reflection
activities
Through **CRS FoodFast—Be the Change**, Catholic Relief Services helps you create an experience that is unique to the charism and needs of your community. **Be the Change** explores the reality of global hunger in the world through the lens of Catholic social teaching. Participants are also 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 sampling 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 or integrate your own ideas to enhance the overall experience for participants. We recognize the level of commitment many faith and school communities like yours have to inspiring young people to live out their faith in solidarity with our sisters and brothers around the world. We hope the CRS FoodFast resources in this theme help you to achieve that vision.

**GENERAL ACTIVITIES AND REFLECTIONS**

This collection of resources aims to foster deeper reflection on the CRS FoodFast experience, the realities facing our vulnerable sisters and brothers, and Jesus’ call to discipleship. The resources provide a mixture of group activities, journaling, individual and communal reflection, and creative prayer.

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SUGGESTED REFLECTION RESOURCES AND GENERAL ACTIVITIES FROM THEME-BASED CRS FOODFASTS

All of the theme-based CRS FoodFasts contain general activities that foster reflection on the CRS FoodFast experience, new knowledge and insights, and the call to action. The activities listed below can be used or easily adapted for a build-your-own event. You can locate these in the 24-hour modules of the corresponding theme!

ENOUGH
- **Slam Poetry (Day 1 – 9:45 p.m.):** use this contemporary medium of expression to help participants form ideas and articulate their feelings and opinions about hunger, poverty and the Jesus’ call to serve the most vulnerable
- **Scriptural Scavenger Hunt (Day 2 – 9:40 a.m.):** participants help each other discover what Scripture teaches about the hungry and our responsibility toward them in this interactive experience
- **Making a Statement (Day 2 – 11:05am):** participants synthesize what they learn as they develop their own public service announcements
- **SERVICE EXPERIENCE – One More Meal (Day 2 – 12:15pm):** participants work together to make Friendship Soup for local pantries

JUST FOOD
- **Interactive Wall Art (Day 1 – 8:00pm):** a creative art and reflection activity using varied colors and textures of food; this activity can also be a springboard for a larger mural display
- **SERVICE EXPERIENCE – Bread Making: A Spiritual Thing (Day 1 – 10:15pm):** kneading and baking bread for the hungry serves as a basis for exploring the spiritual aspect of food preparation
- **Meditation: Mindful Eating (Day 2 – 10:40am):** a mindfulness activity that encourages participants to be more cognizant of the sights, sounds, smell and taste of the food they consume

UNCOMMON GOOD
- **Common Good – Get People Going! (Day 1 – 9:40 pm):** participants develop a “big event” idea that ultimately seeks to promote the common good through faith-filled and responsible action on behalf of the environment and the poor
- **SERVICE EXPERIENCE – Mystery Mix (Soup for a Hungry Soul) (Day 1 – 10:55pm):** the contemporary parable, Stone Soup, provides inspiration for a group soup-making effort serving local soup kitchens
- **Celebrating Our Five Senses (Day 2 – 8:45am):** a mindfulness experience highlighting a few wonders of God’s creation through each sense
- **#Hashtag Challenge (Day 2 – 10:20am):** participants are challenged to creatively use social media to advocate for environmental justice or any other focus of your CRS FoodFast
OBJECTIVES
To help participants reflect on the reasons for attending a CRS FoodFast and to consider how fasting will make a difference in the lives of our sisters and brothers around the world.

SETUP/MATERIALS NEEDED
- copies of the handout, Understanding Why We Fast, one for each participant
- pens/pencils
- meditative instrumental music
- music player
- flipchart paper
- markers
- tape

Choose 5 readers and provide them with a copy of the reflection ahead of time. Highlight the part you would like each of them to read.

Write each of the reflection questions from Understanding Why We Fast at the top of a separate sheet of flipchart paper. Post the papers around the reflection space.

BACKGROUND SUMMARY
This activity should be done towards the beginning of a CRS FoodFast. Through a process of journaling and sharing, participants will connect their fast with our responsibility to assist our brothers and sisters in need.

PROCESS
1. Invite participants into the prayer and reflection space and provide each person with a copy of the Understanding Why We Fast handout.

2. Begin with a brief overview of the Christian tradition of fasting. Share your own experience(s) of fasting and the difference it has made in your faith journey. Encourage participants to reflect on their own understanding of fasting throughout this time. Consider using additional resources as needed:
   - For more general information on fasting, see the USCCB’s Reflection on Lenten Fasting.
   - CRS Rice Bowl provides a video reflection on fasting with the help of Christopher West in the “What is Lent?” series.
   - Busted Halo has numerous reflections on fasting, including this one by Timothy Hester called The Soup to Nuts of Fasting.

3. Beginning with Reader 1, have the first reading shared aloud and then allow 5-10 minutes for silent reflection and journaling. Play a CD of soft instrumental music throughout this activity. Continue with the subsequent readings in the same format.

4. After the last reading, invite participants to share their reflections for each question in pairs and then with the entire group. Be sure to provide time to discuss responses to the last question, “How will our fast today help our sisters and brothers living in hunger and poverty?”

5. Write their thoughts, words and emotions on the flipchart paper you have prepared ahead of time. Keep these reflections posted in the prayer and reflection Space allowing participants to continue their reflection during quiet times and breaks.

Option: After the discussion, invite participants to come forward and write a word or short phrase on the newsprint for the questions that most speak to them.
During this CRS FoodFast, take time to recognize the importance of fasting. Consider how it can guide us towards a deeper spiritual life. Take time while you are here to be still and to open your heart and mind to our God. May you continue to deepen your relationship with God, with your community of faith that gathers with you, and with our global family.

