



Sisters of Notre Dame de Namur

Reflections for Lent



"...I was thirsty and you gave me drink..."
Matthew 25:35



Pray with us...

"Pray without ceasing."
1 Thessalonians 5:17

Give alms with us...

"Go, sell what you have and give to the poor..."
Matthew 19:21

Fast with us...

"When you fast, do not look gloomy like the hypocrites."
Matthew 6:16

PRAY FOR:

- those without access to electricity or clean water.
- those who do not have the opportunity to go to school.
- those caught in the cycle of poverty and oppression.
- those who have lost their jobs and homes.
- those who are hungry and thirsty.
- those who struggle to provide for their families.
- the grace to feel connected to the Body of Christ.

HOW MUCH?

A dime buys a water purification packet for 2 ½ gallons of water.

A dollar buys enough water purification packets for 25 gallons of water for a family, school or clinic.

\$2.80 provides clean water for a family of 4 for a week.

\$30.00 provides clean water for a clinic for one week.

\$37.00 provides clean water for a child for one year.

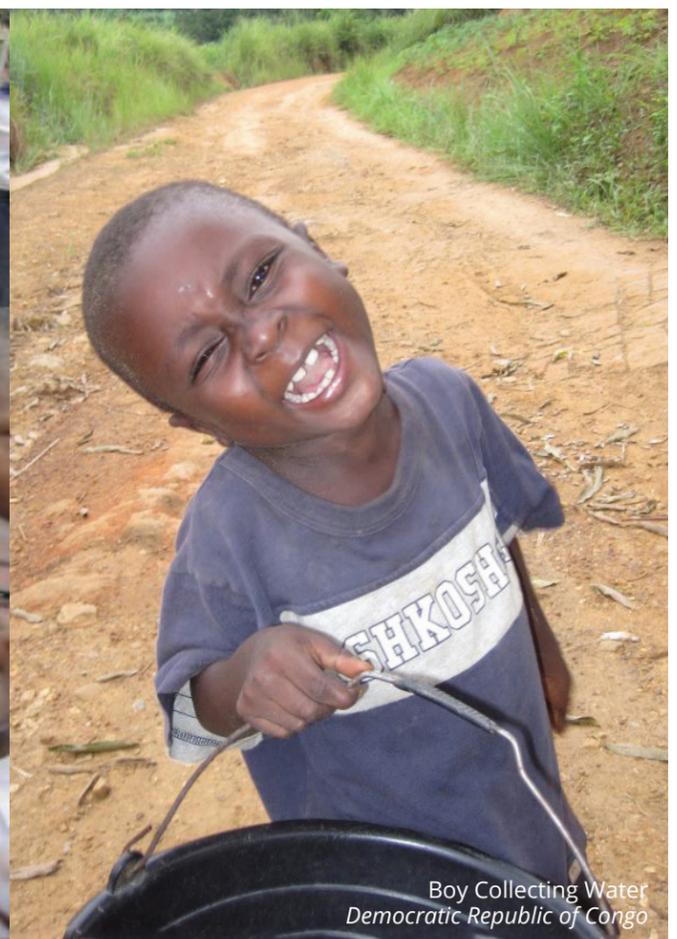
\$1,600.00 purchases a solar panel to help bring electricity and clean water to a school and clinic in Africa **for 25 years.**

FAST FROM:

- buying bottled water, new clothes, or things "just because you want them."
- eating out.
- buying computer games or upgrading phones and tablets.
- criticizing people and using exclusive or insensitive language.
- acting violently, using violent words and actions, watching violent TV shows or movies, or playing violent music or video games.
- complaining, condemning, being greedy.
- wasting electricity and water.
- buying food that spoils before it is used.
- watching talk shows and reality series that tear people down.



Sister Esther at Kintenda High School
Democratic Republic of Congo



Boy Collecting Water
Democratic Republic of Congo

Sister Marie Smith
Sister Marie Smith

Gratefully in Notre Dame,

happiness.

Christianity...Love one another and love God and you will find
May our journey this Lent lead us to the truth at the heart of

clean water.

lives of poverty are changed because of **YOU** and the gift of
around the world. Meet the children and their families whose
schools, health clinics and community development projects
Read the stories there about our Sisters and their ministries in

www.sndohio.org

to visit our Website at

I hope that this pamphlet will be helpful to you. I also invite you

Project?

our Sisters in changing lives through our Lenten **Clean Water**
Will you join me in our Lenten journey this year? Will you join

almsgiving.

to begin a journey marked by forty days of **prayer, fasting and**
Lent is the time in the Church's year when Christians are called

Dear Friends,



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Almsgiving means just that, to give. Giving of our time,
our talents and our money. All of us have something worth
giving, and there will always be people who are in need.

Fasting helps us to recognize that all that we have been
given. It also involves all our actions and attitudes. We
can fast from material goods and from practices that hurt
our relationship with God, with ourself and with others.
The gift of fasting unites us in solidarity with our needy
brothers and sisters throughout the world.

Prayer is a simple awareness that God's loving
presence is always with us. Sometimes when we pray to
God, we talk about things that are on our minds and in our
hearts. An other times, we just sit in the quiet and listen to
God speaking to us.

During Lent, we are encouraged to participate in three
actions: **prayer, fasting and giving alms.** In these three
ways, we grow closer to God, to our brothers and sisters in
the Body of Christ, and become more the person God has
created us to be.

Join us on this Lenten Journey

May we share with grateful and humble hearts the
goodness of God through our prayer; may we hunger for
justice through our fasting; may we bring the gift of life
through our almsgiving.

We invite you to:

- Place a Lenten Mission box on your dinner table.
- Contribute resources you save through your Lenten Fast.
- Join with family and friends for the celebrations of Holy Thursday, Good Friday and Easter.

*And Jesus said to them,
"I assure you that whatever you do
for one another, you do for Me."
Matthew 25*



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701 E. Columbia Avenue • Cincinnati, OH 45215 • 513-761-7636

www.sndohio.org/our-work/Clean-Water-Project