



ST MATTHEW CATHOLIC CHURCH, WEST NORWOOD-

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8 MARCH 2026

Parish Newsletter

THIRD SUNDAY OF LENT (A)

TODAY'S MASS READING: Parish Mass Book, from page 158
1st Reading (Ex.17: 3-7) **2nd Reading** (Rom. 5:1-2,5-8) **Gospel**
(Jn.4:5-42)

Readings Next Sunday: 1st
Reading (Ex17:3-7). 2nd
Reading (Rom5: 1-2,5-8).
Gospel (Jn4:5-42)

The Gospel for the Third Sunday of Lent presents the moving encounter between Jesus and the Samaritan woman at the well. It is a story that speaks about **human thirst, not only the thirst for water, but the deeper spiritual thirst that exists in every human heart.** Jesus begins the conversation with a simple request: *“Give me a drink.”* From this ordinary moment, the discussion gradually turns to something deeper. Jesus speaks about **“living water”**, the life of grace that God alone can give, a gift that truly satisfies the deepest longing of the human soul. Like the Samaritan woman, many people today search for fulfilment in many places: achievements, possessions, relationships, or constant activity. Yet these things often satisfy only temporarily. The deeper thirst of the heart remains. As Saint Augustine once wrote, *“Our hearts are restless until they rest in God.”* Only God can satisfy the deepest desires of the human heart. What is particularly striking in this Gospel is the way Jesus approaches the woman. He knows her past and the complexities of her life, yet He does not condemn her. Instead, He speaks to her with patience, respect and compassion. Through this encounter, the woman experiences a profound transformation. She leaves her water jar behind and runs back to the town to tell others: *“Come and see a man who told me everything I have ever done.”* The woman who once came quietly to the well now becomes a joyful witness, leading others to encounter Christ for themselves. This Gospel reminds us that **God’s mercy is offered to everyone.** Jesus crosses cultural and social barriers to reach the Samaritan woman, showing that no one is excluded from God’s love. During this Lenten season, the Church invites us to reflect on our own spiritual thirst. Are we allowing Christ to fill our hearts with the living water of His grace through prayer, the sacraments and acts of charity? Like the Samaritan woman, may we encounter Christ anew this Lent and share that joy with others.

Parish Priest: Fr Celestine Ekwueme

Email: celestineekwueme@rcaos.org.uk

PARISH INFORMATION AND FAITH NEWS

Pope's March prayer intention: For disarmament and peace. Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

PARISH NOTICES

Bishop Paul Hendricks warmly invites you to join him on this year's SOUTHWARK DIOCESAN PILGRIMAGE TO LOURDES: 21st to 28th August 26. A pilgrimage is a great opportunity to refresh and renew our relationship with the Lord Jesus, with the help of Our Lady's prayers. I have also found it a blessing to be able to accompany and to be inspired by other pilgrims, some of whom are sick, elderly or disabled. Details for booking travel and accommodation can be found at <https://www.tangney-tours.com/diocese-pilgrimages/diocese-ca/> We also ask pilgrims to complete a form with details, including medical requirements (if any) at <https://www.catholicassociation.co.uk/join2026> For more information, please contact Canon Edward Perera (edwardperera@rcaos.org.uk) or Deacon John Fogarty (johnfogarty@rcaos.org.uk) or myself, Bishop Paul Hendricks (paulhendricks@rcaos.org.uk)

Worldwide Marriage Encounter For the past 50 years Worldwide Marriage Encounter has been offering marriage enrichment retreats all around the world. Focused on couples who want to enrich their relationship and gain a deeper understanding of the Sacrament of Marriage, the retreat offers a unique experience. It's a chance to explore your relationship at a deeper, more intimate level, regardless of how long you have been together. Thousands of couples in the UK have benefited from a Marriage Encounter weekend retreat, the next 2 retreats are 27th Feb-1st Mar 2026 in Swindon and 15th-17th May 2026 in Maidstone, why not find out more at wwme.org.uk

Pray the Romero Rosary at St George's Cathedral. Join Archbishop John Wilson and the Cathedral clergy in praying the rosary every Friday at 5pm throughout Lent. This is a beautiful opportunity to draw closer to the Lord Jesus in prayer Lenten season. Find out more at: rcaos.org.uk/romerorosary

THANK YOU for your generous support for CAFOD Family Fast Day Collection - your kindness is helping families around the world grow food in difficult conditions - such as on flood resistant floating gardens or using solar-powered water pumps in times of drought. You have shown what it means to love your neighbour this Lent - fasting, praying and giving so families can put food on the table. Find out how your donations are helping to build a better world at cafod.org.uk/thankyou It's not too late to donate please visit: cafod.org.uk/envelope

