



Sunday 8th March 2026  
**NEWSLETTER**

3rd Sunday of Lent

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My dear brothers and sisters in Christ Jesus,

Lent gently invites us to pause and reflect on the deeper thirst of the human heart. In the midst of our daily responsibilities and concerns, this sacred season reminds us that life is not only about our immediate needs but about our journey towards God. Like the Samaritan woman who came to the well searching for water and discovered the living water of Christ, we too are invited to deepen our relationship with the Lord.

The Way of the Cross continues **every Friday during Lent after the 7.00 pm Mass**, and everyone is most welcome to join. With regard to the Readers' Rota, thank you to all who have already given your names to read during the Mass. This week and next week we will continue to keep the list open for those who have not yet signed up but would like to take part. The new rota will run for one year, and your participation would be greatly appreciated.

During this Lenten season, we have also received a set of beautiful liturgical articles that will now serve our parish during the celebration of the Eucharist and other sacred liturgies. These articles have come to us through the generosity and friendship of the Sisters of the Holy Cross from Altöttingen. We express our sincere thanks to the Provincial and the Sisters for their love and generosity. Our gratitude also goes to Sr Ursula for kindly bringing these sacred items to our parish.

There will also be a Lenten Movie Evening on Tuesday, 10th March at 7.30 pm, when we will watch The Passion of the Christ. May this Lent continue to be for each of us a time of grace, renewal, and steady growth in faith.

With prayers and blessings, **Fr James Raj ([jamesraj@rcaos.org.uk](mailto:jamesraj@rcaos.org.uk))**

<b>HYMNS FOR THE MASS</b>			
<b>Entrance</b>	<b>285 – Here I am, Lord</b>	<b>Mem. Acclamation</b>	<b>440c - Save us Saviour</b>
<b>Offertory</b>	<b>799 – Whatsoever you do</b>	<b>Communion</b>	<b>40 – Amazing grace 478 – Make me a channel</b>
<b>Santus</b>	<b>439 - Holy Holy Holy</b>	<b>Recessional</b>	<b>859 – As I kneel before you</b>

*“Jesus was led by the Spirit into the desert, where for forty days he was tempted by the devil.” Luke 4:1-2*

## Tea and Coffee after Sunday Mass

Everyone is invited to join us for tea and coffee in the church hall near the car park after Sunday Mass. This is a wonderful chance to connect, share, and get to know one another better. Kids can enjoy the Kids' Corner, a fun space to make new friends.

**Entrance Antiphon: Ps 24: 15-16: My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.**

### THE LITURGY OF THE WORD

#### First reading

**Exodus 17:3-7**

In those days: The people thirsted for water, and the people grumbled against Moses and said, 'Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?' So Moses cried to the LORD, 'What shall I do with this people? They are almost ready to stone me.' And the LORD said to Moses, 'Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink.' And Moses did so, in the sight of the elders of Israel. And he called the name of the place Massah and Meribah, because of the quarrelling of the people of Israel, and because they tested the LORD by saying, 'Is the LORD among us or not?'

**The word of the Lord. R. Thanks be to God.**

#### Responsorial Psalm

**Ps 33(32):4-5. 18-19. 20, 22. R5b**

**Response: O that today you would listen to his voice! 'Harden not your hearts.'**

Come, let us ring out our joy to the LORD; hail the rock who saves us. Let us come into his presence, giving thanks; let us hail him with a song of praise. **R.**

O come; let us bow and bend low. Let us kneel before the LORD who made us, for he is our God, and we the people, the people of his pasture, the flock of his hand.' **R.**

O that today you would listen to his voice! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your forebears put me to the test; when they tried me, though they saw my work.' **R.**

#### Second reading

**Romans 5:1-2, 5-8**

Brothers and Sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person — though perhaps for a good person one would dare even to die — but God shows his love for us in that while we were still sinners, Christ died for us. **The word of the Lord. R. Thanks be to God.**

Gospel Acclamation **John 4:42, 15:** Glory to you, O Christ, you are the Word of God. Lord, you are indeed the Saviour of the world; give me living water, so that I will not be thirsty. Glory to you, O Christ, you are the Word of God.