**Reader 1:**
A reading from the prophet Isaiah

Is this not, rather, the fast that I choose: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking off every yoke?

Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; Clothing the naked when you see them, and not turning your back on your own flesh?

Then your light shall break forth like the dawn, and your wound shall quickly be healed; Your vindication shall go before you, and the glory of the LORD shall be your rear guard.

Then you shall call, and the LORD will answer, you shall cry for help, and he will say: “Here I am!”
If you remove the yoke from among you, the accusing finger, and malicious speech;

If you lavish your food on the hungry and satisfy the afflicted; Then your light shall rise in the darkness, and your gloom shall become like midday;

Then the LORD will guide you always and satisfy your thirst in parched places, will give strength to your bones And you shall be like a watered garden, like a flowing spring whose waters never fail.

(Isaiah 58: 6-11 NABRE)

Consider your decision to participate in this CRS FoodFast and how Isaiah encourages us to fast. What led to your participation in this fast? Why are you here today?
Reader 2:
A brief reflection by Pope Francis on this scripture passage from Isaiah.
(Homily, March 3, 2016)

“Let us think on these words, let us think in our own hearts, how do we fast, pray, give alms? And it would help us to think about how we would feel about a man who, after a meal that cost [much money], for example, returns home and sees someone hungry, and doesn’t look at him and keeps walking. It would do us good to think about that.”

In your own words, what is Pope Francis asking us to do? What is the importance in following this suggestion? For whom do you fast today?

Reader 3:
A reading from the U.S. Bishops’ statement, Global Climate Change: A Plea for Dialogue, Prudence, and the Common Good #15

“Each of us should carefully consider our choices and lifestyles. We live in a culture that prizes the consumption of material goods. While the poor often have too little, many of us can be easily caught up in a frenzy of wanting more and more—a bigger home, a larger car, etc. Even though energy resources literally fuel our economy and provide a good quality of life, we need to ask about ways we can conserve energy, prevent pollution, and live more simply.”

How do our decisions and choices affect our brothers and sisters around the world? Besides food, from what do you fast today?
Reading 4:
Early Christian Mystic, St. John Chrysostom

“No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great.”

As you fast today, who will you be praying for? To whom might you need to do some good?

Reader 5:
A reading from the U.S. Bishops’ statement, Called to Global Solidarity

“Solidarity is action on behalf of the one human family, calling us to help overcome the divisions in our world. Solidarity binds the rich to the poor. It makes the free zealous for the cause of the oppressed. It drives the comfortable and secure to take risks for the victims of tyranny and war. It calls those who are strong to care for those who are weak and vulnerable across the spectrum of human life. It opens homes and hearts to those in flight from terror and to migrants whose daily toil supports affluent lifestyles. Peacemaking, as [Saint] John Paul II has told us, is the work of solidarity.”

How does this CRS FoodFast join us in solidarity with our global family? How will our fast today help our sisters and brothers living in hunger and poverty?
OBJECTIVES
To help participants reflect on the concept of solidarity as well as articulate its meaning and relevance through journaling and group discussion.

SETUP/MATERIALS NEEDED
- Make copies of the Exploring Solidarity reflections so that each group will have a different reflection and each participant will have his or her own handout.
- pens/pencils

BACKGROUND:
The term “solidarity” is one of 7 Catholic social teaching principles, underscoring the vision of the inherent connectedness of all of humanity, an understanding that we are one human family. This has implications for how we serve each other. Unfortunately, solidarity is a word that often goes unrecognized or its meaning is not fully understood. Consider using this reflection early in your schedule to inspire participants to see themselves as part of something bigger and to ground your CRS FoodFast in a vision of solidarity.

PROCESS
1. Divide participants evenly into five groups. (If you are working with a large group, consider 10 groups.)
2. Distribute one Exploring Solidarity reflection to each group with enough copies of the handout for each participant. Instruct each group to read its passage aloud and then to spend 15 minutes of quiet reflection time responding to the questions that follow the assigned passage.
3. Allow participants to journal for about 15 minutes
4. Invite participants to share their answers within their groups for 10-15 minutes.
5. Ask participants to consider the primary themes in the passage that came up in the group sharing. Instruct groups to use those themes to develop a human sculpture—moving or still—that captures the meaning of solidarity.
6. Allow 15 minutes for each group to prepare its sculpture for presentation to the larger group.
7. When all groups have prepared their sculptures, call forth each one to present it to all participants. As each sculpture is presented, invite participants to share how they see solidarity represented or symbolized in the sculpture. After a few answers, invite the presenting group to explain the meaning of its sculpture. Continue in this format with each group.
8. After all groups have presented, end the reflection by asking the following:
   - What did you learn about the vision of solidarity that the Catholic Church holds as a core social teaching principle?
   - Why is solidarity so important when we look at global poverty, hunger, climate change, and other related concerns affecting the world’s most vulnerable people?
“Solidarity is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good; that is to say, to the good of all and of each individual, because we are all really responsible for all.”

Saint John Paul II, On Social Concerns, #38

In your reflection on the meaning of this quote, consider the questions below:

1. Did you have a firm idea of what solidarity was before you read this quote?

2. How does John Paul II’s definition of solidarity help you understand what this concept means?

3. What do you think he means by a “firm and persevering determination”? Why might this important when committing to a vision of solidarity?

4. How does this quote challenge you in your own life?

5. When John Paul II adds the idea that we are responsible for each other, how does he expand on the concept of helping your neighbor?

6. What does taking on responsibility for others mean to you?

7. How can you foresee a vision of solidarity playing out in your life as you move through different stages of growth (e.g., teenager, student, professional, single, marriage and family)?
“In a world that tends to give more and more incentives to individualism, the first service of people of faith is attention to neighbors, in solidarity and sharing... The Church charged as she is by her Lord with a spiritual mission that she continually renews... promotes a renewed humanity and open and constructive human relationships, in respect and in service, first of all to the least and the weakest.”

