



CONSOLATA SHRINE
3RD SUNDAY OF LENT
8TH MARCH 2026



FIRST READING

Ex 17: 3-7

“Give us water to drink”

A reading from the Book of Exodus

In those days:

The people thirsted for water, and the people murmured against Moses, and said, “Why did you bring us up out of Egypt, to kill us and our children and our cattle with thirst?” So Moses cried to the Lord, “What shall I do with this people? They are almost ready to

stone me.” And the Lord said to Moses, “Pass on before the people, taking with you some of the elders of Israel; and take in your hand the rod with which you struck the Nile, and go. Behold, I will stand before you there on the rock at Horeb; and you shall strike the rock, and water shall come out of it, that the people may drink.” And Moses did so, in the sight of the elders of Israel. And he called the name of the place Massah and Meribah, because of the fault-finding of the children of Israel, and because they put the Lord to the test by saying, “Is the Lord among us or not?”



The Word of the Lord.

RESPONSORIAL PSALM

**Psalm 95: 1-2, 6-7abc.7d—9
(R. See 7d, 8a)**

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

Come, let us ring out our joy to the Lord;
hail the rock who saves us.
Let us come into his presence, giving thanks;
let us hail him with a song of praise. **R.**

O come; let us bow and bend low.
Let us kneel before the God who made us,
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand **R.**

O that today you would listen to his voice!
“Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your forebears put me to the test;
when they tried me, though they saw my work.” **R.**

SECOND READING

Romans 5:1 -2.5-8

“God’s love has been poured into our hearts through the Holy Spirit who has been given to us.”

A reading from the Letter of Saint Paul to the Romans

Brethren:

Since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. And hope does not disappoint us, because God’s love has been



poured into our hearts through the Holy Spirit who has been given to us. While we were yet helpless, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man — though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us.

The word of the Lord

VERSE BEFORE THE GOSPEL

See John 4: 42,15

R. Glory and praise to you, O Christ.

Lord, you are truly the Saviour of the world;
give me living water, that I may not thirst.

Glory and praise to you, O Christ.

GOSPEL

John 4: 5-42

“A spring of water welling up to eternal life.”

A reading from the holy Gospel according to John

At that time:

Jesus came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob’s well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour.

There came a woman of Samaria to draw water. Jesus

said to her, “Give me a drink.” For his disciples had gone away into the city to buy food. The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” For Jews



have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is that 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 have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Every one who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw." Jesus said to her, "Go, call your husband, and come here." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly." The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshipped on this mountain; and you say that in Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshippers will worship the Father in spirit and truth, for such the Father seeks 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 Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he." Just then his disciples came. They marveled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" So the woman left her water jar, and went away into the city, and said to the people, "Come, see a man who told me all that I ever did.

Can this be the Christ?" They went out of the city and were coming to him. Meanwhile the disciples begged him, saying, "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, "Has any one brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labour; others have laboured, and you have entered into their labour." Many Samaritans from that city believed in him because of the woman's testimony, "He told me all that I ever did." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of your words that we believe, for we have heard for ourselves, and we know that this is indeed the Saviour of the world."

The gospel of the Lord.

Reflection: Striking the Rock by Scott Hahn, Ph. D

The Israelites' hearts were hardened by their hardships in the desert. Though they saw His mighty deeds, in their thirst they grumbled and put God to the test in today's First Reading—a crisis point recalled also in today's Psalm. Jesus is thirsty, too, in today's Gospel. He thirsts for souls (see John 19:28). He longs to give the Samaritan woman the living waters that well up to eternal life. These waters couldn't be drawn from the well of Jacob, father of the Israelites and the Samaritans. But Jesus was something greater than Jacob (see Luke 11:31–32). The Samaritans were Israelites who escaped exile when Assyria conquered the Northern Kingdom eight centuries before Christ (see 2 Kings 17:6, 24–41). They were despised for intermarrying with non-Israelites and worshipping at Mount Gerizim, not Jerusalem. But Jesus tells the woman that the "hour"

of true worship is coming, when all will worship God in Spirit and truth. Jesus' "hour" is the "appointed time" that Paul speaks of in today's Epistle. It is the hour when the Rock of our salvation was struck on the Cross. Struck by the soldier's lance, living waters flowed out from our Rock (see John 19:34–37). These waters are the Holy Spirit (see John 7:38–39), the gift of God (see Hebrews 6:4). By the living waters the ancient enmities of Samaritans and Jews have been washed away, and the dividing wall between Israel and the nations is broken down (see Ephesians 2:12–14,18). Since His hour, all may drink of the Spirit in Baptism (see 1 Corinthians 12:13). In the Eucharist, the Lord now is in our midst—as He was at the Rock of Horeb and at the well of Jacob. In the "today" of our Liturgy, He calls us to believe: "I am He," come to pour out the love of God into our hearts through the Holy Spirit. How can we continue to worship as if we don't understand? How can our hearts remain hardened?

