Through **CRS FoodFast—Be the Change**, Catholic Relief Services helps you to create an experience that is unique to the charism and needs of your community. **Be the Change** explores the realities of global hunger through the lens of Catholic Social Teaching. Participants are encouraged to reflect on Jesus’ call to discipleship as an invitation to effect meaningful change in their own lives and in our world.

Pick and choose from a wide variety of community builders, prayer resources, learning experiences, and general reflection activities to create your own unique CRS FoodFast event. Schedule templates are included in the Coordinator’s Manual and provide a framework to guide your planning. Consider using the supplemental resources on the CRS FoodFast website [foodfast.crs.org](http://foodfast.crs.org) or integrate your own ideas to enhance the overall experience for participants. We recognize the level of commitment many faith and school communities have to inspiring young people to live out their faith in solidarity with our sisters and brothers around the world. We hope the resources in this theme help you to achieve that vision.

**PRAYERS AND REFLECTIONS**

This collection of resources helps you to create an atmosphere of prayer and facilitate varied experiences of prayer throughout your CRS FoodFast.

- Enhancing Your CRS FoodFast Prayer Experience ........................................ 3
- Suggested Prayer Resources from the theme-based CRS FoodFasts .......... 3
- An Opening Prayer: Jesus Welcomes All ...................................................... 4
- Blest be All Children Around the World .................................................... 7
- Believe in Solidarity .................................................................................... 10
- Living in Hope ............................................................................................ 15
- Meditation or Commissioning: Christ Has No Body Now but Ours ............ 19
- Meditation or Commissioning: A Call to Justice ...................................... 22
- Justice Prayer ............................................................................................. 25
ENHANCING YOUR CRS FOODFAST PRAYER EXPERIENCE

In advance of your FoodFast, encourage your planning team to develop a Prayer and Reflection Space that fosters an attitude of prayer and respect, personal and communal meditation, and creativity. Some ideas for starters are:

- Incorporate multicultural and global symbols and artwork that remind participants about our brothers and sisters with whom they join in solidarity.
- Leave reflective music playing throughout the FoodFast experience.
- During free time, encourage participants to use the Prayer and Reflection Space for journaling, writing prayer intentions, or artistically reflecting on their experience.
- Provide a basket, mural or journal to collect prayers and reflections and doodlings! (One creative option: Individual prayers can be hooked together to form a prayer chain and displayed throughout the retreat. After the retreat the prayer chain can hang in the youth area of the parish or be presented to the parish for display.)

SUGGESTED PRAYER RESOURCES
FROM THEME-BASED CRS FOODFASTS

All of the theme-based CRS FoodFasts contain prayer services that can be used or adapted for a general FoodFast. Locate the prayers listed below in the 24-hour modules of the corresponding theme! In addition to these prayer services, each manual also contains a unique commissioning service that can be adapted for a general CRS FoodFast.

ENOUGH

- **Evening Prayer (Day 1 – 10:45 p.m.) - Taizé**: a 30-minute meditative prayer experience based on the Taizé tradition
- **Prayer (Day 2 – 9:15 a.m.) - Sharing God's Abundant Love**: a 25-minute prayer service that inspires participants to share from their abundance

JUST FOOD

- **Night Prayer (Day 1 – 11:30 p.m.)**: a 30-minute meditative prayer in which participants plant herbal seeds, symbolic of the seeds of awareness and compassion that God plants in our hearts
- **Morning Prayer (Day 2 – 9:00 a.m.) – Welcome to Life**: a 15-minute inspirational prayer focusing on gratitude for the present moment and life in general

UNCOMMON GOOD

- **Night Prayer (Day 1 – 11:35 p.m.) – Visio Divina**: a 30-minute meditative prayer service celebrating God’s gift of creation
- **Morning Prayer (Day 2 – 9:15 a.m.)**: a 25-minute prayer service inviting participants to bring their hopes, worries and dreams to our God
OBJECTIVE
Gather and begin the FoodFast as a welcoming, community of faith

MATERIALS NEEDED
• Table
• Colorful cloth
• Candle
• Photos of youth from around the world, obtained from magazines or newspapers
• Newsprint, decorated with a framing around the border
• Markers
• One person to lead prayer, six people to read prayers or proclaim scripture
• Musician(s) to lead music, or music player with appropriate selection of music

PROCESS
1. Set up your prayer space by draping the table in the cloth with the candle and photos on top. Place the newsprint and markers at a place near the prayer focus.
2. Have participants sit in a circle around the table and use your own words to explain that the light of the candle is a symbol of God's presence among us. Keep the candle lit in the prayer space throughout your FoodFast. Let participants know that the newsprint will be used later in the prayer.
3. Play or sing the opening song, Akwaaba! Welcome! from the Spirit & Song CD Collection, “Akwaaba! Songs of Peace and Solidarity”, or choose some other appropriate song.
4. Continue the prayer with the following script

Leader:
We gather in the name of the Father, and of the Son, and of the Holy Spirit. Amen!

