



CATHOLIC PARISH OF OUR LADY OF HAL

Camden Town

Parish Priest: Fr. Mark Dunglinson
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The Presbytery, 165 Arlington Road, London NW1 7EX
Tel: 020 7485 2727 | www.ourladyofhal.org.uk | Registered Charity No. 233699

8th March 2026 (Year A) | THIRD SUNDAY OF LENT

Sunday Mass Times:

6pm (Saturday Vigil), 10am
(Family) & 12 Noon (Solemn)
5pm (Portuguese)

Other Mass Times:

Mondays, Tuesdays & Fridays:
12 Noon
Wednesdays & Thursdays: 9:30am

Holy Days of Obligation:

As announced



Confession Times:

Fridays 12.35-1pm, Saturdays
11-11.30am & 5.15-5.45pm or by
appointment.

Eucharistic Adoration:

Fridays: 12:30pm-1pm,
Saturdays: 5.15-5.45pm

Parish Office Opening Times:

Mondays, Tuesdays, Thursdays &
Fridays: 10am-2pm
Wednesdays: Closed

REFLECTIONS ON THE GOSPEL

Recognise the Lord by looking for him.

The Samaritan woman goes to the well for water and finds a Jewish man sitting there. In her world, Jews and Samaritans avoided each other; this was the sort of encounter you'd rather not have in the middle of a busy day. She could easily have thought, "Not now... not him... not this." And yet that unpromising moment becomes the turning point of her life. As they speak—about water, about worship, about thirst—she begins to see who he really is: not a nuisance, not an enemy, but the Messiah. What looked like an interruption becomes a blessing; what felt like a distraction becomes salvation.

That's the uncomfortable question this Gospel leaves with us: how often do we miss the Lord because we've already decided he won't be there? How often do we rush past people because we're focused on our agenda? How often do we dismiss a conversation, a request, a difficult person, a messy situation—only to leave Christ sitting at the well?

The Gospel doesn't promise we'll find Jesus in every single moment. But it does suggest something practical: we will recognise him more often if we *look* more often—if we live with a quiet expectation that God can meet us anywhere, even in the ordinary, even in the awkward, even in the "I can't deal with this today" moments.

So this week, perhaps we can pray for a simple grace: to pause, to listen, and to stay open. Because the Lord still waits at unexpected wells—and the next conversation that feels like an interruption might be the very place where living water is offered. *Fr Mark*

SCAN QR CODE TO DONATE TO THE PARISH (SUNDAY COLLECTION ETC):



FOR YOUR PRAYERS

SICK, HOUSEBOUND, THOSE WHO RECEIVE COMMUNION AT HOME:

Mike Power, Father Anthony, Margaret Quinn, Michael O'Brien, Christine Smith, Rachel Cottrell, Alice O'Neill, Jilly Taylor, Marie Cawdery, Pauline Guthrie, Maureen Lyden, Richard Ainsworth, Francesco Sesia, Joe Owen, Doreen O'Callaghan, Wesley Gilead, Henrik Sperlich, Allan & Lynne Mackintosh, Ray Norris, Morag & Raj Puri, Stephen de Winter, George Spencer, Ann Olive, Fr. Colin McLean.

HAL LAMPS: CARMEN ADAMI (INT)

RECENTLY DEPARTED: We pray for all those who have died recently: Daniel A. Cahill whose funeral Requiem Mass is on Wednesday 11th March at 10:30 am

DEAD ANNIVERSARIES: We pray for all those who died around this time: Carlotta Caputo



P	Sunday	8th March	THIRD SUNDAY OF LENT	Vigil	5:15pm 6:00 pm 10:00 am 12 Noon	Evening Prayer of the Church Mwai Family INT Mick O'Hara (RIP) Margaret Role & Shay Norman(RIP)
P	Monday	9th March	Lent Feria		12 Noon	Aiofe O'Connell (Ann)
P	Tuesday	10th March	Lent Feria			No Mass
P	Wednesday	11th March	Lent Feria and the Funeral Requiem Mass of:		9:30 am 10:30 am	Thomas V. Finnerty (RIP) Daniel A. Cahill (RIP)
P	Thursday	12th March	Lent Feria		9:30 am	Maria Connelly (BDAY)
P	Friday Abstinence	13th March	Lent Feria		12 Noon	Eileen Kinsella (RIP)
P	Saturday	14th March	Fourth Sunday of Lent	Vigil	6:00 pm	Judith Lomax (RIP)

TODAY'S READINGS

Entrance Antiphon: Cf. Ps 24: 15-16

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.

