

THIRD SUNDAY OF LENT

MARCH 14/15, 2020



ST. JOHN APOSTLE & EVANGELIST CATHOLIC CHURCH

95-370 Kuahelani Ave. Mililani, Hawaii 96789 • Office: (808) 623-3332 • Fax: (808) 623-3286

Email: sjaeinfo@rcchawaii.org Website: www.stjohnmililani.org

NEW PARISHIONERS & VISITORS, WELCOME TO OUR PARISH!

SUNDAY GOSPEL REFLECTION

By: Fr. Joseph Ayinpuusa

Christ, the source of Faith, our eternal life-giving Water

The dominant image in today's readings is 'water' and there is an obvious link with baptism. However, the richness in these readings is much broader than the theme of baptism. In fact, the particular focus on today's readings has to do with our understanding of faith as God's gift.

In the First Reading, the Israelites tormented by thirst in the wilderness crying out for water. In the face of their mistrust, Moses believes in God's power to save and he proves God's presence by striking the rock to bring forth water. The Gospel presents the marvelous account of Jesus and the Samaritan woman at Jacob's well. Jesus is tired and thirsty and asks her for a drink. But his real thirst is for this woman's faith and salvation. He invites her to come to faith in him and she finally recognizes him as the Messiah. St. Paul, in the Second Reading tells us that faith, hope, and love are God's gifts to us. We are all God's chosen people called upon to live purified lives and God's love was poured into our hearts by the power of the Holy Spirit that has been given to us through Christ.

We also have a thirst like the Israelite people and the Samaritan woman. Like the Samaritan woman, we need to look at our own lives and see what we have to do to move into the new life, the life of grace. What is it that we are thirsting for? By our baptism we have been given the gift of faith and eternal life, but what steps do we have to take to live that life? Do we still thirst for material things, for bodily pleasures, for power or status? How can we let the waters that Jesus describes, quench that thirst in us? Jesus is the source of that water, and by going to Jesus we will find the help, the fullness, the refreshment we need. During this Lenten Season then, let us come to the well and meet Jesus there. He will give us living water to quenches our deepest thirst. There are a lot of thirsty people in our world, people who yearn and thirst for God. Like the Samaritan woman at the well they ask, 'Where do I find God?' God has chosen to include us in his plan for bringing all people to salvation through Him. We live out our part in his plan through a stewardship way of life. This Lent, let us resolve to respond to His call with passion and commitment. Let us do our part to quench His thirst.

MASS SCHEDULE

Weekday (Mon - Sat): 8:00 AM

Sunday: (Sat. Vigil) 5 PM,
(Sun) 7 AM, 9 AM, 11 AM, 6 PM

Sacrament of Reconciliation
Saturdays: 3:30 PM to 4:30 PM
(or by appointment)

MISSION / VISION STATEMENT

We are a Catholic Christian Community, called to develop a deeper relationship with Christ. Such a relationship is fostered through active participation in:

*Word, Sacrament, Renewal Programs, Ministry/Service, and other **Spirit-led** activities.*

We dedicate our time, talent and treasure to install, in our parish community, the basic building blocks of Christian living, **to preach the Good News of Jesus Christ to all through our words, deeds, and lives.**

SJAE Mobile App

Download our **FREE** app with these easy steps through *Apple App Store* or *Google Play Store*:

• Search keywords: **ST. JOHN MILILANI**

www.ParishSolutionsCo.com/JohnHI

 St. John Apostle & Evangelist Mililani

 saintjohnmililani

We look forward to connecting with you!



Pastor’s Corner

Parish Rectory Hours Monday: 12:00 PM - 4:30 PM Tues. - Fri.: 9:00 AM - 4:30 PM Saturday/Sunday: Closed
Outreach Office Hours Tuesday: 9 AM to 12 PM Friday: 9 AM to 11 AM FOOD PANTRY Hours Tues.- Fri.: 9 AM to 4PM
Religious Ed Office Hours Monday/ Friday: Closed Tues. & Thurs. 12 PM - 6:30pm Wednesday: 2 pm - 8:30 pm Sunday: 7 am - 2 pm
PARISH CLERGY & STAFF

