

# MASS TEXT

Sunday Year A  
Weekday Cycle II  
Divine Office: Vol. 1. Week III

Praise we now the Lord our God,  
in silence we adore you.

**OT Read: Exodus 17:3-7**

**RP: 94**

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

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

**GOSPEL ACCLAMATION:**

Glory and praise to you, O Christ.  
Lord, you are indeed the Saviour of  
the world; give me living water, so  
that I will not be thirsty.  
**Glory and praise to you, O Christ.**

**Gospel: John 4:5-16,19-26,39-42**

**PREFACE: The Samaritan Woman**  
**EUCH.: PRAYER: III**

15th March 2026  
4th Sunday of Lent (A)

**OT Read: 1 Samuel 16:1b, 6-7, 10-13a**

**RP: 22**

**NT Read: Ephesians 5:8-14**

**Gospel: John 9:1, 6-9, 13-17, 34-38**

## WEEKLY COLLECTION

St. Teresa's: **£560.22**  
Holy Trinity & St. Luke's: **£241.10**  
*Thank you so much everyone  
for your generosity.*

**Baptisms** can easily be arranged by  
contacting Father directly

**Weddings** normally require six  
months notice, please contact Father  
before booking.

**SICK & HOUSEBOUND.** Your Clergy  
are available to offer the sacraments of  
healing (anointing), Reconciliation and  
Holy Communion. If any parishioner re-  
quires assistance or needs to talk, please  
call on the Parish number.

## Divine Touch and Conversion

It is noon at Jacob's well. Tired  
from the journey, Jesus stops to  
rest. The Word of God is hungry  
and thirsty. He calls a woman and  
her fellow citizens to faith. A Sa-  
maritan woman comes to the well  
at the hour when the sun is burn-  
ing. Perhaps this woman of bad  
reputation comes at this hour to  
avoid an encounter. But there is  
someone sitting by the well. Who is he? He is a Jew,  
and Jews do not associate with Samaritans. It is an old  
story of schism and fear of contamination.



In the eyes of Jesus, Samaria is like this woman who  
has five husbands. It has become a prostitute to the  
idols. But the Word of God is thirsty. He desires the  
faith of this woman. He begins playing a game of ques-  
tion and answer with her. By the questions he raises,  
Jesus breaks through to the heart of this woman. She  
cannot avoid the question: Who is this man who is  
greater than Jacob? Is he a prophet? Is he possibly the  
Messiah? Refreshed by the water of life, the Samaritan  
woman runs to the village, announcing the good news  
of the mystery of Jesus.

The hunger of the Word has now been satisfied. By  
introducing the woman to the life of faith, by bringing  
to God true worshippers, Jesus has begun to fulfil his  
mission. The Samaritans are already on the way. Their  
adherence to Jesus, the Saviour of the world, prefigures  
the fruitfulness of a gospel preached to the ends of the  
earth.

© Vienna International Religious Centre

## Prayer

Lord Jesus, thank you for meeting me where I am  
and for showing me your love.  
Help me to be open to sharing my faith, and give  
me the courage to speak about you with others.  
Let my words and actions reflect your goodness so  
that others may come to know you. Amen.

**KEEP IN PRAYER the recently deceased members:**  
Liam Murray, Daphne Little, Catriona J. Lau, Rosie Biggin,  
Delia Moscardini, Joan White, Laurie Howell, John McKay,  
Tony Ade A. Egede, RIP. We pray for them, and their families.

*The sick and housebound would appreciate a copy of the bulletin,  
if you can please pop one through their door. Thank you.*

# Third Sunday of Lent (A) - 8th March 2026



## Parish Clergy

Fr Uchenna Odenigbo, CSSp  
- Parish Priest / P. Chaplaincy  
Fr Francis Dometiero, CSSp  
- Asst. Parish Priest

## Parish Office:

St Teresa's Presbytery,  
Glasgow Street, Dumfries.  
DG2 9DE.

Tel: 01387 252603.

Emails:

[dumfries.stteresa@gallowaydiocese.org.uk](mailto:dumfries.stteresa@gallowaydiocese.org.uk)

[lockerbiemoffat@gallowaydiocese.org.uk](mailto:lockerbiemoffat@gallowaydiocese.org.uk)



[www.saintteresaschurch.co.uk](http://www.saintteresaschurch.co.uk)

[www.holytrinitysaintlukes.co.uk](http://www.holytrinitysaintlukes.co.uk)

## Our Deacon:

Rev. Mr. William Hiddleston

Tel: 01387 264424

[william.hiddleston@gallowaydiocese.org.uk](mailto:william.hiddleston@gallowaydiocese.org.uk)

(Please only call Deacon Willie during office  
hours unless an emergency)

A parish of the RC Diocese of Galloway.

