



OUR LADY OF THE CRAYS RC CHURCH, CRAY VALLEY
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PRIMARY SCHOOLS

St. Philomena's
Tel: 01689 826550
Chelsfield Road, BR5 4AD
Head Teacher: Miss V Maher

St. Peter & St. Paul
Tel: 01689 828208
St Paul's Wood Hill, BR5 2SR
Head Teacher: Miss K Everson

Our Lady's Pre-School - www.ourladypreschool.net
Manager: Anne-Marie Glancy Tel: 07983 660589

To hire the Parish Hall for any event please contact: 01372 457651

SUNDAY 8TH MARCH 2026
THIRD SUNDAY OF LENT (A)

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. (Romans 5:7-8)

The dominant image in today's Scripture Readings is 'Water' and today, the Church encourages us to come to Christ the Eternal Living Water and place Him at the centre of our lives. The first reading of today tells us of the ordeal of the Israelites in the wilderness; they craved for water to quench their thirst. Thus, they grumbled against Moses, and consequently, against God. God instructed Moses to strike the rock and from it, water came forth. Metaphorically, both the rock Moses struck, and the water that gushed out from it, prefigure Christ.

Even though St. Paul did not make explicit reference to water in the Second Reading, he however described how the love of Christ, "is poured into our hearts by the Holy Spirit." Here, Paul implicitly mentions water by the use of the verb: "to pour." He reminds us also of how helpless our life was and could still be without Christ, the Living Water. In the Gospel, Jesus promised the unnamed Samaritan woman the living water that will become a spring of water welling up to eternal life, and the grace to recognise who he really is. In reality, Jesus was thirsting for this woman's faith and wanted to awake the love of God in her heart.

Like this Samaritan woman, sometimes in life we have an unquenchable desire for meaning and fulfilment, and most of the times, we do not know where to look for them. We often expend our resources in the pursuit of wealth, fame, power and affirmation from other people. We equally find ourselves addicted to drugs, alcohol and other sensual gratifications in our quest for happiness. The only water

that will quench our thirst and give us lasting happiness is Jesus Christ. Having Jesus as the centre of our lives makes our whole life better, for everyday is better with Jesus in the centre; when we have Jesus where he belongs, our whole life just falls into place.

Confiteor (I Confess)

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, through my fault, through my fault, through my most grievous fault; 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.

Kyrie, eleison.

Lord, have mercy	Lord, have mercy.	Kyrie, eleison	Kyrie, eleison.
Christ, have mercy	Christ, have mercy.	Christe, eleison	Christe, eleison.
Lord, have mercy	Lord, have mercy.	Kyrie, eleison	Kyrie, eleison.

LITURGY OF THE WORD

First Reading: A reading from the Book of 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.*

Responsorial Psalm: Ps 95: 1-2, 6-7b, 7c-9

Response: *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. **R**

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. **R**

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.' **R**

Second Reading: A reading from the Letter of St. Paul to the 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 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.*

Gospel Acclamation

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.

THE GOSPEL: A reading from the Gospel according to John 4: 5-42

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.'

Jesus said to her, 'Go, call your husband, and come here.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you now have is not your husband. What you have said is true.' The woman said to him, '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.'

Just then his disciples came back. They marvelled that he was talking with a woman, but no one said, 'What do you seek?' or, 'Why are you talking with her?' So the

woman left her water jar and went away into town and said to the people, 'Come, see a man who told me all that I ever did. Can this be the Christ?' They went out of the town and were coming to him.

Meanwhile the disciples were urging him, saying, 'Rabbi, eat.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Has anyone brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to accomplish his work. Do you not say, "There are yet four months, then comes the harvest"? Look, I tell you, lift up your eyes, and see that the fields are white for harvest. Already the one who reaps is receiving wages and gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

Many Samaritans from that town believed in him because of the woman's testimony, 'He told me all that I ever did.' 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.'

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

The Nicene Creed

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, and by the Holy Spirit (*all bow*) was incarnate of the Virgin Mary, and became man. 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.

THE LITURGY OF THE EUCHARIST

Pray brothers and sisters, that my sacrifice and yours may be acceptable to God, the Almighty Father.

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

SANCTUS

English

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Latin

***Sanctus, Sanctus, Sanctus
Dóminus Deus Sábaoth***

Pleni sunt caeli et terra glória tua.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Hosána in excélsis.

Benedíctus qui venit in nómine Dómini.

Hosána in excélsis.

We shall pray **Preface II of Lent** and say **Eucharistic Prayer II**

The Mystery of Faith

Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

English

Lamb of God, who takes away the sins of the world, have mercy on us.

Lamb of God, who takes away the sins of the world, have mercy on us.

Lamb of God, who takes away the sins of the world, grant us peace.

Latin

Agnus Dei, qui tolis peccata mundi, miserere nobis.