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.

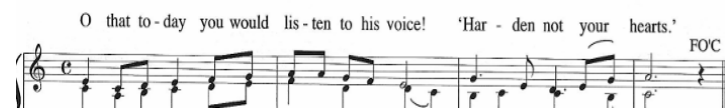
First Reading: Exodus 17: 3-7

'Give us water to drink.'

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?'

R/ THE WORD OF THE LORD C/ THANKS BE TO GOD

RESPONSORIAL PSALM: Ps 95(94):1-2. 6-7b. 7c-9. R7c, 8a



Second Reading: Romans 5:1-2, 5-8

'Love has been poured into our hearts through the Spirit who has been given to us.'

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.

R/ THE WORD OF THE LORD

C/ THANKS BE TO GOD

Gospel Acclamation: Cf. John 4:42, 15
(ALL STAND)

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.

Gospel: John 4:5-42

A spring of water welling up to eternal life.'

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.' Many Samaritans from that town believed in him. 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
C/ PRAISE TO YOU, LORD JESUS CHRIST

Prayer over the Offerings:

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.

Communion Antiphon:

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

NEWS AND VIEWS

Readers for Holy Week

If you will be here for Holy Week, please indicate when you are available to read for the liturgies during Holy Week (Palm Sunday, Maundy Thursday, Good Friday, Easter Vigil and Easter Sunday) on the notice board in the sacristy.

New Organ

We are pleased to announce that we now have a new organ, situated in the gallery, thanks to a generous benefactor. The old organ is no longer fit for purpose given the quality of our music and it would need major repairs costing more than its worth. We plan to begin using the new instrument in the near future.

Retiring Collection for Easter Flowers and Music

There will be a retiring collection next Sunday 15th March and Sunday 22nd March towards our Easter Flowers and music. Please give generously, if you are able, either in cash or on the card machine under 'Easter Flowers & Music'

Vespers (Evening Prayer)

On Saturday evenings, Sung Evening Prayer is celebrated at 5:15pm before Benediction of the Blessed Sacrament. All are welcome to join us.

Stations of the Cross

Stations of the Cross replace Adoration on Fridays after the 12 Noon Mass and also take place on Fridays at 6pm until the end of Lent.

New Way to Donate to the Parish.

Many of us no longer carry cash making it tricky to donate to the Sunday collection and other collections for the Mission of our church. For your convenience, you can set up regular offerings and donations by scanning the QR Code on the front of this newsletter. Shortly, this QR Code will be displayed on church notice boards etc to make giving easier. We thank you for your generosity.

CAFOD Family Fast Day

£180.90 was raised from your family fast day which will be paid to CAFOD.

ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY

Westminster Cathedral, Saturday 23rd May 2026 at 2:30pm.

The Archbishop is inviting to this Mass all couples in the Diocese, who are celebrating their 5th 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60) wedding anniversary of Catholic marriage in 2026. If you are celebrating an anniversary, please give your parish clergy the following details: husband and wife's names, wedding date, full postal address and contact email (or telephone number, if no email). Deadline to submit your information is 16th April 2026.

MUSICAL PILGRIMAGE ON THE AUGUSTINE CAMINO JUNE 8TH-14TH 2026

Setting off from Rochester Cathedral, we will walk about 10 miles a day through the Beautiful Kent countryside to Canterbury, then onto the shrine of St Augustine in Ramsgate. Each evening, Eddie Gilmore will perform a little concert in a pub en route. Contact Eddie for more details: gileag@gmail.com www.eddiegilmore.org

SACRAMENTAL PROGRAMMES 2026

First Holy Communion 2026: The next class will be on Saturday 21st March at 11am in the hall.

Confirmation 2026: The next class will take place on Tuesday 10th March at 6pm in the hall.

RCIA Course: Now up and running. Thursdays at 6pm— 12th March, 19th March, 26th March. Important dates for your diary which you will need to attend in addition to Sunday Mass and on other Holy days: Holy Week: Palm Sunday, 29th March. Maundy Thursday, 2nd April evening Mass at 8pm. Good Friday liturgy of the Passion, 3rd April at 3pm. Holy Saturday Easter Vigil, 4th April at 8.30pm.

TEA & COFFEE

Parishioners and visitors are all welcome to join us in the Van Pelt Hall after 10am Sunday Mass.

COLLECTIONS LAST SUNDAY (THANK YOU!)

Friday Collection: £51.31 Envelopes: £298.50 Loose: £280.70 Total: 401.12
Donation by Dona Card Machine on Sunday: £260.24 and £519 per week by standing order.