



**Cross Catholic
OUTREACH**

Delivering Food, Shelter and Hope to the Poorest of the Poor

Wells of Salvation Activity Guide

Lenten Outreach to Quench Thirst



Women in Malawi collect their water from shallow holes in the ground like this one. This water is contaminated with bacteria and parasites and is unsuitable for drinking.



How You Can Make a Difference This Lent

For many of us, Lent is the most spiritually enriching time of the year, and its beautiful 40-day journey is cherished as a special opportunity to grow closer to the heart of Christ. We remember his suffering and prepare our hearts for the victory of Resurrection Sunday. On its website, the United States Council of Catholic Bishops encourages spiritual reflections like these, declaring: “During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ’s will more faithfully. We recall the waters of baptism in which we were also baptized into Christ’s death, died to sin and evil, and began new life in Christ.”

This Lent, we encourage your family to exercise faith and compassion in a tangible way. By taking part in Cross Catholic Outreach’s **Wells of Salvation** initiative, you can expand your study of scripture and serve communities in desperate need of clean water. Our shared goal will be to install safe wells in the neediest communities in Ghana, Malawi and Zambia.

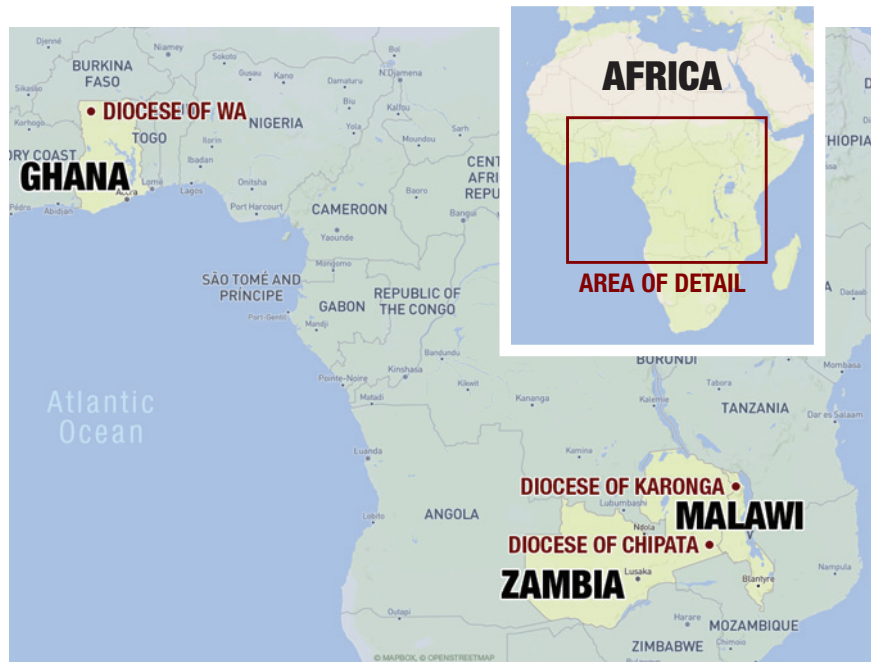
These wells will quench thirst, reduce waterborne illness, empower families and strengthen the Church’s faithful witness. Your family can be part of a mission to install **69 wells and 25 sanitation facilities** that will change lives for the glory of God. Jesus gave everything for us, so it is only fitting that we sacrifice to help our brothers and sisters in need.

Your family can bless other families when you pray, fast and give!



Family Discussion

1. What does Lent mean to you?
2. Have you decided what you will fast from?
3. How does Jesus’ sacrifice on the cross teach us how to sacrifice for others?
4. Do you understand our Lenten mission to drill wells for families in Africa? Do you have any questions?



Prayer for Our Lenten Journey

Lord our God, we lift our hearts to you as we enter this season of prayer, fasting and almsgiving. May we follow your Son’s example in the desert, resisting temptation and being faithful in prayer and fasting. Focus our minds on the value of eternal things. Open our hearts to sacrificial acts of compassion. Strengthen our will. Father, you called us to store our treasures in heaven. We ask that you guide us in that mission of mercy through Christ our Lord. Amen.



