



MARCH 8, 2026
THIRD SUNDAY OF LENT

4:00 PM • LIFE TEEN BAND

INTRODUCTORY RITES

Gathering Song

COME THOU FOUNT

Come Thou Fount of ev'ry blessing
Tune my heart to sing Thy grace
Streams of mercy never ceasing
Call for songs of loudest praise
Teach me some melodious sonnet
Sung by flaming tongues above
Praise the mount I'm fixed upon it
Mount of Thy redeeming love

Here I raise my Ebenezer
Hither by Thy help I'm come
And I hope by Thy good pleasure
Safely to arrive at home
Jesus sought me when a stranger
Wand'ring from the fold of God
He to rescue me from danger
Interposed His precious blood

O to grace how great a debtor
Daily I'm constrained to be
Let Thy goodness like a fetter
Bind my wand'ring heart to Thee
Prone to wander Lord I feel it
Prone to leave the God I love
Here's my heart O take and seal it
Seal it for Thy courts above

Penitential Act

I confess to almighty God, and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done, and in what I have failed to do.

-all strike their breast at the next line -

through my fault, through my fault, through my most grievous fault; therefore I ask Blessed Mary, ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

LITURGY OF THE WORD

First Reading

Exodus 17:3-7

In those days, in their thirst for water,
the people grumbled against Moses,
saying, “Why did you ever make us leave Egypt?
Was it just to have us die here of thirst
with our children and our livestock?”

So Moses cried out to the LORD,
“What shall I do with this people?
a little more and they will stone me!”

The LORD answered Moses,

“Go over there in front of the people,
along with some of the elders of Israel,
holding in your hand, as you go,
the staff with which you struck the river.

I will be standing there in front of you on the rock in Horeb.
Strike the rock, and the water will flow from it
for the people to drink.”

This Moses did, in the presence of the elders of Israel.

The place was called Massah and Meribah,
because the Israelites quarreled there
and tested the LORD, saying,

“Is the LORD in our midst or not?”

Responsorial Psalm

Psalm 95:1-2, 6-7, 8-9

R. If today you hear his voice, harden not your hearts.

Come, let us sing joyfully to the LORD;
let us acclaim the Rock of our salvation.
Let us come into his presence with thanksgiving;
let us joyfully sing psalms to him. **R.**

Come, let us bow down in worship;
let us kneel before the LORD who made us.
For he is our God,
and we are the people he shepherds, the flock he guides. **R.**

Oh, that today you would hear his voice:
“Harden not your hearts as at Meribah,
as in the day of Massah in the desert,
Where your fathers tempted me;
they tested me though they had seen my works.” **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 whom we have gained access by faith
to this grace in which we stand,
and we boast in hope of the glory of God.

And hope does not disappoint,
because the love of God has been poured out into our hearts
through the Holy Spirit who has been given to us.

For Christ, while we were still helpless,
died at the appointed time for the ungodly.

Indeed, only with difficulty does one die for a just person,
though perhaps for a good person one might even find courage to
die.

But God proves his love for us
in that while we were still sinners Christ died for us.

Gospel Acclamation

R. Praise to you Lord, Jesus Christ, King of endless glory!

Lord, you are truly the Savior of the world;
give me living water, that I may never thirst again.

Gospel

John 4:5-42

Jesus came to a town of Samaria called Sychar,
near the plot of land that Jacob had given to his son Joseph.
Jacob's well was there.
Jesus, tired from his journey, sat down there at the well.
It was about noon.

A woman of Samaria came to draw water.
Jesus said to her,
“Give me a drink.”
His disciples had gone into the town to buy food.
The Samaritan woman said to him,
“How can you, a Jew, ask me, a Samaritan woman, for a drink?”
—For Jews use nothing in common with Samaritans.—
Jesus answered and said to her,
“If you knew the gift of God
and who 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 do not even have a bucket and the cistern is deep;
where then can you get this living water?
Are you greater than our father Jacob,
who gave us this cistern and drank from it himself
with his children and his flocks?”
Jesus answered and said to her,
“Everyone who drinks this water will be thirsty again;
but whoever drinks the water I shall give will never thirst;
the water I shall give 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 may not be thirsty
or have to keep coming here to draw water.”

Jesus said to her,
“Go call your husband and come back.”
The woman answered and said to him,

“I do not have a husband.”

Jesus answered her,

“You are right in saying, ‘I do not have a husband.’

For you have had five husbands,

and the one you have now is not your husband.

What you have said is true.”

The woman said to him,

“Sir, I can see that you are a prophet.

Our ancestors worshiped on this mountain;

but you people say that the place to worship is in Jerusalem.”

Jesus said to her,

“Believe me, woman, the hour is coming

when you will worship the Father

neither on this mountain nor in Jerusalem.

You people worship what you do not understand;

we worship what we understand,

because salvation is from the Jews.

But the hour is coming, and is now here,

when true worshipers will worship the Father in Spirit and truth;

and indeed the Father seeks 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 the Messiah is coming, the one called the Christ;

when he comes, he will tell us everything.”

Jesus said to her,

“I am he, the one speaking with you.”

At that moment his disciples returned,

and were amazed that he was talking with a woman,

but still no one said, “What are you looking for?”

or “Why are you talking with her?”

The woman left her water jar

and went into the town and said to the people,

“Come see a man who told me everything I have done.

Could he possibly be the Christ?”

They went out of the town and came to him.

Meanwhile, the disciples urged him, “Rabbi, eat.”

