

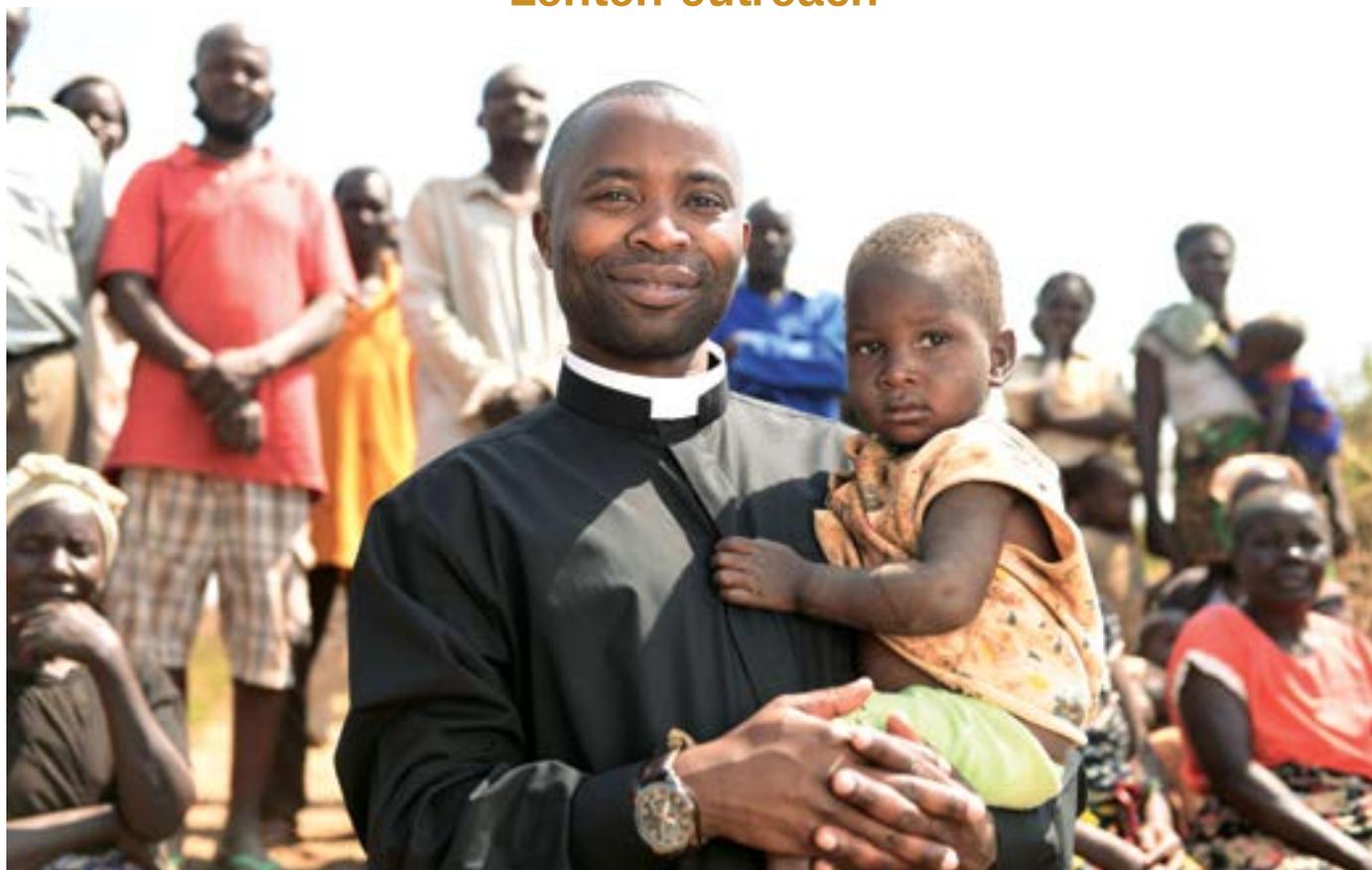


**Cross Catholic**  
**OUTREACH**

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

# Wells of Salvation Activity Guide

Quench thirst and build a brighter future through this year's  
Lenten outreach



*Your support will help Catholic leaders meet the needs of the poor in their communities. In the Diocese of Chipata, Zambia, local priests such as Father Andrew Pumula are counting on you to bless families with clean, safe water.*

## Getting Started

This activity guide coincides with the U.S. Council of Catholic Bishops' Liturgical Calendar. Its goal is to help families experience the joys of Catholic Social Teaching and the Corporal Works of Mercy by engaging in meaningful opportunities to recognize Christ in the poor. The "Read and Reflect" sections are based on Sunday Mass readings throughout the 40 days of Lent that culminate in the celebration of Easter.

Some of the activities, such as the "Verse to Memorize" and the "Fact and Prayer" can be done as a family. Throughout the week, families, parishes, schools and groups can work together to complete our suggested Fundraising Activities or conduct fundraising projects of their own.

