



Third Sunday of Lent 8th March 2026



CLONARD MONASTERY
1 CLONARD GARDENS
BELFAST BT13 2RL
Tel: 02890445950



✉ reception@clonard.com
 📧 [@clonardmbelfast](https://twitter.com/clonardmbelfast)
 🏠 Clonard Monastery
 🌐 www.clonard.com

MASS TIMES AT CLONARD Public Mass and Masses via Webcam

Sunday 7:00am, 9:30am, 11:00am and 12:30pm

Monday, Tuesday, Wednesday, and Friday 7:00am, 9:30am and 6:15pm

Thursday (Novena) 7:00am, 9:30am, 6:15pm and 8:00pm

Saturday 7:00am, 9:30am and 12:00 noon. **Sunday Vigil Mass** 7:30pm



INTER-CHURCH PRAYER WALK

March's monthly prayer walk will meet at **St Peter's Cathedral**, on **Monday, 9 March at 7.30pm**. We will walk and pray blessings on the local community around the Cathedral and finish with tea/coffee at 8.30pm. *All Welcome*

*A Day of Reflection and Prayer
for all who are in a
Recovery Program for any Addiction*
*"I have come that they may have life,
life in all its fullness" John 10:10*



On: Saturday, March 14th. 10.30am - 3.30pm
 In: The Conference Room, Clonard Monastery
 Facilitator: Fr Brendan Keane CSsR.

*This is a special invitation from the
Clonard Community.*



Bring a packed lunch. Tea/Coffee will be provided.

thank you

We *thank you* for last week's collections which came to £2,647 for Clonard and £884 for the Bishop.

Also your kind donations, online and by post.

TRÓCAIRE BOXES

Trócaire boxes are available at the back of the Church and at Reception.

ST. PATRICK'S DAY

Monday 16th March Vigil Mass at 6.15pm.

Tuesday 17th March Masses at 7am,

9.30am with Clonard Folk Choir and Ferris/Bunting/McGeough School of Dance.

11.00am with Clonard Choir and Ferris/Bunting/McGeough School of Dance.

6.15pm with Cantor led Singing.

REFLECTION ON JOHN 4:5-42 THE WOMAN AT THE WELL.

There are days when we all feel a bit like the "woman at the well"; tired, carrying more than we admit, and hoping no one notices the parts of our life that feel are falling apart. In this gospel I don't see the woman as a distant historical figure; I see my own reflection in the water. Like her, I've spent a lot of time trying to fill a spiritual void with "stuff"; productivity, social media validation, or the approval of others. What moves me most about this gospel is how Jesus meets her exactly where she is in her life. He doesn't wait for her to have her life sorted, He simply starts a conversation, offers "living water", and gently opens a new path forward.

This passage reminds us that God's grace isn't earned by perfection. It's received in honesty. Jesus sees the woman's truth, He meets her right in the middle of her complicated reality. He sees her thirst, her history, and her defences, and instead of walking away He offers her "Living Water". That same invitation reaches us today. When we allow Jesus into the hidden corners of our lives, our doubts, our failures, our complicated life stories, we discover that His mercy flows precisely there. In a world that often tells us to appear strong and self-sufficient, this gospel calls us to have a real encounter with Jesus and with one another. The Samaritan woman becomes a witness, not because she had all the answers, but because she experienced love that transformed her.

The message is simple: **God meets us as we are, and loves us into who we can become.**

CLONARD PERPETUAL NOVENA - LENT 2026

We continue with our **Perpetual Help Devotions videos** with **Br. Dan Korn, C.Ss.R.**

Thursday 12th March will be **Part 4 - The Angels in the Icon**

The videos will be shown on the **Thursday Novena Masses** at **9.30am, 6.15pm. 8.00pm.**

The videos are also available to watch on the Clonard website - www.clonard.com.

AN INVITATION:

On the **Wednesdays of Lent**, we invite those who attend the **9.30am Mass** to join with the Redemptorist Community for **Tea/Coffee** in the **Dining Room** after the celebration of the Mass. *All Welcome*

BEGINNING EXPERIENCE

The loss of a partner through **death, separation or divorce** is **devastating**. **Beginning Experience** is offering "a weekend away for a lifetime of change"

at Drumalis Retreat and Conference Centre, Larne

on **Friday 20th March - Sunday 22nd March 2026.**

To find out more contact Marie 07896119669 or Pauline 07519289185

or email belfastbe@yahoo.com