

Looking Forward



Looking Forward in Charity

The readings for this Sunday of Lent help us think about our true desires.

The first reading tells of how God satisfied the thirst of the Chosen People in the desert.

The psalm reminds us to let God open up our hearts and flow through them.

The second reading tells us again that God pours himself into our hearts.

The gospel is the story of the woman at the well, whom Jesus brings to new life through his mercy and compassion.

It is worth noting that Jesus chose to interact with a Samaritan woman (an outsider).

Think about how you interact with others.

12th March 2023
3rd Sunday of Lent
The Gospel of John :
“This is truly the
Saviour of the
world.”



OJCZE NASZ, KTÓRYŚ JEST W NIEBIE, ŚWIĘĆ SIĘ IMIĘ TWOJE.



St Ambrose Barlow
and
St Alban Roe



St Ambrose Barlow became a Benedictine monk in the year 1616. On 25 April 1641, he was arrested just after Easter Mass, and was later charged with the ‘crime’ of being a Catholic priest. He was hung, drawn and quartered on 10 September 1641 in Lancaster. St Alban Roe (1642) was also a Benedictine who was martyred for being a priest. He was executed at Tyburn in London in 1642. This was a period of great upheaval in England with the English Civil War.

“Fast from pressure and be prayerful.
Fast from bitterness and fill
your hearts with joy.”

(Attributed to Pope Francis)



St Patrick 17th March

Christ beside me, Christ before me,
Christ behind me, King of my heart;
Christ within me, Christ below me,
Christ above me, never to part.

Christ on my right hand, Christ on my left
hand,
Christ all around me, shield in the strife;
Christ in my sleeping, Christ in my sitting,
Christ in my rising, light of my life.

- from *St Patrick's Breastplate*



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