Pope Benedict XVI, Homily, June 15, 2008

In your reflection on the meaning of this quote, consider the questions below:

1. In what ways do our families, schools, faith communities and culture encourage individual accomplishments over the care for others?

2. In what ways do our families, schools, faith communities and culture encourage common goals and unity?

3. What influence has been stronger in your life? How so?

4. For you, what are the tensions between individualism and the call to community and solidarity?

5. Why do you think it was so important that Jesus focused his message on other-centeredness, community and solidarity? How would you describe the mission of our Lord?
“We have inherited from past generations, and we have benefitted from their work. We have obligations towards all, and we cannot refuse to interest ourselves in those who will come after us to enlarge the human family. The reality of human solidarity, which is a benefit for us, also imposes a duty for future generations.”

Pope Paul VI, On the Development of Peoples, #17, 1967

In your reflection on the meaning of this quote, consider the questions below:

1. In what ways have you directly benefitted from the generations that have come before, in terms of both the generations of your individual family and of our global family?

2. What do you owe—or what is your duty to—future generations in general?
   - in terms of food security?
   - in terms of the environment?

3. How does a solidarity that is cross-generational and across time contribute to a more holistic development of peoples?
"The word 'solidarity' is a little worn and at times poorly understood, but it refers to something more than a few sporadic acts of generosity. It presumes the creation of a new mindset which thinks in terms of community and the priority of the life of all over the appropriation of goods by a few."

Pope Francis, Evangelii Gaudium, #188, 2013

In your reflection on the meaning of this quote, consider the questions below:

1. How do you think people generally understand solidarity?
2. What kind of mindset is needed to foster a vision of humanity as "one community" or "one family"?
3. How is it that a few sporadic acts of generosity fall short in creating this mindset?

What is needed in terms of mind, heart, spirit and behavior?
Creative Solidarity: A Poem

Your creative love, O God, brought forth our world,
Once a garden where humans could taste and see the goodness of Earth.

But our eyes have been blinded to the beauty of Creation,
to the knowledge that it is Gift,
one given so that all humans may live and flourish.

Our indifference changes the world; even mighty glaciers weep now.
Our disregard for our sisters and brothers threatens the very skies above us.
Our passivity begins to choke us,
And the excess of our lifestyles blot out the sun.

Call us to renewal, to stewardship;
Call us to solidarity to Earth and all its creatures.

Give us new vision to see the fragile beauty that remains to us;
Give us new spiritual energy to become active
In loving the world through our daily life;
Give us new voices to speak out for environmental solidarity.

Bless us again with the gift of being a joyful community;
Bless us with a love of your Creation
And we will glimpse your Eden once again.

Jane M. Deren, Education for Justice (Used with permission.)

This poem presents images of what the world was created to be: Psalm 34 calls people of faith to “taste and see” that the Lord, and all that he has made, is good. The poem also reflects on what is happening to God’s creation.

In your reflection on the meaning of this poem, consider the questions below.

1. How is the physical world tied to God’s desire that we are nourished in body and in spirit?

2. What keeps you from seeing and tasting the richness of the natural world?

3. What contributes to your becoming “indifferent” to God’s Creation?
4. How does solidarity help us gain new perspectives on Earth and its people and offer us a renewed vision of what the world can be?

5. How can we “love the world” in our daily life?

6. How can the activity of being a loving and joyful community give us “new voices” so we can help with the healing of Earth and the feeding of its entire people?
OBJECTIVES
To help participants reflect on the practices of prayer, fasting and giving of self in the context of the CRS FoodFast and to help participants understand how these actions can foster a better understanding of what God is calling each person to do.

SETUP/MATERIALS NEEDED
• Assorted colored markers, enough to be shared by all participants
• Craft, parchment or construction paper, enough for each person
• Newsprint displaying the outline described in Step 1 of the process

BACKGROUND SUMMARY
This activity should be done towards the middle of a longer CRS FoodFast. Through a process of journaling and sharing, participants will connect their fast with our responsibility to assist our brothers and sisters in need.

PROCESS
1. Invite participants to seat themselves comfortably and quietly. Pass out a sheet of paper to each person. Invite participants to take a couple of markers. Instruct participants to use one or more colored markers to do the following:
   • At the top of the paper, creatively write the phrase, “In my prayer...”
   • About one-third of the way down on the same sheet of paper, creatively write the phrase, “Through my fasting...”
   • About two-thirds of the way down on the same sheet of paper, creatively write the phrase, “With my gifts...”

2. Ask the participants to choose a colored marker they have not used and to place it aside. Then lead the group through a guided reflection using the following script.

Throughout our CRS FoodFast we have been spending time in prayer together, fasting from food and considering actions we can take to help others. Let’s now spend a few minutes considering these three things: prayer, fasting and giving of ourselves.

First, let us consider prayer.

In our prayers, we seek to connect ourselves to God, lifting our minds and hearts to our Creator. At different times our prayers may be focused on requesting guidance or assistance, expressing our thoughts, sharing our challenges or simply worshipping God.

We know that God hears us and listens to all our prayers. In the first letter of John (1 John 5: 14), the Apostle tells us, “And we have this confidence in him, that if we ask anything according to his will, he hears us.” (NABRE)

Our prayers can also help clear our minds and open our hearts so we can better hear God’s message for us. Let us now take a few moments to consider what we have heard during our prayers throughout this CRS FoodFast. What is God telling us through our prayers? What do we hear when we turn our attention away from ourselves and towards God?

