



# Small Groups

Parish Community of Saint Helen



## Sunday, March 12, 2023 3<sup>rd</sup> Sunday of Lent On The Right Track Week 3

*Suggested reading for this session:  
Pages 76 to 111 in the Lenten Companion*

### Opening Song

[Return to God ~ John Angotti](#)

### Opening Prayer

Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
All I have and call my own.

You have given all to me.

To you, Lord, I return it.

Everything is yours; do with it what you will.

Give me only your love and your grace,  
that is enough for me.

Suscipe Prayer ~ St. Ignatius of Loyola

### Gospel

**Jn 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.

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Westfield, New Jersey  
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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."

## **Reflection Video: [When Nothing Else Will Satisfy](#)**

If your group chooses to listen to the weekend Homily you can find it at:  
[sainthelen.org/podcast/](http://sainthelen.org/podcast/)

## **Discussion Questions**

1. Was there a part of the Gospel or weekend message that resonated with you?
2. What are your reactions to the image on page 77 of the Lenten Companion?
3. Am I comfortable interacting with outsiders about my faith? Would I be willing to initiate a conversation? Why or why not?
4. What is your quest for more in life? What is your quest in your spiritual life?
5. What aspects of Jesus' conversation could you use as a model for your own discussions with "searching friends?" What can you do to welcome new people into our faith community?

## **Closing Prayer**

Ask for the group intentions ~ *Lord hear our prayer* after each  
Glory Be to the Father,  
And to the Son, and to the Holy Spirit.  
As it was in the beginning, is now  
and ever shall be world without end.  
Amen

## **Closing Reflection Song**

[Hungry \(Falling on My Knees\) ~ Kathryn Soctt](#)

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