"Jiena hu, li qiegħed nitkellem miegħek" (Ġw 4:26)

Din is-sentenza li se nisimgħuha fil-Vanġelu ta' dan il-Ħadd, jgħidha Ġesù lis-Samaritana, meta waqaf jitkellem magħha, meta marret timla l-ilma mill-bir xħin ma kien hemm ħadd. Kienet qed tevita lin-nies biex ma jgħidux fuqha minħabba dak li għamlet, imma Ġesù jieqaf jitħaddet magħha u jħalliha ssir tafu. Aktar ma damet titkellem miegħu, aktar tiskopri kemm hu kien jafha sewwa u kemm seta' jgħinha ssib il-paċi tal-qalb li tant kienet tixtieq.

Fil-fatt hi terġa' tidħol fil-belt u qalet lin-nies: "Ejjew araw bniedem li qalli kulma għamilt. Tgħid, dan il-Messija?" B'dan il-ħsieb li hu jista' jkun il-Messija, ħafna nies imorru ħdejh u bdew jitolbuh biex jibqa' magħhom, u hu qagħad hemm magħhom jumejn. Imbagħad, is-silta tgħidilna li ħafna emmnu minħabba kliemu, u lill-mara qalulha: "Issa mhux għax għedtilna int qegħdin nemmnu, imma għax aħna wkoll smajnieh, u sirna nafu li dan tassew hu s-salvatur tad-dinja".

Naħseb li din hija motivazzjoni tajba biex noħorġu minn djarna u niġu għall-Eżerċizzi. Fihom ikollna ċans nieqfu ftit mill-ġiri ta' kuljum u nisimgħu daqsxejn x'għandu jgħidilna l-Mulej permezz tal-predikatur li jgħinna nifhmu l-kliem tiegħu: dak il-kliem li jagħtina spirtu ġdid u ħajja ġdida speċjalment meta nħossuna għajjenin.

Meta nieqfu nisimgħuh, insiru nafu kemm hu veru li hu s-salvatur tagħna u tad-dinja. Veru jsalvana mill-ħafna ansjetà, dwejjaq u tensjoni li nħossu quddiem il-problemi tal-ħajja. Isalvana mingħajr ma jkollna għalfejn noqogħdu nitħabtu u niġġieldu ma' xulxin biex insibu ftit tal-kwiet. Isalvana xħin proprju nafdawh u nħallu f'idejh waqt li aħna nkomplu nagħmlu t-tajjeb li nixtiequ nagħmlu nagħmlu speċjalment ma' dawk ta' ġewwa.

Avviż għas-sehem tat-TFAL FIL-PURĊISSJONI TAL-ĠIMGĦA L-KBIRA

Dawk it-tfal kollha minn Year 3 'il fuq li jixtiequ jieħdu sehem fil-purċissjoni tal-Ġimgħa l-Kbira, għandhom jiġu jinkitbu flimkien mal-ġenituri tagħhom nhar it-Tlieta u l-Erbgħa 10 u 11 ta' Marzu bejn l-4.30pm u s-6.00pm fil-maħżen tal-Ġimgħa l-Kbira li jinsab fi Triq il-Kappillan (taħt iċ-Ċentru Parrokkjali).

Inħeġġiġkom mela tieħdu nota ta' dawn l-appuntamenti.

- Mit-Tnejn 9 sal-Ġimgħa 13 ta' Marzu fis-7.00pm fil-Knisja għall-koppji, minn Patri Martin Cilia mssp.
  (ikun hemm servizz ta' child minding fiċ-Ċentru Parrokkjali)
- Mit-Tnejn 16 sal-Ħamis 19 ta' Marzu fis-6.00pm fil-Knisja għal kulħadd, minn Patri Frankie Cini mssp.

Avviżi:

Il-bullettin ta' kull ġimgħa minn dan ir-Randan qed isir ukoll bl-Ingliż, peress li ċertu avviżi jistgħu jolqtu wkoll lil dawk fostna li ma jafux jaqraw bil-Malti. Il-verżjoni Ingliża ssibuha biss online fuq il-website tal-parroċċa jew il-paġna tal-Facebook: Parroċċa Nadur.

Ġabra speċjali matul il-quddies ta' dan il-weekend sabiex issostni x-xogħol ta' restawr li qed isir fis-saqaf tal-knisja. Inħeġġukom tkunu ġenerużi.

