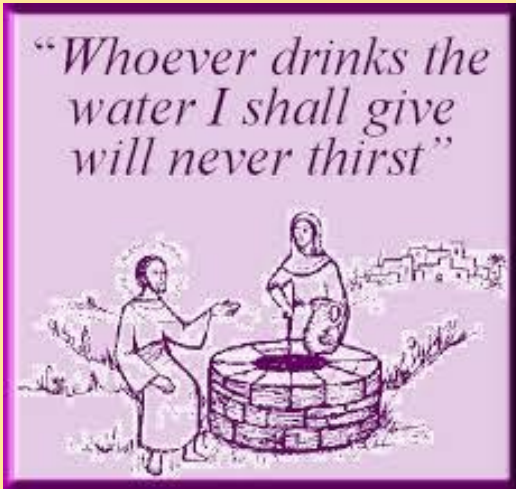


Prayer & Reflection



Week beginning: **Monday 9th March**

Theme = Reconciliation

Catholic Social Teaching = Solidarity

Gospel = Third Sunday in Lent (Year A)

The Wednesday Word

The logo for 'Hallow' is centered on a purple square. The word 'Hallow' is written in white, with a blue circle and a white halo above the letter 'o'.

You are invited to 10 minutes of prayer and reflection every Wednesday.

Join Jonathan Roumie (Jesus- The Chosen), Jeff Cavins, Mark Wahlberg, Chris Pratt and Gwen Stefani as we reflect on the Gospel on the day.

8am

12:40pm (First lunch)

1:30pm (Second lunch)

Venue- School Chapel.



INSPIRED BY CHRIST = live the Gospel Values

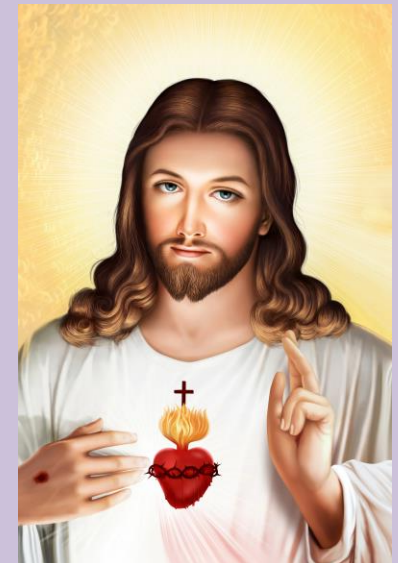
Love

Mutual
Respect

Tolerance

Kindness

Forgiveness



Reconciliation = Forgiveness

Reconciliation is about making up with other people.

Often – we see people we know fall out with others, and then ‘make up’ to become friends again.

Lent is the season for ‘making up’ – especially with God if we have turned away from him by sinning.

Catholics do this by going to the Sacrament of Confessions, also know as Reconciliation.

This is where we confess our sins, gain forgiveness and do a penance to show we are sorry to God.



Catholic Social Teaching - Solidarity

The CST theme of Solidarity calls us to love our neighbour (other people), and to be peacemakers and promote peace in our world.

The gospel values, to Be Inspired by Christ, calls on us to seek RECONCILIATION with the people in our lives, and also with God.

As the Lord's prayer – Our Father teaches us:

“... Forgive us our trespasses (sins)

As we forgive those who trespass
against us.”

Love your
neighbor
as yourself.
MATTHEW 22:39



SOLIDARITY

We are one human family whatever our national, racial, ethnic, economic, and ideological differences. We are our brothers' and sisters' keepers, wherever they may be. Loving our neighbor has global dimensions in a shrinking world. At the core of the virtue of solidarity is the pursuit of justice and peace. Blessed Pope Paul VI taught that "if you want peace, work for justice." ¹ The Gospel calls us to be peacemakers. Our love for all our sisters and brothers demands that we promote peace in a world surrounded by violence and conflict.

HOW OFTEN SHOULD WE FORGIVE?



Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”

Matthew 18:21-22

What is the Catholic Sacrament of Reconciliation (Confessions)?

During this term all students are invited to go to confessions where you can ask for forgiveness.

If you are non-Catholic you can still go and speak with Father Emmanuel and/or Father Lawrence.

Tues 17th March = Years 7, 8, 12 & 13 during lesson 5 LUNCH.

Tues 31st March = Years 9, 10 & 11 during lesson 6 LUNCH.

LENTEN REFLECTION

We are now over halfway through Lent. Reflect and think about:

Have we made Lent a special and different time so far?

Have we taken part in fasting (giving up something)?

Have we prayed more during Lent?

Have we been charitable during Lent? (helping anyone in need)

Have we tried to repent – with other people? With God?

