

**My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.**



An Act of Spiritual Communion.

My Jesus, I believe that You are present in the Most Blessed Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot now receive you sacramentally,
come at least spiritually into my heart.
I embrace You as if you were already there,
and I unite myself wholly to You.
Never permit me to be separated from You.
(Saint Alphonsus Liguori)

Prayer to St. Michael

St. Michael the Archangel,
defend us in our daily battle; be our safeguard against
the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O
Prince of the heavenly host, by the power of God thrust
down into hell
Satan and all the other evil spirits who prowl throughout
the world seeking the ruin of souls. Amen.

*✠ Our Lady of Lourdes ✠ Pray for Us
✠ St. Theresa ✠ Pray for Us
✠ St. Anthony ✠ Pray for Us*



Confessions
Available after every weekday and
Saturday Vigil Mass or by advanced
booking.

Exposition of the Blessed
Sacrament
30 minutes before Weekday Mass
Anointing of the sick
In cases of emergency only.

JESUS: THE TRUE LIVING WATER

Water, as we all know, is one of the most important substances on earth. Without it, life would surely not exist. Every living thing needs water without which there will not be life. The human body is made up of about 60% water. Crops need water to grow; animals need water to survive. In fact, no water no life. Little wonder the Israelites grumbled against Moses when they couldn't find water. Also, Jesus in the Gospel of today, needed water after a long journey. An indication that water is very essential for human existence. As God provided water to the Israelites through Moses so Jesus provided water to the Samaritan woman in the Gospel, though not a natural water but a spiritual water. Hence, Jesus says that "everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life" (John 4:13). Jesus made it emphatic to the woman that He gives not just natural water but spiritual water which whoever drinks it will never go thirsty again and He is the true living water. He is the Messiah the Christ, the true living water. God has given us living water through His Son Jesus Christ. The living water which Christ gives is God's life and since God is love, we receive the very love of God when we drink living water. This water originated from the side of Christ on the cross and continues to flow into the veins of His Church whose members we are. This living water breaks every wall of division and discrimination and builds bridge of love and reconciliation just like Jesus did to the Samaritan woman. Though a foreigner, Jesus never discriminated with her. Again, this living water helps us to discover ourselves and as such cleanses us of our sins. Just like the Samaritan woman who encountered the living water and realised her life of promiscuity and had a change of life so it is with anyone who drinks this living water. The Samaritan woman encountered the true living water and she went back to tell people about Christ. Thus, God's life that flows into us through Christ is given to be shared. That is why, in those who drink from it, it "becomes a fountain within them, leaping up to provide eternal life" (Jn 4:14). On this third Sunday of Lent, let us allow Christ to quench our thirst for sin with His living water. Again, let us share this water of life with those who are in need of it. I wis you a holy and spirit filled Lenten season.

FR BEDE

Jesus
Talks
With a
Samaritan
Woman



St Theresa's and Our Lady of Lourdes with St Anthony's

Parish Priest: Fr. Bede Dike | Parish Office Tel: 0114 248 6102



Office Email: lol.church@btinternet.com

Website: <https://ourladyoflourdes-sttheresa.hallam-diocese.com/>



March Devotion: St Joseph
3rd Sunday of Lent, Yr. A
8th March 2026
Psalter Week 3



Saturday, 7th March,

6.00pm, Our Lady of Lourdes John Nicholson (Sick)

Sunday, 8th March,

8.30am, St Anthony's – Roy & Jean Ashton RIP
9.45am, Our Lady of Lourdes—People of the Parishes
11.00am, St. Theresa's – Repose of the Soul of Margaret Iwunze RIP (3rd Anniversary)

Monday, 9th March, 10.00am, Our Lady of Lourdes

Lenten Weekday (Commemoration of St Frances of Rome, Religious) - Harry & Violet Moore RIP (Anniversary)

Tuesday, 10th March, 10.00am, Our Lady of Lourdes

Lenten Weekday — SVP Beneficiaries

Wednesday, 11th March, 10.00am Our Lady of Lourdes

Lenten Weekday —Tatenda Kumuray

Thursday, 12th March, 11.00am St. Theresa's

Lenten Weekday— Pauline Bunting RIP

Friday, 13th March, 10.00am, Our Lady of Lourdes

Lenten Weekday — November Memorial List

Next Weekend's Masses (4th Sunday of Lent, Yr. A)

Saturday 14th March
6.00pm, Our Lady of Lourdes - Patricia Blackwell RIP
Sunday 15th March
8.30am, St. Anthony's - Joan & Jack Goodwin RIP
9.45am, Our Lady of Lourdes - Repose of the Soul of Olumuyiwa Orukotan RIP
11.00am St. Theresa's - Chinwendu Ezuruike—Birthday Thanksgiving



Sanctuary Lamp Intentions

Our Lady of Lourdes: The Holy Souls in Purgatory
Sponsor: The Parish

St. Anthony's: The Holy Souls in Purgatory
Sponsor: The Parish

St. Theresa's: The Holy Souls in Purgatory
Sponsor: The Parish



Sunday Readings:
1st Exodus 17:3-7.
2nd Romans 5:1-2,5-8.
Gospel John 4:5-42.

Responsorial Psalm: 95.
O that today you would listen to his voice!
Harden not your hearts.

Gospel Acclamation Cf. John 4:42, 15
Glory to you, O Christ, you are the Word of God.
Lord, you are indeed the Saviour of the world;
give me living water, so that I will not be thirsty
Glory to you, O Christ, you are the Word of God.



