



Catholic Diocese of Auckland

John 4: Samaritan Woman

Jesus satisfies your
heart with

TRUTH



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A Journey through the Bible!

STORIES, PRAYER AND SONGS WITH JESUS

RECIPES AND ACTIVITIES

CELEBRATING The Third SUNDAY of LENT
Exploring our Faith with Children
Harriet Tubman Day March 10th
United Nations Day- Women's Rights March 8th
Celebrating our March Saints

Jesus was hot, tired, and thirsty after his long journey
when he arrived at the Samaritan town of Sychar.

He sat down beside Jacob's well.

While he was sitting there a Samaritan woman
came along with her bucket to draw water
from the well.

Jesus said to her:

"Give me a drink."

**What! Said the woman — she was surprised because
Jews and Samaritans do not usually mix together.**

Jesus replied:

*"If only you knew what God is offering
and who it is that is asking you for a drink,
you would be the one asking him for a drink,
and he would give you living water.*

*Anyone who drinks the water from this well
will be thirsty again, but anyone who drinks
the water that I shall give will never be
thirsty again."*



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The Woman at the Well | Bible Story | LifeKids

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7 Women Who Changed the Catholic Church



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[Harriet Tubman Day March 10th](#)



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United Nations Day- Women's Rights March 8th



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Chicken Enchiladas

Ingredients

500g Skinless chicken breasts, sliced thinly
1 onion, finely chopped
1 clove garlic, crushed
1 green pepper, deseeded and finely chopped
1 teaspoon ground cumin
400g can Mexican style tomatoes
1/4 cup water
1/4 cup tomato puree
12 corn or flour tortillas
1 cup grated tasty cheese



Method

- Heat a dash of olive oil in a frying pan. Add Skinless chicken breasts and brown over medium heat. Remove the chicken and set aside.
- Add the onion, garlic and green pepper to the pan and cook over medium heat until the onion is soft. Add the ground cumin and cook for a further minute. Add the Mexican tomatoes, water and tomato puree and bring to the boil. Simmer for 2 minutes.
- Place half of the tomato mixture into a bowl and set aside.
- Add the chicken to the pan and simmer for 4 to 5 minutes or until the chicken is just cooked.
- Spread some of the reserved sauce onto each tortilla then place 2 to 3 tablespoons of the chicken mixture on one end. Roll up and place in a lightly greased oven proof dish. Pour the remaining sauce on the top of the enchiladas then sprinkle with the grated cheese. Bake for 15 to 20 minutes or until the top is golden and the enchiladas are heated through.
- Serve with Fresh corn & fresh salsa & sour cream on the side.

