

Cathedral of the Assumption

Sunday, 8th March 2026

THIRD SUNDAY OF LENT

Parish Facebook... Carlow cathedral parish
Parish Twitter @carlowcathedral

The Parish Team

Fr. Thomas O'Byrne Adm.

Fr Yanbo Chen CC

Fr Theodore Tomasik CC

The Presbytery,

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Carlow.

Tel: 059 913 1227

Priest on Duty

(089)2432663

Deacon David O'Flaherty

Child Safeguarding Reps

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059 9164087

Diocesan Designated

Liaison Person

Ms Michelle Hughes

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Parish Centre

Tel: 059 9164087

info@carlowcathedral.ie

Newsletter

info@carlowcathedral.ie

By 4pm Wednesday

Banking Details

Carlow Parish Account

IBAN; IE66 AIBK 9331

0405 634065

BIC AIBKIE2D

Carlow Parish Clergy

IBAN; IE55 AIBK 9331

0405 6346 51

BIC AIBKIE2D

Who Belongs?



This much loved Gospel is a pivotal reminder as we make our Lenten journey that Jesus is the source of our life. It is the first of three Gospels from John we listen to in Lent that draw on central symbols in baptism – in this instance the symbol of water.

In the encounter between Jesus and the woman we see God's mercy in action. The woman is an outsider, left to draw water at the hottest part of the day, alone. Jesus actively reaches out to her, ignoring the social norms of the time that would keep her in isolation. And in doing so the woman comes to know Jesus as the source of our life, as the living water that dwells within us, as our saviour. Not only that, she becomes a messenger of that Good News. In Jesus, all belong and all are renewed.

As we welcome this reading into our hearts this Lent, may we follow in the footsteps of Jesus Christ who reached out to the marginalised and to those who felt on the outside, who shattered the narrow definitions of 'who belongs'. May we recognise, that, in Christ, we belong. May we welcome Jesus into the very circumstances of our life to heal us and bless us. May we recognise Jesus as our saviour who brings us to eternal life. And may we bring this good news to others without borders - recognising also when others are bringing it to us. (Julie Kavanagh)

(For deeper connection with the Gospel see synod.ie for Baptised and Sent in Lent – a reflection series for Lent)

Digging Deeper – Living Lent: Some suggestions for the week

† Reflect on next Sunday's Gospel using the material from 'Baptised and Sent in Lent'

Look out for local group sessions or set up your own group. Resources on

www.synond.ie

† Get some holy water for your home and use it as you come and go to bless yourself

† Share with the hungry and set aside some of your weekly shop for a food bank or donate the cost

† Do a Friday penance

† Be a happy presence in your home

† Find ways to conserve and reduce your use of water in the home. See water.ie/conserv



LENT

PRAYER.... FASTING... ALMSGIVING

LET US REACH OUT THROUGH OUR ALMSGIVING THIS LENT

The Gospel of the Samaritan woman is used on the Third Sunday of Lent, because Lent is traditionally a time of preparation for Baptism. For us who are already Baptised, it is a time for thinking once again about what it really means to be Baptised. In much the same way Baptism gives us a new understanding of our meaning as persons and our mission in the world. As members of the Body of Christ, we look at things with his eyes. We see clearly that it is not enough to have compassion from a distance. We need to come close to the poor, as He did and to work for a world in which "people no longer die of hunger or survive in conditions unfit for human beings". (Pope Leo, Dilexi Te, # 11) ¹(From Homily Notes by Bishop Kevin Doran Bishop of Elphin and of Achonry)

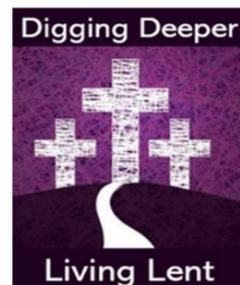
MASSES AT THE CATHEDRAL

Weekend: Vigil Saturday 6.15pm, Sunday 8.30am, 10.30am, 12.30pm, and 7pm.

Weekdays: Monday to Friday 7.30am and 10am. Saturday 10am

SACRAMENT OF RECONCILIATION

Saturday following the 10am Mass



Lent 2026

Lenten Practices in the Parish

- ◆ Stations of the Cross every Monday after 10am Mass
- ◆ Learn to meditate on a Monday 7pm Parish Centre
- ◆ Lenten Scripture Group every Friday 10.30am Parish Centre
- ◆ Holy Hour every Friday evening in the Cathedral at 7pm.