Il-Ħin tal-Quddies

Ħdud u Festi: 5.30am; 6.30am; 8.30am; 9.45am; 11.00am; 5.00pm; 7.00pm

Mit-Tnejn sas-Sibt: 5.30am; 6.30am; 7.30am; 9.00am; 5.00pm; 6.30pm

KNISJA TAL-QALB TA' ĠESÙ: matul il-ġimgħa: 11.00am **il-Ħadd:** 7.00am

KAPPELLA TAS-SORIJIET: matul il-ġimgħa: 7.00am **il-Ħadd:** 6.15am; 10.15am (bl-Ingliż)

KAPPELLA SANTA TEREŻA TA' KALKUTTA: il-Ħadd: 7.30am

"I am He, the one who is speaking to you." (John 4:26)

This sentence, which we will hear in the Gospel this Sunday, is spoken by Jesus to the Samaritan woman, when he stopped to speak with her as she went to draw water from the well at a time when no one else was there. She was avoiding people so that they would not speak about her because of what she had done, but Jesus stops to talk with her and allows her to come to know him. The longer she spoke with him, the more she discovered how well he knew her and how much he could help her find the peace of heart she so deeply desired.

In fact, she goes back into town and tells the people: "Come and see a man who told me everything I have done. Could he be the Messiah?" With this thought that he might be the Messiah, many people went to him and began asking him to stay with them, and he stayed there for two days. Then the passage tells us that many believed because of his word, and they said to the woman: "Now we believe, not because of what you told us, but because we ourselves have heard him, and we know that this truly is the Savior of the world."

I think this is a good motivation for us to leave our homes and come to the Lenten Retreats. In them we will have the chance to pause a little from the rush of everyday life and listen to what the Lord has to say to us through the preacher, who helps us understand his word: that word which gives us new spirit and new life, especially when we feel tired.

When we stop to listen to him, we come to know how true it is that he is our Savior and the Savior of the world. He truly saves us from the many anxieties, worries, and tensions we feel in the face of life's problems. He saves us without our having to struggle and fight with one another in order to find a little peace. He saves us precisely when we trust in him and place ourselves in his hands, while we continue to do the good we wish to do, especially with those close to us.

CHILDREN TAKING PART IN THE GOOD FRIDAY PROCESSION

All children from Year 3 upwards who wish to take part in the Good Friday procession should come to register together with their parents on Tuesday and Wednesday, 10th and 11th March 2026 from 4.30p.m. to 6.30p.m.

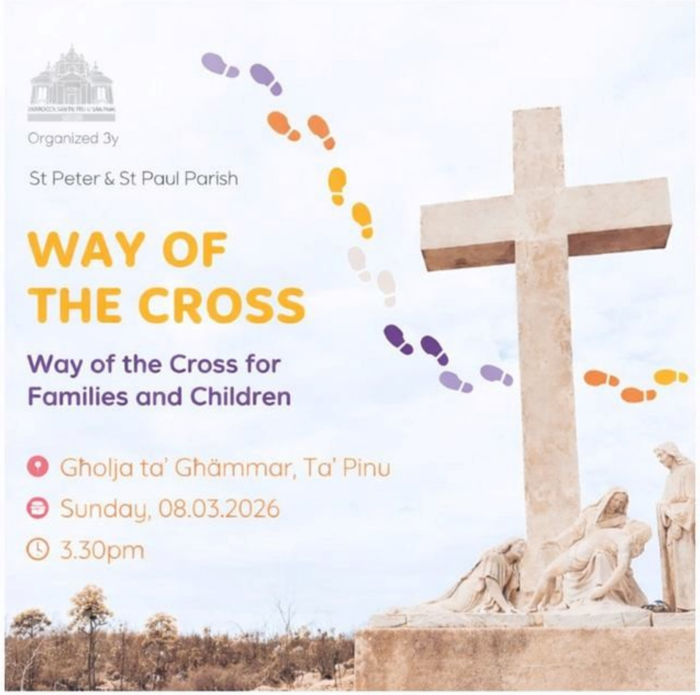
Place: The Good Friday Committee premises, Triq il-Kappillan (under the Parish Centre).

We therefore encourage you to take note of these appointments

From this Lent onwards, the weekly bulletin is also being produced in English, since certain notices may also concern those among us who cannot read Maltese. The English version is available only online on our parish website and on the Facebook page: **Parroċċa Nadur**.

A special collection will be taken during Masses this weekend to support the restoration work being carried out on the church roof. We encourage you to be generous.

Way of the Cross on Għammar Hill for families with children, today Sunday 8th March. We meet at



Mass Times

Sundays & Feasts: 5.30am; 6.30am; 8.30am; 9.45am; 11.00am; 5.00pm; 7.00pm

From Monday to Saturday: 5.30am; 6.30am; 7.30am; 9.00am; 5.00pm; 6.30pm

Sacred Heart Church: from Monday to Saturday: 11.00am **Sunday:** 7.00am

Franciscans Convent Chapel: from Monday to Saturday: 7.00am
Sunday: 6.15am; 10.15am (in English)

Saint Therese of Calcutta Chapel: Sunday: 7.30am