Archbishop John's Lenten reflection: The distressing majesty of the cross. Archbishop John is calling on all in the Archdiocese to join him in prayer and contemplation before the crucified Lord during Lent. Archbishop John said: "I want us to do more than stumble on our Lenten journey. I want us, together, to really contemplate and meditate on the distressing majesty of the cross so that we really can take in what it means for us and our relationship with our God, the Lord Jesus Christ". You can watch his full message at rcaos.org.uk/lent2026

We Need Your Help: Each year, the Catholic Association Pilgrimage (CA) is responsible for coordinating the welcome and care of our 'assisted pilgrims' - those on our annual pilgrimage to Lourdes who have particular care and support needs. The CA is appealing for parishioners who might want to come to Lourdes as an assisted pilgrim, or as a volunteer helper in order to help provide the support that our assisted pilgrims need. All are welcome and all have an important contribution to make to the community that we form during our pilgrimage week. For more information visit: catholicassociation.co.uk or see posters at the rear of Church.

Parish Secretary Role: The parish will be recruiting a Part-Time Parish Secretary to assist with general administration, correspondence, record-keeping, and support for parish activities. Further details will be shared in due course. Parishioners who may be interested are encouraged to contact the parish office. Please keep this in your prayers

MASS INTENTIONS FOR THE WEEK**PARISH MINISTRY**

Saturday 7	Vigil, 3rd Sunday of Lent
6:30pm	Canon JP Devane RIP
Sunday 8	2nd Sunday of Lent
9am	Cecilia Vaz & Afra Collaco RIP
11am	Maeve Meschall; wellbeing.
Monday 9	Feria
9:30am	No Mass
Tuesday 10	Feria
9am	No Adoration
9:30am	No Mass
Wednesday 11	Feria
9:30am	Eileen McGee; special intention.
Thursday 12	Feria
11am	Holy Souls
Friday 13	Feria
9:30am	Private Intention
Saturday 14	Vigil, 3rd Sunday of Lent
6:30pm	Monica Higgins RIP
Sunday 15	3rd Sunday of Lent
9am	Clara D'Sa RIP
11am	Alice Gleeson RIP

READERS:

	14th/15th	21st/22nd
6:30pm	Daniel	Preetha
9am	Kene	Elsa
11am	Nana/Juliana	Anne-Lise/Isabella Ramos
Eucharistic Ministers		
6:30pm	Ann Doe	Jenny
9am	Albertina	Zena
11am	Yvonne	Patience

Church Cleaning:

Justice/Juliana	Catherine/Noelie/Hugo
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CYCLE OF PRAYER - Intentions for Lent:

Candidates for the Sacraments (especially on the Sundays)

The Needy and Hungry of the World (especially on Lent Fast Day, first Friday of lent)

Penitents and Wanderers

Women (especially on Women's World Day of Prayer - First Friday in March)

WE REMEMBER IN OUR PRAYERS THOSE WHO HAVE RECENTLY DIED IN OUR PARISH COMMUNITY , AND THOSE WHOSE ANNIVERSARY OF DEATH OCCUR AROUND THIS TIME, MAY THEY REST IN PEACE. AMEN.

HOSPITAL CONTACTS: If you or a member of your family are admitted to our local hospitals, do please let the hospital's Catholic chaplain know.

St George's Hospital: 02087253069 / 02086721255)

Kings Hospital: If outside hospital—02032993522. inside the hospital call extension 33522

Croydon University Hospital: 02084013105

St Thomas' Hospital: 02071881187/02071881186

Guy's Hospital: 02071881185/02071889576



PARISH SCHEDULES

Sunday Mass Times :

6:30pm (Sat), 9am and 11am

Week Day Mass Times:

Tuesday ; 7pm

Wednesday & Friday; 9:30am

Thursday; 11am @ British Home

First Fridays; 12noon.

Adoration of the Blessed Sacrament:

Tuesdays; 6:00pm

Baptisms, Marriage, Funerals: Contact the Parish Office.

Youth Club:

4:30pm Every 3rd Saturday

RCIA: Contact Parish Office

RECONCILIATION/CONFESSIONS

Saturdays: 5:30pm to 6:15pm and on call.

PARISH OFFICE HOURS

Open Office: Fridays 10am to 12:30pm and 2:30pm to 4:30pm.

Other days with appointment, please.

UCM:

12noon Every First Friday

CHOIR REHEARSALS:

Wednesdays; 7:30pm @ the Church.

DIVINE MERCY GROUP

Sundays; after 11am mass @ the Divine Mercy Altar

We are grateful for all you do to support the parish.

Setting up a Standing Order is the most efficient way to make a donation to the parish without incurring fees. You can use the following details for one-off donation or to set up a Standing Order or Direct Debit. NatWest Bank: Account Name: RCAS Norwood West, Sort Code: 60-23-19; Account Number: 44115369. Thank You!