

基督徒应当为信仰作见证，然而重要的是每一个人的信仰都需要建基于与天主接触的经验。就如许多撒玛黎雅人开始是因着那位妇女而信从了主耶稣，然而他们没有因此而心满意足，他们亲自去到主耶稣跟前，聆听他的教训，而认出他就是世界的救主。在我们的信仰生活中，看到他人对信仰作出的见证是初步的，更重要的是亲自与天主来往，在祈祷和生活中与天主接触，并去体验他的美善。我们的信仰必须经历与天主的接触，为主作证，带领更多人认识天主，跟随祂。

和平之后天主堂

堂区通讯

**四旬期弥撒前静默默想：**默想以缓慢、深刻并信靠天主的方式塑造我们。让我们学习体会天主如何深深地居住在我们内。让默想成为你四旬期旅程的一部分。所有周末弥撒开始前二十分钟，让我们静下心来进行默想。

**本堂英语苦路敬礼：**四旬期期间的星期五 11.30 am 苦路敬礼，12.15 pm 午间英语弥撒；5.55 pm 诵念玫瑰经，6.30 pm 英语弥撒；7 pm 苦路敬礼。

**婴孩领洗：**将在4月11日（星期六）举行。你可在秘书处索取申请表格。

**这周的主日餐厅服务：**由各堂区组织和教友们轮流负责。欢迎前来，彼此交流，建立友谊。让我们一起建立一个充满喜乐和友爱团聚的堂区大家庭。

**东区忏悔礼：**3月18日（星期三）10.30 am 和 8 pm；3月19日（星期四），圣家堂，10.30 am 和 8 pm；3月20日（星期五），圣三堂，10.30 am 和 8 pm；3月23日（星期一），上主慈悲堂，8 pm；3月24日（星期二），圣斯德望堂，8 pm；3月25日（星期三）和平之后堂，8 pm。

**教委2026四旬期宣道：**日期：2月25日 - 3月25日（五个星期三），时间：7:45PM 开始；地点：圣雅丰索堂。主题：活出真我。形式：7.45 pm 苦路敬礼、8.20 pm 弥撒/宣道会。3月11日：陈一强神父，讲题：信仰不是打卡。3月18日：张利勇神父，讲题：连接生命的源头。3月25日：黄财龙神父，讲题：对天主说“我愿意！”。欢迎大家出席。

**公教初级学院 (CJC) 2026年四旬期之夜：**诚挚邀请所有年龄介于15至19岁的天主教青年参加“2026年四旬期之夜”！本活动获得 Office for Young People (OYP) 的支持下举办，旨在为这个四旬期为参与者创造更深刻与基督相遇的机会，同时促进来自不同学校与堂区的天主教学生彼此建立联系与友谊。活动日期与时间：3月27日（星期五）下午5时30分至晚上9时30分（包括晚餐），地点：CJC。费用：免费。报名截止日期：3月23日（下午5时）。有兴趣的天主教青年可通过<https://tinyurl.com/cjclent26> 报名。请注意：报名者须获得家长/监护人同意，并通过上述链接下载同意书。请在抵达CJC时提交同意书的纸本或电子副本。请参考堂区周刊英文版说明。



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MASS SCHEDULES

Saturday Sunset Mass : 5:00pm  
Sunday Mass: 7.30am (Mandarin), 9:15am,  
11am and 5.00pm (English).  
Weekday Masses: 12:15pm & 6:30pm  
Public Holiday: **Mass at 9:00am.**

**Novena Devotion:**  
Saturday at 4:15pm.  
**Sacred Heart Devotion:**  
1st Friday of the month at  
12.00noon & after evening mass  
except during Lent  
**Adoration Room :10am to 9pm**

Readings:

**Sunday**  
08 March  
Ex 17:3-7  
Mt 5:1-2,5-8  
Jn 4:5-42

**Monday**  
09 March  
2 Kgs 5:1-15  
Lk 4:24-30

**Tuesday**  
10 March  
Dan 3:25,  
34-43  
Mt 18:21-35

**Wednesday**  
11 March  
Deut 4:1, 5-9  
Mt 5:17-19

**Thursday**  
12 March  
Jer 7:23-28  
Lk 11:14-23

**Friday**  
13 March  
Hos 14; 2-10  
Mk 12; 28-34

**Saturday**  
14 March  
Hos 5:15-6:6  
Lk 18:9-14



Thirsty for God

In the first reading from Exodus, the Israelites are thirsty in the desert and begin to complain: "Is the Lord with us, or not?" Their physical thirst reveals a deeper spiritual thirst, a struggle to trust God in moments of hardship. Even after witnessing His mighty works, fear makes them doubt His presence.

In today's gospel, Jesus meets the Samaritan woman at the well and speaks of a different kind of thirst, a thirst of the heart. She comes for water, but she is really longing for acceptance, truth, and love. Jesus offers her "living water," a relationship that satisfies the deepest desires of every human person. As we enter into this Third Sunday of Lent, let us ask, what am I truly thirsty for? Like the Israelites, we may grumble in our deserts. Like the Samaritan woman, we may search for fulfilment in many wells. Yet Christ patiently meets us and says, "Give me a drink," inviting us into honest encounter. He is not absent in our dryness because He is the Rock who gives living water and the Saviour who quenches our restless hearts.