Pastor (ext. 111)
Msgr. John Mbinda
jmbinda@rcchawaii.org
Parochial Vicar (x 104)
Fr. Joseph Ayinpuusa
jainpuusa@rcchawaii.org
Deacon Modesto Cordero
mcordero@rcchawaii.org
Deacon Romeo Ganibe
rganibe@rcchawaii.org
Parish Office Administrator (x 103)
Jolly Guerrero-Tano
jollygt@rcchawaii.org
Parish Secretary (x 100)
Dominique Kekiwi
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Outreach Department (x 203)
Pearl Bates
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RCIA Coordinators
Dcn. Modesto Cordero
Dcn. Romeo Ganibe
Religious Ed. Director (x 206)
Julie Quiroz-Zamora
jquiroz@rcchawaii.org
Grounds & Maintenance
Tony Gonzalez
hgonzalez@rcchawaii.org
Acting Preschool Director
Amytes Quiason (744-9538)
aquiason@rcchawaii.org

The Purpose of Lent

Traditionally, there are two related purposes of lent. The first one is purification. The readings of Ash Wednesday helps us to see this point clearly. Paul describes this season saying, “Behold, now a very acceptable time; behold, now is the day of salvation.” (2 Cor 6:2) The season of Lent is an opportune time for purifying ourselves in preparation for celebrating the Easter mysteries of the Passion, Death, and Resurrection of our Lord. The three disciplines of Lent – prayer, fasting, and almsgiving are mainly for the purpose of purification. In order to pray and fast, during Lent we accompany our Lord in the desert to be alone with Him for 40 days and 40 nights. If we take the metaphor of the desert seriously, we will certainly be purified by its isolation, harshness, and scarcity of the necessities of life. We hear in the Gospel that Jesus was hungry. His hunger and obviously his thirst must be ours too. Like Jesus, we are tempted in order to be purified and led towards resistance and victory in the battle against evil.

The second purpose of Lent is enlightenment. In Lent, which old English literary means “Lengthening” of light, as we have longer and longer daylight, we journey as it were from darkness to light. Through the reading of Scripture, we are led into the light of God’s wisdom to recognize the wiles of the tempter: “Did God really tell you...?” That question of Satan to Eve was meant to confuse and convince her that God was lying to them. Enlightenment in Lent leads us to the wisdom and courage of confronting the clever lies of Satan. The first reading from Genesis on the First Sunday of Lent is part of this enlightenment; a lesson for us to avoid making the mistake of Adam and Eve, as well as the courage to seek forgiveness when we fall. Lent enlightens us to accept in humility the grace of conversion towards God; to forgive and to be forgiven.

Msgr. John S. Mbinda

Paul, Apostle of Christ Film and Reflection

Join us for the showing and reflection of Paul, Apostle of Christ, presented by Mr. Eric Groth, CEO, ODBFilms - www.odbfilms.com. Synopsis of film- Risking his life, Luke ventures to Rome to visit Paul -- the apostle who's bound in chains and held captive in Nero's darkest and bleakest prison cell. Haunted by the shadows of his past misdeeds, Paul wonders if he's been forgotten as he awaits his grisly execution. Before Paul's death, Luke resolves to write another book that details the birth of what will come to be known as the church. Rated PG-13.

Date: Saturday, March 21, 2020
Time: 6:30 P.M.
Location: St. John Apostle & Evangelist Church ~ One Community Center.
To register: <https://www.eventbrite.com/e/paul-apostle-of-christ-film-and-reflection-with-eric-groth-tickets-97681480939>



“Be generous and you will be prosperous; help others and you will be helped.” (Good News Translation) - Prov 11:25

READINGS FOR NEXT SUNDAY, MARCH 22, 2020

Fourth Sunday of Lent

First Reading: 1 Samuel 16:1, 6-7, 10-13

This passage is about the search and anointing of David as the new king. This account emphasizes that it was truly God’s choice, not anyone else’s, by the consistent rejection of the more promising brothers, and the final selection of the youngest and least of them.

Responsorial Psalm: Psalm 23:1-3, 3-4, 5, 6

Psalm 23 is one of the most familiar psalms to all Christians and picks up the theme of the shepherd in the first reading. The office of leadership of God’s people, symbolized by a shepherd, is also a symbol of God’s lordship. Response: "The Lord is my Shepherd, there is nothing I shall want."

Second Reading: Ephesians 5:8-14

The theme of light overcoming darkness is one of the most consistently recurring themes in early Christian literature. The point emphasized by Paul here is that our Baptism introduces an absolute break with the darkness of the past; there can be no question of looking back to past ways and habits. The new light does away with all our spiritual darkness and hints at the themes of the Gospel.