How Can You Celebrate Lent?

Pray: Prayer leads our hearts closer to Christ. As you pray through the 40 days of Lent, specifically lift up families in Ghana, Malawi and Zambia who need clean water to drink.

Fast: When we **give up** something, it puts us in a better position to **give to** those in need. As you fast from food, coffee or other delights during this holy season, use any extra time to pray for families without water and donate any dollars saved to bless the poor.

Give Alms: Jesus shared his mercy generously with us, so we make a special effort to share that gift of mercy with those who are suffering. Consider devoting your Lenten almsgiving to fill cups with clean water this year.



Your support will provide hand pump wells like these in Ghana, Malawi and Zambia.

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

MATTHEW 6:19-21



Learn more about the need for clean water and how you can make an impact by scanning the code.



Ash Wednesday & Week 1

Feb. 22-March 4

Third Reading from the First Sunday of Lent: Matthew 4:1-11



A community in Zambia gathers to collect water from shallow holes on the banks of a local river.

Finding water is a daily struggle for many poor families living in rural Ghana, Malawi and Zambia. It's a necessary task, but it eats up so much precious time and energy. Even when a source can be found, the water it produces is often risky to drink. Given these hardships, it is easy to understand why these families find it hard to feel hopeful about a better future.

"The average day for a person without a reliable source of water is not always a pleasant one," said Father John Bosco Edeli from the Diocese of Wa in Ghana, describing how many of the people he serves struggle to find hydration. "Some people may get up early morning, as early as 4 a.m. They will go in search of water and come back; some do come after 8 a.m. in some of the rural communities. In the end, the hours left for them to go to the farm to do their work are always reduced."

Because most of these families rely on collecting dirty ground water, contamination is a serious problem too, but there are no alternatives. Water is necessary for survival.

Today's scripture is the third reading from the first week of Lent, the temptation of Jesus in the desert. As we fast from a favorite food or some other blessing in our life for 40 days, we are commemorating the 40-day time period that Jesus fasted in the desert in preparation for his public ministry.

Jesus' fasting had a purpose. Ours has a purpose too. Over the next 40 days, you will join other Catholics across the U.S. to pray, fast and give to support Catholic ministries that are providing the priceless gift of clean water to families in need.



Learning Corner

Families in rural areas suffer from a lack of clean water more than those living in urban areas. According to the CIA World Factbook, 16.2% of the rural population in Ghana, 9% in Malawi and 43.4% in Zambia are forced to rely on inadequate, often contaminated sources of drinking water. These families typically draw their water from murky streams, ponds or poorly constructed wells. Water from these sources is often tainted with animal waste, parasites, bacteria and chemicals that can cause serious illnesses.



Take Action: Collection Cup

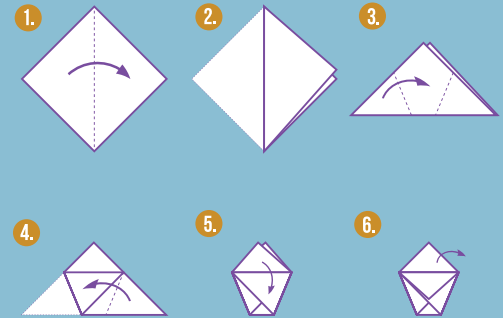
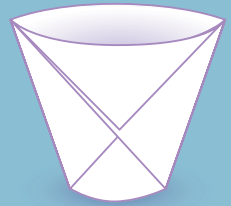
Families in developing countries collect water in jugs or buckets to carry back to their homes. To get into the spirit of the project, make a paper water cup with the origami pattern and instructions below. Use your cup to collect money that you plan on giving to help provide clean water.

Directions:

1. Take a large, square piece of paper and turn it so that it looks like a diamond.
2. Fold the diamond in half to form a triangle.
3. With the long edge down, fold the left corner diagonally across the center so that the tip meets the right edge of the triangle.
4. Repeat step 3 for the right corner, folding it diagonally across the center so that the tip meets the left edge of the triangle. It should overlap the side you folded in step 3.
5. Fold the front-top corner down toward you.
6. Fold the rear-top corner backward away from you. Use your fingers to widen the opening at the top and complete your cup. Decorate the outside to represent *Wells of Salvation*.