God of all, we thank you for gathering us here together. Guide us as we begin our experience in solidarity with our brothers and sisters on this planet who are being denied their basic rights.

Reader 1:
During this time together, we will learn who they are, and put names to these members of our global family.

Reader 2:
During this time together, we will attempt to genuinely understand the lives and realities of others.

Reader 3:
During this time together, we will honor their exhaustion and suffering.

Reader 4:
During this time together, we will challenge ourselves to feel the pangs of hunger on their behalf.

Reader 5:
During this time together, we will focus on their circumstances and not our own.

Leader:
During this time together, we will change our hearts and perhaps our lives to see the great value of the gift of life itself. We will challenge ourselves to share not just our material goods, but the gift of our heart and soul. Loving God, we ask your help and guidance as we walk just for one day in hope that it be the beginning of true understanding and compassion.
All: We pray for the courage to take action to make our world into a place that welcomes children as Jesus commanded.

Reader 6:
Matthew 19:13-15

(pause for silent reflection)

Leader:
In this scripture passage, all are welcome to come to Jesus. The photos placed in the prayer space — symbolic of our sisters and brothers around the world - are a reminder that we, like Jesus, must be welcoming. We welcome into our hearts all people and hold them in prayer.

We also bring to Jesus our own prayers and intentions. Jesus never stops welcoming us. Who is it that you hold in prayer tonight? Who is it in your life that has a hold on your heart?

When you are ready, you are invited to come forward and right the first names or the groups of the people for whom you are praying. We join our prayers tonight with the prayers of all people around the world, trusting that our Lord welcomes them always and never leaves us alone.

5. Play quiet meditative music while participants write the names on the newsprint. When all have finished, tell participants that the newsprint will remain in the prayer space throughout the FoodFast. Let them know they can continue to add names of others and their general prayers during breaks and other prayer times.

6. Continue by inviting participants to join hands and pray together the Lord’s Prayer. Close by singing the closing song, One Family by Pasquale Talarico, available for download on the CRS FoodFast website, or choose another appropriate song.
Leader:
We gather in the name of the Father, and of the Son, and of the Holy Spirit. Amen!

God of all, we thank you for gathering us here together. Guide us as we begin our experience in solidarity with our brothers and sisters on this planet who are being denied their basic rights.

Reader 1:
During this time together, we will learn who they are, and put names to these members of our global family.

Reader 2:
During this time together, we will attempt to genuinely understand the lives and realities of others.

Reader 3:
During this time together, we will honor their exhaustion and suffering.

Reader 4:
During this time together, we will challenge ourselves to feel the pangs of hunger on their behalf.

Reader 5:
During this time together, we will focus on their circumstances and not our own.

Leader:
During this time together, we will change our hearts and perhaps our lives to see the great value of the gift of life itself. We will challenge ourselves to share not just our material goods, but the gift of our heart and soul. Loving God, we ask your help and guidance as we walk just for one day in hope that it be the beginning of true understanding and compassion.

All: We pray for the courage to take action to make our world into a place that welcomes children as Jesus commanded.

Reader 6:
Matthew 19:13-15

(pause for silent reflection)

Leader:
In this scripture passage, all are welcome to come to Jesus. The photos placed in the prayer space—symbolic of our sisters and brothers around the world—are a reminder that we, like Jesus, must be welcoming. We welcome into our hearts all people and hold them in prayer.

We also bring to Jesus our own prayers and intentions. Jesus never stops welcoming us. Who is it that you hold in prayer tonight? Who is it in your life that has a hold on your heart?

When you are ready, you are invited to come forward and right the first names or the groups of the people for whom you are praying. We join our prayers tonight with the prayers of all people around the world, trusting that our Lord welcomes them always and never leaves us alone.
OBJECTIVES
To encourage prayerful reflection of our connectedness with children around the world.

MATERIALS NEEDED
- Enough chairs for all participants to have one each
- Table
- Large world map
- Large candle and enough votive candles for all participants to have one each
- Small bowl
- Musician(s) to lead music, or music player with appropriate selection of music
- One person to lead prayer, six people to read prayers or proclaim scripture

PROCESS
1. Put the chairs in a circle with the table in the middle. On the table, lay a large world map. In the center of the map, place the lit candle and small bowl next to it.
2. Distribute one votive candle to each participant and sing opening song, We Are Called by David Haas (GIA Publications), or choose another appropriate song.

