

Third Sunday of Lent

Dear Parish Family,

Whose voices do you listen to? In the responsorial psalm response of third Sunday of Lent, we all say together: “If today you hear His voice, harden not your hearts.” We live in a world of the internet, social media, political pundits on 24-hour news channels, and polarized opinions. We are bombarded with a cacophony of voices that are often destructive and misleading. In the chaos of these voices, it is difficult for most to discern the truth.

As part of my Lenten discipline this year, I am trying to change the voices I listen to. Instead of turning on the news or browsing the internet, I am listening to podcasts on spirituality and prayer. I am praying the psalms each morning and evening and reflecting on the daily scripture readings. I am trying to fast from the voices of chaos and listen to the One voice...the only voice that is true and life giving. This is not easy to do because I too am a consumer of the voices of chaos. I have discovered that in doing so, my heart has become hardened and rigid. The praying and meditating with scripture are challenging the way I see things and how wrong my opinion can be. “If today you hear His voice, harden not your hearts.”

The Gospel reading this Sunday about the woman at the well, further illuminates how listening to Jesus can change our lives around. This Samaritan woman, a victim of a society of hardened hearts, is challenged, and changed by listening to the words of Jesus. She says: “‘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.’” She listens to the voice of Jesus when He says that He is the ONE. She goes immediately back to her village and tells everyone about the truth of Jesus the Christ.

During this third week of Lent, try to turn off the voices of chaos and tune in to scripture and listen to the ONE voice, Jesus Christ, who is the only truth that can change our hardened and rigid hearts.

May God bless you on this journey of Lent.



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