Alternatively, you can use any wide-mouthed cup or water bottle to stay focused on the project's central purpose: to provide water for those who have none!

How to make a PAPER CUP in 6 easy steps



Family Discussion

1. What does the blessing of clean water mean to you?
2. How does it make you feel that many families in Ghana, Malawi and Zambia don't have clean water to drink?
3. How can we pray for people who are serving the poor, like Fr. John Bosco?



Prayer To Begin This Lenten Journey

God our Father, come to the rescue of families who live without clean water. May your Holy Spirit give them refreshment and empower us as a Catholic family to do what we can to meet this pressing needs. Be with your servant, Fr. John Bosco, as he serves your people in Ghana and works to bring clean water and the Gospel to families struggling to survive. You are their hope and salvation! In your holy name we pray, amen.



Week 2

March 5-11

First Reading From the Second Sunday of Lent: **Genesis 12:1-4a**

Donaliya Zulu knows the struggle to find clean water all too well. The mother of four lives in the Zambian community of Chassa Parish where the people collect water from the Manyanya River. Women like Donaliya often dig shallow holes on the banks of the river, collecting the groundwater at the bottom of the hole. Animals also drink from this water source, contaminating it with bacteria.

“I draw water from this river and I use it for my household,” said Donaliya. “I do not boil drinking water. My family and I just drink it like that.”

She says that she knows that this water is unsafe, but it’s her only option.

“Sometimes we come at 1 a.m. and we have to wait for the water to come up,” she said, explaining that there is often conflict over who can get to the water first since the supply is limited.

In our first reading from the second Sunday of Lent from Genesis 12:1-4a, God tells Abraham that he will bless all the nations of the earth through his family. Ultimately, that promise is fulfilled through the nation of Israel and Jesus, both his descendants. Through Jesus, we have been welcomed into God’s family. In recognition of this great gift, our families are called to bless other families — families like Donaliya’s. Providing them with the gift of clean water satisfies one of their most urgent needs and brings glory to God!



Donaliya and other women in her community gather to collect water and wash their clothing.



Learning Corner

In addition to its impact on health, a scarcity of water influences many other aspects of everyday life. For women and girls like Donaliya, fetching water — even polluted water — takes hours of their day. In rural Sub-Saharan Africa and other developing countries, girls often wake up before their families to go collect water from the nearest source. Girls will miss large parts of the school day and their leisure time to go fetch water, which leaves them little time to study or play. Even when they successfully bring water back home, it's often polluted with heavy metals like mercury and lead or contains bacteria that make them sick — little reward for a hard day's work.



Take Action: Family Fasting

You probably chose one personal item to fast from during Lent, but is there something your entire family can fast from in order to help the Church deliver clean water to poor families? Maybe you agree to refrain from buying your family's favorite snack at the grocery store or order water rather than soda and other expensive drinks the next time you all go to a restaurant. Put the money you save in your collection cup!



Family Discussion

1. How much time does it take you to get the water you need every day? How does the fact that it takes Donaliya's family hours to collect daily water make you feel?
2. What do you think about the idea that God can bless other families through your family?
3. How can you pray for Donaliya's family and her community today?



Women and girls walk miles to collect water for their families.



Prayer for Fasting

Look with favor, Lord, on your household. Grant that, though our flesh be humbled by abstinence from food, our souls, hungering after you, may be resplendent in your sight.

~ Pope Pius V



Week 3

March 12-18

Third Reading From the Third Sunday of Lent: **John 4:5-45**



Your support of this Lenten Outreach will deliver clean water through hand pump wells like this one.

In the third reading from the third Sunday of Lent, Jesus talks to the Samaritan woman at a well and asks her to draw water for him. In doing that, Jesus knew the woman actually needed much more than physical water; she needed living water to satisfy her thirsty soul. He told her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life” (John 4:13-14).