Stations of the Cross During Lent Every Friday during Lent at OLOL at 7pm. Every Sunday during Lent after Sunday Mass at St. Theresa's and St. Anthony's. Please try and come along and make the Stations of the Cross part of your Lenten journey this year.



LENTEEN DAY OF RECOLLECTION
Everything is connected – how do we care for our common home? At St Vincent's Church, 40 Pickmere Road, Crookes, Sheffield, S10 1GY



Saturday 21 March, 11:00am-3:00pm. Tea/ coffee from 10:30am
Speakers:
Bishop John Arnold, Bishop of Salford, spokesperson for the Bishops Conference on the Environment, and President of Pax Christi.
Dr. Maria Exall, Honorary Fellow at the Centre for Catholic Social Thought and Practice in the Department of Theology and Religion at Durham University.
The event is free. Please bring your own packed lunch. Tea and coffee provided. Please book your place:
> <https://www.eventbrite.co.uk/o/hallam-formation-and-mission-46212155433>

Hallam Lourdes Pilgrimage 2026
Bookings are now being taken for the Hallam Pilgrimage to Lourdes, 26th June to 2nd July. The cost is £1010, to include flights from Leeds Bradford to Lourdes, 6 nights accommodation, full board and insurance. There will be a full religious programme led by Bishop Ralph. The theme this year is 'Hail, full of grace'. For bookings see www.tangney-tours.com/hallam, or call 01732 886666. Paper booking forms will be available in parishes within the next two weeks. For further information call 01302 247910 or 07724 650066 or email lourdesoffice@hallam-diocese.com.



JUMBLE SALE & NEARLY NEW

SAT 28 MAR 11AM-1PM



50p Entrance
(including a free tea or coffee)
Free entry for kids accompanied by an adult

- | | |
|--------------------|---------------------|
| CLOTHES | TOYS |
| HOMEWARE | KITCHENWARE |
| BRIC-A-BRAC | REFRESHMENTS |
| BOOKS | ...AND MORE |

Springwater Community Centre Hackenthorpe
at Our Lady of Lourdes Church next to St. John Fisher School



Registered Charity No. 512021

Job Vacancy
We are recruiting a Deputy Foodbank Manager (18-24 hours per week). We are looking for someone with a heart for people on the margins of society who can help oversee the day-to-day running of our busy foodbank and support the work serving people across Burngreave, Darnall and surrounding areas. Full details here: <https://burngreave.foodbank.org.uk/2026/03/02/march-2026-we-are-recruiting/>



If you know anyone who is sick or housebound and would appreciate a visit from Fr. Bede, please email or call the Parish Office so that this can be arranged. Parish Office contact details are on the front of the bulletin.



Tea and Coffee at Our Lady of Lourdes
Tea and coffee is available in the church hall after Sunday mass most weeks of the year, so please join us for a drink and a chat as a parish community. If you would like to join our volunteers to serve refreshments, please see Sal to add your name to the list.



Foodbank Donations
Our parish make regular donations to the Gleadless Foodbank. Please consider adding non-perishable grocery items to your shopping to donate in the box at the back of each church. Tinned vegetables, cereal, noodles, tinned meat or fish, snacks, UHT milk or juice, squash, lunch box drinks. All of these gratefully received. Thank you.



There will be a final opportunity this weekend to contribute to the collection for Fr Henry in appreciation of all he did for us during Fr Bede's absence.



Support for St. Wilfrid's Centre
Tinned ham, chocolate biscuits and crisps for light lunches and snacks



CAFOD Fast Day Collection £408.80. Thank you.

CARITAS COUNSELING SERVICES

In addition to our school based counselling and our one-to-one counselling in our communities we are now able to offer:-

- Relationship / Couples Counselling
- Family Therapy

and still just £25 per session

Helping You Reconnect, Communicate, and Grow Together.

If you think this could be for you

Call us today on 0114 2566407/8



Weekend Cash Collections 28th February/1st March

Our Lady of Lourdes..... £336.21
St Anthony's..... £173.28
St Theresa's£463.68
Thank you.



Safeguarding Representatives
St. Theresa's—Debi Stringer
OLOL—Tessa Taylor



School News

St John Fisher School news:
www.st-johnfisher.org

St Theresa's School news:
www.st-theresas-sheffield.co.uk



These QR Codes can be used to make an offering using your smartphone. Simply scan the relevant QR code and follow the on screen instructions.

OLOL/St. Anthony's



St. Theresa's



Please pray for all the elderly, the sick and the housebound of our three churches including those named below.
Rita O'Hara, Clare Roberts, Jennie Heenan, Caitlin Rose Goss, Beryl Stafford, Jean Grove, Liliana Poole, Jean White, Shirley Foster, Sean Kilcoyne, Avis Hurst, Gloria Andrews, Chena Drakesmith, Marj Hall, Melvin Hanlon, John Carroll, Joan Hill, Claire Lawson, Patricia Foster, Christopher Browne, Mr. Shannon, Margaret Betson, Paul Manning, Annabel Taylor, John Nicholson, Philomena Walker, Lesley Osborne, Gail Hook, Elizabeth Dodson, Gemma Thomas, David Dowling, Fr. David Stafford, Tessa Taylor.



Please pray for the repose of the recently deceased souls & those whose anniversaries occur about this time.

The bulletin for March has been sponsored by Gifty Mensah in celebration of her birthday . Thank you.

40 Days for Life in Sheffield: From 18th February, the 40 Days for Life invites you to join other Christians in praying and fasting for an end to abortion in our community. Come and join us to peacefully witness for the sanctity of human life. If you'd like to join, please sign up at www.40daysforlife.com/en/broomhall or call Rachel 07368297872.

