



Cathedral Basilica of Our Lady of Peace

Cathedral of the Honolulu Diocese • Founded 1843 • National Historic Register

Third Sunday of Lent

March 8, 2026

Beloved Disciples of Christ,

Greetings of peace, love, joy, and hope!

“Drinking From the Well That Gives Life”

One thing I missed this year was participating in the Aloha Run. In one of those events on President’s Day, I invited my associate pastor, Fr. Rex, from Our Lady of Good Counsel in Pearl City, to join me. It was his first time. In the days leading up to the event, we prepared by walking and doing short runs to build stamina. The goal was to complete the 8.2-mile route to Aloha Stadium. I shared with him the same instructions I had once received, especially the importance of staying hydrated. In previous years, I had seen people collapse from dehydration, and the organizers knew how essential it was to provide water stations along the route.

Although Fr. Rex ran far ahead of me, I was certain he stopped for water. As for me, I didn’t drink simply because water was available; I drank because I knew I needed it. Without it, I wouldn’t have finished the race. That simple act of taking water renewed my strength and let me reach the finish line with a sense of joy and accomplishment.

We all recognize the importance of water. It cleanses, refreshes, sustains, and gives life. It quenches our thirst and restores our strength. Just as our bodies cannot survive without water, our souls cannot live without the One who is Living Water, Jesus Christ.

The encounter between Jesus and the Samaritan woman at the well beautifully reveals this truth. What began as a simple request for a drink became a moment of grace. Jesus knew her story, her wounds, her sins, and her longings. Yet He gently led her to recognize her own thirst, not just for water, but for truth, healing, and new life. In meeting Jesus, she discovered the One who could quench her heart’s deepest thirst. Once she encountered Him, she could not keep the good news to herself.

We, too, know who Jesus is. We know His teachings, His miracles, His sacrifice, and His love. Yet knowledge alone does not satisfy the soul. We can desire many good things in life, yet often try to quench our thirst with what the world offers, comfort, pleasure, material success, or fleeting distractions. These may satisfy for a moment, but they leave us thirsting again.

Only Jesus can satisfy the thirst beneath every desire, the thirst for meaning, for peace, for forgiveness, for love, for God Himself. When we finally recognize this and allow ourselves to drink deeply of His presence, His Word, and His grace, we find the strength to continue the journey toward the Kingdom. Like water on a long run, Christ sustains, renews, and leads us to the finish line with joy.

May this season awaken in us a deeper longing for Christ, the Living Water. And may our thirst lead us not to the wells of the world but to the heart of Jesus, who alone can satisfy.

Your Friend in Jesus,

Fr. Pascual