## Gospel

**John 4:5-15, 19b-26, 39a, 40-42**

At that time: Jesus came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour. A woman from Samaria came to draw water. Jesus said to her, 'Give me a drink.' (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask for a drink from me, a woman of Samaria?' (For Jews have no dealings with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that 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 have nothing to draw water with, and the well is deep. Where do you get that living water? Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him 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 will not be thirsty or have to come here to draw water. Sir, I perceive that you are a prophet. Our fathers worshipped on this mountain, but you say that in Jerusalem is the place where people ought to worship.' Jesus said to her, 'Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father is seeking 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 Messiah is coming — he who is called Christ. When he comes, he will tell us all things.' Jesus said to her, 'I who speak to you am he.' Many Samaritans from that town believed in him. So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is indeed the Saviour of the world.' **The Gospel of the Lord. All reply: Praise to you, Lord Jesus Christ.**

*"The word is near you, on your lips and in your heart." Romans 10:8*

**The Creed:** I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## MOTHER'S DAY CELEBRATION – MARCH 15

On Sunday, March 15, we celebrate Mother's Day at Sunday Mass. We invite all mothers and grandmothers to attend and receive a special token of appreciation from the church. Let us come together to thank God for the gift of motherhood!



## KEY DATES FOR LENT, HOLY WEEK, AND EASTER 2026

### LENT 2026

- **Stations of the Cross** – Every Friday at 7:20 PM (after 7:00 PM Mass)

### HOLY WEEK 2026

- **MOVIE EVENING – 10TH MARCH AT 7.30 PM: PASSION OF THE CHRIST**
- **Palm Sunday** – 29th March (10:30 AM Procession & Mass)
- **Lenten Reconciliation Service** – 31<sup>st</sup> March at 6.00 pm
- **Maundy Thursday** – 2nd April (7:00 PM Mass of the Lord's Supper & Washing of the Feet)
- **Good Friday- 3rd April**
  - **2:15 PM** – Outdoor Way of the Cross
  - **3:00 PM** – Solemn Passion Liturgy
- **Holy Saturday** – Morning Prayer at 10 am



### EASTER 2026

- **Easter Vigil** – 4th April (8:00 PM followed by refreshments)
- **Easter Sunday** – 5th April (10:30 AM Mass followed by refreshments)

# Well-being

ST ANN'S CAMPUS

A SPACE FOR HARMONY OF  
BODY, MIND, AND SPIRIT



St Ann's Campus Well-being: A space for harmony of body, mind, and spirit

## OUR HOLISTIC APPROACH



### 60+ Club

A place of support, fun, joy,  
and companionship.

**Wednesdays**  
**10:45 a.m. - 12:15 p.m.**  
**Parish Hall**



### Reflexology & Healing Touch

Koffi offers restorative  
sessions designed to bring  
calm, comfort, and inner  
harmony to your body.

☎ 07365 387 299



### Meditation, Breath & Yoga Exercise

Christian meditation, breath  
work for focus and renewal, &  
guided movements to support  
mobility and well-being.

**Wednesdays 6 pm - 7 pm**



### YOUTH MEETING

**14TH MARCH AT 4.30 PM**

The next Youth Group meeting will take place on Saturday, 14th February 2026 at 4.30 pm. The meeting will be held in the priest's house meeting room and will be headed by Celia. This is a valuable opportunity, and all young people are warmly encouraged to attend, as it will support their personal and spiritual development.

### FAMILY MASS

**22ND MARCH AT 10.30 AM**

We will have our Family Mass on Sunday, 22nd February at 10.30 am. All altar servers are requested to come to the sacristy 15 minutes earlier. Let us come together in prayer and thanksgiving as one parish family.

*"One does not live on bread alone." Luke 4:4*

# ST ANN'S CHURCH NEWS AND UPDATES

## SACRED LITURGICAL ARTICLES FOR THE PARISH

We have recently received a set of beautiful liturgical articles that will now serve our parish during the celebration of the Eucharist and other sacred liturgy. The items, which include a **censer, incense boat, cruets, altar clothes and other altar vessels**. These articles have come to us through the generosity and friendship of the Sisters of the Holy Cross, from Altöttingen. We thank the provincial and sisters for their love and generosity.



### Way of the Cross at St Ann's



**Every Friday Mass will be followed by the Way of the Cross.** We invite you to join as a family, **especially young families**, to bring children and help them grow in the Lenten journey. You can collect the lenten booklet as well the way of the cross booklet for your personal use. Let us walk together in this Lenten season with prayer, sacrifice, and service!

