

THE BIG LENT WALK for water

"Dear friends, let us walk together, with joy in our heart and song on our lips."

Pope Leo XIV



PILGRIM PACK

Use this guide to accompany you as you walk through Lent. With reflections from Scripture, information about SCIAF's water work in Ethiopia, and tips to track your walk, we've included everything you need to get the most out of your Lenten effort...

Thank you
for signing up
for this year's
BIG LENT WALK
for Water!

TRACKING YOUR WALK

With the Big Lent Walk for Water, you can take on the challenge your way! No matter how far you want to go, every step makes a big impact...

Here are some suggestions on how to set and achieve your goal:



STEP 1

Set yourself a target distance that's challenging, but manageable.

You could do a little every day or do longer walks two or three times each week.



STEP 2

Track the walk online or offline!

If you have it, use an app like Strava, MapMyWalk or StepsApp, otherwise a pen and paper will do the job. Record each walk you do and see your progress add up!



STEP 3

Use your walks as a time for reflection or to deepen friendships.

Invite your friends and family to join you and use our reflections as a guide to understand why you're walking. Get talking about global issues and faith, and connect to SCIAF's work.



FUNDRAISING

Use our sponsorship form and encourage your friends and family to support you. Or you can fundraise through JustGiving by setting up your own page. Visit sciaf.org.uk/biglentwalk to return your sponsorship money.

We understand that times are tough – but even WEE amounts can make a BIG change! If you go for a short walk every day of Lent and raise just £1 each day, you'll raise £40, which can give access to water for people in the places SCIAF works.

**Find our resources at
sciaf.org.uk/biglentwalk**

- Share your progress with SCIAF on social media
- Get in touch with Catriona via cmunro@sciaf.org.uk

WATER POINT REFLECTIONS



These reflections can be used as you walk – whether alone, or with friends – to help connect with SCIAF's work and understand the impact your support can make.



"It used to be very scary for women and girls to fetch water. Many of us would avoid going because the journey was dangerous; there were threats of attacks and injury.

"Now, we have a water pump nearby and we can do everything without stress or fear. We have more time to focus on our education and do our homework properly. As a result, our school performance is improving."

Hirit, Ethiopia

"I was thirsty and you gave me a drink; I was naked and you clothed me; I was sick and you looked after me; I was a stranger and you welcomed me"

Matthew 25:35-36

REFLECTION 1

Water is Life

As you take the first steps of your Big Lent Walk, read Lielti's story. Then, as you walk, think about how you'd feel if you didn't have instant access to clean water. How does Lielti's life compare to yours in Scotland?



"Before the well was constructed, we had to walk four hours to fetch water. We would go in groups, with friends, and most of the time we had to go before school. It used to take half a day just to collect water. But now that the well has been built, it only takes 30 minutes."

"I have a message for the people in Scotland. Before, we had to search so hard just to find water. In the dry season, we drank dirty water and we got really sick. We had to spend what little money we had on medicine."

"Now, we have time to go to school and we can afford to buy the things we need. But I know there are still others who need help."

