

Southern African Catholic Bishops' Conference

LENTEN APPEAL

LENT WEEK 3 2026

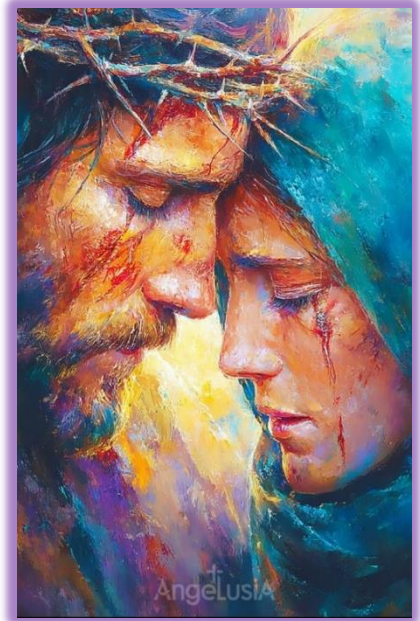
Jesus meets his Mother

Mother, Mother.
You look at me with eyes so sad
Yet must have always known
That it would come to this

I know you suffer with me,
Always did,
Even when, a child,
I scraped my knees
Or cried at night
Wherever I was
You always were
In spirit and in truth
Wherever you are
There am I also
Forever.



Your heart touches mine.
The wound
Will never heal
When you think what they
Have done to me
And feel with me.
Compassion.



"We adore you, O Christ, and we praise you, because by your holy cross, you have redeemed the world".

The Third Week of Lent centres on Jesus as the "Living Water" who satisfies the deep spiritual thirst of the human heart, symbolized by the Samaritan woman at the well. It is a time to move from "leaky cisterns" of material desires toward authentic worship in spirit and truth, embracing personal conversion.



Key Themes for Reflection the Thirst for Living Water: Reflect on the undeniable thirst in your own life and make a conscious choice to let Jesus, the Living Water, fill the emptiness.

- The Encounter at the Well: Consider the patient, loving approach of Jesus, who meets us in our shame, guilt, and daily trials—just as he met the Samaritan woman—and offers new life.
- Worship in Spirit and Truth: Challenge yourself to move beyond outward observance to a sincere, inner transformation, leaving behind past sins and "jars" that do not satisfy.
- Proclaiming the Message: Like the Samaritan woman, allow this encounter to turn you into a witness, sharing the joy of meeting the Messiah with others.

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"You are merciful to all,
O Lord, and despise
nothing that you have
made. You overlook
people's sins, to bring
them to repentance,
and you spare them, for
you are Lord our God."

Peace and Blessings - Fr Hugh