3. Allow a few minutes for quiet reflection on these questions about prayer.

4. Direct participants to the space on their papers that follows “In my prayer...” and ask them to write a word or phrase about what they have heard in their prayers during this CRS FoodFast. Allow enough time for all participants to complete the task.
Now let us consider our fasting.

We have consciously and willingly decided to go without food for the duration of this CRS FoodFast. There are many examples of fasting in the Bible and throughout history. Jesus himself fasted in the desert for forty days, telling us, “One does not live by bread alone.” (Luke 4:4)

As our CRS FoodFast progresses we begin to feel the pangs of hunger. Our hunger pangs are a ready reminder of our inability to sustain ourselves, of our reliance on God and on the divine generosity we receive from Earth and all God’s creation.

We ask ourselves, “How will this fast help me to recognize my dependence on God and to love God with all my heart, mind and soul? Through the pangs of hunger that I feel, am I better able to recognize my neighbor in those who struggle with hunger and poverty? Will I be better able to love my neighbor as myself?”

7. Allow a few minutes for quiet reflection on these questions about fasting.

8. Direct participants to the space on their papers that follows “Through my fasting...” and ask them to write a word or phrase about what they have experienced through their fasting during this CRS FoodFast. Allow enough time for all participants to complete the task.

9. If it feels appropriate, invite participants to simply say aloud their phrase or word in litany fashion.

10. When some or all have shared, continue with the following:

Finally, let us consider giving.

In his Second Letter to the Corinthians, Paul invites us to consider, “whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each must do as already determined, without sadness or compulsion, for God loves a cheerful giver. Moreover, God is able to make every grace abundant for you, so that in all things, always having all you need, you may have an abundance for every good work.” (2 Corinthians 9: 6-8  NABRE)

When we reflect on the many gifts that we have received from God, we feel grateful. We feel compelled in our gratitude to share our gifts with others. God provides for us through His overwhelming generosity and, in turn, we are called to be generous towards others.

Spend a few minutes thinking about the gifts and talents you have received from God. What “abundant graces” has God provided you? How does God give you all that you need? How can you use these abundant gifts to “give back” to our brothers and sisters in need?
11. Allow a few minutes for quiet reflection on these questions about giving.

12. Direct participants to the space on their papers that follows “With my gifts...” and ask them to write a word or phrase about how they intend to use their gifts after this CRS FoodFast. Allow enough time for all participants to complete the task.

13. If it feels appropriate, invite participants to simply say aloud their phrase or word in litany fashion.

14. When some or all have shared, invite participants to share petitions. Close with the Lord’s Prayer and song of your choice. Collect the sheets and place them in prayer space.
OBJECTIVES
To allow participants the opportunity to reflect on different ways we receive nourishment, the source of that nourishment and also how our Catholic faith calls us to feed the hungry.

SETUP/MATERIALS NEEDED
- newsprint or flipchart paper
- markers
- tape
- copies of the handout, What I Eat, one for each participant
- copies of the handout, Eating is a Moral Act: Table Talk, one for each participant
- pens/pencils
- basket
- A newsprint listing the following questions (for use in Part III):
  • How can we help the poor access food?
  • How do we help our sisters and brothers in poverty access a greater variety of food?
  • How do we help create a world in which no one goes hungry? What might be needed?
  • Does my relationship with food contribute to greed? Or does it contribute to sharing? Or is it somewhere in between? What do I need to change?

- Projector, speakers
- Video: CST 101: Option for the Poor and Vulnerable (youtube.com/watch?v=c3gxBjtOzNM)

SPECIAL ADVANCE PREPARATION:
If possible, before your CRS FoodFast, distribute a copy of What I Eat to each participant. You might consider including these with registration materials or permission forms. If they ask, let participants know that they will use this information during the CRS FoodFast as a way to reflect on food, but they will not be judged by what they eat.

BACKGROUND SUMMARY:
Building from a concept explored by Catholic Rural Life as early as 2012, Eating is a Moral Act is designed to help participants think about their relationship with food and how we, as Catholics, are called to feed the hungry. This could be effectively used early in a CRS FoodFast schedule.

PROCESS
PART I – 20 MINUTES
1. Start this activity with the entire group of participants gathered in the main activity area.

We are going to reflect on our relationship with food. We are not going to judge or question the amount of food we eat. Rather we are going to reflect on how we enjoy food in our lives, and on our traditions with food.

Consider where, when and how food is important in our lives. Are there times in the day, week or year that food plays a special importance?
2. Invite participants to share. Record their answers on the flipchart paper. Some examples include: holidays, Sunday dinners, or evening meals with family or friends.

Looking at our What I Eat handouts, please share a little about the meals you tracked. Which meals did you eat and at what times? What did you eat at those meals? Who was with you when you ate? Where did you eat? What do you remember enjoying and not enjoying?

3. Invite participants to share. Record their answers on the flipchart paper. Highlight similarities in eating behavior among participants in order to demonstrate how we tend to relate to food.

I would like us to think a little about where our food comes from. Do we know where our food is grown or raised?

4. Invite participants to share. Record their answers on the flipchart paper. Some examples include: local farms, corporate farms, personal gardens.

What does our relationship with food tell us about ourselves? How do we share meals with others? How do we avoid sharing? Do we have many options of where we can purchase or obtain food? What other reflections would you like to share about food?

5. When the large group is finished sharing, divide the group into small groups with no more than 5 people per group.

PART II - 30 MINUTES
1. Tell participants that they are going to take a deeper look at their relationship with food in a small group reflection. Distribute the handout, Eating is a Moral Act: Table Talk, to each participant along with pens or pencils, markers, and flipchart paper.