**Reflective question:**  
*Am I willing to let Jesus satisfy the deeper thirst within me?*

Prayer for Living for Liturgical Year A by Verbum Dei Missionaries, Singapore

# Queen of Peace Parish



## SUNDAY CANTEEN

This Sunday's canteen will be run by the Eucharistic Ministers of Holy Communion. Come, connect and build relationships. Together we can foster a unique QOP atmosphere of joy, hospitality and fellowship.

## LENTEN PENITENTIAL SERVICES 2026

Church of the Holy Trinity 圣三堂	Tues, 17 March 2026 10.30am & 8.00pm
Church of Our Lady of Perpetual Succour 永援圣母堂	Wed, 18 March 2026 10.30am & 8.00pm
Church of the Holy Family 圣家堂	Thurs, 19 March 2026 10.30am & 8.00pm
Church of Divine Mercy 上主慈悲堂	Mon, 23 Mar 2026 @ 8.00pm
Church of St Stephen 圣斯德望堂	Tues, 24 Mar 2026 @ 8.00pm
Church Our Lady Queen of Peace 和平之后堂	Wed, 25 Mar 2026 @ 8.00pm

## CHARITIES WEEK 2026

This is a call to all of us to respond to Charities Week, our Archdiocesan annual fundraiser where your donation goes directly to support our brothers and sisters who are the poor, elderly, persons with disabilities, migrants and itinerant, youth-at-risk, and many more.

Your almsgiving makes a difference – it enables essential programmes and services to reach those who need help most. Four ways to donate: Drop the Charities Week envelope at our parish, mail it to Caritas Singapore, scan this QR code or visit [bit.ly/cw26bulletin](http://bit.ly/cw26bulletin)



**Donations of \$10 and above are eligible for 250% tax deduction.**

## Catholic Junior College Lenten Evening 2026

CJC) warmly invites all Catholic youths aged 15 to 19 to participate in Lenten Evening 2026! Held with support from the Office for Young People (OYP), this event aims to create an opportunity for all participants to encounter Christ more deeply in this Lenten season, as well as forge bonds across Catholic students from different schools and parishes.

**Date/Time of event: Friday 27 March 2026 | 5.30pm to 9.30pm (including dinner)**

**Venue: CJC Auditorium**

**Attire:**

For students enrolled in secondary/IB schools, JCs or MI: School-based t-shirt with school pants/skirt/pinafore

For young adults in tertiary institutions: plain t-shirt with pants

Fee: Free of charge. **Deadline for registration: 23 March 2026, 5pm.**

Interested Catholic youths can sign up at <https://tinyurl.com/cjclent26> /QR code.

Please take note that consent from parents/guardians is required via form to be downloaded from the above link. Please bring the hard or soft copy of the consent form and submit on arrival at CJC. .



# Queen of Peace Parish

## STATIONS OF THE CROSS DURING LENT

### Fridays Lunchtime Masses

11.30am: Stations of the Cross (no Angelus)

12.15pm: Lunchtime Mass

*If you are driving, please follow instructions of the Outdoor Hospitality Ministers.*

### Friday Evening Masses:

5.55pm: Rosary

6.30pm: Mass

7.00pm: Stations of the Cross



## SILENT MEDITATION BEFORE MASS DURING LENT

*Meditation forms us slowly, faithfully, and deeply.*

*In turning inward, we learn how deeply God dwells within us.*

*Make meditation a part of your Lenten journey*

**Meditation starts 20 minutes before all weekend masses.**



*To prepare our hearts for Easter*

## LENTEN DAY OF RECOLLECTION:

### "JOURNEYING WITH CHRIST TO THE CROSS"

**When: Sat, 21st March from 9.30 to 12.30pm**

**Where: House of Mary Level 2**

Facilitated by Fr Shaun Lim

**No registration required**

Join us for a Group Study on "**WISDOM & WORKS OF MERCY**" which will commence on **Monday, 23 Mar 2026 9:45-11:45am OR 7:30-9:30pm**. It comprises of 11 sessions.

10 sessions delve into the Most Holy Trinity as the key to bringing the faith from our heads to our hearts and out into our lives. In the study, we focus on 3 points of Communion:

1. Communion with the Trinity
2. Transforming Communion with Christ
3. Mission of Communion

Session 11 will guide us to put our faith into action with Works of Mercy.

Register via <https://tinyurl.com/WWM2026> or scan QR Code

For more details, contact Andrew +65 9862 3153 or ask the team stationed outside the canteen after Saturday evening and Sunday morning Masses.

## REMINDER ON GIFT PROGRAMME

**Next weekend**, being the 3rd weekend of the month, there will be a 2nd collection for Catholic Foundation's GIFT (Giving in Faith & Thankfulness) programme. GIFT is a regular giving programme to rally support for and fund the Archdiocese's organisations and initiatives for youth, evangelisation, catechesis, formation, and others.

Please bring your contributions or GIFT envelopes to drop them into the collection bags. Visit [catholicfoundation.sg](http://catholicfoundation.sg) to contribute online or find out more.