

WATER BALLOON TOSS

Instructions:

It's the classic church picnic game!

Select a partner and grab one water balloon. Stand facing one another and take turns tossing the water balloon back and forth. Each time the balloon is successfully caught, each partner should take one step back.

See how far you can go without breaking the balloon!

SQUIRTING FISH

Instructions:

Your equipment: Fish.

Your resource: Water.

Your mission: Squirt.

Your target: Your choice.

Keep your fish as a memento if you wish.

WADING POOL

Instructions:

Take off your shoes, and step in to one of our luxurious wading pools! Take a minute to splash around and cool off. Get to know others who might be wading in the pool with you. Think about how our theme, "Stirring the Waters," might relate to this exercise.

WATER CARRYING

Instructions:

Imagine you're a woman in Tanzania and you need to bring water from the nearest well back to your home. This water will be all your family has today to drink, water the crops, cook, and clean, so be careful not to spill! Each little drop is precious.

Lift one of the containers and carry it to the destination specified as your "home". Try carrying it different ways... maybe even on your head!

What do you use water for each day?
Here are a few ways you may have forgotten:

- Taking a shower
- Doing laundry
- Washing your dishes
- Mopping the floor
- Rinsing fruit
- Watering the lawn
- Making ice cubes
- Flushing the toilet
- Washing your hands
- Cooking dinner

Did you know that the average American uses over 100 gallons of water each day? In developing countries, the average person uses 13 gallons (what most of us use with one or two flushes of the toilet). www.epa.org, www.un.org

How could *you* help conserve water each day?

Water balloon tosses may not be the *best* way to get water from one place to another.

Here are ways you can help get water where it needs to go:

- Pray. Ask God how you might help someone without water today.
- Give. ELCA's Good Gifts program has more information about how your gifts support life-giving water projects. Just \$10 provides six water jugs to transport clean water. \$275 builds a home cistern. Visit www.elca.org/goodgifts for more info.
- Check out ways to get your congregation involved with the fundraising efforts of ELCA World Hunger. Visit: <http://www.elca.org/hunger/resources/ideas.html>
- Contact your Senators and Representatives and ask them to increase funding for clean water around the world. For more information, visit: <http://www.lwr.org/advocacy/water>



Jesca Noah, a widow with four children in Tanzania, spends **4 hours** walking to and from the well to bring a single bucket of water to her family.



Could *you* carry it for that long?

Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Bethesda, which has five porticoes. In these lay many invalids--- blind, lame, and paralyzed. One man was there who had been ill for thirty-eight years. The sick man said, "Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me." Jesus said to him, "Stand up, take your mat and walk." At once the man was made well. — John 5: 2-9

Some later manuscripts and ancient witnesses explain, **"From time to time an angel of the Lord would come down and stir up the waters. The first person into the pool after each such disturbance would be cured of whatever disease they had."**

In the days of the New Testament, "stirring the waters" was a direct reference to healing. **How do you believe that water plays a role in healing today?**

FOOT WASHING

Instructions:

Take a seat and remove your shoes. Place your feet into the basin and allow a fellow participant to wash and dry your feet. When finished, take the place of the foot-washer and wash the next person's feet.

FACE WASHING

Instructions:

Allow a fellow participant to use a cool, wet towel to wash your face. When finished, take the place of the face-washer and wash the next person's face. Refreshing, isn't it?

RUBBER DUCKIES

Instructions:

Kneel down to the flock of rubber duckies in the wading pool and choose one to play with. Splash it around, submerge it, or have it make friends with other ducks in the pool.

As you play in the water, remember your baptism and celebrate the life you have in Christ. Take your duck with you and let it remind you of the joy of baptism.

CLEAN DRINKING WATER

Instructions:

With all of these water exercises, you probably could use a break! Fill your cup with a drink of cool, clean water and take a minute to relax and chat with other participants.

Think about those without access to clean water each time you bathe, wash your face, or wash your hands today.

Did you know that more than **2 billion** people lack access to hygienic means of personal sanitation? Without water, practicing proper sanitation is impossible. It is estimated that hygiene education and hand washing alone can lead to a 45% reduction of worldwide diarrhoeal cases which kill over 2 million children each year. www.who.org

As the dusty conditions of the region of the Bible necessitated foot washing, it was a duty typically reserved for servants. Although the disciples may have been willing to wash Jesus' feet, they were shocked when he actually washed *their* feet.

- ◆ What did getting your feet washed feel like?
- ◆ What about when you washed someone else's feet?
- ◆ How do you think Christ's actions serve as a model for ministry?



Did you know...

Over **1 billion** people lack access to clean drinking water?
www.elca.org

Whoever gives even a cup of cold water to one of these little ones in the name of a disciple--truly I tell you, none of these will lose their reward.
-Matthew 10:42

“[Remembering my] **baptism** has increased my awareness of **God's gift of water** which sustains all life on this planet. I believe part of our call as baptized people is to protect this precious gift from misuse, greed, and pollution. The poor of the world cry out for **clean and accessible water.**”

— Daniel W. Erlander



FILTRATION STATION

Instructions:

Test out the various filtration systems used around the world.

Which would *you* trust for...

cleaning?

cooking?

drinking?

DIRTY WATER

Instructions:

Imagine tending the farm all day in heat of Central America! Without any source of clean water, you drink from the nearby river.

Fill a cup with river-water located the jugs in front of you. Look closely at the water you have in your hand.

What do you think?

SOAKER BALLS

Instructions:

How long has it been since your last water fight?
Too long, you say?

Grab a soaker ball, sponge up some water, choose your victim, summon up the courage, and give it a throw!

Return the soaker balls to this station when you're done.

For many of our neighbors around the world, **this is the kind of water they will be using today.**

With no source of clean water, they will use water from local rivers and swamps for drinking, cooking, and washing.

Did you know that the use of contaminated water accounts for nearly **80 percent of disease** and over **one-third of deaths** in developing countries? www.elca.org

Gifts made to ELCA World Hunger and Disaster Appeal have recently funded projects to provide communities with a new source of clean water in places like **Yubdo, Ethiopia** and **Baramandougou, Mali.**

An *entire village* can be trained in safe water management and sanitation for about \$1000, making a life-saving difference for an entire community.



To learn how you can support “life-giving water” projects of the ELCA, visit www.elca.org/goodgifts.

Sometimes it's okay to get wet...

*Living water, never ending,
quench the thirst and flood the soul
Well-spring, source of life eternal,
drench our dryness, make us whole*

— ELW 455, Crashing Waters at Creation —