For parish updates, access to recent homilies, details about upcoming events, hall hire, and various parish activities, please visit our parish website: [www.stannskingstonhill.org.uk](http://www.stannskingstonhill.org.uk) You can also scan the QR code displayed at the back of the church or in this newsletter to go directly to the site.



### STANDING ORDER AND GIFT AID FORM

Lent is a sacred time of reflection, generosity, and renewed commitment. As part of our Lenten journey, we invite parishioners to consider supporting the life and mission of the parish through **regular giving by Standing Order and, where eligible, Gift Aid**. Standing Orders provide the parish with **a stable and reliable income**, allowing us to plan responsibly, maintain our buildings, support pastoral activities, and continue serving both our parish family and the wider community throughout the year.

The forms are available at the back of the church. Please make use of it.

## ST ANN'S ACTIVITIES FEB & APR 2026

DATE	TIME	EVENT
09/03/2026	5.30 pm Mon	First Communion season
10/03/2026	7.30 PM Tue	Movie Evening: Passion of Christ
13/03/2026	5.30 pm Fri	RCIA meeting
13/03/2026	7.00 PM Fri	Way of the Cross after Mass
14/03/2026	4.30 PM Sat	Young People Meeting
15/03/2026	10.30 AM Sun	Mothers Day Mass
17/03/2026	7.00 PM Tue	St Patrick's Day Mass
20/03/2026	7.00 PM Fri	Way of the Cross after Mass
23/03/2026	5.30 pm Mon	First Communion season
27/03/2026	7.00 PM Fri	Way of the Cross after Mass
29/03/2026	10.30 AM Sun	Palm Sunday Mass
31/03/2026	6.00 pm Tue	Lenten Reconciliation Service
02/04/2026	7.00 pm Thur	Maundy Thursday Mass
03/04/2026	2.15 pm	Outdoor Way of the Cross
03/04/2026	3.00 pm	Good Friday Liturgy
04/03/2026	10.00 am	Holy Saturday Morning Prayer
<i>Wednesdays</i>	<i>10.45 am/6 pm</i>	<i>60+ Club / Yoga &amp; Meditation</i>
<i>Second Tuesday</i>	<i>7.30 pm</i>	<i>Spiritual Evening</i>
<i>Second Saturday</i>	<i>4.30 pm</i>	<i>Youth Group Meeting (11-14 yrs)</i>
<i>Third Fridays</i>	<i>7.30 pm</i>	<i>Bible Study</i>
<i>Fourth Sunday</i>	<i>10.30 am</i>	<i>Family Mass (No Catechism)</i>

"The Lord heard my voice when I cried to Him." Psalm 91:15

**ST ANN'S READING ROTA FOR SUNDAYS**

Role	8 <sup>th</sup> March	15 <sup>th</sup> March	15 <sup>th</sup> March
1st Reading	Disona Dominic	Sr Ursula Eberhardt	Sr Ursula Eberhardt
Psalm	Vivian Thatcher	Caterina Keyrouz	Caterina Keyrouz
2nd Reading	Lourdes Fuentes	Donald	Donald
Bidding Prayer	Chidinma Igwilo	Romola Cardoza	Romola Cardoza

**ST ANN'S LITURGICAL CALENDAR WITH MASS INTENTIONS**

Date	Time	Intention	Celebration
Sunday 08/03	10.30 am	Thomas Ferncombe RIP	3rd Sunday of Lent
Monday 09/03	10 am	Intention Available	3rd Week of Lent
Tuesday 10/03	7.00 pm	John Fraser RIP	3rd Week of Lent
Wednesday 11/03	10 am	Victor Ramanan Int.	3rd Week of Lent
Thursday 12/03	No Mass		
Friday 13/03	7.00 pm	Intention Available	3rd Week of Lent
Saturday 14/03	---	RETREAT	NO MASS
	6 pm	Max Cockings RIP	Vigil Mass
Sunday 15/03	10.30 am	Nan Brenninkmeijer RIP	4th Sunday of Lent



Donate - St Ann's

Loose Collection: £ 263.54

**FOR ST ANN'S CHURCH OFFERING**

Account Name: RCAS Kingston Hill

Account Number: 79124429

Sort Code: 60-50-01, Bank: NatWest

Contactless Collection: £ 250.00

&amp; Standing Order

Thank you for being part of our St. Ann's family.

Let's pray for one another and for the growth of our parish family.