

St. Joseph's Catholic Church

Third Sunday of Lent March 8, 2026

*"The water that I shall give will turn into
a spring, welling up to eternal life."*



Liturgy Schedule

Weekend

Saturday: 5:15 p.m.
Sunday: 9:00 a.m., 11:00 a.m.

Weekday

Monday 5:15 p.m.
Tuesday 9:00 a.m.
Wednesday 9:00 a.m.
Thursday 9:00 a.m.
Friday 5:15 p.m.

Holy Hour and Divine Mercy Prayers

Monday and Friday 4:00 p.m.

Sacraments

Baptism

Sunday after the 11:00 a.m. Mass – Registration required, please contact the Parish.

Confession

Monday, Friday & Saturday 4:00 p.m. – 5:00 p.m.

Marriage

Six months' notice is required, as well as a Marriage Preparation Course. Please contact the Parish.

Anointing

Please contact the Parish.

Parish Office Hours:

Monday to Friday 8:30 a.m. – 4:30 p.m.;
(closed 12:00 noon – 1:00 p.m.)
Susan Lett, Parish Secretary

Parish Organizations

Catholic Women's League

Kathi Colwell & Susan
Conway Williamson
Patrick Greenwood

Knights of Columbus, 11670

Parish Ministries

Finance Committee

Rev. Cosmas Ajawara

Parish Pastoral Council

Ben Krasna

Lectors

Carol Kavanaugh

Eucharistic Ministers

Carol Kavanaugh

Ministry to Sick & Homebound

Chris Jones & Monna

Splinter

Ministry to Seniors (Cards)

Judy Saunders

Ministry at Extencicare

Mary Clancy

Ushers

Ian Stewart

Sacristans

Fran Price

Culture of Life

Ben Krasna

Parish Engagement

Mary Clancy

Funeral Choir

Shirley Kelliher

Junior Liturgy

Kelly Canning

Sacramental Preparation

Altar Servers

Kelly Canning

Music Ministry

Theresa Whalen-Witjes

Youth Choir

Sheila Fowler

Parish Schools

St. Thomas More Catholic School - Sandra Fragoso, Principal
234 Norman Rogers Dr., Kingston, ON K7M 2R4
613-542-1575

St. Paul's Catholic School - Chantal Courneyea, Principal
266 McMahon Ave., Kingston, ON K7M 3H2
613-542-6101

392 Palace Road, Kingston, Ontario K7L 4T3 Tel. 613-547-5004
Email: stjoseph.kingston@archkingston.ca

Parish Website: www.stjosephskingston.ca

Rev. Cosmas Ajawara, Pastor

Third Sunday of Lent

March 8, 2026

Introduction

As we approach the halfway point of our Lenten journey, we hear in today's Gospel how Jesus was also in the middle of a journey. He knew what it is to feel helpless, parched and weary. Understanding human need, Jesus offers an experience of God's Spirit to quench our deepest longings.

First Reading: Exodus 17:3-7

The Israelites, dying of thirst in the desert, begin to doubt God's love for them. At God's command, Moses strikes the rock with his staff. Out gushes water.

Second Reading: 2 Timothy 1:8-10

St. Paul had to bear hardships for the sake of the Gospel, relying on the power of God, and invites us to be willing to do the same.

Gospel: Matthew 17:1-9

Jesus is transfigured in heavenly glory, along with the prophets Moses and Elijah.

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MASSES FOR THIS WEEK

Monday, 9 March

5:15 p.m. Humberto & Fernanda Dias – Manuel & Yasmin Dias

Tuesday, 10 March

9:00 a.m. Elizabeth Blancher – Frank Cuvelier

Wednesday, 11 March

9:00 a.m. George Cotnam (10th Anniversary) – Maureen Plunkett

Thursday, 12 March

9:00 a.m. Candido Powell – Eduardo & Thelma Maglunob

Friday, 13 March

10:30 a.m. School Mass – Manuel Valente – Tom & Mary Miller

5:15 p.m. Edward Almeida – Margaret Almeida

Saturday, 14 March

5:15 p.m. Maria Veenendaal

Sunday, 15 March

9:00 a.m. James Hsu – Frank & Martie Cervenko

11:00 a.m. People of the Parish

Join our online Mass on Sunday at 11:00 a.m. visit www.stjosephskingston.ca.