Gospel: John 9:1-41

The healing of the man born blind in the Gospel passage leads to a controversy with the Pharisees quite similar to the discussion between Jesus and the Samaritan woman on salvation and revelation in the Gospel of last Sunday. The blind man gives Jesus the opportunity to show forth once again his own true divine nature for all to see and believe. The passage draws a sharp contrast between the Pharisees who do not understand their own spiritual blindness (vss. 40-41) and the man born blind understands both his physical and spiritual blindness and makes his confession of faith (vss. 35-38). The blind man is transformed, while the Pharisees remain the same.

Follow Msgr. John’s Homilies! Blog
(text): www.sundayhomily.com
Podcast (audio):
<https://soundcloud.com/john-mbinda>

Mass  for the
Intentions  Week

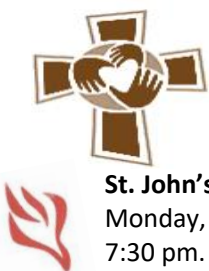
Monday, March 16, 2020
(8 am) †Paulina Wong
†Alfredo Cordial Jr.
(Death Anniversary)
†Willie Yadao (Death Anniversary)
Tuesday, March 17, 2020
(8 am) †Patricia J. Merideth
Ronald Tamonte
(Birthday Blessing)
†Marissa Ramos Yago
Wednesday, March 18, 2020
(8 am) †Barbara Primosch
†Marissa Ramos Yago
Thomas Ursal (Birthday Blessing)
Thursday, March 19, 2020
(8 am) †M/M Charley Jones
†Josefino Solano Sr.
(Birthday Memorial)
†Marissa Ramos Yago
Friday, March 20, 2020
(8 am) †Gabriel Arzadon
Meredith Gonzalez (Thanksgiving)
†Marissa Ramos Yago
Saturday, March 21, 2020
(8 am) †Marissa Ramos Yago
†Florence Lindsey
†Gayena A. Manluctao
5 pm †Ricardo Victorio
(Birthday Memorial)
Sunday, March 22, 2020
7am †Encarnation Mendora
9 am **For the People**
11 am †William Enoka
6 pm †Jesus Caspillo

†RIP

HEALING / BLESSINGS: baby Mairenuí Tauotaha-Amo, Ben & Helen Guerrero, Rachel Sullivan, Duane Gonzales, Keahi Paaluhī, Lillian Chalmers, John Durham, Maggie Bae, Suzanna Foster, Shirley Pichon, Mary Anne Q. Llacuna, Caridad Ramiscal, RileyAnn Wills, Rebecca Wills, Laralyn Corthran, Dan Wills, Elaine Kahala, Sandra Gose, Ellen Cleghorn, Hildegard Borowitz, Linda Ward, Jean Tanoue, Kathy & Joe Ball, James Tanoue & all names in Prayer Intentions Book.

DECEASED: Patricia J. Merideth, Shirley Leong, Leslie Fountain, Irene Moyles, Brian Ching, Marcelino Esdicul Sr., Gloria Tolentino, Dorothea Suan Agustin, Benjamin B. Bae Sr, Charles Lam, Hipolito J. Agustin, Leonora C. Cabbab, Karen Ann Roark, Anthony Calistro, Andres S. de Leon Jr., Marie Coleman, Florence Lindsey, Antonio C. Aguon & Dieter M. Pfister.

