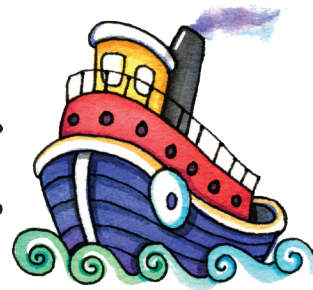


The Catholic Tugboat

A Children's Guide to God



March 15, 2020 Cycle A, Third Sunday of Lent

Volume V, Issue 16

Buried Treasures



Today's Gospel is a very important one, so we hear it each year on one of the three Sundays set aside for adults who are preparing to enter the Church. This Gospel tells us the story of the Woman at the Well who was asked by Jesus to give Him a drink of water. In their conversation He ended up explaining that He was actually the Living Water, and that those who came to Him would need no other water, ever.

Exodus 17:3-7
Psalms 95:1-2, 6-7b, 7c-9
Romans 5:1-2, 5-8
John 4:5-42

We come to Jesus in Baptism and here we are cleansed, healed, and brought into God's family by this Living Water.

We will hear of other things that Jesus both is and offers to us in the Gospels on the next two Sundays.



Catholic I.D.

The Three Pillars of Lent are tools that strengthen the gifts God has given us. (CCC 1434)

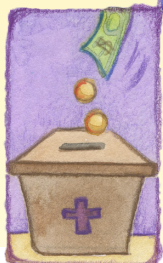
Prayer, "the raising of one's mind and heart to God" (CCC 2559), strengthens our trust in God (faith).



Fasting, the denial of our desire for things, increases our hunger (hope) for God. Finally, **almsgiving** increases our ability to love others (charity).



These tools are our answer to the Great

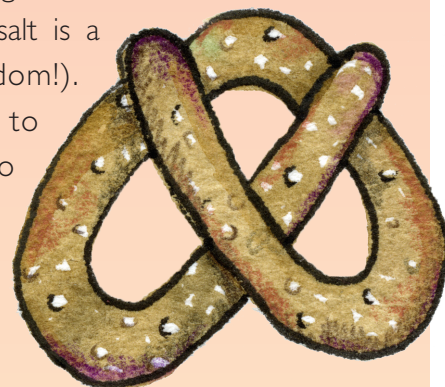


Commandment (read Mark 12:30-31). All three are necessary to become balanced Christians. Lent is a time to practice this balance.

WHO KNEW?!

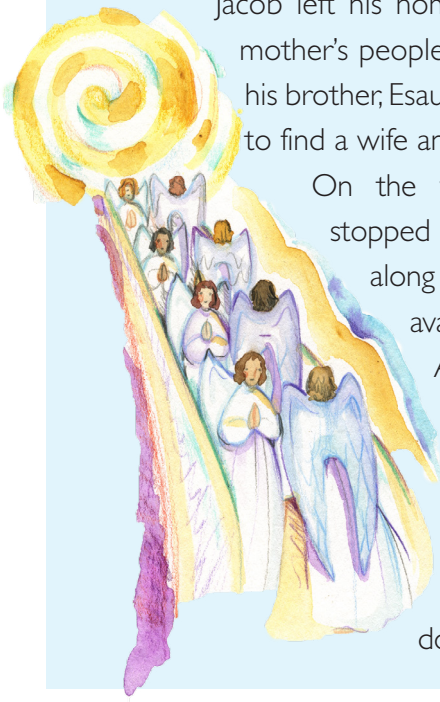
The pretzel is the perfect Lenten food and a good symbol for prayer and penance. Pretzels use only simple ingredients – flour, water, and salt (salt is a symbol of wisdom!).

They are easy to make, easy to share, and filling. Also, the 'pretzel,' meaning 'little arms' in Latin, was formed by monks into the shape of arms folded on the chest during prayer. If you turn a pretzel upside down, it looks like someone praying!



Making pretzels for your family and friends is a perfect Lenten activity.

Our Salvation History: Jacob's Ladder



Jacob left his home and traveled to his mother's people to avoid the wrath of his brother, Esau. His father advised him to find a wife and settle there.

On the way to Haran, Jacob stopped for the night at a place along the road and used an available rock for a pillow. As he slept, he dreamed there was a ladder that reached up into the heavens, and the angels of God were going up and coming down this ladder. Then, he

saw the LORD standing above the ladder.

The LORD God made Jacob a promise that the lands on which he slept would be given to him and his descendants. His descendants would be numerous and all the people of the world would one day be blessed by one of these descendants.

The same promises in the covenant God made with Abraham were now being passed on to Jacob. Jacob awoke, saw this place as holy, poured oil on the rock, and named the place Bethel. He promised God that if God traveled with him and kept him safe, he would return to Bethel, build a house to God, follow only Him, and give a tenth of everything to the LORD who came to him that night. We will hear more about Bethel soon...

Tugboat Lenten Challenge

Try to do 1, 2, and 3 each day this week. Draw a star in the box if you succeed! And, don't forget – Sunday is always a day of rest and worship!

1. Prayer – Sit with God for **seven** minutes before you go to bed each night: Bless God and tell Him how much you love Him. This is called a *prayer of blessing and adoration* (CCC 2627). Then, finish the seven minutes by just listening to, and being with Him.

2. Fasting – This week, give up your favorite 'sound'. It might be some music or the sound of a basketball hitting the backboard, but it must be your favorite!

3. Almsgiving – Each day this week, help out a fellow student in your class. This might mean helping with an activity, or telling another to not talk about them.

Monday:	Tuesday:
Wednesday:	Thursday:
Friday:	Saturday:

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