2. Participants should spend 15 minutes journaling using the questions on the handout.

3. As they near the end of the 15 minutes, instruct participants to discuss their journal reflection in light of the three questions (see below) at the end of the paper. Instruct the groups to write their responses on their newsprint.

• What similarities exist between our family’s table and the Eucharistic table?
• How does our faith encourage us to invite the hungry to our table?
• How does this idea—“eating is a moral act”—challenge you?

4. When groups have finished discussing, invite each group to share their answers. Allow time for other groups to respond and ask questions.
PART III – 25 MINUTES

1. Now connect this topic to the experience of people living in poverty. Begin by inviting participants to consider carefully the reality of living in poverty. A sample script is as follows:

   Now that we have discussed our personal relationships with food, I’d like us to think about the members of our local and global communities who go hungry. What do you think their relationship with food is?

   Before you answer that key question, let’s together consider the following

   • Why don’t our sisters and brothers who live with hunger have regular access to food?
   • How do people who are living with food insecurity get their food?
   • What barriers do some people face in accessing food?
   • Can all people access the same variety of food that perhaps many of us do?
   • For the people who struggle with food insecurity in our local community, where does their food come from?
   • For the people who struggle with food insecurity in our global community, where does their food come from?

2. Write general themes of their responses on flipchart paper. Continue with the following:

   The questions we just looked at help us to name the reality. If you lived in that reality of poverty, what do you think your relationship with food would be? Try to put yourself in the shoes of one who experiences hunger. How would you describe your relationship with food? How do you think it would affect your eating habits? Take a moment to reflect on that before answering.

3. After a few moments, invite responses from participants. Ask participants to explain their answers where deeper reflection might be needed. Affirm those who seem to grasp the challenges of poverty.

4. Post the newsprint containing the questions for Part III.

As Catholics, we have a responsibility to ensure that every person has access to basic material necessities, including food. This value is the Option for the Poor and Vulnerable and is one of the core principles of the Catholic social teaching. This principle challenges us to ask:

   • How can we help our brothers and sisters around the world access food?
   • How do we help our sisters and brothers in poverty access a greater variety of food?
   • How do we help create a world in which no one goes hungry? What might be needed?
   • Does my relationship with food contribute to greed? Or does it contribute to sharing? Or is it somewhere in between? What do I need to change?

While you think about those questions, let us watch a video that explains this principle of Option for the Poor and Vulnerable.
5. Show the video. Ask participants to name a phrase or two that stood for them. Invite any further reflection before continuing.

Throughout our CRS FoodFast we will come back to our relationship to food and how this might differ from the relationship our vulnerable sisters and brothers have with food. On the back of your What I Eat handout, I would like you to write a pledge about how you will use this CRS FoodFast as an opportunity to act on behalf of people all over the world who do not have equal and reliable access to food. When you are finished with your pledge, please place it in the basket and return to your seat.

6. Allow participants time to write their pledge and place them in the basket.
During our CRS FoodFast, we will be exploring our relationship with food. That may sound strange, but consider that we live in a society and culture where food often plays a key role in how we live, celebrate, gather, respond to life change, etc.

Prior to our CRS FoodFast, you are being asked to pay attention to your food habits. For 1-3 days, write down what you eat. You are also asked to reflect on when, where and how you eat (see the reflection questions that follow the chart). You will be asked to only share what you are comfortable sharing and this chart will not be posted in any way. No one will judge what you eat! This activity is merely to help everyone reflect on the ways we enjoy and relate to food.

**GENERAL REFLECTION QUESTIONS**

- With whom do you most often eat meals?
- Do you know where your food comes from? If so, where? Be as specific as possible.
- Who prepares your food?
- What special occasions do you most associate with food? Describe the food you associate with these occasions and how food adds to the occasion.

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REFLECT ON YOUR FAMILY’S TABLE!
Reflect on the following questions in light of your own experience of food, meals and the ways you gather to eat.

1. Is everyone called to the table?
2. Is everyone’s presence expected at the table?
3. Do you remember...
   a. the many people whose work, efforts and hands helped to bring food to your table?
   b. The hand of God
   c. The hands of farmers, transporters, processors, grocers, preparers
4. Do you express gratitude or say grace before your eat?
5. Are you expected to try everything?
6. How is food distributed or shared at your table?

REFLECT ON THE EUCHARISTIC TABLE!

1. Who is called to Jesus Christ’s table?
2. What expectations does Jesus have of his disciples when they gather at his table?
3. How are disciples expected to treat one another?

EATING IS A MORAL ACT

“Eating is a moral act.’ We say this simply because food sustains life. But the world of agriculture is extremely complex and there are many moral dimensions to it: the treatment of farm workers, feeding a hungry world, responsible stewardship of creation including the animals, and sustaining local family farms and rural communities, just to name a few. The Church has much to teach us on these ethical issues.”
(Catholic Rural Life)

1. In your own words, what do you think the organization, Catholic Rural Life, is trying to say?
2. How do your eating habits disregard or forget this complex chain?

3. How might you remember this larger chain in the future?

FOR YOUR SMALL GROUP SHARING

1. What similarities exist between your family’s table and the Eucharistic table?

2. How does our faith encourage us to invite the hungry to our table?

3. How does this idea – “eating is a moral act” – challenge you?
**OBJECTIVE**
To encourage participants to learn about and reflect on the connection between discipleship and the principles of Catholic social teaching through creative expression.