Please contact the parish office to set up an appointment & coordination for the following: Anointing of the Sick Baptisms: March 22 & 29, Apr 19 & 26, May 17 & 24) Baptism Preparation Classes: (No April Class), May 3 & Jun 7 Blessings (home, auto, religious items, etc...) Funerals Homebound Communion Marriages (at least 6 months before wedding date)	† FUNERAL ANNOUNCEMENT † Dieter M. Pfister (RIP) Friday, March 20, 2020 ~ St. John's A&E, Mililani Visitation: 9:15 am ~ Mass: 11:00 am  The Catholic Charities Hawaii's Counseling Center is a place for healing and growth. Elizabeth Lyons, LMFT, along with St. John Church, provides a safe environment to discuss life's challenges. We are committed to providing counseling services with compassion and dignity. Please call 527-4470 to schedule an appointment. If you're looking for support, change or just someone to talk to, give us a call.																																		
 The next Adoration of the Blessed Sacrament will be held on Friday, April 3, immediately after the 8am Mass to 6pm and will resume at 8pm (after the Stations of the Cross) to 7:30am on Saturday, April 4.	Central Vicariate Lenten Penance Service 2020 <table> <tr> <td>Tues., March 17 - 7 pm</td><td>Our Lady of Sorrows, Wahiawa</td></tr> <tr> <td>Wed., March 18 - 7 pm</td><td>St. Michael, Waialua</td></tr> <tr> <td>Wed., March 25 - 7 pm</td><td>St. John A&E, Mililani</td></tr> <tr> <td>Wed., April 1 - 7 pm</td><td>Our Lady of Good Counsel, Pearl City</td></tr> </table>	Tues., March 17 - 7 pm	Our Lady of Sorrows, Wahiawa	Wed., March 18 - 7 pm	St. Michael, Waialua	Wed., March 25 - 7 pm	St. John A&E, Mililani	Wed., April 1 - 7 pm	Our Lady of Good Counsel, Pearl City																										
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 Meet Yvone Meet Yvone from Kenya. She learned proper nutrition and hygiene practices to help keep her healthy and in school. Yvone now has a chance to dream and the strength to follow those dreams. How can you ensure that young people in your community receive proper nutrition? Visit crsricebowl.org for more.	Parish Health Ministry: Health Tip CORONAVIRUS: WHAT YOU SHOULD KNOW Symptoms: Cough, Shortness of Breath, and Fever Do you need to wear a mask? No. Wearing a surgical mask will not prevent the coronavirus. How to Protect Yourself? 1. Wash your hands with soap and water for at least 20-40 seconds. 2. Avoid touching your eyes, nose, or mouth. 3. Avoid close contact with sick people. What to do if you have symptoms of Coronavirus? 1. Stay home if you are sick. 2. Call your doctor to get a telephone screening and instructions. 3. Cover your mouth and nose when you cough or sneeze. Throw away tissue after each use and wash your hands. 4. Disinfect surfaces and objects you touch. 																																		
Rosary Making Ministry: Have you ever wanted to learn how to make the rosary or even make one that could be shared with other Catholics here at home or even around the world? If you do, come join the Rosary Making Ministry on Saturday, March 21 at 10 am on the church lanai and partake in this very special part of our Catholic faith.	Let us serve one another in love! The One Community Center (OCC) will help in many practical ways to welcome and to serve those who come to our church to encounter Christ. Please remember to contribute toward the completion of your pledge. Mahalo. <table> <tr> <th>STEWARDSHIP OF TREASURE</th><th>MAR. 7 - MAR. 8</th></tr> <tr> <td>Sunday Collection</td><td>\$ 15,297.48</td></tr> <tr> <td>Online Donation (WeShare)</td><td>\$ 2,168.85</td></tr> <tr> <td>Building, Equipment, & Maintenance (BEM)</td><td>\$ 1,367.50</td></tr> <tr> <td>OCC Capital Campaign (Non Assessed)</td><td>\$ 11,070.06</td></tr> <tr> <td>Donation- Children's Collection</td><td>\$ 7.00</td></tr> <tr> <td>Donation- Stewardship</td><td>\$ 137.75</td></tr> <tr> <td>Donation- Social Ministry</td><td>\$ 10.00</td></tr> <tr> <td>Donation- Charity</td><td>\$ 2.42</td></tr> <tr> <td>Donation- Flowers</td><td>\$ 5.00</td></tr> <tr> <td>Donation- Youth & Young Adults</td><td>\$ 120.00</td></tr> <tr> <td>Donation- CRS Rice Bowls</td><td>\$ 10.00</td></tr> <tr> <td>Donation- Frugal Meal</td><td>\$ 102.00</td></tr> <tr> <td>Candle Sales</td><td>\$ 605.00</td></tr> <tr> <td>Mass Intentions</td><td>\$ 450.00</td></tr> <tr> <td>Weekend Total:</td><td>\$ 31, 353.06</td></tr> <tr> <td colspan="2"> "Honor the Lord with your wealth, with fruits of all your produce." - Proverbs 3:9 </td></tr> </table> Respect Life: Join us in praying a special novena March 16 - 24 in preparation for the Solemnity of the Annunciation. Let us follow the example of Mary and call upon her intercession to help us open our hearts to say "yes" to God! Copies of the novena can be picked up in the front entrance of the church. "To celebrate the Gospel of life means to celebrate the God of life, the God who gives life... In every child which is born and in every person who lives or dies we see the image of God's glory. We celebrate this glory in every human being, a sign of the living God, an icon of Jesus Christ." <i>(The Gospel of Life 84)</i>	STEWARDSHIP OF TREASURE	MAR. 7 - MAR. 8	Sunday Collection	\$ 15,297.48	Online Donation (WeShare)	\$ 2,168.85	Building, Equipment, & Maintenance (BEM)	\$ 1,367.50	OCC Capital Campaign (Non Assessed)	\$ 11,070.06	Donation- Children's Collection	\$ 7.00	Donation- Stewardship	\$ 137.75	Donation- Social Ministry	\$ 10.00	Donation- Charity	\$ 2.42	Donation- Flowers	\$ 5.00	Donation- Youth & Young Adults	\$ 120.00	Donation- CRS Rice Bowls	\$ 10.00	Donation- Frugal Meal	\$ 102.00	Candle Sales	\$ 605.00	Mass Intentions	\$ 450.00	Weekend Total:	\$ 31, 353.06	"Honor the Lord with your wealth, with fruits of all your produce." - Proverbs 3:9	
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PARISH EVENTS & WEEKLY CALENDAR

