

LENT

# 3rd Sunday of Lent

03/08/2026



PRAYER  
FASTING  
ALMSGIVING



## OPENING HYMN: # 663 (M1)

### PSALM 103: LOVING AND FORGIVING

Scott Soper

#### Refrain

Lov-ing and for - giv - ing are you, O Lord; slow to an - ger,  
rich in kind - ness, lov - ing and for - giv - ing are you.

#### Verses

- All my be - ing, bless the Lord, \_\_\_\_ bless the ho - ly
- God for - gives us all our sins, \_\_\_\_ heal - ing those who
- Good and gra - cious is the Lord, \_\_\_\_ slow to an - ger,
- As heav - en soars a - bove the earth, so great the love of

- name of God. \_\_\_\_ All my be - ing, bless the Lord, re -
- live in pain, \_\_\_\_ sav - ing us from fi - nal death. God
- rich in love. \_\_\_\_ God re - mem - bers not our sins; for -
- God for us. As far as east is from the west, the

to Refrain

- mem - b'ring the good - ness of God.
- fills us with good - ness and love.
- giv - ing and lov - ing is God.
- Lord takes our sins \_\_\_\_ from us.

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(There is no *Gloria* during Lent.)

*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**

**PSALM 95: THIRD SUNDAY OF LENT, YEAR A**



**R. If to - day you hear his voice, hard - en not your hearts.**

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- 1.) Come, let us sing joyfully to the LORD; let us acclaim the Rock of our salvation. Let us come into His presence with thanksgiving; let us joyfully sing psalms to Him. **R/.**
- 2.) Come, let us bow down in worship; let us kneel before the LORD who made us. For He is our God, and we are the people He shepherds, the flock He guides. **R/.**
- 3.) Oh, that today you would hear His voice: “Harden not your hearts as at Meribah, as in the day of Massah in the desert, where your fathers tempted me; they tested me though they had seen my works.” **R/.**

**SECOND READING**

**Romans 5:1-2, 5-8**

**LENTEN GOSPEL ACCLAMATION NO. IX-A**



**R. Praise to you, Lord Je - sus Christ, King of end - less glo - ry!**

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**>>Lord, you are truly the Savior of the world; give me living water, that I may never thirst again. R/.**

**GOSPEL**

**John 4:5-42**

**HOMILY**

**PROFESSION OF FAITH**

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,

(all bow)

*and by the Holy Spirit 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.***

## **PETITIONS**

### ***~ PRAYER FOR SYNOD 2026 ~***

Blessed Trinity, source of our life and our unity, we ask for your presence with and within us, as we undertake this synodal journey. **CREATE IN US** and all those responsible for preparing the synod, a discerning spirit.

**HELP US** to deepen our relationship with you and with one another over the months and weeks ahead.

**GROW IN US** the fire of your love, that we may eagerly respond to your loving invitation to spread the joy of the Gospel, and to serve the poor, suffering and vulnerable.

**FORM US** to be better disciples, creating vibrant, mission-oriented communities, of faith, hope and charity. We ask this through the intercession of our diocesan patrons, Mary, the Immaculate Conception and St. Matthew. ***Amen.***



**COMMUNION #1: # 442 (MI)****O GOD, YOU SEARCH ME**

Bernadette Farrell



1. O God, you search me and you know me.
2. You know my rest - ing and my ris - ing.
3. Be - fore a word is on my tongue, Lord,
4. Al - though your Spir - it is up - on me,
5. For you cre - at - ed me and shaped me,



1. All my thoughts lie o - pen to your gaze.
2. You dis - cern my pur - pose from a - far,
3. You have known its mean - ing through and through.
4. Still I search for shel - ter from your light.
5. Gave me life with - in my moth - er's womb.



1. When I walk or lie down you are be - fore me:
2. And with love ev - er - last - ing you be - siege me:
3. You are with me be - yond my un - der - stand - ing:
4. There is no - where on earth I can es - cape you:
5. For the won - der of who I am, I praise you:



1. Ev - er the mak - er and keep - er of my days.
2. In ev - 'ry mo - ment of life or death, you are.
3. God of my pres - ent, my past and fu - ture, too.
4. E - ven the dark - ness is ra - diant in your sight.
5. Safe in your hands, all cre - a - tion is made new.

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# COMMUNION #2 (Cantor/Choir only-Both Masses)

## FILL MY CUP, LORD

KEY:A CAPO:2 PLAY:G

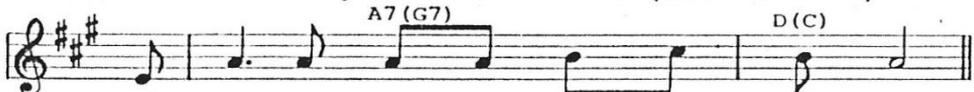
Richard Blanchard



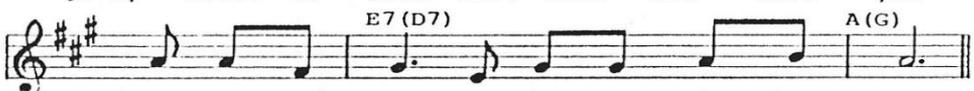
1. Like the wom-an at the well I was seek-ing
2. There are mil-lions in this world who are crav-ing
3. So, my *peo-ple* if the things this world gave you



1. For things that could not sat-is-fy.
2. The plea-sure earth-ly things af-ford.
3. Leave hun-gers that won't pass a-way.



1. And then I heard my Sa-vior speak-ing:
2. But none can match the won-drous trea-sure
3. My bless-ed Lord will come and save you



1. "Draw from my well that ne-ver shall run dry."
2. — That I find in Je-sus Christ, my Lord.
3. — If you kneel to Him and hum-bly pray:



Fill my cup, Lord, — I lift it up, Lord. —



Come and quench this thirst-ing of my soul.



Bread of hea-ven, feed me till I want no more.



Fill my cup, fill it up and make me whole.

## PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil.

May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits, who prowl about the world, seeking the ruin of souls. **Amen.**



## HAIL, HOLY QUEEN

*Hail, Holy Queen, Mother of Mercy,*  
our life, our sweetness, and our hope!

To Thee do we cry, poor banished children of Eve;  
to Thee do we send up our sighs,  
mourning and weeping in this valley of tears.

Turn, then, most gracious advocate, Thine eyes of mercy toward us;  
and after this our exile, show unto us the Blessed fruit of thy womb,  
Jesus. O clement, O loving, O sweet Virgin Mary!

*Pray for us, O holy Mother of God,*

**R/. That we may be made worthy of the promises of Christ.**

*St. Joseph, the Worker, pray for us.*

*Blessed Fr. Solanus Casey, pray for us.*



**CLOSING HYMN (Next page) ----- →**

# CLOSING HYMN: # 500 (MI)

## COME, FOLLOW ME

Gael Berberick (ASCAP) and  
Barney Walker (ASCAP)

Refrain



Come, fol - low me and live; do not be a - fraid. Be -  
lieve and trust in me; your faith will give you strength. Leave  
all your fears be - hind you; let your heart be free, for  
I will be your guide. Oh, come and fol - low me.

Verses



1. Come, fol - low in these foot-steps; I'll lead you gent - ly home.
2. Come, walk a - cross the wa - ter; place all your faith in me.
3. If you re - main with - in me, my words re - main in you.



to Refrain

1. No shel - ter, food nor mon - ey will you need up - on this road.
2. Cast all your doubts be - hind you to the wind and rag - ing sea.
3. What - ev - er you may ask of me, that is what I will do.

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