



USCCaruso  
Catholic Center

## Third Sunday of Lent Cycle A

### Family Prayer Service

**Presider:** In the name of the Father and the Son and the Holy Spirit

Let us acknowledge the times which we have not been faithful to God.

Penitential Rite A

**All:** I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
(striking your breast, say:)  
through my fault, through my fault,  
through my most grievous fault;  
(Then continue with:)  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

**Opening Prayer:**

**Presider:**

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, one God, for ever and ever.

**All: Amen**

## A Reading from the Book of Exodus:

### *Longer Form Exodus 20:1-17*

In those days, God delivered all these commandments: “I, the LORD, am your God, who brought you out of the land of Egypt, that place of slavery. You shall not have other gods besides me. You shall not carve idols for yourselves in the shape of anything in the sky above or on the earth below or in the waters beneath the earth; you shall not bow down before them or worship them. For I, the LORD, your God, am a jealous God, inflicting punishment for their fathers’ wickedness on the children of those who hate me, down to the third and fourth generation; but bestowing mercy down to the thousandth generation on the children of those who love me and keep my commandments.

“You shall not take the name of the LORD, your God, in vain. For the LORD will not leave unpunished the one who takes his name in vain.

“Remember to keep holy the sabbath day. Six days you may labor and do all your work, but the seventh day is the sabbath of the LORD, your God. No work may be done then either by you, or your son or daughter, or your male or female slave, or your beast, or by the alien who lives with you. In six days the LORD made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested. That is why the LORD has blessed the sabbath day and made it holy.

“Honor your father and your mother, that you may have a long life in the land which the LORD, your God, is giving you.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor’s house.

You shall not covet your neighbor’s wife, nor his male or female slave, nor his ox or ass, nor anything else that belongs to him.”

The Word of the Lord

## Responsorial Psalm

*Psalm 19:8, 9, 10, 11 (John 6:68c)*

**R. Lord, you have the words of everlasting life.**

The law of the LORD is perfect, refreshing the soul; the decree of the LORD is trustworthy, giving wisdom to the simple.

**R. Lord, you have the words of everlasting life.**

The precepts of the LORD are right, rejoicing the heart; the command of the LORD is clear, enlightening the eye.

**R. Lord, you have the words of everlasting life.**

The fear of the LORD is pure, enduring forever; the ordinances of the LORD are true, all of them just.

**R. Lord, you have the words of everlasting life.**

They are more precious than gold, than a heap of purest gold; sweeter also than syrup or honey from the comb.

**R. Lord, you have the words of everlasting life.**

## A Reading from the Letter of St. Paul to the Romans:

*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 whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God.

And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us.

The Word of the Lord

## Verse before the Gospel

### *John 3:16*

God so loved the world that he gave his only Son, so that everyone who believes in him might have eternal life.

## A Reading from the Holy Gospel According to John:

### *Longer Form, John 4:5-42*

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria 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, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.) Jesus answered and said to her, "If you knew the gift of God and who 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 do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give 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 may not be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." The woman said to him, "Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks 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 the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one speaking with you."

At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, "What are you looking for?" or "Why are you talking with her?" The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything

I have done. Could he possibly be the Christ?" They went out of the town and came to him. Meanwhile, the disciples urged him, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Could someone have brought him something to eat?" Jesus said to them, "My food is to do the will of the one who sent me and to finish his work. Do you not say, 'In four months the harvest will be here'? I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that 'One sows and another reaps.' I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work."

Many of the Samaritans of that town began to believe in him because of the word of the woman who testified, "He told me everything I have done." When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."

The Gospel of the Lord

**Reflection/Family Discussion on the readings and Gospel:**  
**by Deacon Paul Pesqueira**

The third, fourth, and fifth Sundays of Lent have specific readings if a parish has adults that are to be baptized. These baptisms will occur during the Saturday night Easter Vigil Mass. Our Savior Parish has five individuals that will be baptized this year, and two others will receive their first communion and confirmation. This group has been attending weekly classes for the past seven months, in order to prepare for the Sacraments. The program is called Rite of Christian Initiation for Adults, or RCIA for short.

