



I am he, the one who is speaking to you

Today, the 3rd Sunday of Lent, we hear from the gospel reading of Jesus speaking with the Samaritan woman. He offers her the living water. She listens to Him and responds:

“Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water. . .”

Many a time, we are like our ancestors in the first reading from Exodus and the Samaritan woman from the gospel reading. When we are thirsty, we demand and complain like the Israelites and look everywhere else for water, instead of doing what God directs us to do, draw from the living water. Our daily distractions and temptations prevent us from listening and doing what the Lord says.

Our own mind is the chief culprit. It is often filled with clutter as we worry about tomorrow instead of being still to listen to how the Lord may wish to guide us. This is especially true in our interaction with one another. We often ‘listen’ to reply. Before the other party finishes speaking, we shoot out a reply. Many a time, it is inappropriate as we have not got all the complete facts. This happens in personal relationships and at work, resulting in misunderstanding, unnecessary tension and competition.

The second reading from Romans reminds us “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

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we stand and we boast in hope for the glory of God”.

My understanding is that God has already equipped us all the necessary through His Son to enable us to live a godly life. It is to be a life of peace, grace and hope.

How can we retain this grace in all circumstances, especially during the most trying moments of our life? God has given us His only Son Jesus to die for us. He is willing to forgive and allows us to start afresh each time we fall. Do we also give others another chance when they do not meet our expectations?

Recently, we had a round of staff appraisal sessions. It is always not easy to explain to the staff why he did not get the promotion. Emotions are also heightened. I was fortunate to find myself in a position to observe two ways to manage the issue. The first approach was purely management talk – utilitarian with a take-it or leave it attitude. It predisposes that the person cannot improve. After a day of reflection, the staff came to me and asked certain questions. I saw him as a person who was willing to grow, no matter how differently the first supervisor thought. Our conversation ended with a more positive outcome because the staff’s frame of mind was more positive and both of us had come together with peace on our minds.

This episode reminds me that “God is Spirit and truth’. If we are open to receive the living water, we could live our lives with greater conviction and love.

Reflection by Hope

Novena notes



3rd Sunday of Lent
 Year A
 15th March 2020

Readings & Responses for the Week

Sun, 15 March	Ex 17:3-7; Rom 5:1-2, 5-8; Jn 4:5-42 O that today you would listen to his voice! “Harden not your hearts.”
Mon, 16 March	2 Kgs 5:1-15; Lk 4:24-30 My soul is thirsting for God, the God of my life: when can I enter and see the face of God?
Tue, 17 March	Dan 3:25, 34-43; Mt 18:21-35 Remember your mercy, Lord.
Wed, 18 March	Deut 4:1, 5-9; Mt 5:17-19 O praise the Lord, Jerusalem!
Thu, 19 March St Joseph	2 Sam 7:4-5, 12-14, 16; Rom 4:13, 16-18, 22; Mt 1:16, 18-21, 24 His dynasty shall last for ever.
Fri, 20 March	Hos 14:2-10; Mk 12:28-34 I am the Lord, your God; listen to my warning.
Sat, 21 March	Hos 5:15-6:6; Lk 18:9-14 What I want is love, not sacrifice.

All other services, including novenas and weekday masses remain suspended. The church will also remain closed during the week.