Olivani Fudgy Brownie

Ingredients

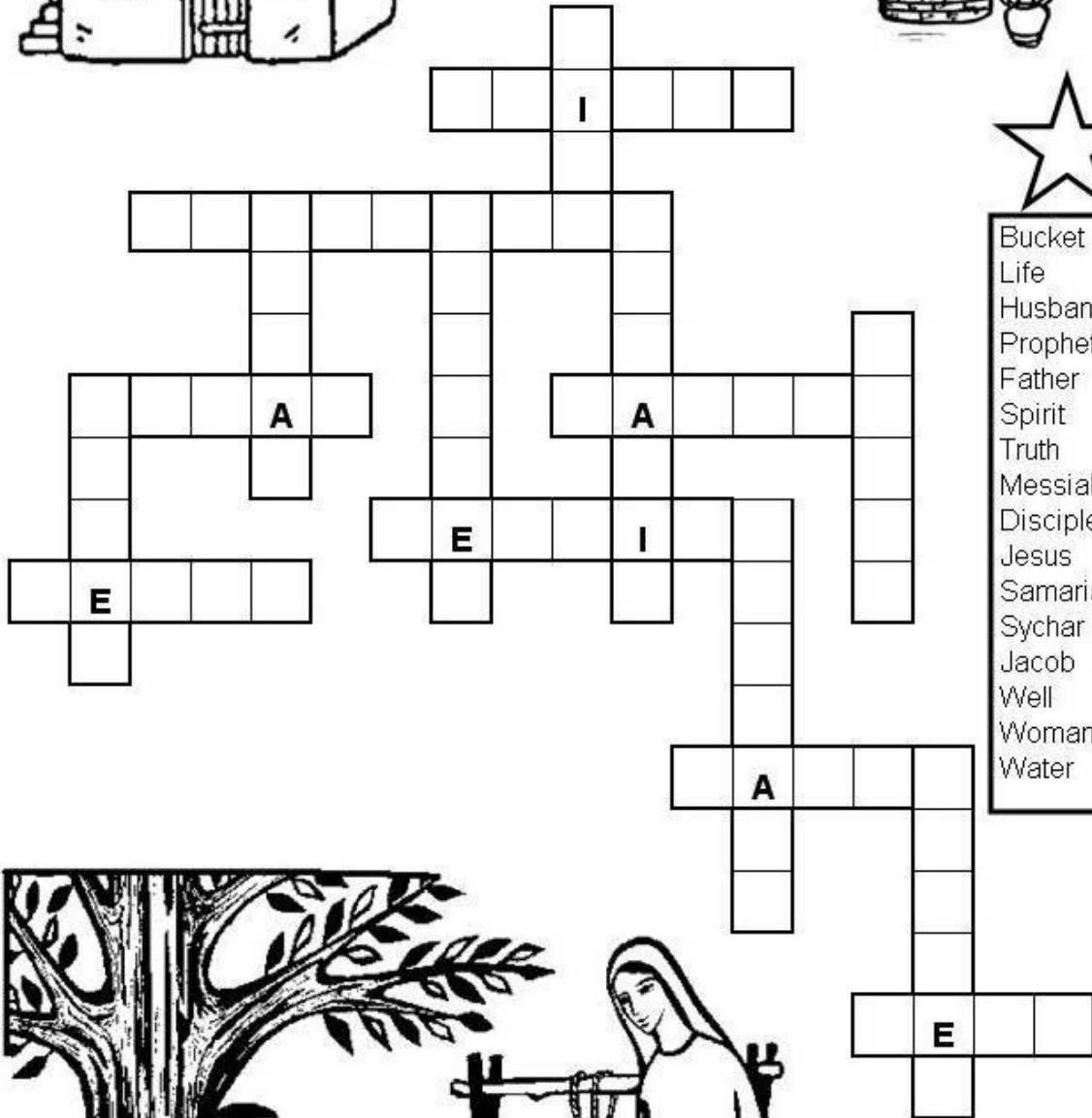
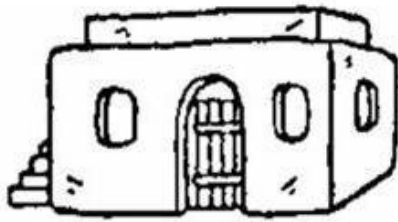
- Olivani Original Spread - 125 g
- Chelsea Caster Sugar - 2/3 cup
- Chelsea Brown Sugar - 1/2 cup
- Meadow Fresh Standard Milk - 100 ml
- Dark chocolate, chopped, divided - 250 g
- Vanilla extract - 1 tsp
- Instant coffee - 1 tsp
- Sea salt flakes (optional) - 1 tsp
- Edmonds standard plain flour - 1 1/13 cups
- Cocoa powder - 1/2 cup
- Salt - 3/4 tsp
- Edmond baking powder - 1/2 tsp



Method

1. Preheat oven to 180°C bake. Grease an 18cm x 28cm slice tin and line with baking paper.
2. Place Olivani, sugars and milk in a large saucepan. Stir over medium-low heat until Olivani has melted and sugar has mostly dissolved.
3. Remove from heat and add 150g chopped chocolate and the vanilla. Stir until chocolate has melted.
4. Sift in flour, cocoa powder, coffee, salt and baking powder. Stir until combined. Gently stir through remaining 100g chopped chocolate.
5. Transfer to prepared tin. Bake for 20-25 minutes, until a skewer inserted into the centre comes out with a few moist crumbs. Sprinkle with sea salt flakes, if desired.
6. Place the tin on a wire cooling rack and allow to cool completely before slicing and serving.
- 7.