St. John's Catholic Charismatic Prayer Group is sponsoring a Healing Mass on Monday, March 16th. Praise and Worship begins at 7 pm followed by Mass at 7:30 pm. Celebrant: Fr. Joseph Ayinpuusa. For more information: Victoria Achaval 623-8860 & Stephen / Helen Uyehara 623-7423.

The Catholic Relief Services Collection— Next weekend, our parish will participate in the annual CRS collection to help **Jesus in disguise**. Envelopes are available at the back of the church. Please drop your donation during offertory, or donate online through our “Online Giving” and help Jesus in disguise Learn more: www.usccb.org/catholic-relief.

Adult Faith Formation- WANT TO KNOW MORE ABOUT THE BIBLE? WANT TO IMPROVE YOUR LENT THIS YEAR? Fr. Joseph and Deacon Romeo will be presenting a session focusing on **Scripture: The Gospel of Matthew**. It's on **THURSDAY, March 19th, at 7:00—8:30 P.M. IN THE ONE COMMUNITY CENTER.**

Healthy Brain Aging and Dementia— Saturday, March 28, 2020 at 10 am in the One Community Center. To register: <https://www.eventbrite.com/e/healthy-brain-workshop-tickets-94504329995>. Hosted by: Parish Health Ministry

Do you know of things that are broken on our church campus? If so, please come by the Parish Office and fill in a “**Maintenance and Repair**” form so we can get things fixed! We appreciate your help and will let you know when we have the problem resolved! Thanks for caring about our church and grounds.

2020 Lent and Easter Parish Events:
Stations of the Cross , March 20, 27, April 3, 7pm Frugal Meal sponsored by the Knights of Columbus and other parish ministries after Stations of the Cross.
Lenten Penance Service: Wednesday, March 25, 7pm
Holy Thursday , April 9—(No 8am Daily Mass) Morning Prayers— 8am Mass of the Lord's Supper , 7pm Adoration after Mass until 12 midnight
Good Friday , April 10 (No 8am Daily Mass) Morning Prayers— 8am Stations of the Cross , 3pm Passion of the Lord , 3:30pm
Holy Saturday , April 11 (No 8am Daily Mass) Morning Prayers— 8am No Confession Easter Vigil , 7pm Easter Sunday , April 12—Masses at 7am, 9am, & 11am. No evening Mass
FASTING: In the dioceses in the United States, Catholics aged 18 through 59 are bound to fast on both Ash Wednesday and Good Friday (April 10, 2020). To fast means to consume one full meal a day at most, although taking of other, smaller quantities of food at the other customary mealtimes is permitted. Food and drink between meals (excepting water and medicine) is not permitted on fast days.
ABSTINENCE FROM MEAT: Catholics aged 14 and up are to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday. To abstain means refraining from eating beef, veal, pork, or poultry at least, although eggs and milk products are acceptable. The consumption of fish and shellfish is permitted, though the penitential character of the abstinence should be kept in mind.

PLANTING SEEDS FOR THE FUTURE: Preparing an estate plan is good Christian stewardship - saying thanks to God, expressing your loved for family, and showing charity toward others. Please remember ***St. John Apostle & Evangelist Church*** in planning your will.