Reader 1:
Matthew 28:16-18

Reader 2:
As we pray for our world today, our response will be, “Blest be all children around the world.
Loving God, we come before you, aware of all those parts of the world where people, especially children, are suffering from hunger, poverty, lack of education, and war.
All: Blest be all children around the world.

Reader 3:
Jesus sat down, called the twelve, and said to them, “Whoever wants to be first must be last of all and servant of all.” Then he took a child and put him or her among them; “Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not only me but the one who sent me.” (Mark 9:35-37)
All: Blest be all children around the world.

Reader 4:
Jesus said, “Let the children come to me, and don’t try to stop them! People who are like these children belong to God’s kingdom.”
All: Blest be all children around the world.

Reader 5:
Jesus came to us a child. He revealed himself as an infant, poor, and dependent.
All: Blest be all children around the world.

Reader 6:
Luke 4:18

3. Give each participant a small piece of paper. Invite participants to consider how they can personally commit oneself to promoting justice in our world. Encourage them to think concretely and write down at least one action step on the paper. While participants are thinking and writing, play soft music in the background.
4. As each person finishes, encourage the participants to approach the table, light his or her votive and place it somewhere on the world map. The participant should then put his or her piece of paper in the bowl.
5. When all of the participants have finished, bring everyone back together in prayer.

Leader: Loving God, please accept our commitments and bless our efforts as we strive to be followers of the Gospel message. Thank you for being with us as we learn about how members of our global family live. Continue to be with us as we conscientiously live out our responsibility to promote justice in the world.

6. Sing closing song, *Giving it All Away* by Greg Walton from the Spirit & Song CD Collection, “Akwaaba! Songs of Peace and Solidarity” (or choose some other appropriate song)
Reader 1:
Matthew 28:16-18

Reader 2:
As we pray for our world today, our response will be, “Blest be all children around the world.”

Loving God, we come before you, aware of all those parts of the world where people, especially children, are suffering from hunger, poverty, lack of education, and war.

All: Blest be all children around the world.

Reader 3:
Jesus sat down, called the twelve, and said to them, “Whoever wants to be first must be last of all and servant of all.” Then he took a child and put him or her among them; “Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not only me but the one who sent me.” (Mark 9:35-37)

All: Blest be all children around the world.

Reader 4:
Jesus said, “Let the children come to me, and don’t try to stop them! People who are like these children belong to God’s kingdom.”

All: Blest be all children around the world.

Reader 5:
Jesus came to us a child. He revealed himself as an infant, poor, and dependent.

All: Blest be all children around the world.

Reader 6:
Luke 4:18
OBJECTIVE
To foster prayerful reflection on God’s call to justice and solidarity

SETUP/MATERIALS NEEDED
• Copy of the What World Do You Believe Could Exist? handout for each participant
• Copy of the Prayer – I Will Believe handout for each reader
• Pens or pencils
• Cross or Crucifix
• Candles
• Musician(s) to lead music, or music player with appropriate selection of music
• One person to lead prayer, six people to read prayers

PROCESS
1. Prepare the prayer space. Place a cross and candles on a table. Include any other items that will set the tone for your CRS FoodFast.
2. Ask 6 participants to be readers. Provide readers with a copy of the prayer ahead of time and highlight the part you would like each of them to read.
3. Invite participants into the prayer space and give each person a copy of the What World Do You Believe Could Exist? handout and a pen or pencil. (Throughout the prayer, there are opportunities for participants to pause and write their thoughts down. As you feel it is appropriate, encourage participants to share their reflections and prayers.)
4. Sing gathering song, Church of Justice, from the Spirit & Song CD Collection, “Akwaaba! Songs of Peace and Solidarity”, or choose some other appropriate song.

Leader:
We have each come to this FoodFast for our own reasons, but more than likely, one reason we are present here today is because we want to make a difference in our world, to assist our sisters and brothers in need. Consider the world in which we live. What would you change? What would you keep the same? Take a moment to write down your thoughts on your handout.

(Pause for silent reflection.)

As we gather, we know that God is with us now and always. In the name of the Father, and of the Son and of the Holy Spirit.

Reader 1:
I will not believe in the law of the strongest,
In the language of guns,
In the power of the powerful.
I want to believe in the rights of all,
In the open hand,
In the strength of the non-violent.