The Samaritan Woman



- Bucket
- Life
- Husband
- Prophet
- Father
- Spirit
- Truth
- Messiah
- Disciples
- Jesus
- Samaria
- Sychar
- Jacob
- Well
- Woman
- Water



Make all the words fit into this crossword

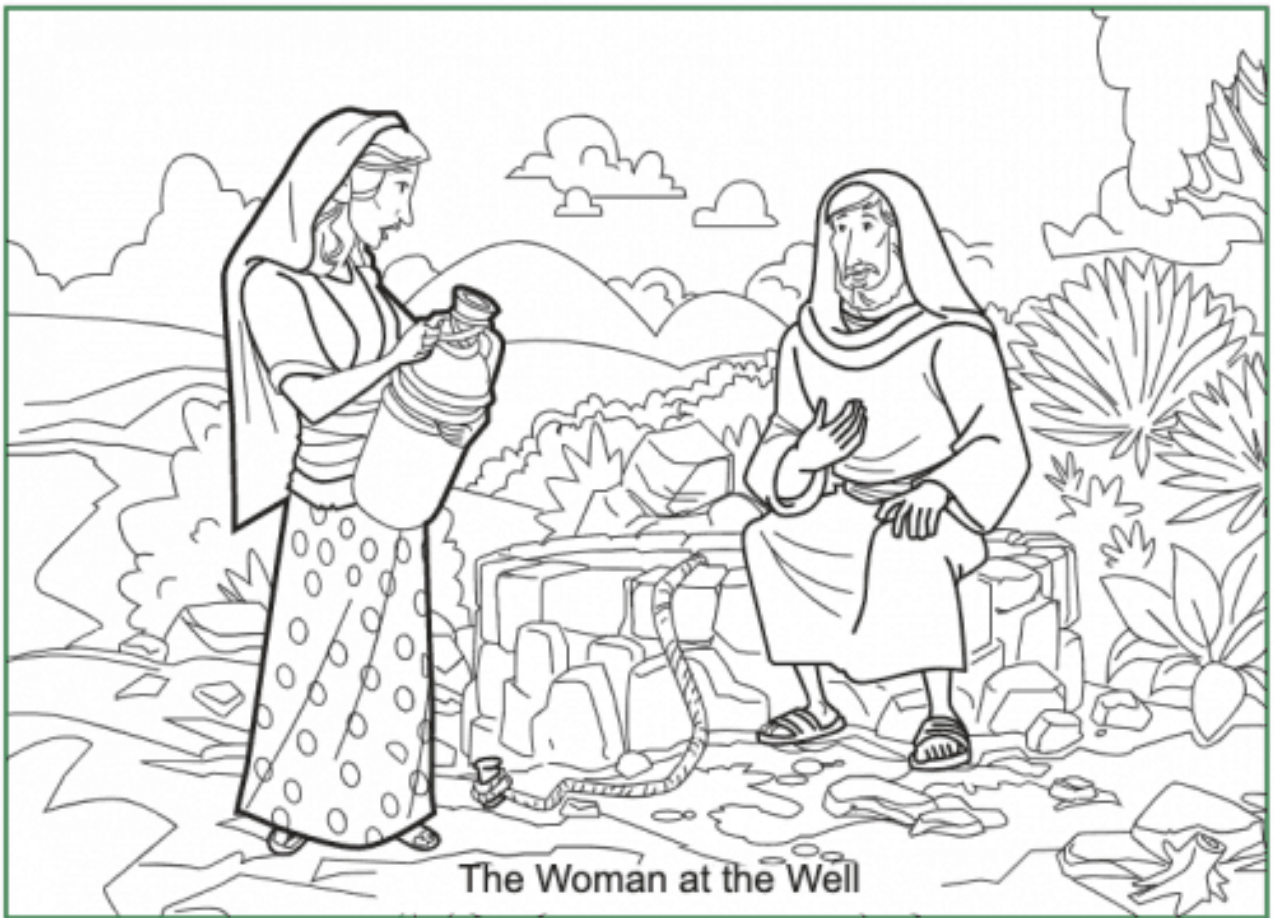
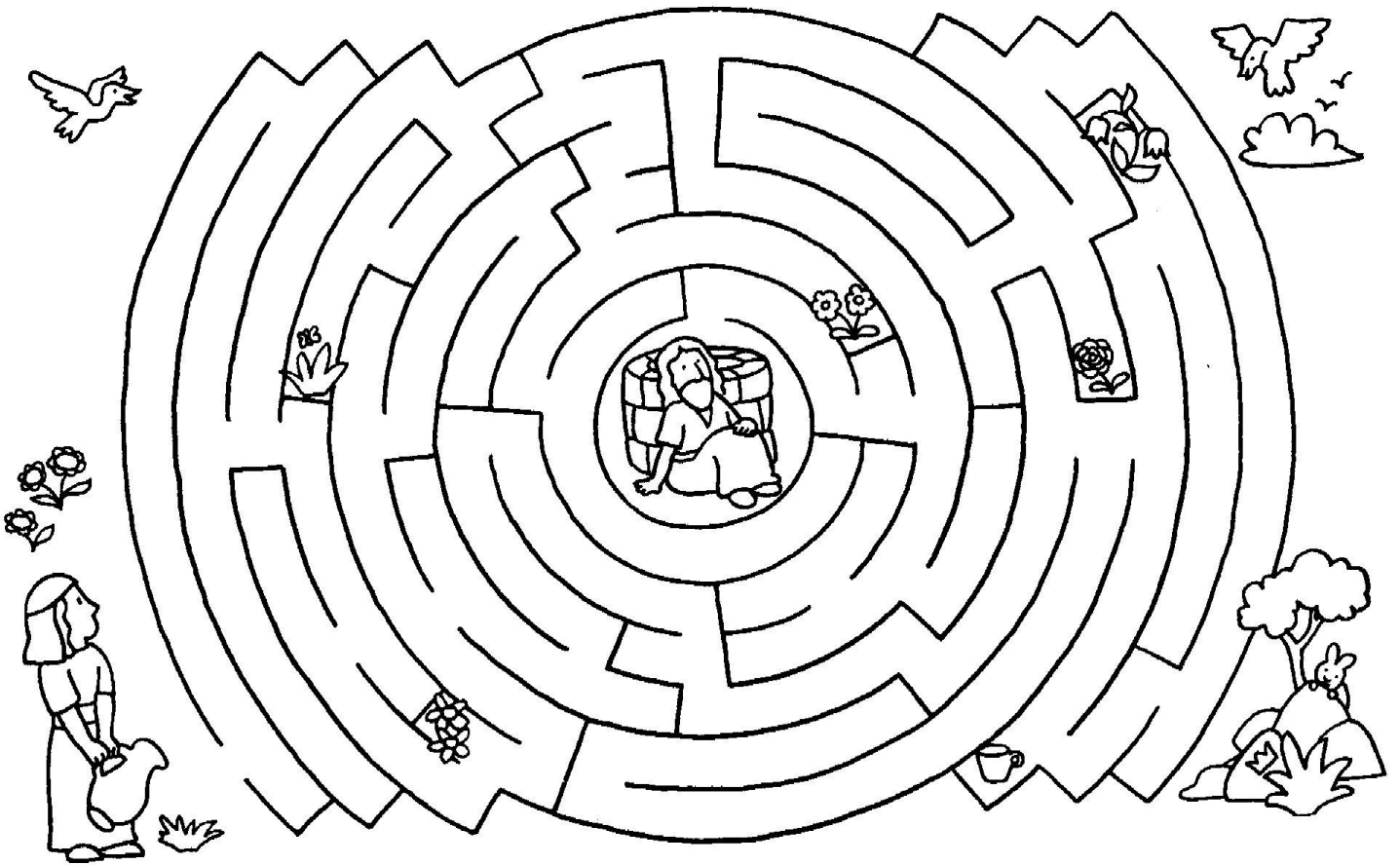
The Woman at the Well



Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." John 4:10 (NIV)

Choose the word that best matches the definition.

- ___ 1. An adult female
A. man B. girl C. boy D. woman
- ___ 2. A deep hole in the ground from which we get water
A. well B. drink C. water D. thirst
- ___ 3. A clear, colorless liquid which is necessary for life
A. thirst B. well C. water D. drink
- ___ 4. To take in liquid through the mouth
A. drink B. eat C. thirst D. well
- ___ 5. The need or desire to drink something, especially water
A. thirst B. drink C. well D. hunger
- ___ 6. The man to whom a woman is married
A. son B. husband C. uncle D. father
- ___ 7. A person who tells what will happen in the future
A. Samaritan B. woman C. prophet D. husband
- ___ 8. The one expected to come and save the world
A. Jacob B. Joseph C. Samaritan D. Messiah



The Woman at the Well