THIS WEEK: MAR 16 – MAR 22

Monday— 7:30 am—Rosary
8 am- *Daily Mass*
8:45 am— Rosary Prayer Group (CH)
9 am- ALEA Bridge Life Skills (OCC Conf rm)
7 pm— Family Prayer Group (Rm 4)
7 pm— Troop 144 (Rm 5)
7 pm— Healing Mass (CH)
7 pm— PPBC (OCC)
Tuesday— 7:30 am— Rosary
8 am— Catholic Charities Hawaii (OCC Conf rm)
8 am— *Daily Mass*
8:45 am— Rosary Prayer Group (CH)
9 am- Church Cleaning- Environment (CH)
9 am- ALEA Bridge Life Skills (OCC Conf rm)
9:30 am- Women's Bible Study (CH)
3 pm— Cenacle Prayer Group (CH)
6:30 pm— Faith Formation Mtg (OCC Conf rm)
7 pm- 5 pm Choir practice (CH)
7:30 pm - AA Meeting (Rm 6)
Wednesday—7:30 am— Rosary
8 am— *Daily Mass*
9 am- ALEA Bridge Life Skills (OCC Conf rm)
6 pm- OLPH (CH)
7 pm— 9 am Choir Practice (CH)
7:30 pm—NA Meeting (Rm 6)
Thursday— 7:30 am— Rosary
8 am— *Daily Mass*
8:45 am— Rosary Prayer Group (CH)
9 am- ALEA Bridge Life Skills (OCC Conf rm)
6 pm— 11 am Choir Practice (CH)
6:30 pm— Adult Faith Formation— Scriptures (OCC)
Friday— 7:30 am— Rosary
8 am— *Daily Mass*
9 am- ALEA Bridge Life Skills (OCC Conf rm)
4 pm - Two Hearts (CH)
6 pm— Acts Ministry Core Mtg (Rm 4)
7 pm— Stations of the Cross (CH)
7:30 pm— Frugal Meal (Host CYM) (OCC)
Saturday— 7:30 am— Rosary
8 am— *Daily Mass*
8:45 am— Rosary Prayer Group
9 am- Catholic Women's Bible Study
9 am— Church Cleaning (Group 4)
9:15 am— Liturgical Movement Ministry (Rm 4)
10 am— Rosary Making Ministry (CH Lanai)
10 am— PHM Meeting (OCC Conf Rm)
3:30 pm - Confession
5 pm- Mass (Saturday Vigil)
Sunday— **Masses**
7 am, 9 am, 11 am & 6 pm
Religious Education “B” Schedule
RCIA Dismissal (OCC Conf rm)
12:30pm— RE: FRCE Parent Mtg (Rms 4/5)
12:30 pm— Baptism Ceremony (CH)
4 pm- 6 pm Choir Practice (CH)

Sacrifice of Praise

Third Sunday of Lent: Exodus 17:3-7 / Romans 5:1-2, 5-8 / John 4:5-42

Contrition Offers Us a Way to Approach the Lord

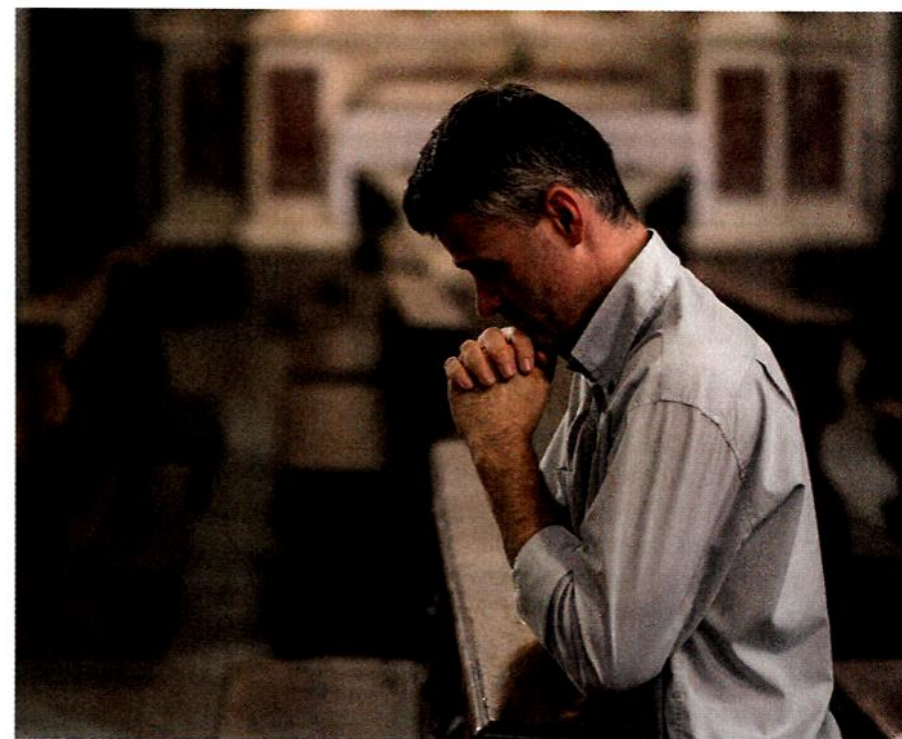
In today's Gospel reading, every detail of the encounter between Jesus and the woman at the well, a Samaritan woman, reveals Jesus' deep abiding love for all people.

