



# St Mary Magdalene's Church

*"The best is yet to come"*

Parish Newsletter 8th March 2026

## *Third Sunday of Lent (A)*



### **Dear Parishioners,**

Today's Gospel (John 4:5–42) shows Jesus in a very human way: tired, thirsty, sitting by a well. And yet in that simple scene, He changes a life. He speaks to the Samaritan woman with truth and tenderness—He does not shame her; He opens a door.

That is how conversion often begins: not with a dramatic resolution, but with an honest encounter. Lent calls us to stop hiding from God and to let Him speak into the places we avoid.

This week, choose one small act of honesty with the Lord: a sincere prayer, a return to Mass with renewed attention, or the decision to go to Confession. And if you feel unworthy, remember this: Jesus asked for a drink, but what He really wanted was to give her living water. He wants to do the same for us.

### **St Mary Magdalene's**

### **Roman Catholic Church**

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**Radosław Krzyński**

**Scottish Catholic Safeguarding Standards Agency** - [www.scssa.org.uk](http://www.scssa.org.uk)



### **INCLUDING LENT SERVICES**

**Sunday** – 9.30am Stations of the Cross and 10.00am Holy Mass  
12.30pm Holy Mass (*English with Liturgy of the Word in Polish*)

**Monday** – 9.30am

**Tuesday** – 9.30am

**Wednesday** – 9.30am

Adoration of the Blessed Sacrament after Holy Mass

**Thursday** – 9.30am

**Friday** – 9.30am;

6.15pm Stations of the Cross followed by Holy Mass (*English with Liturgy of the Word in Polish*)

**Saturday** – 9.30am

### **INFORMATION FROM FATHER LESZEK:**

I am visiting my family in Poland from Monday 2nd March, returning Monday 9th March. *If you need a priest during this time, please contact directly Fr Abraham (Tel. 0777 623 5335).*



## THE LITURGY OF THE WORD

**First reading — Exodus 17:3-7**

*Give us water to drink.*

**Responsorial Psalm — Ps 95(94)**

*O that today you would listen to his voice!*

**Second reading — Romans 5:1-2, 5-8**

*Love has been poured into our hearts through the Spirit who has been given to us.*

**Gospel Acclamation**

**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 4:5-42**

*A spring of water welling up to eternal life*



## ST FRANCIS' OF ASSISI JUBILEE

**“If only you recognized God’s gift. ...”**

By becoming for people a model of merciful love for others, Christ proclaims by his actions even more than by his words that call to mercy which is one of the essential elements of the gospel ethos. In this instance it is not just a case of fulfilling a commandment or an obligation of an ethical nature: it is also a case of satisfying a condition of major importance for God to reveal himself in his mercy to man: “The merciful ... shall obtain mercy.”

**Pope John Paul II,  
Dives in Misericordia, 1980: 3**

## SECOND COLLECTION



Today, on **8 March**, **Second Collection** will be taken up for **Papal and Episcopal Charities (incl. SCIAF)**. Thank you for your generosity and support for the charitable work of the Church.

## ALPHA TRAINING DAY

**at St. James', Kinross on Saturday 7th March 2026 (approx. timings 10.00-15.15h).**

## HOSPITAL VISITS BY A PRIEST:

If you know someone in hospital who would like a visit from a priest for prayer, spiritual support, Holy Communion (Viaticum: communion for dying), Confession, or the Anointing of the Sick, please contact the Priest on call, at 07842 538056 ASAP.

## SCIAF Wee Boxes are available during Lent.

Please take one home and use it for your Lenten almsgiving. Through your small sacrifices and generous support, you can help SCIAF bring hope and practical help to people in need.

**Thank you for your generosity.**



## STATIONS OF THE CROSS

### With Christ, for the Healing of the Heart (fear, guilt, anger, grief, loneliness, shame)

**Opening Prayer:** Lord Jesus Christ, we walk with You on the way of the Cross.

We bring the wounds we hide fear that tightens our chest, guilt that weighs on our conscience, anger that burns, grief that drains, loneliness that isolates, shame that silences.