Feel free to be creative in your use of this guide, incorporating your own ideas to enrich your experience. Please tag [@CrossCatholic](#) on Facebook, Instagram or Twitter and use [#wellssofsalvation](#) to tell us about your Lenten observance!

**You may also visit [CrossCatholic.org/Lent](http://CrossCatholic.org/Lent) to make additional donations on behalf of your family.**

*Source for Facts: CIA World Factbook*



# WEEK 1

Scripture Reading: **Luke 4:1-13**

## Jesus fasted and prayed for 40 days.

Our Catechism says, “By the solemn forty days of Lent, the Church unites herself each year to the mystery of Jesus in the desert” (CCC, 540). In light of that point, it is fitting that the Gospel reading for this first Sunday of Lent focuses on Christ’s 40-day fast in the wilderness. Jesus was hungry, thirsty, tempted and tried — but he overcame these trials in victory! During the 40 days of Lent, we can unite ourselves with Jesus by fasting and praying along with him.

### Verse to Memorize

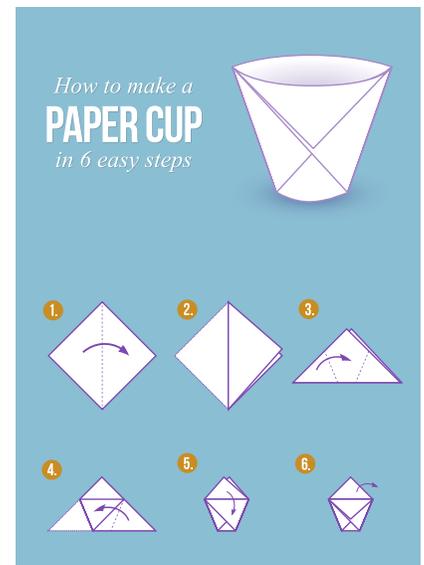
Jesus answered him, “It is written, ‘One does not live by bread alone.’” – **Luke 4:4**

### Fundraising Activity: “Collection Cup”

Since much of the campaign will involve fundraising, have the children make a paper water cup using the origami pattern and instructions shown here. They will use their cups to store any money they collect at home during the week.

#### 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!



Women like Esther Yelapaala (right) and her neighbors often collect water from muddy waterways like this one.

### Fact

Almost 20% of the people living in rural areas of Ghana do not have any clean water sources.

### Prayer

*Lord Jesus, we remember your fast in the wilderness, and we thank you for the ultimate sacrifice you made for us on the cross. During Lent, please give us the strength and wisdom we need to follow your examples in prayer and fasting. Let our small sacrifices bring you glory, and may they bless our brothers and sisters in need. Amen.*



## WEEK 2

Scripture Reading: **Philippians 3:17-4:1**

### We worship Christ alone and set our minds on heaven!

St. Paul says that enemies of the cross worship the flesh, and “their god is the belly.” When we choose to follow Christ, his Holy Spirit teaches us to leave worldly things behind and worship him alone. When we make small sacrifices during Lent, we choose to put Jesus first and prioritize him above other things we might enjoy. He will help us stand firm for his glory!

#### Verse to Memorize

But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. – **Philippians 3:20**

#### Fundraising Activity: “Every Drop Counts”

Place your collection cup near the bathroom sink, kitchen sink or water dispenser at home. Encourage each family member to place a few coins in the collection cup every time they get a drink, wash their hands or wash the dishes.



People such as Agnes Mwanja fight a constant battle to obtain necessities, such as water to drink.

#### Fact

Landlocked Malawi is among the least developed nations in the world, and more than half of the population lives below the poverty line.

#### Prayer

*Dear Lord, you make it possible for us to overcome the temptations in this world. Though we still struggle at times, we thank you for the guidance your Holy Spirit continues to provide. We worship you alone and desire your glory above all else. May you be exalted as we fast, pray and serve the poor in your name. Amen.*



## WEEK 3

Scripture Reading: **Exodus 3:1-8a**

### God shows mercy to those who are suffering.

God had compassion for the Israelites in Egypt because they were suffering in slavery. To free them, he sent Moses as his instrument of mercy. In the same way, God sent Jesus, our Savior, to free us from slavery to sin. Our Heavenly Father has shown us great love, so we should share that love with others who suffer.

#### Verse to Memorize

Then the Lord said, “I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings.” – **Exodus 3:7**



#### Fundraising Activity: “Growing in Grace”

Place soil in several recyclable seed planters or similar containers. Plant a few bean seeds, marigold seeds or other fast-growing seeds in each one. Explain that most of the families we are helping in Ghana, Malawi and Zambia rely on farming for survival. Help the children water the plants, emphasizing the importance of water for growing food. Consider hosting a plant sale with these or other plants, donating the proceeds to *Wells of Salvation*.



Susan Mwanza's family often contracts illnesses such as bilharzia from drinking contaminated water.

#### Fact

Nearly half of Zambia's rural population does not have clean, safe water.