First, let's look at the location and time of day when Jesus and the woman at the well meet. Jesus is in Samaria, home to people considered unclean by the Jews. Everything they touch, including the water in the well, would have been considered unclean. Note the time of day: It is the hottest time of the day; most of the women would have completed the task of collecting water in the cool of the morning. The Samaritan woman comes at this time to avoid others, specifically the judgment of others.

During their conversation, we can witness the progression of the woman's faith. (Perhaps you recognize yourself in her story?) Her relationship with the man seeking to have his thirst quenched is one with a stranger.

Next, Jesus reveals he knows the intimate details of her life. He gently but clearly states the truth of her current state of life, causing her to consider him a prophet. (Perhaps you, too, have experienced the Holy Spirit nudging your heart, gently revealing behaviors or choices that keep you bound and ashamed.)

After gaining her trust by showing the woman that despite all she has done or who she may be, he longs to give her the promise of salvation; she now sees him as the Messiah. Finally, accepting this invitation to be set free through the living water of his mercy and forgiveness, she proclaims him as Savior. She emerges from this encounter contrite and transformed, symbolically dropping her pot (see Jn 4:28) and with it her



FOR REFLECTION

- Sometimes we need to ask for forgiveness; other times we need to offer it. Recall examples of each in your life. Did you experience joy from offering or receiving forgiveness?
- When have you encountered God's mercy in your life?
- When you come to pray, do you first seek God's forgiveness for your sins?

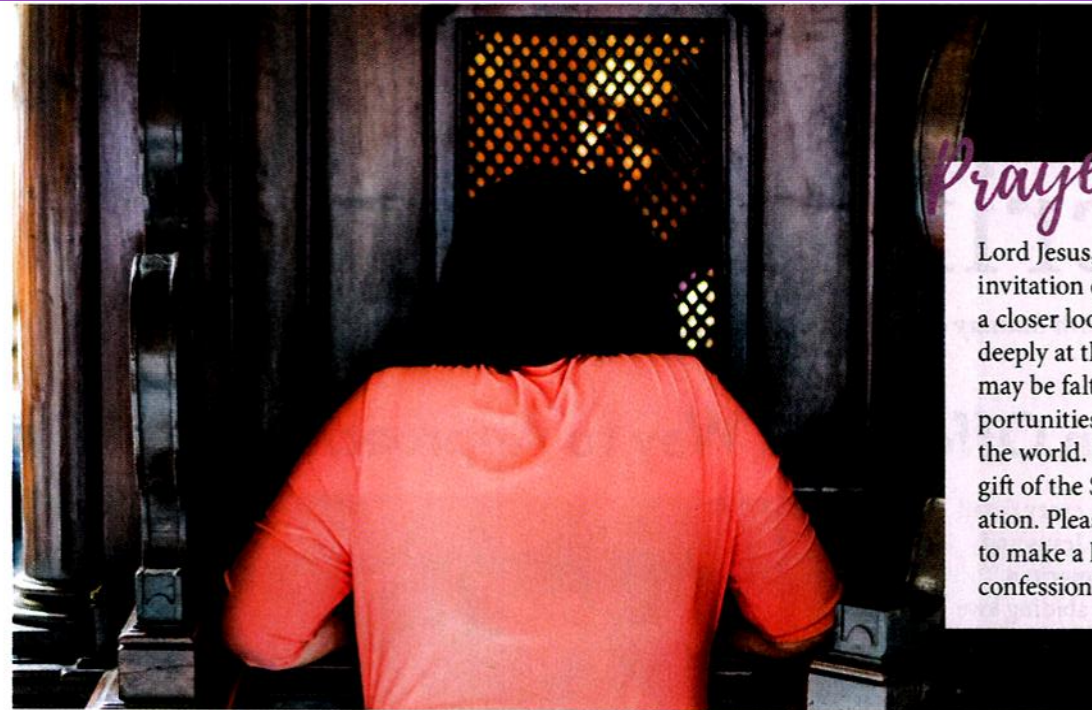
old way of life. From what situation can Jesus' mercy and love free you?