This Sunday, the Gospel of John, chapter four, is proclaimed - and it is the story of the Woman at the Well. This woman that Jesus encounters is a Samaritan. For a number of historical reasons, Jewish people did not communicate with Samaritans. Jesus starts speaking with the Samaritan woman, and she is shocked that Jesus speaks to her. He asks her for a drink of water. This is an innocent question, but unbeknownst to her, a question that will soon change her life. Jesus tells this woman things about her and her life that he could not possibly know, unless Jesus knew for many years. And yet, he just met her. Can you imagine what this woman was thinking?

The woman does not leave the encounter with Jesus. She stays even though she is uncomfortable, and maybe even a little scared. Have you ever had a conversation about your faith with someone that has challenged you? Or made you think about how you are living out your faith? This is part of the RCIA process - to learn about the Roman Catholic faith, and yes, to be challenged. Hopefully the learning and challenge can move the RCIA students to make changes in their lives, in order to recognize that Jesus is the Messiah.

Jesus tells the woman that he is the Messiah (John 4:26), the anointed one, the Son of God. She is so moved that she goes back to her village to let everyone know that she has met the Messiah. This woman was an outcast in her village because of her lifestyle, and yet she did not care. She wanted to let everyone know who Jesus was and that he was nearby. That is called evangelization!

This woman who does not have a name, and whose story lives on in scripture, is forever changed; she is the example that we look to in our lives. She is the "Woman at the Well." I encourage you to read this story, sit and pray with it. There is so much content in this encounter that you may be able to recognize different aspects of the story depending on what is going on in your own life. RCIA is about recognizing each step of the journey in these students' lives, and how to incorporate Jesus and the Church in their lives today. The goal is to become a follower of Christ, a disciple of Christ, and share Christ's love with others, just like the Woman at the Well.

When we encounter Jesus in scripture, or in the Blessed Sacrament during Adoration, or if you are attending Mass in person and have the opportunity to receive Communion; how is it changing you? Can you be like the Woman at the Well who recognized Jesus as the Savior of the world? The people in her town came to believe this also. Jesus stayed with them for two days before moving on to Galilee. Can we ask Jesus to stay with us as we encounter Him? Can we go back to the well over and over again? I hope to see you there. *Marana Tha* "Come Lord Jesus."

**Nicene Creed:**

**ALL:**

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven,

(bow)

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

(raise from bow)

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins, and I look forward to the resurrection of the dead and the life of the world to come.

Amen

**Presider:** Christ is our peace and hope—a hope that “will not leave us disappointed.” With confidence, then, let us pray:

**Intercessions:**

That this Lenten season may be a time of reconciliation within our families and our Church and Parish:

*(Pause for silent prayer).*

**All:** Lord, hear us.

That our city, state, and nation may seek to share the wellsprings of our land with the poor and struggling countries of the world:

*(Pause for silent prayer).*

**All:** Lord, hear us.

That the churches and communities of the Christian world may look beyond their different expressions of faith and worship God together “in Spirit and truth”:

*(Pause for silent prayer).*

**All:** Lord, hear us.

That the divorced and separated and couples experiencing difficult times in their marriages may realize anew the presence of Christ in their midst:

*(Pause for silent prayer).*

**All:** Lord, hear us.

That those who thirst for justice, for compassion and love, for health and happiness, may drink from Christ, the fountain of life:

*(Pause for silent prayer).*

**All:** Lord, hear us.

That those who have died, and those who will return to God during this Lenten season may experience the eternal life of the victorious Christ:

*(Pause for silent prayer).*

**All:** Lord, hear us.

**Presider:**

We come before you, Oh Lord, with open and humble hearts. Give us the vision to seek you in all things, that our lives may be complete in your joy and made whole in your compassionate love. Hear these prayers which we ask of you in the name of Jesus, Our Savior



**Our Father:**

**Presider:** At the Savior's command and formed by divine teaching, we dare to say:

**All:**

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

Amen

**Sign of Peace:**

**Presider:** Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you; look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever.

**All:** Amen

**Presider:**

The peace of the Lord be with you always.

**All:**

And with your spirit.

**Presider:**

Let us offer each other the sign of peace.

(At this time, please offer a moment of silence before the Spiritual Communion is said.)

**Spiritual Communion:**

**All:** I wish my Lord, to receive you with the purity, humility and devotion with which your most holy Mother received you, with the spirit and fervor of the saints.

**Closing Prayer:**

**Presider:**

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.

**All:** Amen