Charity Number: SC 010576

**Sunday Masses are Live Streamed  
from St Teresa's Church, Dumfries.**

Please follow the link on our website.



A Family  
Welcoming  
Parish.

*You are very welcome in our parish community, a special place where we gather frequently for  
worship, fellowship, ministry, inspiration, and outreach. We all respect the need for silence, of  
course, we love to welcome children, and we know that they don't always find that so easy – so relax!*

The Catholic Parishes of  
**St Teresa's, Dumfries,**  
**Holy Trinity, Lockerbie with St Luke's, Moffat.**  
Served by **THE SPIRITANS** (Holy Ghost Congregation)

## Newsletter

**Year A - Cycle II - Eucharistic Prayer: III - Psalter: III**  
*St. T (St Teresa's), St. A. (St Andrew's, Dumfries)*  
*St. L (St Luke's, Moffat), HTL (Holy Trinity, Lockerbie)*

## Saturday 7th March - Memorial of the BVM

*(1st, 3rd + 5th Sat. in St. Teresa's)*

10.00 am - **St T.** - Mass - Isobel Llewellyn, RIP, Anni  
10.30 am - **St. T.** - Reconciliation, Adoration & Bene.  
5.00 pm - **St. L.** - **Vigil Mass** - Nicole Rock & Family, P. Int.

## Sunday 8th March - 3rd Sunday of Lent (A)

9.30 am - **HTL** - Mass - Frank White & Family, P. Int.  
11.30 am - **St. T.** - Mass - Margaret Thomson, RIP

## Monday 9th March - Feria

10.00 am - **St. T.** - Mass - Silvia Coupland, RIP

## Tuesday 10th March - St John Ogilvie, Priest, Martyr

9.30 am - **St. T.** - Rosary, Adoration & Bene.  
10.00 am - **St. T.** - Mass - Eleanor McGaw, Wellbeing

## Wednesday 11th March - Feria

9.30 am - **HTL** - Reconciliation, Adoration & Bene.  
10.00 am - **HTL** - Mass - Sophie Dupre & Family, P. Int'n  
10.00 am - **St. A.** - Mass

**7. 00 pm - St. T. - Growing in Faith - The Chosen - Watch/Discuss**

## Thursday 12th March - Feria

10.00 am - **St. T.** - Mass - Elizabeth Smith, Wellbeing  
**7. 00 pm - HTL. - Growing in Faith - Praying with the Scriptures**

## Friday 13th March - Feria

10.00 am - **St. A.** - Mass  
**12.00 n - St. L. Stations of the Cross**  
**7. 00 pm - St. T./ HT.L. - Stations of the Cross**

## Saturday 14th March - Memorial of the BVM

*(1st, 3rd + 5th Sat. in St. Teresa's)*

9.30 am - **St A** - Lent Retreat - Adoration, Talk, Mass  
5.00 pm - **St. L.** - **Vigil Mass** - Andree B. Cain, RIP, 2nd Anni

## Sunday 15th March - 4th Sunday of Lent (A) Laetare Sunday

9.30 am - **HTL** - Mass - Lou Crolla & Family, P. Int'n  
11.30 am - **St. T.** - Mass - James Boyle, RIP, B'D Rem

**RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA).** On the third, fourth, and fifth Sundays of Lent, our candidates from the RCIA programme (now called the Elect) participate in three successive rites called "the Scrutinies." Today, **1st Scrutiny** - on the 3rd Sunday of Lent Focus: We thirst for Jesus, who is our living water. Though we often turn to other things to satisfy our thirst, Jesus is the only one who can fully satisfy us. Scripture guide: The Woman at the Well (John 4:3-42)

**At St Teresa's Dumfries, the Scrutiny and Presentation of the Creed** to the elect will follow. They are asked to commit it to memory to recite it on the day of their Baptism. Please pray for them on the journey.

**FIRST COMMUNION CHILDREN (RCIC).** Following our 9.30 am Mass (Holy Trinity, Lockerbie), we shall welcome the children for their First Reconciliation (Confession), another step towards receiving the Sacraments of the Holy Eucharist. We pray for them on their journey.

**TEA AT ST LUKE'S.** We look forward to your coming in for a cuppa and a chat in the Proudfoot Social Club following the 5.00 pm vigil Mass, Saturday 7<sup>th</sup> March. You are welcome

**CUPPA AT HOLY TRINITY.** Please join us for a cuppa and a chat after Mass, in the Hall.

**BIBLE STUDIES.** This Lent this year, you are invited to join the new exciting Bible study sessions, 'Pray with Scripture' every Thursday of Lent, at 7.00 pm, in Holy Trinity Church Hall, Lockerbie.

The weekly sessions will involve listening to a Gospel passage, spending quiet time in personal prayer and reflection, and then sharing together with the group what has arisen in your time of prayer - if you wish to share. Each session, facilitated by our parish volunteers, John & Elizabeth Lester, should last no more than one hour. There is a sheet with an overview of the sessions available in the porch for you to take home.