PRAYERS FOR THE DECEASED

You are asked to remember in prayer those recently deceased especially Aileen Irvine.

PRAYERS FOR THOSE WHO ARE ILL

Please remember in your prayers the following: Donna V.; Rob Hurst; Doreen Saunders; Brian Begbie; Richard Devette; Kent Hawley; Bruce Johnson; Joan Bryan; Mel Kane; Murray Wood; Gerry Koster; Raymond Doyle; Dennis Keefe; Lucyna Zbozien.

Fr. Cosmas Reflection

The Third Sunday of Lent in Year A invites us to reflect on the deep thirst of the human heart and the living water that Christ offers. Lent is a time of conversion, when the Church calls us to examine our lives and return to God with sincerity. Beneath many of our struggles lies a spiritual thirst—a longing for meaning, peace, forgiveness, and lasting happiness.

In the first reading from Exodus, the Israelites are wandering in the desert and become thirsty. Their suffering leads them to complain and even question God's presence: "Is the Lord in our midst or not?" (Exodus 17:7). Yet God does not abandon them. Through Moses, water flows from the rock and their thirst is satisfied. Even when people doubt or complain, God remains faithful.

The Gospel presents the beautiful encounter between Jesus and the Samaritan woman at the well. She comes to draw water in the heat of the day, perhaps to avoid others because of her difficult past. Yet it is in that moment that Jesus meets her and speaks to her about a deeper kind of water: "Whoever drinks the water I shall give will never thirst" (John 4:14). Jesus is speaking about the life of grace that satisfies the deepest longing of the human soul.

Often people try to quench their inner thirst with success, possessions, or pleasure, but these cannot truly fill the heart. Only Christ can do that. Lent therefore invites us to return to him through prayer, repentance, and the sacraments. In a special way, the Sacrament of Reconciliation allows the living water of God's mercy to renew our lives.

After encountering Jesus, the Samaritan woman's life changes. She goes back to her town and tells others about him. The woman who came quietly and alone becomes a witness who leads others to Christ.

This Gospel reminds us that when we truly encounter Jesus, our lives are transformed. As we continue our Lenten journey, we are invited to come to Christ, the source of living water, and allow his grace to renew our hearts so that we too may bring others to him.



DONATING TO ST. JOSEPH'S PARISH

Plenty helps us make it easier for parish family members and visitors to donate whether it is for Sunday Offertory or to our Gather & Grow Parish Hall campaign. It is as easy as scanning the QR code or visiting a website to donate. If you have any questions, call the Parish office during office hours for help.

This week's bulletin is sponsored by:



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GRAND OPENING OF OUR FAMILY PARISH HALL

All are invited to our grand opening and blessing of our newly renovated Family Parish Hall on March 22, 2026 after the 11:00 a.m. Mass. A light lunch will be served.

CATHOLIC WOMEN'S LEAGUE NEWS ALL CWL

Members and PARISHIONERS • The General CWL Meeting is Monday, March 9th at 7pm in the Diocesan Centre, Room A. **Our Presentation with Patricia Streich, Chair of the Social Planning Council of Kingston and District will begin at 7:45pm.** Patricia is a housing specialist and is an advocate on local housing issues. • **Our CWL and Parish St. Vincent de Paul Collection will run from March 9th to April 1st.** Help “Creating Hope through Action” by 1) Donating items such as **Non-Perishable Foods (pasta, rice, cereal, peanut butter etc.), children diapers and wipes, adult diapers of all sizes, tampons, toilet paper, shampoo, body soap etc.** 2) **Making a monetary donation,** sealed in an envelope indicating, CWL - St Vincent de Paul Donation, that can be placed in the weekend Collection Baskets. The full donation list will be on the collection boxes located near each of the church entrances from March 9th-April 1st. Thank you for supporting this vital community resource.

