The content for the CRS FoodFast was developed in partnership with the Center for Ministry Development.

The Center for Ministry Development is an organization which promotes the development of ministry and catechesis with youth and families through leadership formation, service learning, and resources rooted in Catholic tradition and Scripture. For more information, go to: cmdnet.org.
Welcome to FoodFast—Uncommon Good. This three-hour module provides content suitable for a youth group night or extended catechetical evening! You might consider dividing it up between 2-3 gatherings or classes!

Pope Francis is the inspiration for this theme. When he wrote the encyclical *Laudato Si’ (On Care for Our Common Home)* in 2015, the Holy Father challenged all of us to remember that the earth is our common home. It’s not just mine or yours—it’s ours. We are all called to care for God’s creation, and to care especially for the poor and vulnerable who are most affected by climate change. We are called to make choices that help all of God’s people, not just ourselves. In other words, we are called to do uncommon good, so that the common good can be realized!

As you prepare for FoodFast, think about how you will practice what you will be sharing with your participants. A great way to demonstrate that you care for God’s creation during the FoodFast is by practicing the following:

- Ask participants to bring their own sustainable go-cups or mugs for drinking water during the fast so you can avoid using throwaway items.
- If the weather is cold, keep the temperature a bit lower and invite participants to wear an extra layer. If the weather is warm, keep the temperature set a bit higher and invite participants to wear appropriate lighter clothing.
- Turn off lights whenever possible, and invite participants to help keep energy use down as much as possible.
- Place recycling bins in the gathering space, and encourage participants to use them.

Catholic Relief Services is proud to partner with the Center for Ministry Development, which developed the content for all CRS FoodFast programs.
This event creates a perfect opportunity to offer after a Saturday vigil mass, inviting participants to skip their evening meal and gather for a look at hunger in the world!

6:00 p.m. .... Welcome, Introduction and Game ........................................ 9
6:15 p.m. .... Love My House – Caring for God’s Creation ........................ 11
6:55 p.m. . The Greener the Better ..................................................... 14
7:45 p.m. . BREAK ........................................................................... 15
7:55 p.m. . Just Do It! ........................................................................ 73
8:25 p.m. . BREAK ........................................................................... 74
8:30 p.m. . Where Is God Leading Me? Taking Action ......................... 75
9:00 p.m. . Closing Prayer and Commissioning ........................................ 80
9:15 p.m. . Good-Bye ..........................................................................
SPECIAL NOTES TO ASSIST YOU IN YOUR SOCIAL MEDIA PLANNING AND USE:

In our collective commitment to living our faith in solidarity with our one human family, we find solid ground where we can be active builders of a common good. Social media is one tool—and an important one—through which we can spread the gospel of love, justice and peace. We know young people are all about social media, and encourage you to use your FoodFast as a learning opportunity to help young people understand how it can be a tool to promote the common good! The guidelines below can help you do just that!

1. **Ensure that all participants have signed and returned the permission slip**, which includes a media release.
2. **Determine which social media outlets you would like to utilize** during your CRS FoodFast. Consider platforms such as Facebook, Twitter and Instagram.
3. **Decide if your fast will be better served by an event page, new profile or an existing social media profile** connected to your church, youth group or school.
4. **Create a plan for how you will use social media** throughout the fast. If desired, create a schedule for when different participants and/or leaders will post videos, pictures and tweets.
5. **Promote your media!** Make sure that your community is following your posts by advertising your social media outreach with your FoodFast. Encourage your church or school community to like, comment, share, retweet and otherwise promote the great good that you are doing during your fast.
6. **Feel free to gather inspiration and quotes from the FoodFast materials** to write your tweets and posts. Share pictures and reflections from participants who give permission to do so.
7. **Connect with CRS!** CRS is active on many social media platforms, and we would love to see your FoodFast pictures and posts. Make sure to find the profiles below and visit the CRS Connect page for all of our social media outlets.

**CRS FOODFAST**

Facebook: [www.facebook.com/EducationCRS](http://www.facebook.com/EducationCRS)
#CRSFoodFast

**CATHOLIC RELIEF SERVICES**

Facebook: [www.facebook.com/CatholicReliefServices](http://www.facebook.com/CatholicReliefServices)
Twitter: @CatholicRelief
Instagram: @CatholicReliefServices
#CRSFoodFast

**CRS ESPAÑOL**

Facebook: [www.facebook.com/CRSespanol](http://www.facebook.com/CRSespanol)
Twitter: @noticias

8. **Watch for social media symbols** that mark the key points during the FoodFast when posting is most effective.

9. **Make sure to include your fundraising information on your profiles and posts.** Ask people to support you in your desire to create a more just world.
ADVANCE PLANNING CHECKLIST

Review the Coordinator’s Guide for a helpful timeline. This simple guide summarizes the most important elements to complete a successful CRS 3-Hour FoodFast!