Reader 2:
I will not believe in race or riches,
In privileges,
In the established order.
I want to believe that all human beings
Are human beings
And that the order of force and injustice
Is disorder.
**Activity**

**Prayer Services**

**Believe in Solidarity**

**Food Fast**

**Reader 3:**
I will not believe that I don’t have to concern myself
With what happens far from here.
I want to believe that the whole world
Is my home, the field that I sow,
And that all reap what all have sown.

**Reader 4:**
I will not believe that I can combat oppression out there
If I tolerate injustice here.
I want to believe that what is right
Is the same here and there
And that I will not be free
While even one human being is excluded.

**Reader 5:**
I will not believe that war and hunger are inevitable
And that peace is inaccessible.
I want to believe in the love of bare hands,
In peace on earth.

**Reader 6:**
I will not believe that any effort is in vain.
I will not believe that the dream of human beings
Continues being only a dream
And that death is the end.
But I dare to believe in the dream of God:
A new heaven, a new earth
Where justice reigns.

**All: Amen.**


**Leader:**
What world do you believe could exist? What role do you play in shaping this world? Take a moment to write your thoughts down on your handout.

Flip over your paper. On the back write a prayer about the world you believe in. Let the prayer we just heard inspire you.

(Pause to allow participants time to write a prayer.)

If you would like to share your prayer, you are invited to come forward now.

(Allow participants to rise and share their prayers.)

We ask God to walk with us at every moment, to guide us, to teach us, to call us to make a difference and to help us believe in a world we know is possible.

As we lift up our intentions, the response will be:

“May our fast today make a difference in ourselves and in our world.”

**Leader:**

Loving God, help us to become closer to You during our FoodFast.

**All:** May our fast today make a difference in ourselves and in our world.

**Leader:**

Guide us through Christ’s example so that we may walk with the poor and the hungry.

**All:** May our fast today make a difference in ourselves and in our world.
**Activity**

Believe in Solidarity

40 minutes

3 of 3

**Prayer Services**

Leader:
Show us the causes of hunger in our world and how we can work to remove those causes.

All: *May our fast today make a difference in ourselves and in our world.*

Leader:
Open our minds and hearts so that we may do what You are asking of us.

All: *May our fast today make a difference in ourselves and in our world.*

Leader:
May our FoodFast be the beginning of our walk in solidarity with our brothers and sisters in need.

All: *May our fast today make a difference in ourselves and in our world.*

Leader:
Compassionate God, as we continue to fast, we call to mind all those who are hungry in our world. May our fasting create in us a desire to assist our brothers and sisters in need around the world and in our community. Through our prayers and actions, we join our global family in solidarity. Grant that we may work to make a world without hunger, oppression, and poverty a reality.

4. Sing a closing song of your choosing.
WHAT WORLD DO YOU BELIEVE COULD EXIST?

Consider the world we live in...

1. What would you change?

2. What would you keep the same?

3. What world do you believe could exist? What role do you play in shaping this world?

4. Write a short prayer for the world that you believe could exist.
I WILL BELIEVE

Reader 1:
I will not believe in the law of the strongest,
In the language of guns,
In the power of the powerful.
I want to believe in the rights of all,
In the open hand,
In the strength of the non-violent.

Reader 2:
I will not believe in race or riches,
In privileges,
In the established order.
I want to believe that all human beings
Are human beings
And that the order of force and injustice
Is disorder.

Reader 3:
I will not believe that I don’t have to concern myself
With what happens far from here.
I want to believe that the whole world
Is my home, the field that I sow,
And that all reap what all have sown.

Reader 4:
I will not believe that I can combat oppression out there
If I tolerate injustice here.
I want to believe that what is right
Is the same here and there
And that I will not be free
While even one human being is excluded.

Reader 5:
I will not believe that war and hunger are inevitable
And that peace is inaccessible.
I want to believe in the love of bare hands,
In peace on earth.

Reader 6:
I will not believe that any effort is in vain.
I will not believe that the dream of human beings
Continues being only a dream
And that death is the end.
But I dare to believe in the dream of God:
A new heaven, a new earth
Where justice reigns.

All: Amen.

OBJECTIVES
To encourage participants to prayerfully reflect on what it means to live with hope

SETUP/MATERIALS NEEDED:
• Copy of To Have Hope handout for each participant
• Pens/pencils
• Musician(s) to lead music, or music player with appropriate selection of music
• One person to lead prayer, ten people to read prayers or proclaim scripture
• Invite ten participants to be readers — nine for the prayer, To Have Hope, and one for the scripture reading (1 Peter 3:13-16).