Agnus Dei, qui tolis peccata mundi, miserere nobis.

Agnus Dei, qui tolis peccata mundi, dona nobis pacem.

O Sacrament most Holy, O Sacrament Divine, All praise and all thanksgiving, be every moment thine (x 3)

PARISH INFORMATION AND FAITH NEWS

Funeral: The funeral of the late Julia Sutton will take place at Our Lady of the Crays on Wednesday the 25th of March at 2pm, followed by the committal at Eltham Crematorium. We continue to pray for the happy repose of Julia’s soul.

HCPT Appeal and Collection: At each Mass this weekend, we will hear an appeal from our parishioners who are part of the Hosanna House and Children’s Pilgrimage Trust (HCPT) charity. Since 1956, HCPT has offered life-changing week-long pilgrimage holidays to Lourdes, France for disabled and disadvantaged people. Such holidays are with small groups of prepared volunteer helpers. The second collection is aid of HCPT. Donations can also be made via the contactless machines.

Lectio Divina: As part of our Lenten programme, we encourage parishioners to join us for Lectio Divina on Wednesdays from 6.30-7.15pm. The sessions will be followed by the evening Mass. Please bring your bible.

Stations of the Cross: During the Lenten period, there will be Stations of the Cross every Friday at 7.30pm conducted by the different Groups in the Parish.

Mar 13 th	Crays Young Adults Network	Mar 27 th	Legion of Mary	
Mar 20 th	Bible Study/Charismatics	April 3 rd	11am	Confirmation & Holy Communion Candidates
		GOOD FRIDAY	7.30pm	Fr. Cyriacus

Lenten Prayer Requests: Lenten prayer request sheets are placed at the porch. Please take one for yourself and return the filled forms to the box situated by the font.

Lenten Alms Collection: Alms are collected throughout the season of Lent. You can put your alms in the box labelled 'Lenten Alms' placed near the font.

Musicians Required: We are seeking those who play the guitar or keyboard who would be willing to accompany the choir at the Sunday 11am Mass. Please contact Fr. Cyriacus or the parish office if you are able to assist.

Gift Aid Envelopes: Gift Aid envelopes for the 2026/7 tax year are now available in the porch. If you usually donate via envelope, please collect your named box. For those who donate via standing order, there are special second collection envelopes for you. A gentle reminder that donations for the parish offertory should not be put into special second collection envelopes, otherwise the parish cannot claim your donation.

A Day With Jesus: Our Lenten retreat will take place on Saturday the 28th of March. Please put this date in your diary. More details to follow.

Baptism: If you would like to have your child Baptised in our parish, please contact Reverend Longinus on longinusanyanjo@rcaos.org.uk. If you are a practising parishioner here you will be invited to join the Pathways to Baptism course.

LENTEEN REFLECTION

Almsgiving is one of the major requirements of this Lenten period. Christ calls us to set aside a portion of our earthly possession for the upkeep of the poor, the sick, the less privilege, the orphans and those who have no body to care for them. This is one of the corporal works of mercy and the Scripture teaches us that there is more joy in giving than in receiving (Acts 20:35). St. Peter clearly underlined that one of the Spiritual fruits of Almsgiving is the forgiveness of sins: "Charity covers a multitude of sins" (1Peter 4:8). Pope Benedict beautifully presented the scriptural interpretation of Almsgiving thus: "Almsgiving is not mere philanthropy, rather it is a concrete expression of Charity, a theological virtue that demands interior conversion to love of God and neighbour, in imitation of Jesus Christ, who, dying on the Cross, gave His entire self for us". Let us then be reminded that every time when, for the love of God, we share our goods with our neighbours in need or extend a helping hand to the sick, the orphan and the less privilege, we discover that the fullness of life comes from love and all is returned to us as a blessing in the form of peace, inner satisfaction and joy.

BANK DETAILS

For bank transfers to the Parish –
Account Name: RCAS Cray Valley
Account Number: 50533401
Sort Code: 60-16-03

Thank you for your generosity to your parish.

LIVE STREAMING

This parish routinely livestreams 11 AM Mass on Sundays between 10.30 AM and 12.30 PM on YouTube.

You may appear on camera **only** if you approach the altar without prior notice to the recording team during this time. The camera is set to avoid capturing parishioners receiving Holy Communion. If you have any concerns, please speak to the Priest or Communications Team.