Cross Catholic Outreach’s ministry partners in Ghana, Malawi and Zambia also believe providing clean water to families is only part of their mission to bless lives. For a true life transformation to take place, families must be given the opportunity to drink the living water of Christ.

Some of the spiritual blessings this outreach provides come from a very practical benefit of the water project — the time it saves families. When a reliable source of water is close at hand, families no longer spend hours collecting water and can use that extra time for meaningful activities such as Mass and family prayer. With improved access to water, many communities also see a significant increase in parish participation. The gift of water restores time and hope, reminding families that God loves them and hears their prayers!

“To be a Christian is to participate in the ministry of Christ — to die with Him, suffer with Him, so we will rise with Him. Christianity is always about receiving from the Lord and giving to the Lord and his Church and also [to our] brothers and sisters.”

BISHOP MARTIN MTUMBUKA, DIOCESE OF CHIPATA IN MALAWI



Learning Corner

What is the global water crisis? It is the state of emergency that exists when families must struggle to survive because they do not have easy access to an essential of life — clean, safe water. The World Health Organization reports that about 2.2 billion people are living without clean, protected, readily available water at home. Of those, about 785 million do not even have basic water services (meaning they cannot collect safe water within 30 minutes or less), and another 144 million are drinking untreated surface water.



Take Action: Daily Reminder

As a reminder of the water crisis people around the world are facing, fill up a clear bottle with water. Add in some dirt, grass clippings, rocks, and even small pieces of trash. Shake or stir the debris in the water. Place this murky mixture in a spot where you can see it every day. During the rest of your Lenten journey, take a daily look at the dirty water, say a prayer for people who don't have clean water to drink and put a coin in your collection cup.



Family Discussion

1. What do you think about what Jesus said to the Samaritan women in John 4? Why is it important to meet physical and spiritual needs?
2. In the United States, most of us are blessed with plenty of clean water to drink. But what does it mean to be spiritually thirsty? How can you satisfy your spiritual thirst?



Prayer for Spiritual Refreshment

Dear God, we are grateful that you are the Living Water. I pray you would not only quench the thirst of our bodies but also satisfy the thirst of our souls. May we draw close to you and drink from the Well of Salvation, Jesus Christ, who gave himself up for us on the cross. Fill our hearts with your spirit so we can refresh the souls of others. In Christ's name we pray, amen.



Week 4

March 19-25

First Reading From the Fourth Sunday of Lent: **1 Samuel 16:1b, 6-7, 10-13b**



Your commitment to pray, fast and give over Lent will help children like Ethel in Ghana.

Ethel Gorden is a little girl with big dreams and a beautiful heart. She lives in Sabuli, Ghana, and the poverty there often makes life very hard.

Though Ethel is only in kindergarten, she talks of someday becoming a nurse so that she can care for others. She also loves to pray — and now, one of her most fervent prayers has been answered. ***Thanks to families like yours praying, fasting and giving during last year's Lenten observance, this little girl and other children like her have access to clean water and a safe bathroom at school!***

Ethel used to wake up anxious, fretting over the day ahead. As soon as her eyes opened each morning, she would hurry to help her family collect a little water at a distant well before class. Knowing she would find no water at school, she would also fill a small bottle for herself, taking only small sips to quench her nagging thirst throughout the day.

The school's lack of bathroom facilities was another source of anxiety for Ethel. She said she felt "tortured" having to go into the bush, where she would have little privacy and risk encountering snakes. She dreaded the experience so much that she would either sit in class uncomfortably or sometimes miss school altogether. Her grades suffered as a result.

But today, Ethel says, "I am one of the happiest girls in school. I am so thankful to God!" She and the other students at her school see the clean water

and safe latrine they now enjoy as indescribable blessings. They are deeply grateful they will no longer have to endure discomfort, embarrassment, extreme thirst and repeated bouts of waterborne disease.

Your family's participation in this Lenten outreach will have a big impact on children like Ethel. This week's reading is from 1 Samuel 16. In that passage, the prophet Nathan is on his way to anoint the next king of Israel from one of Jesse's sons. God tells him, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the LORD does not see as mortals see; they look on the outward appearance, but the LORD looks on the heart" (1 Samuel 16:7b). God ultimately chose David, the youngest of Jesse's sons, and Nathan anointed him as the next king of Israel. Why? His brothers were stronger and better looking, and had more life experience. But God saw David's heart, and what he found there pleased the Lord.

