

# SUNDAY PLUS

## Living water

# Experience is the best teacher

By Sr Mary Burke  
FMDM

Many of us are familiar with the phrase "experience is the best teacher". In other words, it is difficult to believe what we have not personally experienced. The same is true of the woman at the well and the people of Sychar in our Gospel today. Having sat down with Jesus and listened to his word for two days, they are able to say to the woman that they no longer believe because she has told them, but because they have heard Jesus speak in their own hearts.

Where, we might ask, did they meet Jesus? The answer seems to be in the ordinary events of life, in a woman poor and despised by others, at the well, in the ordinariness of water, in the fields that are ready for the harvest and most profoundly in their own hearts. Could these be the places we might meet Jesus in our own lives too?

*Sr Mary Burke is a Franciscan Missionary of the Divine Motherhood.*

## Take time: give life, give hope

By Lucy Russell

I am up to my eyes with marking. There's the marking I am doing for the exam board and there are the end of topic assessments piling up. Eyes down or on a screen. No time to look up. As I dashed from one classroom to another, I bumped into a student who is leaving the school shortly. I used to teach him Food Technology. "Wouldn't it be great, Miss," said Peter, "if we

could bake some cakes together one last time before I leave?" Peter loved Food Technology and Baking Club. But there is so little time and so much marking. What could I do? I booked the Food Technology Room for my free period on Wednesday and sent Peter a message to meet me at break time. I bought flour, eggs, butter and sugar. Peter found me before break. His face, shining like the sun, was a relief for my tired eyes. The time that Jesus spent at the well gave life to someone who needed hope.

*Dr Lucy Russell is the author of Who Do You Say You Are?, available from Redemptorist Publications, [www.rpbooks.co.uk](http://www.rpbooks.co.uk)*

God even calls those who are bad. "No, I am bad; I have done many [bad things]..." He calls you: "Come, come, come!" And Jesus went to lunch with the tax collectors, who were public sinners; they were the bad guys. God is not afraid of our spirits wounded by many cruelties, because he loves us; he invites us.

Pope Francis


Feast of the week  
Friday 17 March  
St Patrick  
(c. 385-461)



Christ be beside me,  
Christ be before me,  
Christ be behind me, King of my heart.  
Christ be within me,  
Christ be below me,  
Christ be above me, never to part.

Christ on my right hand,  
Christ on my left hand,  
Christ all around me, shield in the strife.  
Christ in my sleeping,  
Christ in my sitting,  
Christ in my rising, light of my life.

*From St Patrick's Breastplate*

Dearest Jesus, living water, refresh my soul and fill me with new life and love.  Amen.

Today: Exodus 17:3-7 Romans 5:1-2, 5-8 John 4:5-42	Monday: 2 Kings 5:1-15 Luke 4:24-30	Tuesday: Daniel 3:25, 34-43 Matthew 18:21-35	Wednesday: Deuteronomy 4:1, 5-9 Matthew 5:17-19	Thursday: Jeremiah 7:23-28 Luke 11:14-23	Friday: Hosea 14:2-10 Mark 12:28-34	(E & S) St Patrick (Feast): 1 Peter 4:7-11 Luke 5:1-11	Saturday: Hosea 5:15 - 6:6 Luke 18:9-14	Next Sunday: 1 Samuel 16:1, 6-7, 10-13 Ephesians 5:8-14 John 9:1-41
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