PROCESS:
1. Provide the prayer ahead of time and highlight the section they should read.
2. Invite participants into the prayer space. Distribute a copy of the handout, To Have Hope, to each participant. Begin with the sign of the cross.
3. Sing Opening Song, Sound of Hope by Ike Ndolo (OCP), or choose another appropriate song.

Leader:
We gather today to fast in solidarity with the poor in our world. We ask God to look over them and provide for their needs. We also ask God to provide us with hope and strength to be builders of a better world. Let us come together and pray the litany on the handout, To Have Hope.

All: To Have Hope ...

Reader 1:
...is to believe that history continues open to the dream of God and to human creativity.
All: To Have Hope ...

Reader 2:
...is to continue affirming that it is possible to dream a different world, without hunger, without injustice, without discrimination.
All: To Have Hope ...

Reader 3:
...is to be a courier of God and courier of men and women of good will, tearing down walls, destroying borders, building bridges.
All: To Have Hope ...

Reader 4:
...is to believe in the revolutionary potential of faith, is to leave the door open so that the Spirit can enter and make all things new.
All: To Have Hope ...

Reader 5:
...is to believe that life wins over death.
All: To Have Hope ...

Reader 6:
...is to begin as many times as necessary.
All: To Have Hope ...

Reader 7:
...is to believe that hope is not the last thing that dies.
All: To Have Hope ...

40 minutes
1 of 3
**Activity**

**Prayer Services**

**Food Fast**

**Living in Hope**

40 minutes

2 of 3

**Reader 8:**
...is to believe that hope cannot die, that hope no longer dies.

**All: To Have Hope ...**

**Reader 9:**
...is to live.


**Leader:**
We will now hear a scripture reading.

**Reader 10:**
1 Peter 3:13-16

4. After the reading, lead a discussion on hope. Use your own words or the following script:

Our CRS FoodFast retreat is an act of hope. It’s an act of hope when people who have plenty of food decide to fast in prayer and reflection at a time when many go hungry. Maybe it’s a little taste of the changes that must occur to address the root causes of hunger. As an act of solidarity with the poor, it makes sense. And there’s something incredibly hopeful about emptying ourselves to make room for the voices of people in poverty, for the voices of one another, and for the voice of God. Maybe it’s a reminder for us to be less focused on ourselves and more focused on others. As an act of solidarity with God and each other, it makes sense.

St. Peter, though, doesn’t call us simply to have hope, as if this were simply a positive attitude. He calls us to talk about our hope, to study it and to understand the source of it and the reason for it. The prayer we shared at the start of our service comes from the Missionary Sisters of St. Charles Borromeo in Honduras. It is filled with definitions of hope, and offers an opportunity for us to practice what St. Peter is preaching. I invite you to take a few moments to read it over again quietly to yourself, and select one line that really resonates with you, that really describes hope to you, or that you find especially true. Ask yourself, when have you seen this prayer in action?

5. Give the group a few moments to read and reflect. Then, invite each participant to share the line of hope that he or she chose with a partner and discuss how or where they have each seen the prayer in action. Provide about five to eight minutes for this discussion.

6. When the conversation seems to be done, ask for a few volunteers to share what they heard. Close the discussion with the following:

**Leader:**
According to the Sisters of St. Charles Borromeo, hope is an act of believing, beginning, continuing and carrying. Ultimately, hope is an act of living, in its fullest and most meaningful sense. In a world that is filled with so much negativity, so much despair, and frequent insistence that there is nothing we can
Hope ultimately lies in the imagination. We hope for things yet unseen, and realities yet unrealized. If we are going to work for a world where people don’t go to bed hungry; where they don’t suffer from violence; where they have meaningful work and healthy relationships; where children can go to school and dream of their own futures; we must first be able to imagine this world. We have to be able to hope for it.

Let us end our prayer service with the greatest prayer of hope, the prayer that Jesus taught us: The Lord’s Prayer.

7. Sing closing song, *Bearer of Hope* by Jesse Manibusan (OCP), or choose another appropriate song.
TO HAVE HOPE

All: To Have Hope ...

Reader 1:
...is to believe that history continues open to the dream of God and to human creativity.
All: To Have Hope ...

Reader 2:
...is to continue affirming that it is possible to dream a different world, without hunger, without injustice, without discrimination.
All: To Have Hope ...

Reader 3:
...is to be a courier of God and courier of men and women of good will, tearing down walls, destroying borders, building bridges.
All: To Have Hope ...

Reader 4:
...is to believe in the revolutionary potential of faith, is to leave the door open so that the Spirit can enter and make all things new.
All: To Have Hope ...

