHAM



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Streaming via <https://saintsgeorgeandwilfrid.co.uk/online-masses-and-recordings/> [https://m.facebook.com/gary.westcar#\\_=\\_](https://m.facebook.com/gary.westcar#_=_)

## Weekly Services

### Sunday 8 March: Third Sunday of Lent.

9:00am St G Mass: Wilfredo Villaluna Int.  
10.30am St W Mass: Sheila & Family Int.  
3pm St G Children's Stations of the Cross

### Monday 9 March

2:30pm St G Rosary Group: All welcome

### Tuesday 10 March

10am St G Mass: Deceased Relatives of  
Lodrick Family

### Wednesday 11 March

10am St W Mass: Cecilia Hyland RIP

### Thursday 12 March

10:00am St G Stations of the Cross & Liturgy of  
the Word

### Friday 13 March

11.45am St G Funeral: Bridget Davis

### Sunday 15 March: Fourth 'Laetare' Sunday of Lent

9:00am St G Mass: Parish Communities' Int.  
10.30am St W Mass: Sybil Knox RIP

### Please remember in your prayers those who are unwell and those named in the books in our churches:

Amy Jenkins, Lily May, Joshua Hardy, Peter and Teresa Zurenkas, Anne Holt, Margaret, Rosie Tuson, Lilian Summers, Sue Nye, Tom Woodrow-Spencer, Laurey Stimpson, Nicole McCutchan, Nellie Oakshott, Jean Molloy, Alan Smith, Julie Martin, Holly Leone, Deborah Osbourne Walker, Gill Standen, Letty Booth, Thomas Pailey, Thomas Guy, Michael O'Regan, Richard Streeter, Patricia Delaney, Graham, Pamela Swanston, Jean and Chris Littlewood, Jean Skelton, Jennifer, Peter Mitchell, Madeleine Waters, Andrew, and Gerry Page

**A&B Pilgrimage Taster April 2026:** A pilgrimage taster, based in the village of Old in their home county of Northamptonshire. This will be the traditional mini pilgrimage/pilgrimage reunion format of 2 nights in a hall, with a walk and evening meal on the Saturday. All are welcome, especially those who have not been on one of our pilgrimages before! The dates are Fri 17th – Sun 19th April.

The full details are in the [invitation / booking form](#). The easiest way to apply is probably to cut and paste the booking form into an email, add your responses and email it to [mini26@thepilgrims.org.uk](mailto:mini26@thepilgrims.org.uk) Please email if planning on the walk only.

**1st March - Mass Attendance:** St W's 101 St G's 74

### Thank you from CAFOD:

Thank you for your generous support to Family Fast Day. You have raised an amazing £690 to help families in Zimbabwe and South Sudan grow food despite drought and floods. A further £80 would fund 10 floating vegetable beds. It's not too late to donate. Please pick up a CAFOD envelope or visit [Lent Appeal 2026](#)

You can also sponsor Gerry and Teresa Palmer, each walking 200km in 40 days for the CAFOD Big Lent Walk. Sponsor forms are at the back of church or donate online. All funds go directly to CAFOD. (QR code is for our Lent walk)



**Spring Fair:** We're delighted to be holding our **Spring Fair on Saturday 28th March**, from **10.00am to 2.00pm** at St Wilfrid's Hall.

There'll be plenty to enjoy throughout the day, including craft, plant, cake and toy stalls, a tombola, and refreshments—so do come along and support this special parish event.

To help make the day a great success, we're looking for parishioners who would be willing to lend a hand. You might like to:

- Help on the day
- Run a stall
- Join the refreshments team
- Donate items for stalls or tombola

**A list of stalls and suggested donation items will be handed out after Mass this week.**

There will also be an opportunity to sign up to volunteer after the **10.30am Mass on Sunday 8th March**. Even if you can only spare an hour or two, your help would be greatly appreciated. In total, we're hoping for around 20 volunteers to make the day run smoothly.

If you're unable to sign up in person, or would like a list of the suggestion items for donation, please feel free to email [pfc.hailsham@abdiocese.org.uk](mailto:pfc.hailsham@abdiocese.org.uk) to offer your help or request further information.

We do hope you'll be able to join us—whether as a volunteer, a donor, or simply to enjoy the day!

### Join me in supporting Mary's Meals!

I am hosting an event on Friday 20th March at 11 am, in Willingdon. We will listen to one of the lectures on the course "Life Lessons from the Great Books," debate the topic and collect donations for Mary's Meals ([marysmeals.org](http://marysmeals.org)), a charity that provides school meals to children in some of the world's poorest countries. It costs just £19.15 to provide a child with meals in a place of education for a whole school year. Giving £2, £5, £10 or more can help fund meals for many children. Please, call Mercè on 07855452741 for more details and to confirm attendance.

### Dates for your Diary:

Thurs 12 March, 6-7.30pm - 1st Holy Com Mtg, St W's Hall.  
Thurs 26 March, 2-4pm - Over 50's Club, St W's Hall.  
Fri 27 March, 11-12pm - Parish Bereavement Gp, St W's Hall.  
Sun 29 March, 10am - Charity Breakfast, St G's Hall.  
Fri 3rd April, Family Stations of the Cross, St W's.  
Sun 12 April, After Mass - St G's Quarterly Com Mtg, St G's.  
Thurs 16 April, 6-7.30pm - 1st Holy Com Mtg, St W's Hall.



# SPRING FAIR

## DONATIONS NEEDED

We are now collecting items for our **Spring Fair** and would be very grateful for your support. If you have any suitable items, please consider donating to one of the following stalls:

### Bric-a-Brac Stall

Unwanted items & gifts  
(Non-electrical)



### Books, Games & Media

Books, puzzles, DVDs & CDs



### Toys

Good condition toys & games



### Preserves & Honey

Jams, chutneys & honey



### Homemade Cakes Stall

Cakes & baked goods



### Spring-Themed Stall

Easter gifts, plants & seeds



### Tombola

Edible treats,  
Toiletries & Bottles



### Important Information

- All items must be clean & in good condition
- Perishable items must be within their use-by date

### Where to Leave Donations

#### Church Porch

Non-perishable items



### Perishable items (cakes, plants, etc.)

#### St Wilfrid's Hall

Friday 27 March | 12:30pm - 3:00pm

Saturday 28 March | from 9:00am



Thank you for helping make our **Spring Fair** a success!