Lenten Holy Hour

Cathedral at 7pm each Friday evening of Lent.

Join us in person or on the WebCam

Learn to Meditate during Lent

Carlow Meditation Group meets on Monday evenings from 7pm to 7:45pm in the Cathedral Parish Centre, College Street, Carlow - excluding bank holidays. Meditation, the universal practice of silent contemplation, can awaken the heart, deepen our spiritual sensitivity and promote our wellbeing.

During each Monday of Lent there will be an introduction to meditation for beginners.

All are welcome - no experience needed.

No need to book – just turn up on any Monday evening!

(Noel Keating, 087 2251183)

Lenten Parish Scripture Group

Our Lenten Scripture Group reflecting on the Scriptures of the Sundays of Lent continues each Friday morning in the Parish Centre following the 10am Mass. The group is led by Dr Amelia Fleming,

Lecturer in Biblical Studies at Carlow College, St Patrick's.

Everyone is welcome.

Celebrating the Radical Easter Message of Liberation for Women

This Conference will be offered in two places:

Ballyvaloo Retreat & Conference Centre, Blackwater, Co Wexford on April 24. Cost: €35 (includes lunch)

Pembrook Hotel, Kilkenny on April 25.

Cost €20 (includes tea/coffee)

Speaker: Dr. Grainne Doherty. Times: 10.00 a.m. – 4.30 p.m.

Booking essential: Contact Sara or Catherina @ 056 7722870

9.00 am – 4.30 pm Monday to Friday

or e-mail regionaloffice@ssjg.ie

before April 17.

Bob's Your Uncle Lotto

Jackpot

Sunday 8th March

€9,500

Numbers drawn on 1st March

5-12-14-26

5 Match 3 winners share €500

Cathedral Collections

Last Weekend

Offertory €899.89

Development € 2,174.67

Your kind generosity is deeply appreciated

Priest Visit

If you or a family member would like a visit from a Priest, please contact the Parish Centre with the name, contact details and address (incl. Eircode).

Foroige Youth Clubs

Looking for adult volunteers to help run the club's weekly meetings. Please make contact to register your interest.

Aidan Gleeson 0860674485 oeraidan.gleeson@foriige.ie

Fish on Fridays

A new short video series from the Diocese exploring baptism. Videos will be released each Friday of Lent. See Kandle Facebook and X accounts to view this exciting new resource and look out for other Lenten posts on Mondays and Wednesdays on Facebook and X.

Collectors Required

If you can help at our Saturday evening or Sunday Masses, we would greatly appreciate it. Please give your name and contact details to a member of the Parish Clergy, the Sacristan, or the Parish Office. Alternatively, just speak to one of the regular collectors and offer your help.

Grants available to Childminders

Are you a Childminder in your own home?

Are you planning on becoming a Childminder in your own home?

The Childminding Development Grant of up to €1,000 is currently available for potential and existing Childminders and assists

Childminders to enhance the safety and quality of their childminding service through the purchase of toys, safety

equipment, childcare and outdoor equipment and up to a max of €500 for IT equipment. For a list of eligible items, to receive an

application form please contact Eilish at Carlow County

Childcare Committee on 059 9140244

or email info@carlowccc.ie. Grant applications close

on Wednesday, 15th April 2026.

The Carlow Stroke Support Group

The Group meet next Friday March 13th, 2-3.30, at St Dymphna's Hospital, Carlow. Meetings are open to Stroke survivors and carers. Call/ text Lynda 087-7814697".

Epilepsy Awareness Day

In Ireland today, over 45,000 people live with epilepsy. For further information, please visit www.epilepsy.ie. Purple Day (or Epilepsy Awareness Day) will take place on Thursday, 26th March.

Catholic Couples — Date Night

Join us for an unforgettable evening with Mark & Anne O'Leary — inspiring talks, laughter, faith, and a gorgeous 4 course meal!

Sat 18 April • 7pm • Armagh City Hotel • Fun prizes

• Great atmosphere • A perfect night out together!

For more information or to book contact:

info@catholicmothers.ie