


LIVING WATER

Water is a gift from God

Help support the lives of Kenyan children through the Living Water Program: giving change helps provide clean water and food security. Your donations are vitally important as drought conditions continue to worsen in Kitui making clean water and food more scarce. Share the precious gift of access to clean water with your Kenyan brothers and sisters in Christ.

Lent 2025

<p>Dear Parents and Educators,</p> <p>Thank you for participating in the Living Water program. We encourage you to reflect on the calendar's entries during prayer time to learn more about the lives of our brothers and sisters in Kitui. Shaded boxes have additional information on the back page. Look for the corresponding color in the Supplemental Information section to learn more!</p> <p>Thank you for your support!</p>		<p>Read John 4:1-42 to prepare for the Lenten Living Water Program.</p> <p>What does Jesus mean by "living water?" (John :10)</p>	<p>3/5</p> <p>ASH WEDNESDAY</p> <p>Pray this prayer for those in Kitui to have abundant food and water.</p> 	<p>3/6</p> <p>The diocese of Kitui, Kenya and the Archdiocese of Saint Paul and Minneapolis formed a partnership of faith in 2004.</p> 	<p>3/7</p> <p>Through the Living Water program, you will learn how to "accompany" and "walk with" Kenyans in solidarity. What does it mean to "walk with in solidarity?" You will also see how your donations help provide food for those in Kitui.</p>	<p>3/8</p> <p>When there is a drought and clean water is scarce, crops do not get enough water and livestock do not get enough to eat and drink, creating poor food security.</p> 
<p>3/9</p> <p>What is Food Security?</p> <p>Food Security is when people are able to buy enough nutritious food to meet their dietary needs for an active, healthy and dignified life.</p>	<p>3/10</p> <p>People walk miles daily, digging up to 12 feet in dry riverbeds for water to drink, cook, bathe, clean, and farm.</p> 	<p>3/11</p>  <p>When people spend hours each day searching for water, they have less time to spend on their farms, jobs, and school.</p>	<p>3/12</p> <p>How does Living Water help?</p> <ul style="list-style-type: none"> - Provides drought resistant seeds for farming - Better water storage for farming and livestock - Helps farmers learn drought-resistant farming methods. - Provides livestock 	<p>3/13</p> <p>About 18 million people—or 1/3 of Kenya's total population—live below the poverty line.</p> 	<p>3/14</p> <p>It is estimated that about 30% of children in Kenya's rural areas—like Kitui—do not have enough to eat.</p> 	<p>3/15</p> <p>Caritas Kitui trains farmers on terracing methods.</p> <p>What is Caritas Kitui?</p> 
<p>3/16</p> <p>How does the story of the woman at the well relate to the Living Water program?</p> 	<p>3/17</p>  <p>Terrace farming methods help catch rain runoff to better water crops. Notice the trenches in the above photo.</p>	<p>3/18</p> <p>Students use water from their Living Water tank to successfully grow crops.</p> 	<p>3/19</p> <p>Past Living Water donations provided 60 goats for farmers.</p> 	<p>3/20</p>  <p>Money raised from Living Water also provided 125 chickens for farmers!</p>	<p>3/21</p> <p>Look at this schedule from a Kitui boarding school. According to the schedule, what do students eat on a daily basis?</p> 	<p>3/22</p>  <p>How does the meal schedule you saw yesterday compare with what you eat daily? How do you think nutrition affects a student's ability to learn?</p>
<p>3/23</p> <p>Prayer intention for Kitui:</p> <p>Let us pray for the necessary rains to provide water for crops, livestock, and the people of Kitui.</p>	<p>3/24</p> <p>"...love for...the needy of every kind, is as essential to the Church as the ministry of the sacraments...The Church cannot neglect the service of charity any more than she can neglect the Sacraments..."</p> <p><i>Pope Benedict XVI, Deus Caritas Est, No. 22</i></p>	<p>3/25</p> <p>Just as Jesus at the well, you have celebrated Lent by providing Living Water to children.</p> 	<p>3/26</p> <p>Watch this video about food insecurity in Kenya. According to the video, how does a lack of water affect people's ability to eat?</p> 	<p>3/27</p> <p>Be sure to put your saved coins into the Living Water bottle and return it to your parish or school!</p> 	<p>3/28</p> <p>Enjoy this video of children in Ikutha, Kitui thanking all those who participate in the Living Water</p> 	<p>3/29</p> <p>THANK YOU for helping many children in Kitui have access to the benefits of clean water.</p> 

