



# *“Listen to the voice of our people”*

## THIRD SUNDAY OF LENT



### *An Encounter at and from the Well*

Readings:

Gospel: John 4:5-42

First Reading: Exodus 17:3-7

Second Reading: Romans 5:1-2, 5-8

In the 1970s, the Latin American Church, through the proposal of liberation theology, invited us to biblical reflection using the theological method of see, think, and act. Maria Thereza Latige rscj, a Brazilian sister, later invited us to translate this method in a more integral way.

It is the one we propose in the prayer guide for this third Sunday of Lent: ***contemplate, understand, collaborate, and concelebrate.***

Song: [Fieles y unidas](#) (*Faithful and United*) by Ain Karem.

### **Remember and listen to the voices of our people:**

What conversations have I had with women in recent days? What do they talk about? What worries them? What excites them? And what about among us?

### **Contemplate:**

Let us read and contemplate the dialogue of Jesus with a Samaritan woman. Let us sit with them at the well of His heart. Jn 4:7-30.

Let us see in her every woman, every person who is marginalized, singled out, violated, and who goes out into the sun, like the Samaritan woman, to seek the water essential for life.

*What is the water I am seeking, or what are others seeking,  
as an essential element for life?*

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## Understand:

The woman has no name, but knowing she was a Samaritan is enough to realize that her culture was stigmatized; that there was a cultural rupture sustained by beliefs and prejudices. How many peoples and cultures live in that condition today! The recent blockade of Venezuela and Cuba and the blockade of all humanitarian aid to Gaza; men, women, and children in “latent” wars... We can continue the list based on what each of us knows and understands.

*What draws me closer to them or what distances me from them?  
How do I express my indignation, anger, and frustration, and where does it lead me?*

Let us listen in silence to what Jesus wants to tell us. Let us ask him to help us recognize our deepest thirst so that we can ask him, “Give me a drink.” May we, like the woman, be able to let go of the pitcher of our traditions that confine us, the stories that harden us, the beliefs and prejudices that divide us... And may we go out to meet others, to make dignity, life, and freedom possible for everyone.



## Collaborate:

Which woman or group of women needs recognition? What can I, what can we do for them? How can we contribute to more inclusive, humane, supportive, and compassionate actions and attitudes? How can we be the wellspring where these women or groups find rest and quench their thirst for belonging, recognition, and dignity?

## Concelebrate:

Let us place the names of women and/or people whom we want to place in a special way in the heart of our God.

Let us go out to encounter one or more people to share with them the good news of the presence and tenderness of our God, who accompanies them and for whom no one is indifferent.

*May this encounter with the Lord Jesus at and from the well lead us to recognize the source of life that flows in every person. May every encounter with others be an opportunity to make possible a more humane, inclusive, just, and dignified world for all.*



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and  
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