As a true disciple, the Samaritan woman, known as St. Photina in the Eastern rite, finds others with whom to share the Good News. She runs to find others with which to share her story and invites them to encounter Christ for themselves. Many became believers because of her testimony. Remarkable are the words of those who returned to the woman to report, "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."

Jesus thirsts for each of us to encounter him, to witness our relationship evolve from strangers to believers, to proclaim him as Savior.

Embracing contrition, we can be freed from our burdens through the gift of the Sacrament of Reconciliation. Pray for and with a heart of contrition to allow Jesus to gently show who you presently are and who he longs for you to be.



Prayer

Lord Jesus, thank you for the invitation during Lent to take a closer look at my life, to look deeply at the places in which I may be faltering or missing opportunities to show your glory in the world. Lord, thank you for the gift of the Sacrament of Reconciliation. Please strengthen my heart to make a healing, grace-filled confession before Easter.

How to Make a Good Confession

Has it been a while since you've been to the Sacrament of Reconciliation? Lent is the perfect time to rectify that. Here is a quick refresher:

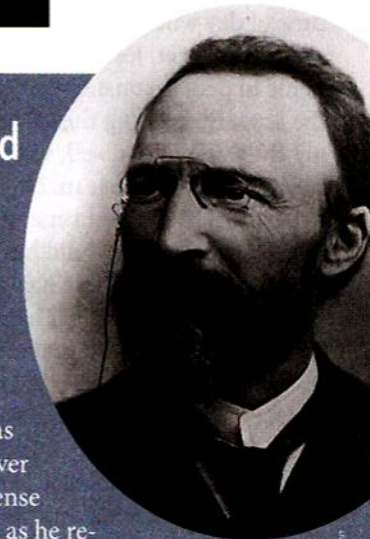
- Examination of Conscience. Spend some time in prayer recalling your sins.
- Confession begins with, "Forgive me, Father, it has been X amount of time since my last confession." If you are nervous or unsure how to proceed, this is a good time to ask for assistance.
- Share your transgressions, listen to the priest's response, and receive your penance.
- Conclude with the Act of Contrition. Feel free to bring it written down if you don't have one memorized.
- Upon leaving the confessional, spend a few moments completing (if possible) the penance the priest has assigned you.

That's it. You are now a new creation in Christ. Allow the grace of this sacrament to guide your prayer, almsgiving, and fasting for the remainder of your Lenten season.

The Great Mercy of God

Bartolo Longo was a priest of Satan before his conversion to Catholicism. He feared, "As the priesthood of Christ is for eternity, so also the priesthood of Satan is for eternity. So, despite my repentance, I thought that I was still consecrated to Satan, and I am still his slave and property as he awaits me in hell. As I pondered over my condition, I experienced a deep sense of despair." Consolation came to him as he recalled this promise from the Blessed Virgin Mary, "One who propagates my Rosary shall be saved," and he recounted, "Falling to my knees, I exclaimed: 'If your words are true that he who propagates your Rosary will be saved, I shall reach salvation because I shall not leave this earth without propagating your Rosary.'"

Blessed Bartolo spent his life promoting the Rosary; in fact, it was from his writings that Pope St. John Paul II based the Luminous Mysteries of the Rosary, also known as the Mysteries of Light. If Blessed Bartolo's life could be used for such a splendid purpose, imagine what amazing things God can do with you?



Lord Jesus, let my heart never rest until it finds You, who are its center, its love, and its happiness. By the wound in Your heart pardon the sins that I have committed whether out of malice or out of evil desires.

— ST. MARGARET MARY ALACOQUE