God sees your heart too. He knows your desire to help children like Ethel and honor him. When you give with an open heart, no matter the size of the gift, the Lord is pleased!



Learning Corner

The hand-pump wells our partners drill to provide safe water are simple but effective. Each well averages a depth of 300 feet to get to the cleanest water possible. This illustration demonstrates what each well looks like on the inside.



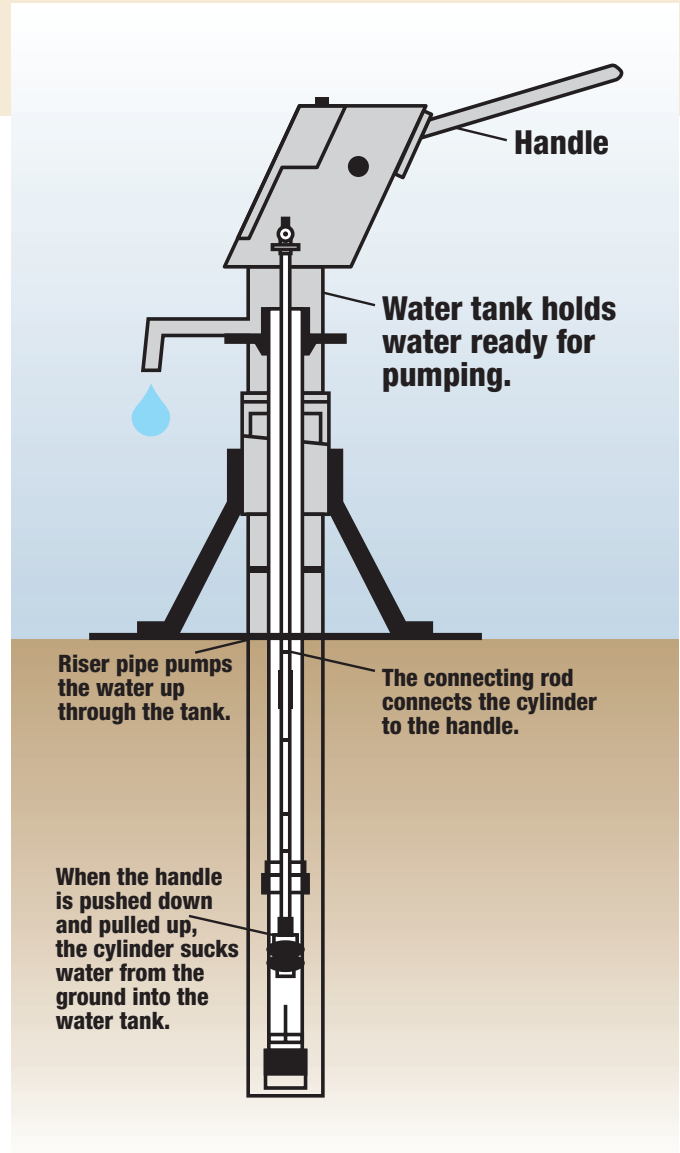
Take Action: Make Your Own Water Pump

Would you like to make your own water pump? Scan the code to get the instructions for this week's activity.



Family Discussion

1. What surprised you most about Ethel's story?
2. Have you ever thought that your bathroom is a blessing? How did it make you feel that Ethel and the other children at her school didn't have access to one?
3. God doesn't look at our outward appearance. He looks at our hearts. How does that make you feel? How does it change the way you live?



Prayer for Those Who Go Without Clean Water

Lord, be with families who must spend hours a day searching for water. Answer their cries for relief by quenching their physical and spiritual thirst.

I want to be an instrument of your mercy in making their lives better. May I never take the blessing of clean water for granted, and may I always be willing to share what I have with others. Open my heart to people who are spiritually thirsty too, and give me the courage to invite all to "come and drink" from the well of salvation offered through your Son, Jesus Christ.