#### Prayer

*Heavenly Father, thank you for setting us free from sin. We praise you for the mercy and compassion you show to all who suffer. Please help us to notice the needs of others, seeing them through your eyes and extending them your love. Give us wisdom and creativity as we show your mercy to those in need. Amen.*



## WEEK 4

Scripture Reading: **2 Corinthians 5:17-21**

### Christ has made us new!

The blood of Jesus makes it possible for us to leave our old, sinful ways behind and to receive eternal life through a restored relationship with God. As we follow Jesus, we must also carry his message of mercy inside our hearts and share it with other people in need.

#### Verse to Memorize

So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! – **2 Corinthians 5:17**

#### Fundraising Activity: “The Hunt for Water”

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 Scripture you find.



#### Fact

More than half of the people in rural areas of Ghana do not have a sanitary toilet.

#### Prayer

*Dear Jesus, you make all things new! Thank you for washing us clean from sin and for trusting us to carry your message of salvation to the world around us. Help us to engage in meaningful works of mercy that will share your love with those in deepest need. Please end the pain of the poor and refresh them with new joy! Amen.*

*Leticia Faawono, 17, shared that her school (pictured in the background) has no safe place for students to use the restroom.*



## WEEK 5

Scripture Reading: **Isaiah 43:16-21**

### All things are possible with God!

To help the Israelites escape Egypt, God split the Red Sea and created a dry path for his people to walk on to the other side. Has God ever answered a prayer that you thought was impossible? Our Lord can make a way where there seems to be no way!



#### Verse to Memorize

For I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself so that they might declare my praise. – **Isaiah 43:20b-21**

#### Fundraising Activity: “Washing for Water”

Consider hosting a car wash, dog wash or other water-related service activity. Donate any proceeds to provide clean water and sanitation for communities in need.

#### Fact

Zambia has the 11th-fastest-growing population in the world.

#### Prayer

*Powerful and Mighty Lord, you do the impossible! Thank you for your faithfulness to us and for every prayer you have answered in our lives. We know many families currently pray for clean water, better sanitation and other urgent needs. While they feel they are facing an impossible situation, we know you can provide a miracle! Please work through us to answer their prayers. Amen.*



Susan normally wakes up between 3 a.m. and 4 a.m. to find water for her grandchildren to drink.



## WEEK 6

Scripture Reading: **Luke 19:28-40**

### Jesus is worthy of praise!

As Christ entered Jerusalem, the people celebrated him as their king. Jesus told the Pharisees that if the people had been silent, the rocks would cry out with worship instead! This week, consider gathering stones and decorating them with the words of this week's memory verse. As you make your way through Holy Week, these stones will provide a constant reminder that Jesus is worthy of praise!

#### Verse to Memorize

Blessed is the king who comes in the name of the Lord! Peace in heaven, and glory in the highest heaven! – **Luke 19:38**

#### Fundraising Activity: “Walk for Water”

Map out a course similar to the distance that a family in Ghana, Malawi or Zambia might have to walk to collect water (we recommend between 2 and 12 miles). Charge an entrance fee for participants to Walk for Water, donating proceeds to *Wells of Salvation*. Provide a bonus for anyone who completes the walk while carrying a full bucket of water.



Girls like Asana Awudu are working hard to earn an education, but without safe water or a safe school building, they face many challenges.

#### Fact

In Ghana, more than 25% of females over age 15 have not learned to read or write.

#### Prayer

*Christ Our King, thank you for coming into the world and dying for us on the cross. Thank you for the Resurrection and for the hope of everlasting life. You told us in Matthew 25:40, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” This Holy Week and throughout our lives, teach us to honor you as our King by serving your beloved poor around the world. Amen.*

## Discussions for Families

1. How many gallons of water do you think it takes to fill a bathtub? (*Answer: 30-42 gallons.*) How many gallons of water do you think a five-minute shower uses? (*Answer: About 12.5 gallons.*) Help young children visualize these amounts by showing them a gallon jug.
2. What are some things that we use water for every day? What is something that would be much harder to do without water? (*Sample Answer: Washing hands to stay healthy and clean.*)
3. Look at a map and determine the distance to the children's school, your local parish or other recognizable locations. Draw comparisons between these distances and the distance that some families must walk to collect water. (*In the communities we serve, it is often between 2 and 12 miles.*)

## Additional Fundraising Ideas

- Have a family cleaning day — paying special attention to any chores that require water — and use any “allowance” to provide water for families in need.
- Host a craft sale, book sale or similar event at your parish or school, keeping in mind the pillars of Lent. Help children string rosaries, make cross bracelets, or collect meatless, Lent-friendly recipes to create a cookbook.
- Ask children to list the Corporal Works of Mercy. Place \$1 in their collection cup for each work of mercy they can identify. You can also place \$1 in the box each week they successfully recite the memory verse.
- Count your blessings! Give each family member a handful of coins. Go around in a circle and name things that you are thankful for, placing a coin in the collection cup each time you name something new.



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### Our Mission

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

### 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. These detailed accountability measures have earned us ongoing accreditation by the following organizations:



The Chronicle of Philanthropy  
*The nonprofit world's No. 1 news source*

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