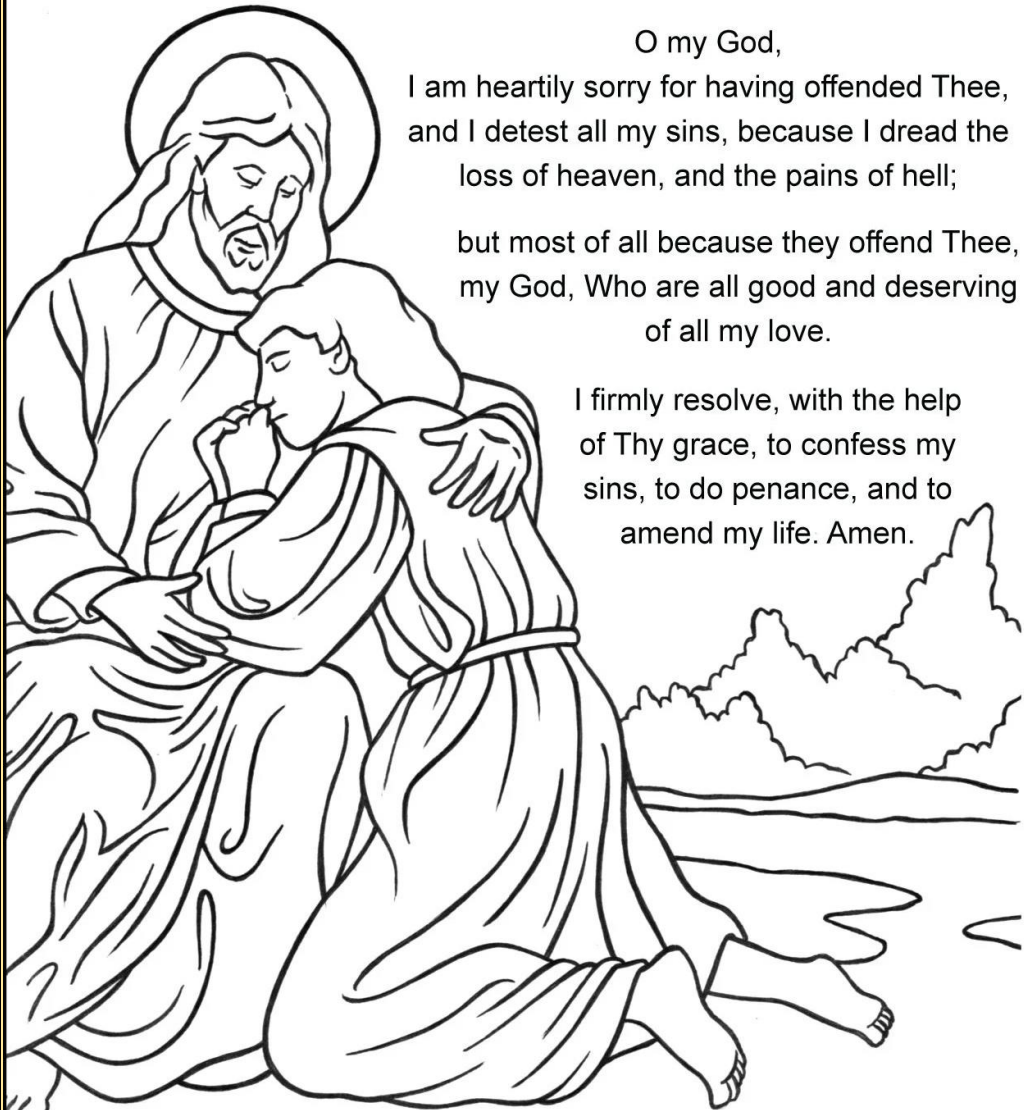
Have we tried to follow reconciliation – praying and telling God we are sorry for our sins?

Have we shown forgiveness to other people in our lives?

If you have not anything yet for Lent – it is not too late to do something now.

PRAYER =the Act of Contrition (to tell God that we are sorry for our sins)

Act of Contrition



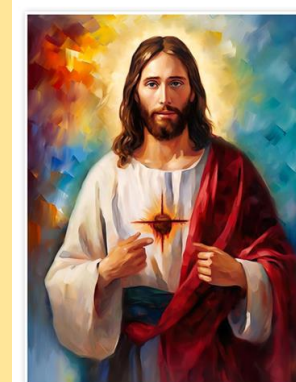
O my God,
I am heartily sorry for having offended Thee,
and I detest all my sins, because I dread the
loss of heaven, and the pains of hell;

but most of all because they offend Thee,
my God, Who are all good and deserving
of all my love.

I firmly resolve, with the help
of Thy grace, to confess my
sins, to do penance, and to
amend my life. Amen.