Reader 5:
...is to believe that life wins over death.
All: To Have Hope ...

Reader 6:
...is to begin as many times as necessary.
All: To Have Hope ...

Reader 7:
...is to believe that hope is not the last thing that dies.
All: To Have Hope ...

Reader 8:
...is to believe that hope cannot die, that hope no longer dies.
All: To Have Hope ...

Reader 9:
...is to live.

OBJECTIVES
To help participants recognize that they can be Christ to the world through their love and
to commission participants for missionary discipleship as they leave the CRS FoodFast.

SETUP/MATERIALS NEEDED
- Copy of Christ Has No Body Now but Ours handout for each participant
- 9 participants to serve as readers
- Musician(s) to lead music, or music player with appropriate selection of music
- If this prayer is being used as a Commissioning Service, purchase commissioning
gifts from CRS’ partner SERRV and arrange for distribution

PROCESS
1. Provide readers with a copy of the prayer ahead of time and highlight the part you
would like each of them to read.
2. Invite participants into the prayer space and distribute the handout, Christ Has No
Body Now but Ours.

Leader:
Let us pray and reflect on the Prayer of St. Teresa of Avila. This prayer reminds
us to see as Christ did, to reflect on the gifts we have been given, and to act with
joy and conviction to help bring healing to all people and to our earth. Please
stand and pray together:

All:
Christ has no body now but ours,
No hands, no feet on earth but ours.
We possess the eyes through which He looks with compassion on this world.
We possess the feet with which he walks to do good.
Ours are the hands with which He blesses all the world.
Ours are the hands, the feet, the eyes of Christ.
We are his body.
May we use the gift of our bodies
To Live Christ in the world
So all people know his healing touch.
Amen.

Reader 1:
As we offer our intentions, our response will be Hear our prayers, O Lord.
Help us, O Lord of Life, to take on your body, and to become firmly rooted in this
beautiful earth You have created for Your human family.
All: Hear our prayers, O Lord.

Reader 2:
May our eyes see as Yours did; may we recognize all who are hungry as our
brothers and sisters who long for the nourishment the earth can provide.
All: Hear our prayers, O Lord.

Reader 3:
May we also recognize what is happening to Your Creation and recognize the
impact climate change has on the poorest in our world.
All: Hear our prayers, O Lord.
If you are using this prayer as a Commissioning Service, use the script below to commission the participants.

**Leader:**
God has called you by name, and His work is now our work. Please rise as you are commissioned to do God’s work.

Heavenly Father, bless these young people so that they be reminded of our FoodFast and our commitment to live a life in solidarity with the poor and vulnerable. Watch over us and guide us as we work to feed the hungry, give drink to the thirsty and welcome the stranger. Encourage us to invite others to join us on our journey of solidarity so that together we may foster a world without poverty, hunger or fear. Amen.

Go in peace to love and serve the Lord with your whole being.

Go in solidarity and in joy, for you are the chosen and the blessed.

God has called you by name and you are his beloved.

**All:** Amen

3. Sing closing song, *St. Theresa’s Prayer* by John Michael Talbot (JohnMichaelTalbot.com), or choose another appropriate song.
CHRIST HAS NO BODY NOW BUT OURS

All:
Christ has no body now but ours,
No hands, no feet on earth but ours.
We possess the eyes through which He looks with compassion on this world.
We possess the feet with which he walks to do good.
Ours are the hands with which He blesses all the world.
Ours are the hands, the feet, the eyes of Christ.
We are his body.
May we use the gift of our bodies
To Live Christ in the world
So all people know his healing touch.
Amen.

Reader 1:
Help us, O Lord of Life, to take on your body, and to become firmly rooted in this beautiful earth You have created for Your human family.
All: Hear our prayers, O Lord.

Reader 2:
May our eyes see as Yours did; may we recognize all who are hungry as our brothers and sisters who long for the nourishment the earth can provide.
All: Hear our prayers, O Lord.

Reader 3:
May we also recognize what is happening to Your Creation and recognize the impact climate change has on the poorest in our world.
All: Hear our prayers, O Lord.

Reader 4:
May our voices seek to echo Yours as we work to console and comfort those in need.
All: Hear our prayers, O Lord.

Reader 5:
May our voices also carry Your concern for the poor to the leadership in our national and global communities, so they more actively seek to create food security for all.
All: Hear our prayers, O Lord.

Reader 6:
May our hands take up the tasks that can help heal Creation and help ensure that everyone may come to the table to eat and be nourished.
All: Hear our prayers, O Lord.