**SETUP/MATERIALS NEEDED**
- roll of white craft paper cut into 8 five-foot sections of paper
- pencils
- markers
- construction paper
- glue sticks
- pictures of people from around the world (cut out or use images from National Geographic, shutterstock, CRS FoodFast powerpoints)
- bibles
- copy of Banner Instruction Sheets
- tape

**ACTIVITY SUMMARY**
Participants will write a prayer and make a reflection banner that ties a Catholic social teaching principle to an issue that affects people living in poverty. The banners will be posted in the retreat area. Integrate a “prayerful walk” into a later prayer service in which participants use the banners as a reflection tool during that prayer. After the CRS FoodFast, display these in a prominent place so members of your community may also reflect on the principles of Catholic social teaching. This activity is suitable for a midpoint or night reflection. It is also a good companion activity for A Day in the Life in the 24-hour version of ENOUGH!

Optional viewing activity: CRS offers a few videos that can enhance the participants’ understanding of the principles of Catholic social teaching.

1. **CST in 3 Minutes**: This animated video provides a simple overview of Catholic social teaching (youtube.com/watch?v=ZL6lTxMslxY&list=PLt5PsPjJAk-0l8jZ2ehRi6dOXXq8qaQP9&index=8)

2. **CST 101 Series**: If you have enough computers or monitors, consider offering each group the chance to view the corresponding CST 101 video. The United States Conference of Catholic Bishops and CRS have created a series of short videos on the principles of Catholic social teaching. All of these can be found in CRS’ video library (youtube.com/watch?v=ABRl2ZSs58E&list=PLt5PsPjJAk-Ob9BYRHUAnKlMiv7qyZca). Note: The principle of the Common Good is included here because of Pope Francis’ emphasis in Laudato Si’. Common Good is not included as one of the CST 101 videos. Consider using the animated video, Laudato Si’ – CRS High School Animated Brief for this group (youtube.com/watch?v=Fj4WSTken3w).

**PROCESS**
1. Divide participants into 8 groups. Provide each group with one Banner Instruction Sheet, one 5-foot piece of paper, pencils, markers, construction paper, glue sticks, pictures and a bible. Each group will focus on one guiding principle.

2. Offer these instructions to the participants.

For this reflection, each group will design one of eight prayer banners that will become part of a reflective prayer walk later in our CRS FoodFast and then for display after the CRS FoodFast. The prayer banners will invite viewers to think about a specific Catholic social teaching principle, each of them underlying CRS’ work serving the poor around the world.
Catholic social teaching is often referred to as Catholic imagination. In other words, it is a way of imagining who God created us to be, how God calls us into right relationship, how we are called to live and love in the world. These basic principles of Catholic social teaching also help shape our understanding of discipleship. They might help us imagine how Jesus calls each of us to serve in the world today.

In this activity, you are to put your own imagination to use. Each banner will connect one guiding principle to our call to discipleship, our call to serve the world and uphold the sacredness of all life.

Every banner should provide viewers with the following:

- An insight or fact relating to how that principle calls us to serve our most vulnerable sisters and brothers in the world
- A prayer that ties a theme of Catholic social teaching to an issue that your group cares deeply about
- A reflection question for visitors to consider during their prayer walk

Each group has a Banner Instruction Sheet which includes a Catholic social teaching principle. You’ll spend about 15 minutes discussing the reflection questions on the sheet. Have one member of your group take notes, so you can use your insights to help craft your banner. When you’re finished discussing all the questions, you’ll have about 30 minutes to make your banner. When you are finished with your banner, you’ll receive some directions on where to hang it. Now remember, use your imagination.

3. When the banners are completed, invite each group to hang their banners in designated locations.

4. Remember to include a prayer walk of the banners during a prayer service that takes place later in your CRS FoodFast schedule.
Your group is being asked to use your wisdom, insights and imagination to make a station of prayer and reflection based on one core principle of Catholic social teaching. In short, your station should 1) foster an understanding of the principle as it connects to Jesus’ call to discipleship, 2) invite reflection of that principle in light of the challenges we face today, and 3) encourage prayer through the lens of that principle. Your banner will hang on the wall vertically and participants will visit it during a prayer walk during a later prayer experience. The banner will also be hung in a central place after the CRS FoodFast, allowing other members of our community to learn from you and reflect on these principles.

LIFE AND DIGNITY OF THE HUMAN PERSON
Created in the image of God, all human life is sacred and possesses a dignity that comes directly from our creation and not from any action of our own. This belief is the foundation of all the principles of Catholic social teaching.

PRELIMINARY DISCUSSION QUESTIONS
To gather your thoughts, discuss the following questions as a group. Have one member take notes so that you can remember what was shared. Use these ideas to inspire and guide you as you make the components of your banner.

• How does the Catholic social teaching principle, Life and Dignity of the Human Person, challenge us to serve our most vulnerable sisters and brothers?
• What images or concepts found in Scripture, prayers, liturgy or Catholic tradition come to mind when you think about the life and dignity of the human person?
• What do you want people who are visiting your station to take away after reading your banner?

INSTRUCTIONS
Make this banner beautiful, inspiring and prayerful. You might include pictures, original illustrations or quotes from scripture.

Each banner should include the following:

• An insight or fact relating to how that principle calls us to serve our most vulnerable sisters and brothers in the world
• A prayer that ties a theme of Catholic social teaching to an issue that your group cares deeply about
• A reflection question for visitors to consider during their prayer walk
Your group is being asked to use your wisdom, insights and imagination to make a station of prayer and reflection based on one core principle of Catholic social teaching. In short, your station should 1) foster an understanding of the principle as it connects to Jesus’ call to discipleship, 2) invite reflection of that principle in light of the challenges we face today, and 3) encourage prayer through the lens of that principle. Your banner will hang on the wall vertically and participants will visit it during a prayer walk during a later prayer experience. The banner will also be hung in a central place after the CRS FoodFast, allowing other members of our community to learn from you and reflect on these principles.