**St John the Apostle & Evangelist, pray for us.
Amen.**



**inspirati a christo
Go Forth Today and
Be Inspired by Christ**

Sunday Gospel = Third Sunday in Lent (Year A)

“Whoever drinks the water I shall give will never thirst”



THIS WEEK'S GOSPEL READING – THIRD Sunday Lent, YEAR A.

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

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food.

The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" – For Jews use nothing in common with Samaritans.

Jesus answered and said to her, "If you knew the gift of God and who 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 do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?"

Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give 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 may not be thirsty or have to keep coming here to draw water."

[Jesus said to her, "Go call your husband and come back."

The woman answered and said to him, "I do not have a husband."

Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true."]

The woman said to him, "Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem."



A reading from the Gospel according to John 4:5-42 (continued)

Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks 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 the Messiah is coming, the one called the Christ; when he comes, he will tell us everything."

Jesus said to her, "I am he, the one speaking with you."

At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, "What are you looking for?" or "Why are you talking with her?"

The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Christ?"

They went out of the town and came to him. Meanwhile, the disciples urged him, "Rabbi, eat."

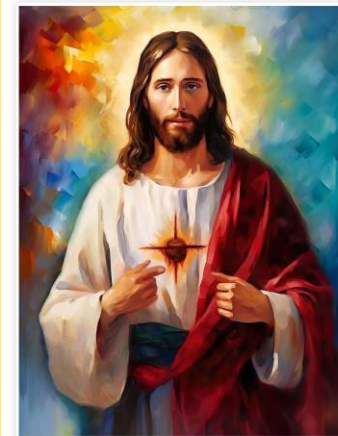
But he said to them, "I have food to eat of which you do not know."

So the disciples said to one another, "Could someone have brought him something to eat?"

Jesus said to them, "My food is to do the will of the one who sent me and to finish his work. Do you not say, 'In four months the harvest will be here'? I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that 'One sows and another reaps.' I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work."]

Many of the Samaritans of that town began to believe in him [because of the word of the woman who testified, "He told me everything I have done."]

When the Samaritans came to him, they invited him to stay with them; and he stayed with them more than two days. More Samaritans began to believe in him because of his word, and they said to the woman, "We believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."



Reader = the Gospel of the Lord.

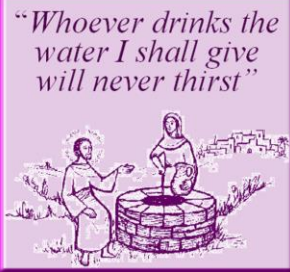
RESPONSE = Praise to you Lord Jesus Christ.

Explanation of this week's Gospel reading



In the gospel reading this week, there are **THREE** key messages:

- 1. Repentance and Conversion:** The Samaritan woman's encounter with Jesus changes her life. Lent is a time to repent and let God transform us just as He transformed her.
- 2. God's Love for Sinners:** Jesus meets the Samaritan woman where she is, despite her sins and past. God does not turn away from us but invites us to receive His mercy and forgiveness.
- 3. Jesus, the Living Water:** Jesus speaks of the living water that brings eternal life. He alone can fulfil our deepest longings and give us life that never fades.



REFLECTION TASK

In today's Gospel, Jesus meets the Samaritan woman at the well and shows that God knows us completely and still welcomes us with love. Like the woman, we are invited to let Jesus into the real places of our lives—our worries, hopes, and mistakes. He offers “living water,” reminding us that only God can truly satisfy our hearts and help us grow.

Thought for the day:

How can I be “Inspired by Christ” today by welcoming others with the same openness, kindness, and honesty that Jesus showed at the well?

WORD OF THE WEEK



JOHN 4:5-42
JESUS IS THE
LIVING
WATER

Prayer- Inspired by Christ at the Well

Lord Jesus, You met the Samaritan woman at the well with compassion, honesty, and hope.

Inspire us, like her, to open our hearts to Your “living water” so we may become the people You call us to be.

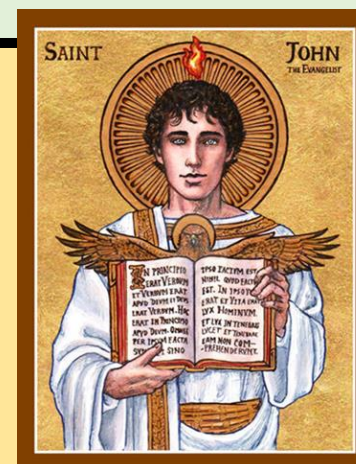
Help us to be Inspired by Christ in our words and choices today.

Teach us to offer Service to Others with kindness and generosity, especially to those who feel left out or alone.

Guide us toward Excellence for All, striving to be better people who lift others up, and bringing Your light into our school community.



**St John the Apostle & Evangelist,
pray for us. AMEN.**



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