

Flow River Flow

Ch: Flow river, flow over me
O living water poured out for free
O living water, flow over me

You will be mine
and I will be your God
For I will wash you clean.
And a new heart,
a heart of flesh and feeling
I will place in you
for your heart of stone. *Ch.*

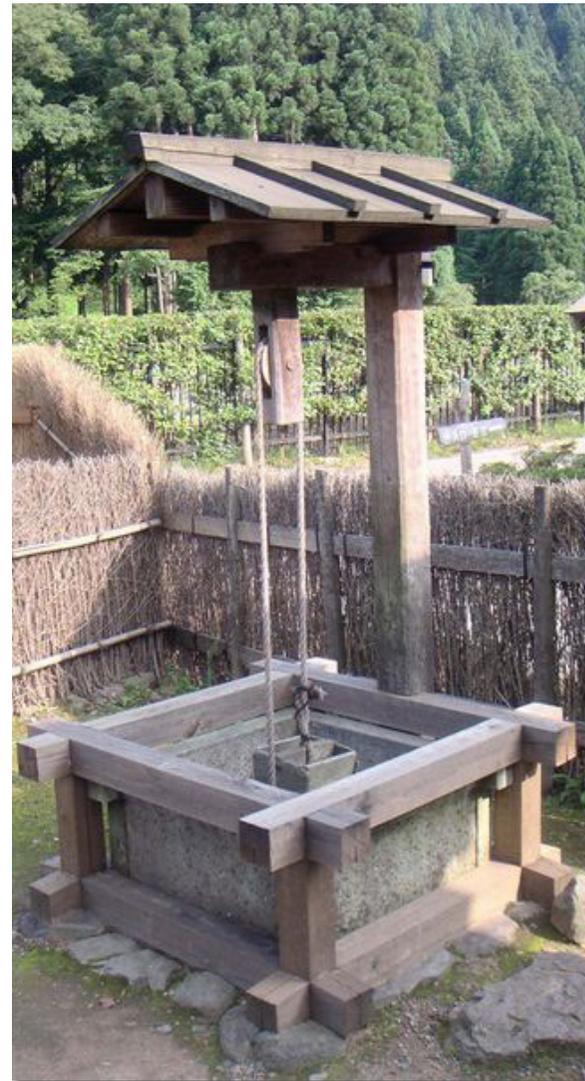
The blind shall see,
the mute shall find a voice.
The lame shall leap for joy.
Rivers will flow into dry
and barren desert.
Flowers bloom in splendour,
glory fill the land. *Ch.*

Whoever drinks the water
I will give
will never thirst again
The drink I give
is an ever flowing river,
welling up within you
to give you eternal life. *Ch.*

- Bob Hurd



The Well - Source of Water to Nourish Life



A WELL Reflection

What makes this world
so lovely is that
somewhere it hides a well
Something lovely
there is about a well
....so deep
...un-piped and real
filled with buckets
and buckets
of that life-giving drink.

A faucet will do in a hurry,
but what makes
the world
so lovely
is that somewhere
there is a well !
Sometimes people
are like a well...deep and
real...natural..unpiped..
life-giving....calm and
cool...refreshing.

They bring out
what is best in you
..they are like fountains
of pure joy
...they make you want
to sing..or maybe, dance.

They encourage
you to laugh..even, when
things get rough.
And maybe that's why
things never stay rough
once you've found a well.



Some experiences
are like wells too...
people create them.
They are life-giving
happenings..
they are redeeming
experiences...
they are wells...
wells of wonder...
wells of hope.

When you find a well....
And, you will some day,
drink deeply of the gift within...And then, maybe soon
you'll discover that you've become what you've received...
and then you will be a well for others to find.

So, lift up your eyes and look around you:
Over the mountains...down in the valley, out in the ocean..over
the runways into the cities, into the country sidewalks and
highways...paths in the forest..into the hearts of a thirsty people.

Look ! And I beg you don't ever stop looking...because what
makes this world so lovely is that somewhere it hides a well...a
well that hasn't been found yet.

And if YOU don't find it maybe no one will !

- *Macrina Wiederkehr*

Scripture Reading:

John 4:5-13

"Give me a drink of water"

In Samaria he came to a town named Sychar, which was not far
from the field that Jacob had given to his son Joseph. Jacob's
well was there, and Jesus, tired out by the trip, sat down by the
well. It was about noon.

A Samaritan woman came to draw some water, and Jesus said to
her "Give me a drink of water". (His disciples had gone to town
to buy food.)

The woman answered "You are a Jew, and I am a Samaritan -
-so, how can you ask me for a drink?" (Jews will not use the
same cups and bowls that Samaritans use.)

Jesus answered, "If you only knew what God gives and who it is
that is asking you for a drink, you would ask him, and he would
give you life-giving water"

"Sir," the woman said, "you don't have a bucket, and the well
is deep. Where would you get that life-giving water? It was our
ancestor Jacob who gave us this well; he and his sons and his
flocks all drank from it. You don't claim to be greater than Jacob
do you ?"

Jesus answered, "Whoever drinks this water will get thirsty
again but whoever drinks the water that I will give will never
be thirsty again. The water that I will give will become a spring
which will provide life-giving water that brings eternal life."

The Gospel of the Lord.

Praise to You, Lord Jesus Christ.

Pause

One by one
come forward and
dip your hands
in the water as a
symbol of your wish
to be a well
for others in your
school community.