**LENT TALKS** will be hosted by different Churches across Moffat at St John's Church, every Tuesday, at 7.00 pm, from Tuesday, 24<sup>th</sup> February. St Luke's Church will host the Talk on Tuesday, 3rd March.

**WORLD DAY OF PRAYER (WDP).** Many thanks to all who participated and volunteered at the prayer service last Friday at St Luke's, Moffat. It was a huge success. God bless you all.

**GROW IN FAITH/ RCIA.** The next evening, for all those interested in discussing and growing in their knowledge of the faith, and for those on the RCIA programme, will take place on **Tuesday, 10<sup>th</sup> March, from 6.15 pm in the parish hall, St Teresa's, Dumfries.** All are welcome. Thanks

**LECTIO DIVINA/ BIBLE STUDY** - every Tuesday, from 10.45 am in St Teresa's Parish Hall? A cuppa is served at the start; finish at 11.45 am.



**Wednesdays**  
Day time Hours  
@ HT. Lockerbie

**STATIONS OF THE CROSS.** During Lent, this devotion will take place on Fridays at St Teresa's Dumfries, 7.00 pm. St Luke's, 12.00 n. Holy Trinity, Lockerbie, 7.00 pm.

**FOOD BANK.** Your contributions to this local initiative with the Salvation Army are much appreciated. Please leave items in the box/bag at the back of our church, where our parish SVP collects and delivers your contributions each week.

**ASSISTED SUICIDE FINAL VOTE - PASTORAL LETTER:** With the final debate and vote on proposed assisted suicide legislation expected in mid-March, Scotland's bishops have issued a pastoral letter and urge people to engage in one final push to contact MSPs. (Pick a copy at the back of the church).



Please write to your MSPs today using Care Not Killing's online email tool, accessible via the QR code below, or at [carenotkilling.scot](http://carenotkilling.scot). If you would prefer to write your own email, please visit [writetothem.com](http://writetothem.com) and enter your postcode.

**LENTEN PARISH RETREAT, with St Andrew's Dumfries,** will be held on Saturday, 14<sup>th</sup> March, from 9.30 am – 2.30 pm, at St Andrew's Church, Dumfries, DG1 2JL. The **Retreat** - "Hope does not Disappoint" will be directed by Fr Duncan McVicar, from Ardrossan. Please, come along with your packed lunch, your family and friends. All are welcome.

**PARISH RECORDS.** If you have not already done so, please pick up a Registration Form at the back of the Church, complete and return it to the Church so that we can update the parish database. Thank you.

**THE 50/50 CLUB.** New members are always welcome, only £1 per month. Contact Julie on her email: [JMAppleGarth@aol.com](mailto:JMAppleGarth@aol.com)

**IS GOD CALLING YOU TO THE PRIESTHOOD?** If you sense a vocation to be a Priest and would like support to discern this call, please contact the Diocesan Vocations Director, Fr Stephen McGrattan, at [vocations@rcdg.org.uk](mailto:vocations@rcdg.org.uk) or 01563 521832.

**TIGHTS FOR HAMLIN FIS-TULA HOSPITAL,** Addis Ababa, Ethiopia is grateful for the Tights received. They are needed, so please keep handing them in when you can. The charity also gives each woman a hand-knit blanket on arrival at the hospital. They symbolise the love and care the women receive during their treatment.

**WILLS AND BEQUESTS.** As a parishioner of our beautiful Church, a place of worship, prayer and history, we ask you to consider leaving a legacy to the parish when you are making your Will. We are grateful for all generous donations at any time. This is a particular way of investing in the future of our Church, ensuring the church is there for future generations. Thank you.



#### **WRONG BUS**

A drunkard jumps into the bus late one night, staggers and sits next to an elderly woman. The woman looks at him in disgust and yells, "You're going straight to hell!" The drunkard jumps down and shouts "Man, I nearly went on the wrong bus!"

**GALLOWAY YOUNG ADULTS 12TH-16TH OCTOBER**  
**ROME 2026 £1000**

JOIN US FOR A FANTASTIC 5-DAY SPIRITUAL AND CULTURAL PILGRIMAGE.

FOR MORE INFORMATION AND TO REGISTER SCAN THE QR CODE.

**COST INCLUDES:**

- ✓ Flights and airport transfers
- ✓ City Centre Accommodation (Twin/ Triple Rooms)
- ✓ Breakfast and Dinner
- ✓ Visits to all four Papal Basilicas
- ✓ Wednesday Papal Audience



**MORE INFORMATION** @ youth@rcdg.org.uk  
Diocese of Galloway Youth - @rcdg youth

**Mass Offering/ Donations**  
No Cash, No problem  
Scan me to make a cashless donation to the Parish

