



a quiet sense of despair?" He told them that **everyone is seeking for love that endures, opportunity to share gifts, unity based on truth, communion that respects the freedom of the other person.** These can be summed up as: goodness, beauty and truth, the three transcendentals. But, instead of goodness, beauty and truth what our society offers are false substitutes: choice, novelty and subjective experience.

**SCRIPTURE  
of the DAY**

Exodus 17: 3-7  
Psalm 94: 1-2, 6-9  
Romans 5: 1-2, 5-8  
John 4: 5-42 (or 4: 5-15,  
19-26, 39-42)



Just like the story of the Samaritan woman which we heard on Sunday, we are thirsty for love and yet, always look for it in the wrong places. We forget that God created man with the capacity to worship Him and the need to be in fellowship with Him. Our yearning is infinite, because we have been created with a hole in our hearts, in the shape of God and nothing, absolutely nothing, can fill it up except God himself. St. Augustine put it this way, "My soul is restless 'till it rests in Thee." The only One who can heal our weariness and satisfy our longing thirst is Jesus Christ.

Just like the Samaritan woman, the goal of attaining lasting love seems too distant and the task seem altogether impossible when she complained that the well is too deep and our Lord had no bucket. She failed to recognise that He is the source of unfathomable love and He is the means by which that same love would be communicated to us. Though too deep for us, our human souls, our wells, are never too deep for Him. And when we are prepared to come on our bended knees, stripped of all pretences of superiority or self-reliance, we only have to ask, "Master, give me this water," we are assured of a drink from the well of God's immense riches which promises life and immortality. Having drunk therefrom, we shall never be thirsty again. Because in the One, we are One. ✦

As Lent is the time for greater love, listen to Jesus' thirst... He knows your weakness. He wants only your love, wants only the chance to love you.

- St. Teresa of Calcutta

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# NEWBEC

NEW WAY OF BEING CHURCH | 3<sup>rd</sup> Sunday Of Lent | 8 March 2026

**LENTE REFLECTION 3**

**WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH**

*A People for Missionary Discipleship*

**MONTHLY FOCUS: ECOLOGY: Restoring Our Common Home**



In 2008, Pope Benedict addressed a crowd of a half million young people in Sydney, Australia, on the occasion of the World Youth Day, and told them that "in so many of our societies, side by side with material prosperity, a spiritual desert is spreading: an interior emptiness, an unnamed fear,