

St. Dominic's Church, 2017



LENTEN WATER CHALLENGE: *Be Living Water*



WHEN: March 19-26th, during the 3rd Week of Lent. See www.stdominics.org, and scroll down.

PRAYER:

- Pray for Uganda & other communities that need safe, accessible water.
- Pray every evening that the Holy Spirit will help you maintain your fast.

FASTING: Commit to drink only tap water for one week (*you can filter it, or fill a bottle*). Get a wristband.

no bottles	no coffee	no tea	no soda	no milk	no juice	no energy drink	no alcohol
------------	-----------	--------	---------	---------	----------	-----------------	------------

ALMSGIVING: Anyone may donate! Donate online through our parish homepage, www.stdominics.org

- **If fasting**, keep track of the money you saved from the drinks you would have had each day (ie. \$.50 per bottled water, \$1 per milk, juice, or soda, \$2 per coffee or tea, \$4 per beer or wine, etc).
- Keep your saved money in cash in a bowl or empty water bottle on your dinner table for donation at the **collection at Mass on March 25-26**, or you can write a check to “St. Dominic’s--Water Project” or donate online.
- Our goal is to raise \$12,500 as a parish, which will support water filtration, water-well drilling, and local training in Mubende, Uganda supported by the Dominican Sisters of San Rafael and partners.

St. Dominic's Church, 2017



LENTEN WATER CHALLENGE: *Be Living Water*



WHEN: March 19-26th, during the 3rd Week of Lent. See www.stdominics.org, and scroll down.

PRAYER:

- Pray for Uganda & other communities that need safe, accessible water.
- Pray every evening that the Holy Spirit will help you maintain your fast.

FASTING: Commit to drink only tap water for one week (*you can filter it, or fill a bottle*). Get a wristband.

no bottles	no coffee	no tea	no soda	no milk	no juice	no energy drink	no alcohol
------------	-----------	--------	---------	---------	----------	-----------------	------------

ALMSGIVING: Anyone may donate! Donate online through our parish homepage, www.stdominics.org

- **If fasting**, keep track of the money you saved from the drinks you would have had each day (ie. \$.50 per bottled water, \$1 per milk, juice, or soda, \$2 per coffee or tea, \$4 per beer or wine, etc).
- Keep your saved money in cash in a bowl or empty water bottle on your dinner table for donation at the **collection at Mass on March 25-26**, or you can write a check to “St. Dominic’s--Water Project” or donate online.
- Our goal is to raise \$12,500 as a parish, which will support water filtration, water-well drilling, and local training in Mubende, Uganda supported by the Dominican Sisters of San Rafael and partners.

MY PROMISE: I accept the challenge to drink tap water for one week. The money I save will be donated to provide clean, safe water in Uganda. **SIGNATURE:** _____.



FASTING SCORECARD (Lenten Water Challenge--St. Dominic's, SF)

- keep a daily tally of your typical beverages that you substitute with tap water
- beverage \$ values are just examples



BEVERAGES & COST	Mar. 19	Mar. 20	Mar. 21	Mar. 22	Mar. 23	Mar. 24	Mar. 25	SAVINGS
bottled H2O (est. \$1)								\$
coffee/tea (est \$2)								\$
soda (est. \$1)								\$
milk (est. \$1)								\$
energy drink (est. \$2)								\$
juice (est. \$1)								\$
alcohol/other								\$

GIVE WHAT YOU SAVE: \$ _____

MY PROMISE: I accept the challenge to drink tap water for one week. The money I save will be donated to provide clean, safe water in Uganda. **SIGNATURE:** _____.



FASTING SCORECARD (Lenten Water Challenge--St. Dominic's, SF)

- keep a daily tally of your typical drinks that you substitute with tap water
- beverage dollar values are just examples



BEVERAGES & COST	Mar. 19	Mar. 20	Mar. 21	Mar. 22	Mar. 23	Mar. 24	Mar. 25	SAVINGS
bottled H2O (est. \$1)								\$
coffee/tea (est \$2)								\$
soda (est. \$1)								\$
milk (est. \$1)								\$
energy drink (est. \$2)								\$
juice (est. \$1)								\$
alcohol/other								\$

GIVE WHAT YOU SAVE: \$ _____