As we follow Your steps, heal our hearts— not by taking away every struggle, but by filling it with Your presence, truth, and love. Amen.

#### I. Jesus is condemned to death (Fear: being misunderstood and judged)

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Jesus stands before accusation and injustice. He is not defended, not understood, not treated fairly. Lord, our fear often begins here: *“What if they judge me? What if they reject me?”* We rehearse arguments, we hide, we harden.

Jesus, You do not flee. You remain. Heal in us the fear of being seen as we are. Give us the quiet courage to stand in truth without bitterness, and to trust that the Father knows our name.

**Prayer:** Jesus, when fear of judgment controls me, stay close to me. (Our Father... Hail Mary... Glory be...)

#### II. Jesus takes up His Cross (Guilt: carrying what we cannot change)

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Jesus receives the Cross—not because He is guilty, but because He loves. We carry crosses that include our sins, our regrets, our failures—things we would rewrite if we could.

Lord, guilt can become a prison: *“I am what I did.”* But You show another way: not denial, not self-hatred, but responsibility held in mercy.

Jesus, teach us to carry our past with You, not alone. Let Your forgiveness be stronger than our self-accusation.

**Prayer:** Jesus, free me from the lie that I am beyond mercy. (Our Father... Hail Mary... Glory be...)

#### III. Jesus falls for the first time (Shame: “I am weak”)

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

The first fall is humiliating. Weakness is exposed. And shame whispers: *“You are not enough. You will always fall.”*

Jesus, You fall—yet You do not stop loving, and You do not stop moving. You are not ashamed to be human before us. You let us see Your vulnerability.

Heal our shame, Lord. Help us to distinguish between sin we must confess and weakness we must accept. Teach us to rise without self-contempt.

**Prayer:** Jesus, when I fall, keep me from despair.

(Our Father... Hail Mary... Glory be...)

#### IV. Jesus meets His Mother (Grief: sorrow shared)

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Mary’s eyes meet Yours. No speeches—only presence. Some grief cannot be “fixed.” It can only be carried with love.

Lord, we grieve losses: people, health, dreams, years we cannot recover. Sometimes we feel alone in it, as if nobody truly sees.

Jesus, give us the grace of holy companionship—to receive comfort when it is offered, and to offer it without trying to control the pain. Mary, teach us faithful presence.

**Prayer:** Jesus, place someone beside me when grief feels unbearable. (Our Father... Hail Mary... Glory be...)

#### V. Simon of Cyrene helps Jesus (Anger: resistance to help)

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Simon is forced to help. He doesn’t choose this Cross. Anger often rises when life feels unfair: *“Why me? Why now?”*

Lord, anger can protect what is tender in us, but it can also poison our spirit. Simon teaches us: healing begins when we stop fighting reality and start carrying it with You.

Jesus, transform our anger into strength without cruelty. Give us humility to accept help, and wisdom to help without pride.

**Prayer:** Jesus, soften my anger; make it serve love. (Our Father... Hail Mary... Glory be...)

#### VI. Veronica wipes the face of Jesus (Loneliness: the hunger to be noticed)

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Veronica steps forward—one small act of courage, one gesture of tenderness. Jesus receives it. He allows Himself to be cared for.

Lord, loneliness is not only being alone; it is feeling unseen. We long for someone to notice our pain without demanding explanations.

Jesus, You notice us first. And You teach us to become Veronica for one another: to offer kindness without conditions.

**Prayer:** Jesus, when I feel invisible, remind me You see me. (Our Father... Hail Mary... Glory be...)

#### VII. Jesus falls a second time (Fear and fatigue: “I can’t go on”)

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

The second fall carries a different weight: exhaustion, discouragement, the fear that nothing will change. We know this moment: repeated struggle, recurring temptation, the same old patterns.

Jesus, You fall again, and again You rise. Not to impress us—but to save us.

Heal our discouragement, Lord. Give us perseverance: small steps, daily fidelity, the courage to begin again.

**Prayer:** Jesus, renew my hope when I am tired of trying. **(Our Father... Hail Mary... Glory be...)**

### **VIII. Jesus meets the women of Jerusalem (Guilt and truth: tears that heal)**

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Jesus speaks: "Do not weep for Me; weep for yourselves..." He does not reject their tears—He purifies them.

