

We have a  
special place in  
our hearts where  
God dwells



*"the love of God has been poured  
into our hearts by the Holy Spirit"*

Romans 5:5



Let's hear **Rosena's** story

My name is **Rosena**.

I am 11.

I live in a **village**  
in **Zambia**.



I used to **walk** for **five hours** every day to fetch **water**.

A young boy and girl are walking across a dry, dusty landscape. The boy is on the left, wearing a light-colored shirt and dark pants, carrying a large white plastic container. The girl is on the right, wearing a black t-shirt and a patterned shawl, carrying a large yellow plastic container. In the background, there are sparse trees and a thatched-roof hut under a clear blue sky.

Rosena had to get up at 6am to go to the nearest river, and then carry back a huge container full of water on her head. She made this trip three times every day.

Sometimes it took  
so long that I had to  
run for school and  
I was often late.





I had a lot of **pain**  
in my **back** and  
**neck** from carrying  
heavy **buckets**  
of **water**.



The **w**ord of **G**od keeps  
me **s**afe.  
Our **l**ife is full of  
**c**alamities and I  
**p**ray that God keeps  
us **s**afe and **w**ell.

Even in **d**ifficult times **R**osena felt God in **h**er heart.




**CAFOD** has recently drilled a well in Rosena's village, which people can use to pump water from deep underground.



Now **Rosena** can  
fetch **clean water**  
just **ten minutes**  
from her **home**.

This has made a **big**  
**difference** to her **life**.



A young girl with dark skin and hair is shown from the chest up, wearing a black t-shirt. She is holding a blue plastic water container high above her head with her right hand, and her mouth is open as if drinking. She has a joyful expression, looking upwards. The background is a clear blue sky and the blurred structure of a traditional thatched-roof building. A white speech bubble with a blue border is positioned in the upper right, containing text.

Having **water** near our **house**  
has made a **big difference** in  
my **life** because it saves me  
**time** and **energy**.



Rosena now has more time to do other things.



I gave thanks to God when the borehole was drilled because it has made life so much easier.

When I **grow** up I want  
to be a **Sister** in the  
**church** so I can **work**  
for **God** and **listen** to  
his **word**.



Who **helped** Rosena in **difficult** times?



God has a **special place** in our **hearts** in good times and difficult times.



- Pope Benedict spoke about ‘hearts speaking to hearts’.
- What do you think it means to be able to speak to God through your hearts?
- TASK 1
- To write a message to God on a heart template and take it home to keep.



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