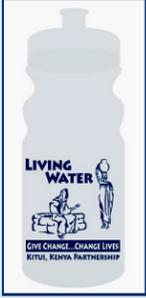


LIVING WATER

20 Days to Give Change to Change Lives

Help support the lives of Kenyan children through Living Water to provide healthy water for healthcare and hygiene - truly water for life.

Spring 2020

<p>Day 1</p> 	<p>Day 2</p> <p>*You will "accompany" and "walk with" Kenyans in "solidarity" What does it mean to "walk with" in solidarity?</p>	<p>Day 3</p> <p>In 2004, Catholics in Kitui, Kenya, and in the Archdiocese of St. Paul & Minneapolis began to grow together in faith, love and sharing resources.</p>	<p>Day 4</p> <p>*The Diocese of Kitui, Kenya often suffers floods or long periods of severe drought.</p>	<p>Day 5</p> <p>The water that is available in the soil has high salt content and is dirty making it very difficult to use for bathing, cooking and drinking.</p>	<p>Day 6</p> <p>*After walking up to 6 miles, people in Kitui have to dig for water.</p> 	<p>Day 7</p> <p>A lack of clean water even affects the ability of hospitals to serve patients.</p> 
<p>Day 7</p> <p>"Access to safe, drinkable water is a basic and universal human right." (Pope Francis, <i>Laudato Si</i>, #30).</p>	<p>Day 8</p> <p>Families must use water purification tablets to make the water safe to use. But they make the water taste bad.</p> 	<p>Day 9</p> <p>A lack of clean water affects good hygiene. Why do you think that is?</p> 	<p>Day 10</p> <p>*With improper waste habits, available water has been contaminated causing an increase of water-borne illnesses.</p>	<p>Day 11</p> <p>Dirty water has caused children to suffer malnutrition and disease.</p> 	<p>Day 12</p> <p>*The Diocese of Kitui educates youth on better healthcare and hygiene.</p> 	<p>Day 13</p> <p>Families in villages are taught better hygiene and sanitation at home.</p> 
<p>Day 14</p> <p>*In addition to education, the Diocese has decided to collect precious, cleaner rainwater in tanks or earthen dams.</p>	<p>Day 15</p> <p>*Living Water donations have been used to purchase water tanks.</p> 	<p>Day 16</p> <p>*Large wells to collect rain water have been dug using Living Water funds.</p> 	<p>Day 17</p> <p>Money raised from Living Water will help educate communities on hygiene and sanitation, in schools and home promoting handwashing and water purification tablets.</p>	<p>Day 18</p> <p>*Just as Jesus at the well, you have celebrated Easter by providing Living Water to children.</p> 	<p>Day 19</p> <p>Remember to put the coins you are saving into the Living Water bottle and return it to your parish or school!</p>	<p>Day 20</p> <p>THANK YOU for helping many children in Kitui have access to clean water.</p> 

Give Change...Change Lives



The Living Water program is celebrated as a 20-day experience to connect us in a special way to children in Kitui, Kenya. By learning about how children in Kitui struggle to meet their basic needs, physically and spiritually, we can support them through prayer and by raising money so that they can experience their right to a life of dignity through living waters. This year, the program emphasizes the importance of clean water as it affects family and community healthcare and hygiene.

Here's what to do:

- Read the calendar each day and think about the day's message
- Pray that the basic needs of the children of Kitui will be met
- Donate money by dropping coins in the Living Water bottle
- Bring your bottle filled with coins for Living Water at the end of the program

ASANTE SANA! ("Thank you" in Swahili)

*FROM ABOVE: 2) Walking "with" someone suggests that both are equal and share, listen and learn from each other, rather than one feeling better than (walking in front) or less than the other (walking behind). 4) The area of Kitui, in Kenya, has suffered from lack of water for over 12 years. This has had a severe effect on healthcare, food accessibility and water needs. 6) Sometimes, people have to dig 6-10 feet to find water, after walking 6 miles. 10) In some areas of Kitui, people do not have proper plumbing so go to the bathroom outside. This contaminates water and is a perfect environment for bacteria to grow. This also causes illness. 12) Trained nurses and teachers, coordinated by the Diocese of Kitui, teach children and adults proper hygiene in a drought situation. 14) Collecting pure rain is one way to improve water quality. 15) Water tanks at schools collect rare rains. They can hold up to 2,500 gallons. Living Water program has helped to provide 67 tanks! And more are needed. 16) Six earthen dams have also been dug holding precious rain water for villages. 18) Living Water, as Jesus offered the Samaritan woman at the well, refers to both spiritual and physical well-being...as clean, healthy water is needed for people to flourish.

Thank you for implementing the 20-Day Living Water program this spring. You are helping children and their families grow in their physical and spiritual needs. This is an echo of the Lenten story of Jesus offering "spiritual water" to the Samaritan woman at the well, an offer of physical and spiritual nourishment. In Kitui, water is the primary source for crops, livestock, hygiene and baptisms. As our friend, Peter Kimeu, who helped us develop our partnership in Kitui said,

"What it comes down to...is that water is life."

In the past years, we have focused on education and gifts of support to help provide water for the families in Kitui, Kenya. Recently, the people of Kitui let us know that it is important to evolve this awareness that "water is life" to reflect a broader perspective and this year, we will emphasize the importance of water as it reflects hygiene and health.

The calendar on the other side will guide children, families and classes through a post-Easter program of learning and sharing.

If you have question, contact Janine Ricker at rickerj@archspm.org.

ASANTE SANA (Thank you in Swahili)



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