Readings For The Week Ahead

	1st Reading	Psalm	Gospel
09/03/26	2 Kings 5:1-15a	Ps 42:2,3;Ps 43:3,4	Luke 4:24-30
10/03/26	Daniel 3:25,34-43	Ps 25:4-9	Matthew 18:21-35
11/03/26	Deuteronomy 4:1,5-9	Ps 147:12-13, 15-16,19-20	Matthew 5:17-19
12/03/26	Jeremiah 7:23-28	Ps 95:1-2,6-9	Luke 11:14-23
13/03/26	Hosea 14:1-9	Ps 81:6-11,14,17	Mark 12:28b-34
14/03/26	Hosea 6:1-6	Ps 51:3-4,18-19, 20-21b	Luke 18:9-14

CHURCH MINISTRIES

	7th & 8th March	14th & 15th March
READERS 6PM	D Fufeyin Chima	G Winter V Martis
READERS 9AM	C Meaney A Joby	J Garber M Quintavalle
READERS 11AM	N Boateng A Ollii	M Higgins P O'Halloran
EUCCHARISTIC MINISTERS 6PM	N Omo-Idahosa	D Winter
EUCCHARISTIC MINISTERS 9AM	T Meaney K Wingfield	I Floyd T Wickenden
EUCCHARISTIC MINISTERS 11AM	R Anseline E Williams	M Alademerin H Anseline
CLEANING	Team 1 – Funmi Adewale	Team 2 – Mary Quintavalle
LINEN	Helen Coker	Titi Obende

PLEASE PRAY FOR THE SICK AND THE HOUSEBOUND

Please continue to pray for: Alison Hannah, Helen Efemini, Sister Maureen Fay, Mary Mackay, Clara Soares, Jennifer Smith, Mary O'Lone, Eamon Murphy, Shelagh Murphy, File Marku, Douglas Lewis, all the Sick Clergy of the Diocese and the housebound of the Parish.



BOOK OF REMEMBRANCE – NAMES FOR MARCH We remember in our prayers: John Kent, Pearl Wood, Pasquale Cappucio, Lawrence Abu, Ekata Kuyan, Vincent Dunleavy, Martin Geraghty, Jeremiah Crowley, Roy Hawker, Roy Sinclair, Irene Rudd, Charles Wickenden, Edward Sabage, Mary Daly, Eleanor Sullivan, Mary Wakefield, Alexander Goslitski, Maria Fernandes, Augustine Juwah, Sheila McNally, Marilena Donovan, Alan Sparrowhawk, Elsie Valins, Winifred Ferne, Michael Gray, Patrick King, Ronnie Byrne, Michael Walsh, Queenie Viliesid, Sunday-Lawrence Ksagmede, Elizabeth Duffy, Patrick McNally, Pauline Sheehan, George Clark, Esme Esterbrook, Margaret Forsythe, Carmela Said, Queenie Damerum, Michael Abu, Joana Ndango Anjorim, Frank Edmond, Rogers Knight, Jean Marrhant, Margaret Murrice, Muriel Brenton, Mary Howard, Jerry McClelland, Gabriel Olushola Amire, Albert Manzi, Rosanna Barraclough, Mario Angeli and Edel McEveney

DIARY FOR THE WEEK

<p>Sun: Mar. 8: Third Sunday of Lent (A) 6pm Mass (Sat. Vigil): Sheila & Douglas Lewis, WB 9am Mass: Mark and Tony Fernandes, SR 11am Mass: Pro Populo <i>(11am Mass Livestreamed on YouTube)</i></p>	<p>Sat: Mar. 14: Vigil of Fourth Sunday of Lent (A) 5.15-5.45pm: Confessions 6pm Vigil Mass: Andrew & Mark Williams, SR</p>
<p>Mon: March 9: Feria 8.45am: Exposition of the Bl. Sacrament 9.30am Mass: Maria Fernandes, RIP</p> <hr/> <p>Tues: March 10: No Mass</p> <hr/> <p>Wed: March 11: Feria 6.45am: Exposition of the Bl. Sacrament 7.30pm Mass: Thomas Butler, RIP</p> <hr/> <p>Thu: March 12: Feria 8.45am: Exposition of the Bl. Sacrament 9.30am Mass: Henry Udoruisi, RIP</p> <hr/> <p>Fri: March 13: Feria 8.45am: Exposition of the Bl. Sacrament 9.30am Mass: Raja & Romesh Perera, RIP 7.30pm: Stations of the Cross</p>	<p>Sun: Mar 15: Fourth Sunday of Lent (A) 9am Mass: Pro Populo 11am Mass: Salma Lamina, WB</p> <p>Note: SI means Special Intention SR means Speedy Recovery BI means Blessed GB means God's Blessings GP means God's Protection WB means Well-Being TG means Thanksgiving PI means Private Intentions BT means Birthday Thanksgiving WA means Wedding Anniversary Pro Populo: People of the Parish Private Mass: Mass to be said by the Priest alone</p>

CONTACT & FOLLOW US

Website: <http://www.ourladyofthecrays.com/>

Live streamed & past masses, YouTube channel 'crays parish':

<https://www.youtube.com/@craysparish7800/streams>