



# SUNDAY NEWSLETTER

Third Sunday of Lent Year A

12<sup>th</sup> March 2023

## **PARISH OF OUR LADY OF MOUNT CARMEL & ST SIMON STOCK, CARMELITE CHURCH**

### **41 KENSINGTON CHURCH ST., LONDON W8 4BB**

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**Mass Times:** Sun: Sat Vigil 6.00 p.m., Sun. 8.30 a.m., 10.00 a.m., 12.15 p.m. & 6.00 p.m.

**Weekdays (including Bank Holidays):** 8.00 a.m., 12.15 p.m. & 6.00 p.m.

**Livestream:** [www.carmelitechurch.org](http://www.carmelitechurch.org) & YouTube: "Kensington Carmelite Church"

**Confessions:** Sat: 11.30 a.m. – 12.15 p.m. & 5.00 - 5.50 p.m. Weekdays: 5.40 p.m. - 6.00 p.m.

**Priests in the Parish:** Fr Thaddeus Ekuma ocd, Fr Matt Blake ocd,

Fr Tijo Xavier ocd, Fr Theophilus Nyamali, ocd

**Safeguarding Reps:** Franca Bren

## Reflection

## Thirsting for Living Water

*Homily by a Carmelite Priest*

Thirst can be a terrible hardship. To be denied a basic need for survival such as water may soon affect the body and mind. To die of thirst must be among the worst of deaths. Yet we may thirst for many other things. It may be for justice, where there is none. It may be for peace, in the midst of conflict. Perhaps all of us have our own fair share of conflict that we would like ended. One of the worst features of human life of human life is the ability to fall out with family, friends, and neighbours.

Where there is great hardship and oppression, it is easy to argue with members of the family or neighbours. It was

the same in the time of Moses. The Jews' thirst for freedom had brought them out of Egypt. However, when things became harder to bear out in the desert, the complaints began. They began to turn on Moses, blaming him for all their problems.

Moses, however, was not merely the leader of the Jews, he was the representative of God. He was leading God's people to freedom, to safety. He was delivering them out of slavery. In the First Reading, he is able to provide, through God's help, the water which they crave.

The long Gospel story is about responses to the call of Christ.

The woman at the well, a worshipping Samaritan, has no idea who Jesus might be. She is drawn to him as he talks. When Jesus mentions "living water" which will end all thirst, she wants some of it. There is no understanding in her mind what this "living water" could be, but she is ready to try it.

That is what a thirst for God becomes. The longing of the Samaritans was satisfied, while the apostles were still wondering about the stranger that Jesus had been talking with beside the well.

Christ does have all that we need for real life, for eternal life. He is our refreshment. He will supply us with all that we

need, and much more. Moses is an example of such a believer. He was on the receiving end of many complaints, yet did not even let them affect his own faith. He was unshaken, and his strength of faith enabled him to look after his people. What an example Moses is for us today! Trust in God, leave all things to Him, and our faith will save us.

The Samaritan woman shows us that we do not have to be saints to be on the receiving end of God's strength. She seems to be with a man who is not her husband, but her thirst for the "living water" of Christ was enough. We also do not have to pass any tests before we follow Christ. If we only believe, then the "living water" will pour over us, and we will never thirst again.

This life in Christ is open to all. The Gospel shows us that Samaritans are included, and women, who at that time would not have been included in anything. The woman at the well is a model for us all. She has an encounter with Christ, finds faith, believes in Jesus, and then goes to bring more believers to Him.

## NOTICES

### **RIP Bernard Grill**

The Funeral Mass for the late Bernard Grill RIP will be in this Church Thursday March 16th, 11.00am.

### **Our Lenten Soup Kitchen – 12<sup>th</sup> & 26<sup>th</sup> March**

As part of our Lenten communal observances, we will be serving soup on the 3<sup>rd</sup> and 5<sup>th</sup> Sunday of Lent; that is today, 12<sup>th</sup> March and 26<sup>th</sup> March, after the 12.15 and 6.00pm Mass. We invite you all to come on these two days to share our bread with our brothers and sisters who are underprivileged.

### **Lenten Retreat – Journeying Together through Lent and Easter**

Our Lenten Retreat this year titled "Lent: A Time of Grace and Prayer" has already begun. Join us to reflect on Lent as a time of grace-filled encounter with God. Dates: Thursdays of Lent (16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>) Time: 7.00 – 7.45pm with Refreshments. Please find details on the notice boards and leaflets at the back of the church.