Reader 7:
May our hands reach out to each other and to all members of the human family.
All: Hear our prayers, O Lord.

Reader 8:
May we walk in solidarity with those who hunger and thirst for nourishment.
All: Hear our prayers, O Lord.

Reader 9:
May we walk in solidarity with those who seek to heal the earth and to feed its people.
All: Hear our prayers, O Lord.
OBJECTIVES
To reflect on images and the meaning of justice and injustice in our world while encouraging participants to consider how God might be calling them—individually and collectively—to live justly.

SETUP/MATERIALS NEEDED
- One plain black table cloth and one colorful table cloth
- Dead twigs and branches
- Branches with leaves and/or flowers
- Large candle and additional smaller candles
- Cross
- Bible
- Small bowls containing the following:
  - Salt water
  - Vinegar
  - Radishes – cleaned and sliced
  - Parsley – chopped into small pieces
  - Celery – cleaned and sliced into small pieces
  - Honey
  - Powdered sugar
- Fruit: strawberries, blueberries, honeydew melon or grapes
- Soft, meditative music
- One person to lead prayer, four people to proclaim scripture
- Musician(s) to lead music, or music player with appropriate selection of music

PROCESS
1. Set up a prayer focus in the center of the prayer space using the guidelines below. You may want to integrate this prayer focus (minus the food items) into the prayer and reflection space from the very beginning of the FoodFast.
   - Place a box, small table or stool in the center of your prayer space. Drape the large black cloth across the surface you’ve chosen so that it stretches out over half of the top of the and overflows onto the floor on one side. Drape the multi-colored cloth so that it stretches out and overflows onto the floor on the other side. Atop the cloths, place a large candle, cross and Bible.
   - On the side with the black cloth, spread dead branches in an artistic fashion so that this area appears generally barren and bleak. Place the bowls containing salt water, vinegar, radishes, parsley and celery amidst the dead branches. This side represents injustice and oppression.
   - On the side with the multi-colored cloth, spread green branches and flowers in artistic fashion so that this area appears rich with life. Place the bowls containing powdered sugar, honey, and various fruits amidst the flowers and branches. This side represents justice and abundance of life.

2. Ask three participants to read the suggested scripture verses. Provide the readings ahead of time so they can prepare.

3. Sing gathering song, The Cry of the Poor from the Spirit & Song CD Collection, “Akwaaba! Songs of Peace and Solidarity”, or choose some other appropriate song.

4. Lead the participants in meditative reflection using the scripture interspersed with following script below:

   Reader 1:
   Exodus 1:11-14
A CALL TO JUSTICE

30 minutes

2 of 3

Leader:
(read slowly and thoughtfully) When you think of injustice, what comes to mind? (pause) In the book of Exodus, we learn of the harsh realities of the Hebrew people’s experience of slavery - the bitterness of life brought about by oppression, the drudgery of forced labor and the violence imposed upon them. And these realities still exist today in various forms as we have learned throughout our Food Fast and as we see in the news each day.

When you think of injustice, what comes to mind? What does it look like? What does it sound like? What does it taste like? What does it feel like? In the feast of the Passover, our Jewish brothers and sisters commemorate the experience of slavery, their experience of injustice, with the taste of bitter herbs and salt. As you think about the experience of injustice, come forward prayerfully and quietly and take of the parsley, celery or radish, and dip it into the vinegar and salt water. As you taste it, consider the bitterness and harshness of life that stems from violence, oppression, and injustice.

(As participants come forward, have meditative instrumental music playing in the background. You may want to simply reduce the volume and keep it playing during the readings that follow.)

Reader 2:
Deuteronomy 8:7-10

Leader:
(read slowly and thoughtfully) When you think of justice, what comes to mind? (pause) In the book of Deuteronomy, we learn that our God of justice promises us a land filled with the richness of life, a land where we may eat bread without scarcity, where there is no hunger or oppression. Our God promises an abundant life when perhaps we will be filled with such gratitude that we cannot help but give thanks to and bless our God. We see signs of the promise of this abundant life today: whenever someone reaches out to help the poor and marginalized, when someone tries to change the systems that oppress or cause violence, when we strive for peace and forgiveness, when we celebrate each other and our goodness and generosity, when we choose to love.

When you think of justice, what comes to mind? What does it look like? What does it sound like? What does it taste like? What does it feel like? A vision of justice is often symbolized as a land overflowing with the sweetness of life, as people joining together in community. As you think about the experience of justice, come forward again prayerfully, quietly, in community. Take of the fruit, dip it into the powdered sugar or honey, and taste of the sweetness of life. As you do so, consider a world in which respect for all life, peace, forgiveness, and solidarity reign.