Lord, sometimes we cry to avoid change, or we cry because we finally see the truth. Healthy sorrow leads to conversion.

Jesus, give us tears that cleanse, not tears that manipulate. Give us contrition that opens the future, not regret that traps the past.

**Prayer:** Jesus, make my heart honest and my sorrow fruitful. **(Our Father... Hail Mary... Glory be...)**

### **IX. Jesus falls a third time (Shame: the lowest point)**

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

The third fall feels final. Shame says: "*This is who you are. Stay down.*"

But Jesus lies on the ground and still belongs to the Father. Even here, He is still the Beloved Son, still our Saviour.

Lord, meet us in our lowest place. When we cannot pray, pray in us. When we cannot hope, hope for us.

**Prayer:** Jesus, when I feel unworthy, hold me close. **(Our Father... Hail Mary... Glory be...)**

### **X. Jesus is stripped of His garments (Shame and exposure: being unprotected)**

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Jesus is stripped—robbed of dignity, privacy, control. Many hearts carry this wound: humiliation, betrayal, being exposed or mocked.

Lord, You know what it is to be unprotected. You enter the places we do not want to remember.

Heal what has been violated in us. Clothe us again with the dignity of Your love. Restore what was stolen: trust, peace, self-respect.

**Prayer:** Jesus, cover my shame with Your mercy. **(Our Father... Hail Mary... Glory be...)**

### **XI. Jesus is nailed to the Cross (Anger: the desire to strike back)**

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Nails pin Jesus in place. He cannot escape. Here anger screams: "*Make them pay.*" Yet Jesus answers with forgiveness.

Lord, forgiveness is not pretending it didn't hurt. It is refusing to let hurt become our identity.

Jesus, where resentment lives in us, begin Your healing. Teach us boundaries without hatred, truth without revenge, justice without cruelty.

**Prayer:** Jesus, set me free from the chains of resentment. **(Our Father... Hail Mary... Glory be...)**

### **XII. Jesus dies on the Cross (Grief: letting go)**

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Jesus gives up His spirit. Love reaches its furthest point: total surrender.

Lord, some grief is the grief of endings: a relationship changed, a person gone, a chapter closed. We fear letting go because it feels like dying.

Jesus, teach us to place what we cannot keep into the Father's hands. Help us to mourn without losing faith. Let Your death become the doorway of our healing.

**Prayer:** Jesus, into Your hands I place my grief. **(Our Father... Hail Mary... Glory be...)**

### **XIII. Jesus is taken down from the Cross (Loneliness: being held)**

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

Jesus' body is received—held in loving arms. After great pain, the deepest need is simple: to be carried.

Lord, teach us to receive care without embarrassment. Heal the loneliness that says, "*No one will stay.*" Give us a Church that can hold the suffering, not rush past it. Mary, hold us in hope when words fail.

**Prayer:** Jesus, hold me when I cannot hold myself. **(Our Father... Hail Mary... Glory be...)**

### **XIV. Jesus is laid in the tomb (Fear: silence and waiting)**

We adore You, O Christ, and we bless You... **Because by Your holy Cross You have redeemed the world.**

The tomb is silence. The end seems to have won. Fear grows in the waiting: "*What if nothing changes?*"

But the tomb is not abandonment—it is hidden work. God is doing something we cannot yet see.

Jesus, heal our fear of the dark season. Teach us to trust Your Father in the silence. Plant in us the quiet certainty: love will rise.

**Prayer:** Jesus, give me patience, and keep my hope alive. **(Our Father... Hail Mary... Glory be...)**

**Closing Prayer:** Lord Jesus Christ, You walked the way of the Cross to enter our wounds and heal them from within.

Take our fear and make it trust. Take our guilt and make it repentance and peace. Take our anger and make it courage and mercy. Take our grief and make it hope. Take our loneliness and make it communion. Take our shame and make it dignity in Your love.

**Mary, Mother of Sorrows, walk with us until the joy of the Resurrection. Amen.**