LENTEN CAMPAIGN 2026

WEEK THREE: SANCTITY OF LIFE AND HUMAN DIGNITY

Spiritual reflection: Exodus 17:3-7, Romans 5:1-2, 5-8, John 4:5-42

This week we are called to face the harsh economic pressures facing many Kenyan households today. Unemployment, poverty, and mounting financial strain drives many toward a dark and dangerous system, the black-market trade in human body parts. Desperation can make people vulnerable to exploitation. Yet no level of hardship justifies treating human life as a commodity.

Our nation continues to face serious human rights concerns. Reports of abductions enforced disappearances, extra-judicial killings, and the discovery of unidentified bodies reflect a troubling pattern of violence and impunity. Women remain particularly vulnerable,

with rising cases of femicide and dangerous abortions often linked to poverty, stigma, and lack of support. These realities remind us of the urgent need to protect the sanctity of human life.

The Constitution of Kenya (2010) firmly guarantees the right to life under Article 26(1) and affirms the inherent dignity of every person under Article 28. In addition, the Counter-Trafficking in Persons Act criminalises human trafficking and organ trade. Kenya is also bound by international commitments such as the Universal Declaration of Human Rights and the United Nations Palermo Protocol, which prohibit exploitation and inhumane treatment. As a society, we must recommit ourselves to defending life, protecting the vulnerable, and ensuring that justice prevails for all.

The Catholic Social Teaching affirms that every person is created in God’s image and possesses an inherent dignity that must be protected and respected from conception to natural death. No one should ever be forced to trade their humanity for survival.

The readings from Exodus, Romans, and John remind us of spiritual thirst and the life-giving presence of Jesus, who offers “living water” to fill our hearts with lasting joy and peace. Just as God provided water from a rock for the thirsty Israelites, Jesus meets the Samaritan woman at the well, seeing her heart and valuing her life despite how society views her. These passages teach us that every person is precious, loved, and created in God’s image — from the unborn to the elderly — and call us to recognize and honor the inherent goodness and dignity in every human life.

Foundational Principle: The Inherent Dignity of the Human Person

The Church teaches that human dignity is not earned, it is inherent.

The Catechism of the Catholic Church (CCC 1700) states: “The dignity of the human person is rooted in his creation in the image and likeness of God.” The Catechism further teaches: Human life must be respected and protected absolutely from conception to natural death (CCC 2270). The human body shares in the dignity of the “image of God” (CCC 364). Organ trafficking and actions that treat the human body as merchandise are morally unacceptable (cf. CCC 2296).

Human beings are never objects for exchange. To commodify the body is to deny the divine image within the person.

In the *Summa Theologiae*, St. Thomas Aquinas affirms that the human person, as a rational being created by God, has intrinsic worth and must never be used merely as a means to an end. Exploitation violates the natural law inscribed in every human heart. St. Catherine of Siena described the human person as created in “such dignity” that nothing earthly can compare. Even in suffering, the human person remains precious before God.

To uphold human dignity, we must, stay rooted in prayer and moral guidance, protect vulnerable families, advocate for fair employment, reject all forms of trafficking and exploitation, strengthen faith communities that are pro-life and support family life movements as places of moral support, promote a culture of life rooted in Christ. Human life is sacred. It is not for sale.

This Lent, let us remember that Jesus is the living water that makes our spirits strong. And let us always remember to cherish and protect every human life, because each one is loved by God. Let’s be like Jesus and show love and kindness to everyone, especially those who might feel left out or forgotten.

This week we are called to reflect on the following:

- Do our choices in times of crisis reflect the truth that every human life is sacred and cannot be reduced to a commodity?
- How can we uphold our dignity as a child of God even when facing poverty, suffering, or despair?
- How does belonging to a faith community help us recognise and defend the dignity of the most vulnerable in society?
- How do economic hardships threaten the sanctity of human life, and what can we do to protect those most at risk and challenge systems and practices that degrade or exploit human life?

As a Christian, examine:

- Do I truly treat all life, including mine, as sacred?
- Do I stay silent when I see someone being exploited or abused?
- Do I put a person's dignity before money or convenience?
- Do I respect and defend life at every stage, from start to natural end?
- How do I help make a culture that cherishes life as God's gift?

May this week's theme encourage us to defend human life as courageous children of God and citizens working for a just and equitable Kenya.

For more information, refer to the Lenten Campaign booklet shared on the different groups.

