

**Lent 3 Year A March 8th 2026**

**Presenter: Rev Tau'alofa Anga'aelangi**

**Focus Reading: John 4: 5-42**

**Message:** 9 minutes 30 seconds

**"Jesus the Source of Living Water"**

## Discussion Starters

1. Where have you encountered communities that are different from those you are familiar with? How do you bring yourselves into conversation with each other?
2. How do you celebrate woman around the world, while also remembering those who have lost lives simply because of their gender?
3. What does "living water" mean for us in this season of Lent?
4. When we dive beneath the surface of still waters, what might we discover? And how might our conversations and actions reflect those of Jesus and the woman at the well?

## Readings for this day

**Exodus 17:1-7** In the wilderness the Israelites ask Moses for water and he brings it forth from a rock. Moses reveals the people are really anxious about their faith.

**Psalms 95** After first person plural imperatives ("Let's...!") to extol and praise God, the psalm switches to divine warning against testing God.

**Romans 5: 1-11** Paul expounds one aspect of theodicy: suffering -- he seems to mean suffering in discipleship -- can be the means for which hope is produced.

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**All Age Address: Katrina Sharp**

**"Rock, Paper, Scissors"**

**Length:** 4 minute 10 seconds

### Precis of AAM

Using a game many have played with our hands we are surprised what a rock is able to do? When the Israelites were thirsty God told asked Moses how they could get water for them and their animals, surprisingly it was a rock that God led Moses to.

**Uniting in Worship (Blue Book). Psalm 95 – pages 316-317**

### Rev Tau'alofa Anga'aelangi

My current role is as a Tertiary chaplain at Charles Sturt University, Port Macquarie NSW. It is a church planting role and I have been there since 2020. As a Deacon my passion has always been about gathering community in conversation with the scattered. How these 2 communities, connect and create space for struggles, truth telling, and meaningful conversations is how we can be church!