RIGHTS AND RESPONSIBILITIES

Every person has basic rights and responsibilities that flow from our human dignity and that belong to us as human beings regardless of any social or political structures. The rights are numerous and include those things that make life truly human. Corresponding to our rights are duties and responsibilities to respect the rights of others and to work for the common good of all.

PRELIMINARY DISCUSSION QUESTIONS

To gather your thoughts, discuss the following questions as a group. Have one member take notes so that you can remember what was shared. Use these ideas to inspire and guide you as you make the components of your banner.

- How does the Catholic social teaching principle, Rights and Responsibilities, challenge us to serve our most vulnerable sisters and brothers?
- What images or concepts found in Scripture, prayers, liturgy or Catholic tradition come to mind when you think about rights and responsibilities?
- What do you want people who are visiting your station to take away after reading your banner?

INSTRUCTIONS

Make this banner beautiful, inspiring and prayerful. You might include pictures, original illustrations or quotes from scripture.

Each banner should include the following:

- An insight or fact relating to how that principle calls us to serve our most vulnerable sisters and brothers in the world
- A prayer that ties a theme of Catholic social teaching to an issue that your group cares deeply about
- A reflection question for visitors to consider during their prayer walk
Your group is being asked to use your wisdom, insights and imagination to make a station of prayer and reflection based on one core principle of Catholic social teaching. In short, your station should 1) foster an understanding of the principle as it connects to Jesus’ call to discipleship, 2) invite reflection of that principle in light of the challenges we face today, and 3) encourage prayer through the lens of that principle. Your banner will hang on the wall vertically and participants will visit it during a prayer walk during a later prayer experience. The banner will also be hung in a central place after the CRS FoodFast, allowing other members of our community to learn from you and reflect on these principles.

**CALL TO FAMILY, COMMUNITY AND PARTICIPATION**

All of us are social by nature and are called to live in community with others—our full human potential isn’t realized in solitude, but in community with others. How we organize our families, societies and communities directly affects human dignity and our ability to achieve our full human potential.

**PRELIMINARY DISCUSSION QUESTIONS**

To gather your thoughts, discuss the following questions as a group. Have one member take notes so that you can remember what was shared. Use these ideas to inspire and guide you as you make the components of your banner.

- How does the Catholic social teaching principle - Call to Family, Community and Participation - challenge us to serve our most vulnerable sisters and brothers?
- What images or concepts found in Scripture, prayers, liturgy or Catholic tradition come to mind when you think about the call to family, community and participation?
- What do you want people who are visiting your station to take away after reading your banner?

**INSTRUCTIONS**

Make this banner beautiful, inspiring and prayerful. You might include pictures, original illustrations or quotes from scripture.

Each banner should include the following:

- An insight or fact relating to how that principle calls us to serve our most vulnerable sisters and brothers in the world
- A prayer that ties a theme of Catholic social teaching to an issue that your group cares deeply about
- A reflection question for visitors to consider during their prayer walk
Your group is being asked to use your wisdom, insights and imagination to make a station of prayer and reflection based on one core principle of Catholic social teaching. In short, your station should 1) foster an understanding of the principle as it connects to Jesus’ call to discipleship, 2) invite reflection of that principle in light of the challenges we face today, and 3) encourage prayer through the lens of that principle. Your banner will hang on the wall vertically and participants will visit it during a prayer walk during a later prayer experience. The banner will also be hung in a central place after the CRS FoodFast, allowing other members of our community to learn from you and reflect on these principles.

**THE DIGNITY OF WORK AND THE RIGHTS OF WORKERS**
The economy must serve people, not the other way around. Work is more than a way to make a living; it is a form of continuing participation in God’s creation. If the dignity of work is to be protected, then the basic rights of workers must be respected and upheld, including the right to productive work, to decent and fair wages, to unions, to private property, and to economic initiative.

**PRELIMINARY DISCUSSION QUESTIONS**
To gather your thoughts, discuss the following questions as a group. Have one member take notes so that you can remember what was shared. Use these ideas to inspire and guide you as you make the components of your banner.

- How does the Catholic social teaching principle, Dignity of Work and the Rights of Workers, challenge us to serve our most vulnerable sisters and brothers?
- What images or concepts found in Scripture, prayers, liturgy or Catholic tradition come to mind when you think about the dignity of work and the rights of workers?
- What do you want people who are visiting your station to take away after reading your banner?

**INSTRUCTIONS**
Make this banner beautiful, inspiring and prayerful. You might include pictures, original illustrations or quotes from scripture.

Each banner should include the following:

- An insight or fact relating to how that principle calls us to serve our most vulnerable sisters and brothers in the world
- A prayer that ties a theme of Catholic social teaching to an issue that your group cares deeply about
- A reflection question for visitors to consider during their prayer walk
Your group is being asked to use your wisdom, insights and imagination to make a station of prayer and reflection based on one core principle of Catholic social teaching. In short, your station should 1) foster an understanding of the principle as it connects to Jesus’ call to discipleship, 2) invite reflection of that principle in light of the challenges we face today, and 3) encourage prayer through the lens of that principle. Your banner will hang on the wall vertically and participants will visit it during a prayer walk during a later prayer experience. The banner will also be hung in a central place after the CRS FoodFast, allowing other members of our community to learn from you and reflect on these principles.

**SOLIDARITY**

We are all part of one human family—whatever our national, racial, religious, economic or ideological differences—and in an increasingly interconnected world, loving our neighbor has global dimensions.

**PRELIMINARY DISCUSSION QUESTIONS**

To gather your thoughts, discuss the following questions as a group. Have one member take notes so that you can remember what was shared. Use these ideas to inspire and guide you as you make the components of your banner.

