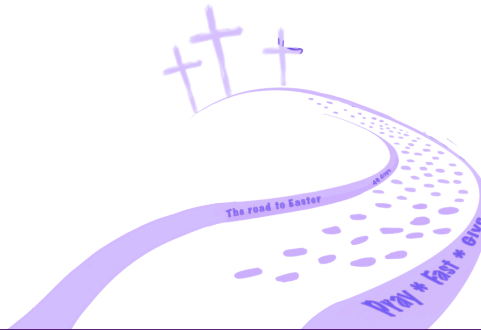


## WEEK 3: WOMAN AT THE WELL

LOVE AND CARE FOR ALL YOUR BROTHERS AND SISTERS

# LENT 2026



*The family home and table are a sacred space where God's love is lived and shared.*

*Make time to gather your loved ones to pray and celebrate Lent. Consider preparing a lent recipe together as a family and then eating together while you discuss this week's theme, work on an activity and close with prayer. Chose one or more of the activities below and complete with your children, godchildren, or grandchildren this week.*

### Who is my brother? Who is my sister?

When you were baptized you died in the waters of baptism to be born anew as a child of God and a member of God's family. That makes us all brothers and sisters in Christ. Jesus calls us to care for, love and respect all of our brothers and sisters. Jesus connects us as one big family and the more we are connected to each other, the more we are connected to Jesus.

In this weeks gospel, we see Jesus reach out to the Samaritan woman, he teaches us to make friends with people who are different than us. Maybe they have different color skin, they come from a different part of the world or practice different traditions. When we make friends with people who are different than us, it shows that we want to be inclusive. We want to be connected to all of God's family and therefore connected to Jesus. Jesus invites us to embrace all of our brother and sisters because it brings us closer to God.

This week focus on being inclusive and making friends with people who are different than you.

### Gospel Reading

John 4:5-42

The Woman at the Well

### Pray - Pray with your five fingers



Practice the 5-finger prayer this week as your bedtime prayer

Visit [lafamiliascatechesis.com](http://lafamiliascatechesis.com) for this week's resources



### Fast - from judging others

Sometimes you might see people who are different than you or someone who knows how to do something better than you, like drawing or sports and you might be quick to judge.

We might even say mean unloving words and won't even know that the person is a great person.

God created us all unique and special. We are brothers and sisters in Christ.

This week fast from judging others and make an effort to make a new friend who is different than you.

### Give - Family Service Project

Being a person of service is great because it helps you to care for God's big family. It also teaches us to focus on others instead of only ourselves. To love others is to love God so focus on serving others in your community

As a family think of a service project that you can complete as a Lenten act.

Some ideas:

- Prepare a food car kit and share with a hungry person you see on your drive.
- Go without a restaurant meal and decide on how the money could be used to serve someone.
- Make cookies and take to an elderly neighbor who might be lonely.
- Have your family brainstorm and chose a family servie project.



Pray + Fast + Give + Cook + Activity

### Cook & Eat together: Lentils

Can you say the word Lentils without saying the word Lent? Ha ha.

Eating lentils is a centuries old Lenten tradition. Lentils are rich in vitamins and nutrients and they are a warm filling food that reminds us that it is a special time of year. They are also a simple and special food invite us to live more simply so as to savor the many blessings that God offers to each of us.

Ask a family member to share their lentil recipe with you and invite your family to a simple meal of lentils. See how this delicious special Lenten food is warms your tummy and your heart.



Scan to go to the  
Lent recipe

### Pray while you cook

For hundreds of years *Abuelitas* have shown us how to pray by example. They love God and Mary so much that they like to talk to them all day, every day and in every way. One well known *Abuelita* prayer while cooking is to add salt into the pot while making the sign of the Cross and then saying a prayer of love and care for those who will eat the food. When you make lentils, make sure to add salt in the sign of the cross and say a special prayer for your loved ones.

### Activity We are La Familia de Dios



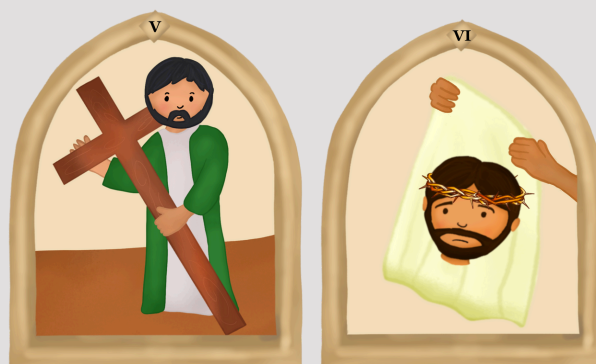
Make a familia de Dios circle.

Jesus calls us to take care for all our as brothers and sisters. We are one big family with Jesus at the center.

Take time to recognize those in our daily life who are our brothers and sisters. Today, make sure to reach out

### Stations 5 and 6

In these stations we see Simon and Veronica help Jesus during a very hard time as he carries the cross. How can you be like Simon and Veronica to care for Jesus by caring for those around you?



### Prayer



Jesus, you teach us how to love and care for one another.

In making friends with the Samaritan woman you teach us to make friends with people who are different than us, to see one another as brothers and sisters.

Open our eyes to see those who are excluded and reach out to them.

Open our hearts to love all people, especially those who are poor rejected and need a friend.

Help us to see that embracing our one another make our hearts bigger and help us to grow closer to you.

We ask this through Christ our Lord. Amen

Let us Pray the Lord's Prayer together,

Our Father who art in heaven...

Hail Mary ...

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Send off with a blessing

Turn and give a blessing to your family members by making the sign of the cross on each other's forehead.