Announcements

1. Today is the 3rd Sunday of Lent. The Lenten campaign contributions will go towards purchasing pews and kneelers for our elderly and physically challenged parishioners. We kindly invite you to support this project by picking an envelope from the blue boxes at the entrance of the Church.
2. Our Lady of Mt. Carmel SCC will animate the Rosary on Saturday 14th March, after the 5.00pm mass. All are welcome.
3. The Marriage Life Department has organized a Christian Life programme for married couples and couples preparing for marriage. The programme began on Sunday 22nd February and will continue every Sunday until 26th April 2026 in room 3F, Allamano centre from 11.00am to 12.30pm. All welcome to join
4. The *'Life in the Spirit'* Seminar continues today at the Parish hall at 2.00pm. For more information, kindly contact Grace on 0722609518.
5. Bible study classes continue next Wednesday 11th March at 11.00am (Morning session) and 7.00pm (Evening Session) at the Children's hall, Allamano Centre. All are welcome
6. The Divine Mercy ongoing Formation class will be held next Sunday 15th March starting at 2.00pm in room 3F, Allamano Centre. All are welcome
7. The Catholic Men Association invites all members to the CMA Lenten campaign recollection themed *"Reflecting on the Crucifix as a propeller for evangelizing a crowded and noisy society"* on Saturday 14th March from 9.30am to 1.00pm at the Auditorium, Allamano Centre. Members are encouraged to attend
8. All Consolata Shrine and Deepsea Small Christian Communities (Jumuiyas) are recruiting new members. To join, Parishioners are invited to scan the QR code on the banners around the Church or visit the desk in the blue tent outside the Church for more information.

9. The Consolata Seed Magazine is on sale at the tent outside the Church. Please buy yourself a copy.

Wedding Bans

There is a promise of marriage between:

1. *Ibrahim Otieno Onyango & Janefrances Mutio Mutisya (1st Announcement)*
2. *Nelson Githuka Muthama & Dorcas Mutio Ndimbei (1st Announcement)*
3. *Michael Sagini Mbaka & Teddy Sharon Mumbi (1st Announcement)*
4. *John Mburu Kabunyi & Jamila Liwali Mkali (1st Announcement)*

Kindly visit the parish notice board for more information. If anyone has an objection, please notify the Father in-charge.

JUMUIYA ELECTION

The Jumuiya elections will begin next Sunday 15th March. Members of these Jumuiyas are requested to attend and participate.

15TH MARCH 2026

ITEM NO.	JUMUIYA NAME	ROOM ALLOCATION
TIME: 9.00 AM		
1.	BLESSED LEONELLA SCC	AUDITORIUM
2.	OUR LADY OF CONSOLATA SCC	ROOM 3D
3.	ST. CHARBEL SCC	AUDITORIUM
4.	ST CHARLES LWANGA SCC	AUDITORIUM

5.	ST. JOHN PAUL II SCC	ROOM 3F
6.	ST. THERESA OF CALCUTTA SCC	ROOM 3E
7.	OUR LADY OF FATIMA SCC	ROOM M01
8.	ST. LEO THE GREAT SCC	AUDITORIUM
TIME: 1.00 PM		
9.	OUR LADY OF LOURDES SCC	ROOM 3E
10.	OUR LADY OF MT. CARMEL SCC	ROOM M02
11.	ST. FAUSTINA SCC	AUDITORIUM
12.	ST. KIZITO SCC	ROOM 3F
13.	ST. JOHN APOSTLE & EVANGELIST SCC	ROOM M01
14.	ST. JOHN MARIA VIANNEY SCC	AUDITORIUM
15.	ST. JOSEPH THE WORKER (WESTLANDS)	AUDITORIUM
16.	ST. MARIA GORETTI SCC	AUDITORIUM
17.	ST. JULIA & CORSICA SCC	ROOM 3D
18.	STS. JOACHIM & ANNE SCC	AUDITORIUM

PARISH WEBSITE: www.consolatashrine.org; **PARISH E-MAIL:** info@consolatashrine.org; communications@consolatashrine.org; **PARISH PRIEST'S E-MAIL:** parishpriest@consolatashrine.org; **Tithe Account No:** 002215001004856 – ABC Bank: A/C Name: Consolata Fathers–Shrine; Allamano Project Account No. 002215001004394.: ABC Bank: Consolata Father-Shrine Project; **PARISH MPESA NUMBER:** 508702, Account Reason for payment; **ALLAMANO PROJECT MPESA NUMBER:** 804877; P.O. Box 14930 - Nairobi; **Mass Intentions (text messages):** 0111376737 **Bookshop:** 0113681608; **Parish office:** 0722 615105