### **Cardinal's Lenten Appeal**

Funds raised this year will be shared between the four pillars of the Cardinals Lenten appeal: Marriage and Family Life; Youth and Evangelisation; the Education Service and Caritas Westminster. The effects of the pandemic followed by the cost-of-living crisis, are still making daily life harder for all. Price rises last year meant many families faced an impossible choice: heat or heat? And this crisis is far from over. The church continues to respond, with thousands of people putting their faith into action by serving those in need. Cardinal Nichols has expressed his gratitude to everyone who supports the appeal, with whatever they can afford. And for those who can't give financially, your time is a priceless commodity – please see the posters on how you can volunteer in the diocese and help those in need. Please take a donation envelope today for more information. You can use the QR code to make your donation online. Thank you for your generosity.

### **Lent Retreat for Young Adults (18-30s)**

Led by the Assumption Sisters on Saturday 18<sup>th</sup> March 2023 in Kensington. Young people are invited for a day retreat (10.30am-5pm) including talks • Mass • Stations of the Cross • confessions • adoration • faith sharing and social. Venue: Our Lady of Mount Carmel & St Simon Stock Church Hall, London W8 4BB. Donations only. To register, please email: [tramy@assumptionreligious.org](mailto:tramy@assumptionreligious.org)

### **Collections Last Sunday**

Offering	£1570
Gift Aid Envelopes	£1253

Thank you for your generosity

*Fr. Thaddeus OCD*

## HYMNS FOR 6.00PM SATURDAY VIGIL MASS

*Please Sing along!*

### Entrance Hymn

#### *Praise my soul The King of Heaven*

Praise, my soul, the King of heaven;  
To His feet thy tribute bring.  
Ransomed, healed, restored,  
forgiven,  
Who like me His praise should sing?

Praise Him, praise Him,  
praise Him, praise Him,  
Praise the everlasting King.

Praise Him for His grace and favor  
To our fathers in distress.

Praise Him still the same forever,  
Slow to chide, and swift to bless.  
Praise Him, praise Him,  
praise Him, praise Him,  
Glorious in His faithfulness

Fatherlike He tends and spares us;  
Well our feeble frame He  
Knows.

In His hands He gently bears us,  
Rescues us from all our foes.  
Praise Him, praise Him,  
praise Him, praise Him,  
Widely as His mercy goes.

Angels help us to adore Him;  
Ye behold Him face to face;  
Sun and moon, bow down before Him,  
Dwellers all in time and space.  
Praise Him, praise Him,  
praise Him, praise Him,  
Praise with us the God of grace.

### Offertory Hymn

#### *Nearer My God to Thee*

Nearer, my God, to Thee, nearer  
to Thee!  
E'en though it be a cross that  
raiseth me,  
Still all my song shall be, nearer,  
my God, to Thee.

Chorus:

Nearer, my God, to Thee,  
Nearer to Thee!

Deep in thy Sacred Heart, let me  
abide.

Thou that has bled for me,  
sorrowed and died.  
Sweet shall me weeping be, grief  
surely leading me,  
Nearer, my God, to Thee, nearer  
to Thee!

Friends may depart from me,  
night may come down,  
Clouds of adversity darken and  
frown:  
Still through my tears I'll see  
Hope gently leading me ....

What though the shadows  
fall, Naught shall I fear;  
When darkest seems the night,  
morning is near.  
Sweet shall my trusting be,  
sorrow still bringing me ....

### Communion Hymn

#### *What a Friend we Have in Jesus*

What a Friend we have in Jesus,  
All our sins and griefs to bear!  
What a privilege to carry  
Everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain we bear,  
All because we do not carry  
Everything to God in prayer!

Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged,  
Take it to the Lord in prayer.  
Can we find a friend so faithful  
Who will all our sorrows share?  
Jesus knows our every weakness,  
Take it to the Lord in prayer.

Are we weak and heavy-laden,  
Cumbered with a load of care?  
Precious Savior, still our  
refuge—  
Take it to the Lord in prayer;  
Do thy friends despise, forsake

thee?

Take it to the Lord in prayer;  
In His arms He'll take and shield  
thee,  
Thou wilt find a solace there.

### Recessional Hymn

#### *Day is done but Love unfailing*

Day is done, but love unfailing  
Dwells ever here;  
Shadows fall, but hope  
prevailing,  
Calms ev'ry fear.  
Loving Father, none forsaking,  
Take our hearts, of love's own  
making,  
Watch our sleeping, guard our  
waking,  
Be always near.

Dark descends, but light  
unending  
Shines through our night;  
You are with us, ever lending  
New strength to sight:  
One in love, your truth  
confessing,  
One in hope of heaven's  
blessing,  
May we see, in love's  
possessing,  
Love's endless light!

Eyes will close, but you,  
unsleeping,  
Watch by our side;  
Death may come, in love's  
safekeeping  
Still we abide.  
God of love, all evil quelling,  
Sin forgiving, fear dispelling,  
Stay with us, our hearts  
indwelling,  
This eventide.