In the name of the Father, the Son and the Holy Spirit, amen.



Week 5

March 26-April 1

Third Reading From the Fifth Sunday of Lent: **John 11:1-45**



Maureen Mumba from Zambia used to collect water from shallow holes in the ground like these.

In this week's reading, Jesus's friend Lazarus dies, but Jesus raises him from the dead. Before this miracle, Jesus comforts Lazarus' grieving sisters by saying, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die" (John 11:25-26).

Jesus wants us to know he makes all things new. He takes spiritually dead people and brings them back to life. Providing families with clean water is providing a new life to them too. That's because water brings life to their body, and Jesus brings life to their soul. Providing clean water to families is an example of what Christ does for us all.

Water brought life to Maureen Mumba, a mother of five children in Zambia. Before a community well was drilled with the help of generous American Catholics like you, Maureen had to rely on collecting contaminated water and she and her children suffered as a result.

"We would wait for the water to come up from the ground. We are a big village and so sometimes we would go in the night to draw water," she said. "My other challenge was that we wasted a lot of time waiting for water. Time that we could have [spent] either been sleeping or working on other household chores if it's during the day."

This water gave children in the village diarrhea and other waterborne illnesses.

Now that her village has access to clean water, Maureen says that the cases of diarrhea have been greatly reduced, families are able to clean their clothes and everyone has more time to pursue spiritual endeavors. Maureen has joined the choir at church and has time to attend Mass regularly.

Clean water changes lives for the better; Jesus changes lives for eternity. When we give clean water, we bring glory to God as we share with his people.



Learning Corner

While installing clean wells in needy communities is certainly a step in the right direction, communities need more. Church leaders know this too, and they have an educational plan to help keep wells functional and contaminant-free for years to come. Boreholes require periodic maintenance; therefore, people must be equipped to maintain them. Workshops are held to provide basic knowledge regarding sanitation and hygiene, equipping villagers with simple tools that make an invaluable difference.

In Africa, the water relief projects we support are accompanied by water, sanitation and hygiene (WASH) training sessions — as well as other innovative workshops. These educational sessions give communities the knowledge they need to protect their health and maximize the benefits of their new water systems. This also helps the people take ownership of the wells in their community.



Take Action: Search the Scriptures

Many poor families spend hours hunting for faraway water sources. This week, hunt through the Scriptures to find any verse that mentions the words “water” or “thirst.” Place a coin in the collection cup for every water-related passage of Scripture you find.



Next week is Palm Sunday! Scan the code to download instructions to make your own Palm Sunday craft.



In Malawi, Lucky Msiska is thankful for clean water and the WASH training sessions she's participated in. This blessing has helped her keep her five children healthy and clean. "Now my children can bathe frequently, and they look neat," she said.



Family Discussion

1. Why do people say that water is life?
2. Why is it important to empower communities to care for the wells themselves?
Do you care for things better when you have responsibility for them?



St. Ignatius Prayer for Generosity

Dear Lord, teach me to be generous; teach me to serve you as you deserve, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward, save that of knowing that I do your will. Amen.



Holy Week

April 2-8

Third Reading From the Sixth Sunday of Lent, Palm Sunday: **Philippians 2:6-11**



Stellia Banda from Zambia is thankful for fellow Catholics who provided this blessing.

The life of Jesus provides us with the greatest example of humility. This week's reading is from Philippians 2:6-11, a passage called the Christ Hymn by many theologians. Verses 5-8 say, *"Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross."*

Jesus, the Son of God, made himself a servant to all of humanity, stepping down from his heavenly throne to become a baby. We should be awed by the fact that he lived in humble conditions and gave up his life to save sinners in need of redemption. ***He didn't consider himself too good for servanthood because he loved us.***

This Holy Week, we should adopt the same mindset and try to model the humility of Jesus. The story of Stellia Banda is a good example of what loving with humility can achieve. Because humble, compassionate Catholics felt called to improve Stellia's life during last year's Lenten outreach, a Catholic mission in Zambia was able to bless her community with a safe water well. Stellia said, "I no longer walk long distances to look for water because the borehole is in our village. We are accessing clean water,

free from waterborne diseases because the water source is so clean!"