STATIONS OF THE CROSS During Lent, the Stations of the Cross will be said on Friday evenings, following the 5:15 p.m. Mass. All are warmly invited to this beautiful prayer of the Church.

200TH ANNIVERSARY OF THE ARCHDIOCESE OF KINGSTON

A Lenten Parish Mission led by Fr. John O’Brien, SJ, Rector of the Martyrs’ Shrine, Midland will take place on March 9 and 10 at 7:00 p.m. at St. Mary’s Cathedral. Veneration of the relic of St. Jean de Brébeuf will be the afternoon of March 8, 2026 at St. Mary’s Cathedral.

PARISH FEAST OF ST JOSEPH 2026

St. Joseph Family Youth Mass & Potluck Dinner

The Companions of St. Michael (Boy's Club), the Catholic Girls Club, and all young people of our parish family are invited to a special Holy Mass, a potluck dinner and a time of fellowship celebrating the feast of St. Joseph on Thursday, March 19th at St. Joseph's Parish (392 Palace Rd). Mass is at 5:15pm, followed by a potluck dinner immediately afterwards in the parish hall until about 7:30pm. Please RSVP to Holly (catholicgirlsclub@gmail.com) or Susan at the parish office (stjoseph.kingston@archkingston.ca) to receive the link to sign up to bring something for the potluck. All families are welcome!

LENTEN PENANCE CELEBRATION

The Lenten Penance Celebration for St. Joseph’s will be held on Sunday, March 15, 2026 at 3:00 p.m. Following a brief liturgy, all will have the opportunity to receive the

Sacrament of Reconciliation. A number of visiting clergy will be present for this celebration, and all of our family parish members, and indeed from outside the parish, are most welcome to attend.

MUSICAL AFTERNOON On Thursday, March 12, 2026, from 1:00 – 3:00 p.m., join us for an afternoon of great music and to celebrate St. Patrick’s Day! A musical afternoon featuring Chris Murphy, Jon McLurg and Noah St. Amand (of Turpin’s Trail), for those who are Irish, and for those who “wish they were.” Light refreshments will be served in the newly renovated Parish Hall. Proceeds will be donated to our Parish Hall Gather & Grow campaign.

COMMUNITY

LENTEN MISSION AT HOLY FAMILY PARISH

Holy Family Parish will be offering a Lenten Mission on **Thursday, March 19 and Friday, March 20.** The preacher will be Friar Thomas Reist, OFM Conv, from the Franciscan church of St. Bonaventure in Toronto. He will reflect on Lent from a Franciscan perspective. All are welcome to attend.

Schedule for the weekends of March 14-15, 2026

	Lectors	Eucharistic Ministers	Ushers	Music
Sat. 14 Mar. 5:15pm	M. Sivilotti J. Saunders	B. Oliveira D. Lomboy	I. Stewart R. Lachance P. Scott S. Harrigan	Stacy & Theresa
Sun. 15 Mar. 9:00am	M. Marcial M. Castro	A.MacKinnon L. Orellano	I. Stewart F. Cuvelier M.Turkington R. Audet	Megan
Sun. 15 Mar. 11:00am	R.McDonald C.Kavanaugh	B. Tezem M. Muise	B. Krasna F. Asuncion J. McLaren F. Levesque	Choir

Streaming: K. Deptuck
Junior Liturgy: No Junior Liturgy



KNIGHTS CORNER: As we journey through Lent, this Sunday’s readings call us to deeper repentance, trust, and renewal. The Knights of Columbus are committed to living this call through charity, unity, and fraternity—serving those in need, strengthening our families, and supporting our parish. Lent reminds us that faith is not only professed, but practiced through sacrifice and love of neighbor. We invite the men of our parish to consider joining us in prayer, service, and brotherhood as we grow closer to Christ together. Speak with a Knight after Mass to learn more.

Follow us on Facebook at St. Joseph’s Knights of Columbus Council 11670, Kingston.

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