Give Change...Change Lives

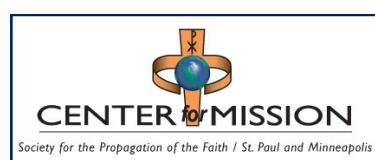


The Living Water program is designed to connect us in a special way to children in Kitui, Kenya. By learning about how children and families in Kitui struggle to meet their basic needs, physically and spiritually, we can support them through prayer and by raising money so that they may experience their right to a life of dignity through living waters, just as Jesus offered the Samaritan woman at the well. This year, the program focuses on the relationship between clean and accessible water and food security.

Here's what to do:

- Pray the basic needs of the children of Kitui will be met
- Donate money by dropping coins in the Living Water bottle
- Return your bottle filled with change to your school or parish.

ASANTE SANA! ("Thank you" in Swahili)



Thank you for participating in the Living Water program this Lenten Season. You are walking alongside your Kenyan sisters and brothers, 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. Without water, basic hygiene becomes difficult, crops cannot grow, livestock cannot survive, and baptisms cannot happen. As our friend Peter Kimeu, who helped us develop our partnership in Kitui, said,

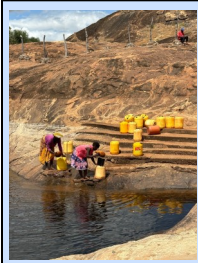
“What it comes down to...is that water is life.”

This year’s Living Water program explores how access to clean water and food security are related. The calendar on the other side is a Lenten prayer guide for children, families, and classes to encourage learning and sharing about faith and life in Kitui. The program may be used as you find appropriate in your parish or school. Thank you for accompanying the Kenyan children and families in our partnership Diocese of Kitui, Kenya.

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

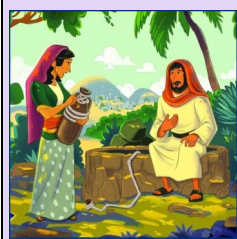
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Supplemental Information:



When Jesus offered “living water” to the Samaritan woman, he was speaking of the hope of eternal salvation found in his life, death and Resurrection. When Jesus tells the Samaritan woman “whoever drinks the water I shall give will never thirst” (John 4:14), he is saying that all those who follow him have the hope of everlasting life. By revealing this to a Samaritan woman, a person who was considered an outsider to the Jews of the time, Jesus is telling us that his gift of salvation is for everyone who believes in him.

Caritas Kitui is the development department of the Diocese of Kitui. Established in 1978 it is responsible for human development within the Diocese of Kitui. It helps the people of Kitui by advocating for human rights, promoting environmental protection, providing health care, and making sure people have their basic needs met. Caritas Kitui works with the Archdiocese of Saint Paul and Minneapolis to ensure the people of Kitui have better access to clean water.



By participating in the Living Water program, we hope you grow closer to Jesus through prayer, reflection, and service to our brothers and sisters in Kitui, Kenya. Spiritual nourishment is part of the “living water” Jesus offered the Samaritan woman at the well. At the same time, our brothers and sisters in Kitui, Kenya are nourished through receipt of life sustaining aid that allows them to thrive both physically and spiritually.

It is common for Kenyan students in grades 4 and older to board at school. This means they live in dormitories on campus, eat all their meals in the cafeteria, and are responsible for washing their own clothes and completing other chores assigned to them by their dorm monitors. In Kitui, not many families own cars and many roads are underdeveloped, making it difficult for parents to take children to and from school on a daily basis. Having the option to live at school means that more children are able to receive an education.



Water is needed for almost all areas of life: health, hygiene, baptisms, food crops, livestock, and more. Your donations through “Living Water” support the lives of many in Kitui. **Thank you for your life saving support!**



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