Lielti, 19, Ethiopia

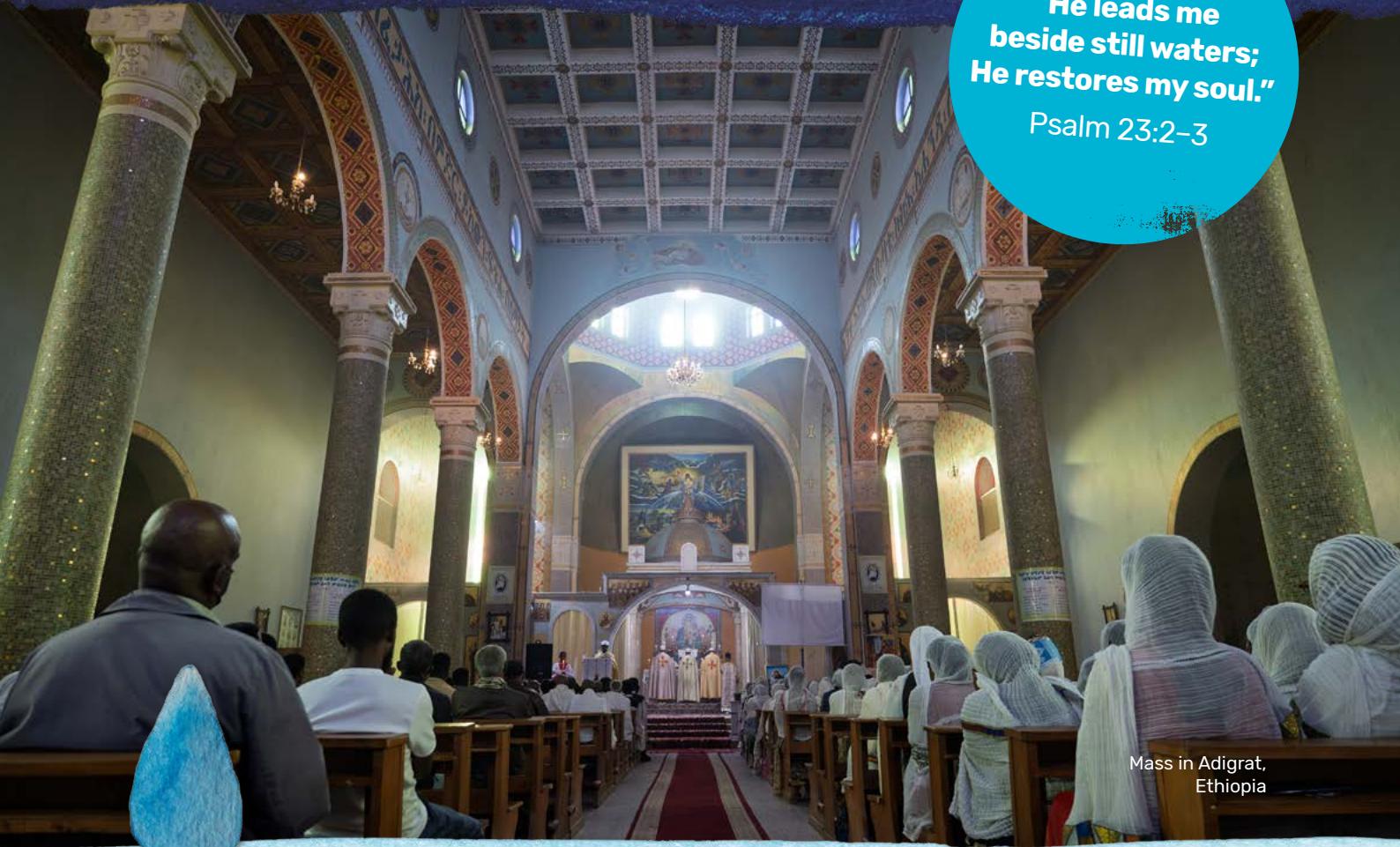
REFLECTION 2

Refresh your soul

Now that you've made a start, take time to reflect upon water and its symbolism and significance in Scripture.

**"He leads me
beside still waters;
He restores my soul."**

Psalm 23:2-3



Mass in Adigrat,
Ethiopia

This verse invites us to pause on our journey so far. To breathe. To remember that the One who walks with us is also the One who restores us.

Water has always been a sign of new life in Scripture. It reminds us of our baptism, of being renewed and made whole in Christ. The same living water that flowed from His side on the Cross still refreshes us today, washing away fear and weariness, and reminding us that even in suffering, God brings hope and new life.

Psalm 23 reminds us that in the desert of everyday life – stress, doubts, loneliness – God's invitation to the 'still water' is a call to pause, to listen, and to let His grace revive us.

As you rest, listen for the silence around you – the wind, your heartbeat, your breath. In doing so we enter into the same 'still waters' that the Psalmist celebrates, entering into the life-giving flow of Christ's love.

REFLECTION 3

A never-failing stream

Following years of conflict, SCIAF's partner, Adigrat Diocesan Catholic Secretariat (ADCS) has provided emergency relief through food, water, shelter kits and school support, while also addressing long-term needs. They support families by gifting goats and chickens, and helping people earn more money.

(L-R) Fr Abraha, Ben Wilson, Fr Tesfay,
Ethiopia



Despite ongoing insecurity, ADCS remains a steadfast presence in the community, witnessing faith through love, justice, and human dignity in one of Ethiopia's most vulnerable regions.

"The Church is a voice for the voiceless, always. Our mission is to serve all communities, all individuals. Our aid, our charity, is for all human beings."

"With no water there is no life. Many places still have no water at all but little by little we are managing to help them."

Fr Abraha, Director ADCS.

REFLECTION 4

Drops of hope

You've been walking for a while now and are no doubt getting tired. Read the message from Fr Denis, from southern Ethiopia, and take time to reflect upon the impact you're making by walking for water with us.



Fr Denis,
Yabello, Ethiopia



"Serving the poor is the mission of the Church – and Christ commands us to love. Service to others is an expression of love. If someone is in need, I must reach out to help their situation or to solve their need."

"So, this is a message to those who are willing – or who will promise to help the church in Ethiopia. Helping humanity in the world is rewarding, and as a Christian it is spiritually rewarding."

"It is good to hear that people in Scotland are thinking about us. This cements us as one human family."

Fr Denis, Yabello, Ethiopia

REFLECTION 5

Rivers of living water

Each step you have taken is a step forward to building a better world. Thank you for joining the SCIAF community across Scotland.

Together we can make a BIG CHANGE. Your efforts this Lent bring hope to the world, and water to the thirsty. Thank you!

Water for a village,
Ethiopia



Pray with us

God of Life-Giving water, we give You our praise.
We lift to You all those that seek water but do not find.
Quench their thirst and provide all that they need.
May we, the SCIAF family, continue to be a voice for those unheard;
a pillar of hope for our sisters and brothers.
We ask that You help us to play our part in building a world
where justice flows like a mighty river.
Amen