But he said to them,

“I have food to eat of which you do not know.”
So the disciples said to one another,
“Could someone have brought him something to eat?”
Jesus said to them,
“My food is to do the will of the one who sent me
and to finish his work.
Do you not say, ‘In four months the harvest will be here’?
I tell you, look up and see the fields ripe for the harvest.
The reaper is already receiving payment
and gathering crops for eternal life,
so that the sower and reaper can rejoice together.
For here the saying is verified that ‘One sows and another reaps.’
I sent you to reap what you have not worked for;
others have done the work,
and you are sharing the fruits of their work.”

Many of the Samaritans of that town began to believe in him
because of the word of the woman who testified,
“He told me everything I have done.”
When the Samaritans came to him,

they invited him to stay with them;
and he stayed there two days.
Many more began to believe in him because of his word,
and they said to the woman,
“We no longer believe because of your word;
for we have heard for ourselves,
and we know that this is truly the savior of the world.”

Homily

Symbol of Faith | Nicene Creed

I believe in one God, the Father Almighty,
maker of heaven and earth, of all things visible and invisible.

I believe in one Lord, Jesus Christ, the Only Begotten Son of God,
born of the Father before all ages.

God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.

For us men and for our salvation he came down from heaven,

-all bow during the next line-

and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,

he suffered death and was buried, and rose again on the third day
in accordance with the Scriptures.

He ascended into heaven

and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father and the Son,

who with the Father and the Son is adored and glorified,

who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins

and I look forward to the resurrection of the dead

and the life of the world to come. Amen.

Universal Prayer



On behalf of Monsignor McNamee, thank you to all who give to the Cathedral through time, talent, treasure, and testimony. You can make a gift to support our liturgies, ministries, and service outreach at cathedralctk.com/give.

Liturgy of the Eucharist

Preparation of Gifts

FOUNTAINS

I will never forget the moment I met You
The moment You called my name
Pulled me out of the darkness gave me a promise
To never thirst again

All that I ever wanted
My heart has found in You

I have tasted life
Nothing satisfies like You do
The fount that won't run dry
Nothing satisfies like You do

I want all that You offer
Your living water
Drink from the endless well
I will sit at Your table forever grateful
Forever where You dwell

All my fountains are in You
All my hope is built on Your love
All my fountains are in You
With every breath I live for You Lord

CCLI Song # 7083280

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Invitation to Prayer

Preface Dialogue

Sanctus

Holy, Holy, Holy Lord God of hosts
Heaven and earth are full of your glory
Hosanna in the highest
Blessed is he who comes in the name of the Lord
Hosanna in the highest, hosanna in the highest

Mystery of Faith

When we eat this bread and drink this Cup
We proclaim your death
O Lord until you come again, O Lord until you come again,
O Lord until you come again

The Great Amen

Amen, amen, amen, amen
Amen, amen, a-a-men

Mass parts by: Ike Ndolo | Matt Maher
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Lamb of God

Lamb of God, you take away the sins of the world, miserere nobis
Lamb of God, you take away the sins of the world, miserere nobis
Lamb of God, you take away the sins of the world, dona nobis
pacem

Receiving Communion We invite members of the Catholic Church to receive the Body and Blood of Holy Communion. For non-Catholic visitors and others not receiving Communion, we invite you to receive a blessing. Signal this to our ministers by crossing your arms over your chest when you reach the front of the line.

COMMUNION SONGS

HOLY SPIRIT

There's nothing worth more that will ever come close
No thing can compare You're our living hope
Your Presence Lord

I've tasted and seen of the sweetest of loves
Where my heart becomes free and my shame is undone
In Your Presence Lord

Holy Spirit You are welcome here
Come flood this place and fill the atmosphere
Your glory God is what our hearts long for
To be overcome by Your Presence Lord

Let us become more aware of Your Presence
Let us experience the glory of Your goodness (repeat)

By: Bryan Torwalt | Katie Torwalt
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CCLI Song # 6087919

RECKLESS LOVE

Before I spoke a word You were singing over me
You have been so so good to me
Before I took a breath You breathed Your life in me
You have been so so kind to me

(And) O the overwhelming never-ending reckless
Love of God
O it chases me down fights 'til I'm found
Leaves the ninety-nine
I couldn't earn it I don't deserve it
Still You give Yourself away
O the overwhelming never-ending reckless
Love of God yeah

When I was Your foe still Your love fought for me
You have been so so good to me
When I felt no worth You paid it all for me
You have been so so kind to me

There's no shadow You won't light up
Mountain You won't climb up
Coming after me
There's no wall You won't kick down
Lie You won't tear down
Coming after me

CCLI Song # 7089641

Caleb Culver | Cory Asbury | Ran Jackson

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Prayer After Communion

O Sacrament most Holy, O Sacrament Divine,
All praise and all thanksgiving, Be every moment Thine.

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to thy protection,
implored thy help or sought thy intercession, was left unaided.
Inspired by this confidence, I fly unto thee,
O Virgin of virgins my Mother;
to thee do I come, before thee I stand, sinful and sorrowful;
O Mother of thy Word Incarnate, despise not my petitions,
but in thy mercy hear and answer me.

O Sacrament most Holy, O Sacrament Divine,
All praise and all thanksgiving, Be every moment Thine.

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Sending Forth Song

WHO YOU SAY I AM

Who am I that the highest King
Would welcome me
I was lost but He brought me in
Oh His love for me
Oh His love for me

Who the Son sets free
Oh is free indeed
I'm a child of God
Yes I am

Free at last
He has ransomed me
His grace runs deep
While I was a slave to sin
Jesus died for me
Yes He died for me

In my Father's house
There's a place for me
I'm a child of God
Yes I am

I am chosen not forsaken
I am who You say I am
You are for me not against me
I am who You say I am

CCLI Song # 7102401

Ben Fielding | Reuben Morgan

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