

4th Sunday in Lent

15th March 2026



"The water that I will give him will become a spring of water within him welling up to eternal life."
JOHN 4:14

The Fourth Sunday of Lent is known as Laetare Sunday, a day of celebration to remind us that we are nearing Easter and the rigours of Lent are nearing their end.

Through the curing of a person born blind, John's Gospel, which will be read at Mass this Sunday, presents sight in a metaphorical sense. Sometimes a person can look, but not see. Here, the blind man received not only the ability to use his eyes but the gift to see the truth. He is given the gift of sight by Jesus and it is through the doubting of his neighbours and the Pharisees that the physical attributes of his sight are echoed by his realisations of the truth of Jesus.

The blind man gained true sight in all its iterations because he was willing to be changed. It is worth noting that, as Lent continues, we must ensure we open our eyes and our heart and show a willingness to let God change us too.

Like the blind man, we have been elected to display God's works. In our baptism we have been chosen to point to Jesus by the witness of our Christian lives. To many people, including ourselves, we may seem an unlikely choice. Yet, our greatness lies in the fact that we have been chosen, not in ourselves alone.

Mothering Sunday is always on the Fourth Sunday of Lent and you may find yourself wondering why this might be. This tradition has been around since medieval times. Mothering Sunday hasn't always been a day where we buy our mums flowers and cards and help out around the house all day so that she doesn't have to do anything. It was originally a day where people would visit their "mother" church. The mother church would have been the place where you were baptised: the local parish church or cathedral. In more recent times, people working in the service of others were given the day off to go and visit their mother church. This was usually something that people did as a whole family and was often one of the only chances for the whole family to get together. It then became part of the tradition for people to go and see their mothers on this day as well as go to their mother church. This eventually evolved into the current traditions of giving mothers gifts on Mothering Sunday.

As we remember the important women in our lives, let us not forget Mary, Jesus' mother and mother to us all.



Hail Mary full of Grace, the Lord is with thee.
Blessed are thou amongst women and blessed is the fruit of thy womb, Jesus.
Holy Mary Mother of God,
pray for us sinners now and at the hour of our death. Amen

In addition, this week let us pray for:

- ♦ all those connected to our community who are unwell, upset or mourning;
- ♦ all the Lenten intentions and promises throughout our community;
- ♦ all of the mothers and maternal figures who share their love to us and the world;
- ♦ all those affected by the ongoing war.



He went off and washed himself, and came away with his sight restored.

John 9: 1-41