(As participants come forward, have meditative instrumental music playing in the background.)

Reader 3:
Matthew 25:34-40

Reader 4:
Micah 6:8

5. Play a meditation song: Least of the These by Janet Sullivan Walker (OCP) or choose some other appropriate song that reinforces the call to walk with our brothers and sisters who are poor and vulnerable as depicted in Matthew 25.
Leader:
*(read slowly and thoughtfully)* God calls each of us to go where we are most needed, to go to those who are struggling or hurting, to the poor and vulnerable - to go where there is injustice and suffering. We are called into the troubled parts of our families, communities and world to bring hospitality, food, drink, clothing...to offer forgiveness, to foster change, to provide companionship...to love.

I invite you to prayerfully consider one step you can take in the effort to help someone who is hungry, who may be suffering, who lives on the margins of our society. What is one thing you can do to make a difference in the life of another person whose life is impacted by injustice and oppression? What is one action you can take when you leave this FoodFast? Remember that God does not call us to go and save the world; God calls us to simply go and love our neighbor and do what we can.

*(Allow a few moments of silent reflection.)*

Keeping this action step in mind, try to think of a word or a short phrase – two to five words - that captures what you want to do, what you are praying about.

*(Allow a few moments of silent reflection.)*

Let us now go around the room and listen to these words or phrases of action – words that capture our collective commitment to respond to injustice in the word, words that symbolize our commitment to live justly, love tenderly and walk humbly with our God. Beginning with the person on my left, I invite each of you to share the word or phrase that captures your commitment.

6 Allow participants to share their words and phrases. After all participants have shared, share the following words.

Leader:
As a symbol of our collective and communal commitment to build God’s kingdom of justice and peace, let us join hands as we pray together in the words that Jesus taught us. Our Father...

7 Close with a sign of peace and closing song, *We Are Called* by David Haas (GIA Publications), or choose a song that reminds participants of God's call to each of us to foster justice and peace in the world.
OBJECTIVES
To pray for a just world

NOTE: This prayer is much simpler and shorter than other prayers provided here. It is appropriate to use this for a “prayer break” in the middle of a longer FoodFast, or as a call to prayer or closing prayer in a FoodFast with shorter schedules.

SETUP/MATERIALS NEEDED
• Bible
• Copy of the Justice Prayer handout for each participant
• One person to lead prayer, seven people to read prayers or proclaim scripture

PROCESS
1. Provide the readings ahead of time so participants can prepare.
2. Gather participants in the prayer space and invite them to quiet reflection.
3. Continue with the sign of the cross and the script below.

Reader 1:
Habakkuk 2:2-3

Leader:
In the times of the prophet Habakkuk, God’s people were experiencing terrible oppression, lives filled with violence and injustice. Habakkuk asks God when the injustice will be dealt with, when the oppression will end. He is essentially asking God, “Where are you in all of this pain?” God responds by telling Habakkuk that the righteous must live by their faith; they must hope in God’s justice. If the vision seems to delay, wait for it, for it will surely come.

We may be moved to ask the same question of God in regard to the hunger we are aware of in the world around us. Perhaps God’s response would be the same. Live by your faith, have hope in God’s justice, wait for the vision, for it will surely come. Let us pray now for the fulfillment of God’s justice.

Reader 2:
For those who suffer hunger due to war or political unrest, we pray.
All: Let the vision of God’s justice be fulfilled.

Reader 3:
For those who are hungry as the result of disasters such as floods, earthquakes, drought or famine, we pray.
All: Let the vision of God’s justice be fulfilled.

Reader 4:
For those who are victims of disease and the hunger that sometimes accompanies illness, we pray.
All: Let the vision of God’s justice be fulfilled.

Reader 5:
For those who struggle to produce adequate food without training in sustainable agriculture, we pray.
All: Let the vision of God’s justice be fulfilled.

Reader 6:
For those who are hungry because they are refugees, forced from their homes by violence or disaster, unable to find adequate food in a land not their own, we pray.
All: Let the vision of God’s justice be fulfilled.
**Justice Prayer**

**Reader 7:**
For those who are hungry because they cannot find employment or other financial support, we pray.

**All:** Let the vision of God’s justice be fulfilled.

**Leader:**
Merciful God, let us live by our faith with hope in your justice. Let our lives be a fulfillment of the vision that was lived by your son Jesus, in whose name we pray.

**All:** Amen.
JUSTICE PRAYER

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Leader:
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