- How does the Catholic social teaching principle, Solidarity, challenge us to serve our most vulnerable sisters and brothers?
- What images or concepts found in Scripture, prayers, liturgy or Catholic tradition come to mind when you think about solidarity?
- What do you want people who are visiting your station to take away after reading your banner?

**INSTRUCTIONS**

Make this banner beautiful, inspiring and prayerful. You might include pictures, original illustrations or quotes from scripture.

Each banner should include the following:

- An insight or fact relating to how that principle calls us to serve our most vulnerable sisters and brothers in the world
- A prayer that ties a theme of Catholic social teaching to an issue that your group cares deeply about
- A reflection question for visitors to consider during their prayer walk
Your group is being asked to use your wisdom, insights and imagination to make a station of prayer and reflection based on one core principle of Catholic social teaching. In short, your station should 1) foster an understanding of the principle as it connects to Jesus’ call to discipleship, 2) invite reflection of that principle in light of the challenges we face today, and 3) encourage prayer through the lens of that principle. Your banner will hang on the wall vertically and participants will visit it during a prayer walk during a later prayer experience. The banner will also be hung in a central place after the CRS FoodFast, allowing other members of our community to learn from you and reflect on these principles.

**OPTION FOR THE POOR AND VULNERABLE**
In every economic, political and social decision, a weighted concern must be given to the needs of the poorest and most vulnerable. When we do this we strengthen the entire community, because the powerlessness of any member wounds the rest of society.

**PRELIMINARY DISCUSSION QUESTIONS**
To gather your thoughts, discuss the following questions as a group. Have one member take notes so that you can remember what was shared. Use these ideas to inspire and guide you as you make the components of your banner.

- How does the Catholic social teaching principle, Option for the Poor and Vulnerable, challenge us to serve our most vulnerable sisters and brothers?
- What images or concepts found in Scripture, prayers, liturgy or Catholic tradition come to mind when you think about the option for the poor and vulnerable?
- What do you want people who are visiting your station to take away after reading your banner?

**INSTRUCTIONS**
Make this banner beautiful, inspiring and prayerful. You might include pictures, original illustrations or quotes from scripture.

Each banner should include the following:

- An insight or fact relating to how that principle calls us to serve our most vulnerable sisters and brothers in the world
- A prayer that ties a theme of Catholic social teaching to an issue that your group cares deeply about
- A reflection question for visitors to consider during their prayer walk
Your group is being asked to use your wisdom, insights and imagination to make a station of prayer and reflection based on one core principle of Catholic social teaching. In short, your station should 1) foster an understanding of the principle as it connects to Jesus’ call to discipleship, 2) invite reflection of that principle in light of the challenges we face today, and 3) encourage prayer through the lens of that principle. Your banner will hang on the wall vertically and participants will visit it during a prayer walk during a later prayer experience. The banner will also be hung in a central place after the CRS FoodFast, allowing other members of our community to learn from you and reflect on these principles.

**CARE FOR GOD’S CREATION**
There is inherent integrity to all of creation and it requires careful stewardship of all our resources, ensuring that we use and distribute them justly and equitably—as well as planning for future generations.

**PRELIMINARY DISCUSSION QUESTIONS**
To gather your thoughts, discuss the following questions as a group. Have one member take notes so that you can remember what was shared. Use these ideas to inspire and guide you as you make the components of your banner.

- How does the Catholic social teaching principle, Care for God’s Creation, challenge us to serve our most vulnerable sisters and brothers?
- What images or concepts found in Scripture, prayers, liturgy or Catholic tradition come to mind when you think about caring for God’s creation?
- What do you want people who are visiting your station to take away after reading your banner?

**INSTRUCTIONS**
Make this banner beautiful, inspiring and prayerful. You might include pictures, original illustrations or quotes from scripture.

Each banner should include the following:

- An insight or fact relating to how that principle calls us to serve our most vulnerable sisters and brothers in the world
- A prayer that ties a theme of Catholic social teaching to an issue that your group cares deeply about
- A reflection question for visitors to consider during their prayer walk
Your group is being asked to use your wisdom, insights and imagination to make a station of prayer and reflection based on one core principle of Catholic social teaching. In short, your station should 1) foster an understanding of the principle as it connects to Jesus’ call to discipleship, 2) invite reflection of that principle in light of the challenges we face today, and 3) encourage prayer through the lens of that principle. Your banner will hang on the wall vertically and participants will visit it during a prayer walk during a later prayer experience. The banner will also be hung in a central place after the CRS FoodFast, allowing other members of our community to learn from you and reflect on these principles.

**THE COMMON GOOD**

In order for all of us to have an opportunity to grow and develop fully, a certain social fabric must exist within society. This is the common good. Numerous social conditions—economic, political, material and cultural—impact our ability to realize our human dignity and reach our full potential.

**PRELIMINARY DISCUSSION QUESTIONS**

To gather your thoughts, discuss the following questions as a group. Have one member take notes so that you can remember what was shared. Use these ideas to inspire and guide you as you make the components of your banner.

- How does the Catholic social teaching principle, Common Good, challenge us to serve our most vulnerable sisters and brothers?
- What images or concepts found in Scripture, prayers, liturgy or Catholic tradition come to mind when you think about the common good?
- What do you want people who are visiting your station to take away after reading your banner?

**INSTRUCTIONS**

Make this banner beautiful, inspiring and prayerful. You might include pictures, original illustrations or quotes from scripture.

Each banner should include the following:

- An insight or fact relating to how that principle calls us to serve our most vulnerable sisters and brothers in the world
- A prayer that ties a theme of Catholic social teaching to an issue that your group cares deeply about
- A reflection question for visitors to consider during their prayer walk