You have spent your Lenten journey focusing on Jesus and his people, and that demonstrates humility too. When you bless others with clean water, you are following Jesus' example of putting others' needs before your own!



Learning Corner: Summarizing the Impact of Clean Water

- Clean water reduces risk of various illnesses, since it is bacteria and parasite free.
- It leads to improved hygiene in families and communities, resulting in better health.
- For the first time, families have plenty of water for bathing and cooking.
- Improved hydration leads to better health and improved focus in both children and adults.
- Women and children don't have to spend hours collecting water, freeing up time for education and economic empowerment.
- Plentiful water brings peace between families and communities since conflict is often caused by lack of water.
- Wells bring sustainability during dry seasons, giving families a sense of security no matter the weather.
- Refreshing clean water is a daily reminder of the life and light of the Gospel!

Family Discussion

1. How can you focus on loving others like Jesus did?
2. Have you ever considered that Jesus came to earth to serve? How does it change the way you live?
3. How can you serve families in Africa waiting for water? How can you serve your family?



Take Action: Holy Week Word Search

Find the words on the right hidden in the puzzle. Words are hidden down, across and diagonally.

G	J	W	A	R	X	F	Z	N	L	O	W	P	N	S	K	V	U
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O	E	H	F	C	M	S	O	S	N	U	R	I	A	R	H	A	T
D	I	D	A	F	A	S	U	L	T	Z	A	V	L	Q	D	M	W
F	Q	Q	U	N	A	T	G	R	Y	C	Y	E	A	O	F	B	V
R	B	M	H	C	A	M	H	I	R	W	R	R	W	E	T	I	J
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A	D	T	P	R	T	A	I	X	Y	I	N	T	K	S	Q	U	Z
Y	X	E	R	C	S	O	M	O	I	D	C	G	I	K	J	B	C
Z	J	R	P	H	W	E	L	L	N	Q	G	Y	L	O	A	F	R
J	Y	I	C	G	P	S	F	C	F	B	Q	K	L	O	N	C	G

Ghana
Malawi
Zambia
Water
Church
Lent
Well
Education
Fast
Pray
Almsgiving
River
Catholic
Family
Good Friday
Resurrection
Cross
Holy Week



Family Lenten Reflection

Take some time to reflect on your Lenten journey as a family.

1. What did you learn over the last 40 days?
2. What surprised you the most?
3. How can you continue to help others after Lent is over?



Blessing of a well in the Diocese of Wa in Ghana by the late Cardinal Richard Kuuia Baawobr.



Easter Prayer of Saint Hippolytus

Christ is Risen: The world below lies desolate.

Christ is Risen: The spirits of evil are fallen.

Christ is Risen: The angels of God are rejoicing.

Christ is Risen: The tombs of the dead are empty Christ is Risen indeed from the dead, the first of the sleepers, Glory and power are his forever and ever. ~ St. Hippolytus of Rome

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Cross Catholic OUTREACH

Delivering Food, Shelter and Hope to the Poorest of the Poor

Our Mission

We mobilize the global Catholic Church to transform the poor and their communities materially and spiritually for the glory of Jesus Christ.

How We Serve

Rather than create new institutions to distribute aid, we support existing ministries and churches already serving in developing countries. In addition to this being the most cost-effective way of helping our brothers and sisters in need, empowering these existing ministries also allows us to support the Church's spiritual mission and leadership role in poor communities.

Good Stewardship

We consider every gift we receive as a precious resource from God. We direct every donation to its intended project, provide honest and accurate reports to our donors, and keep overhead costs to an industry low. We handle funds with utmost integrity and hold our ministry partners in the field to the same high standards by asking them to document costs and the impact of their outreach.



Our Promise to You!

Donations from this campaign will be used to cover any expenditures for this project incurred through June 30, 2023, the close of our ministry's fiscal year. In the event that more funds are raised than needed to fully fund the project, the excess funds, if any, will be used to meet the most urgent needs of the ministry.

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