- Make sure you have downloaded two important guides:
  - The CRS FoodFast Coordinator’s Guide (This manual provides all the guidance you need for advance planning.)
  - The CRS FoodFast Manual (This manual matches your chosen schedule. In it you will find the Advance Planning Checklist providing a summary of your advance setup instructions. This manual also contains a complete & Materials Checklist summarizing everything you need for your CRS FoodFast. Instructions for Setup/Materials are also listed with each activity and prayer, but the complete summary provides a simple checklist for your advance planning and organization.)

- If you want to extend the time designated for your CRS FoodFast, or substitute any activity with others, look for additional resources on the CRS Education website (education.crs.org and foodfast.crs.org).

- Order your complimentary CRS FoodFast materials well in advance of your FoodFast. These include a poster pack, fundraising envelope and One Human Family, Food for All prayer cards. These can be ordered through the link on the CRS FoodFast website.

- CRS has made special arrangements with our partner Serrv, allowing you to choose from a selection of fair trade gifts handcrafted by artisans around the world. These are appropriate for commissioning services and other celebrations. Visit the CRS FoodFast website for the link to our special Serrv page to order commissioning gifts for your fast.

- Create your marketing plan for inviting youth to participate in the CRS FoodFast. Consider using different social media platforms to spread the word.

- Follow the safe-environment policies of your local (arch)diocese concerning youth permission slips and adult volunteers. A sample permission slip is provided in the Coordinator’s Manual.

- Make sure you have internet access for multimedia and social networking. If this is not available, download all multimedia prior to your FoodFast.

- Be sure to set up a projector, speakers/sound and screen for the video and PowerPoint presentations.

- Prior to your FoodFast, invite adults and youth to serve as guest speakers if time allows. Select music leaders, readers, and prayer leaders to participate where noted throughout the FoodFast.

- If you are preparing a “Break the Fast” meal or gathering after your FoodFast, invite a special team to serve as planners and organizers for this portion. Consider inviting parents to join the session at the end for a family pot luck, or use the ideas presented at the end of the 24-hour FoodFast module.

- Have enough water, juice and small snacks available for participants who need the nourishment throughout your FoodFast. For health reasons, no participant should go without drinking water.
SUPPLIES & MATERIALS CHECKLIST:
Each activity and prayer in the CRS FoodFast manual lists the materials that are needed for that specific activity or prayer. Be sure to consult that list and organize your materials in advance by session. This simple list simply summarizes everything you need for a successful FoodFast!

- Because this FoodFast integrates the theme of “Care for God's Creation” throughout, explore how certain prayers and activities can be done outside, weather permitting
- CRS FoodFast Poster Pack for décor and inspiration
- Copies of the Justice and Solidarity Quotes and Scripture Passages (in the CRS Coordinator’s Guide) for participant use for social media or in sessions and activities in which they plan a presentation
- Copies of all handouts and resource sheets
- Free resources available through the CRS FoodFast website (fundraising envelope, posters and prayer cards)
- Commissioning gifts from CRS FoodFast’s partner Serrv
- Microphone and sound system as needed for large groups
- Review the following videos prior to your FoodFast. Choose one of the following videos that you think is most appropriate for your community. Consider previous knowledge of CRS, climate change, and poverty, as well as age range of those gathered
  - CST 101: Care for God’s Creation (www.youtube.com/watch?v=wSnXuCxiHXE)
  - The Vanishing Water of Bolivia (www.youtube.com/watch?v=gVjYhAAPxFw)
  - The Pathway to Prosperity / How CRS Helps Farmers (www.youtube.com/watch?v=qd_EnKNxYhY)
  - The Dry Corridor of Guatemala / CRS (www.youtube.com/watch?v=zNiCJP_EIE)
  - Laudato Si’ – A CRS Elementary Animated Brief (www.youtube.com/watch?v=Avvx95p3rZo&feature=youtu.be)
  - CST 101: Option for the Poor and Vulnerable (www.youtube.com/watch?v=Avvx95p3rZo&feature=youtu.be)
  - Growing Sanitation with the Arborloo (www.youtube.com/watch?v=CvWRWOac9IM)
  - The SILC Road (www.youtube.com/watch?v=RsDTpA9eNlo)
  - The ValLimar Jansen Ghana videos, available on the CRS FoodFast website
- Chairs
- Tables
- Several Bibles
- Music (Suggestions are made on both the website and in modules, but feel free to include your own selections.)
- Music player
- Speakers
- LCD projector and computer for presentations
- Screen
- Sharpies or thin markers, one per participant
- Thick chisel-tip black markers


- Large blank name tags for participants
- Pen or pencil for each participant
- Large newsprint or poster-size paper
- Roll of butcher or craft paper
- Painter’s masking tape
- Materials for a favorite community-building or icebreaker activity
- Stopwatch, watch or smartphone app to time the sharing processes
- Cardboard cutout of Pope Francis (amazon.com has several choices)

**The Greener, The Better Supplies**

- **NOTE:** Check out this link for a visual of what the life-size game will look like: www.literacious.com/2015/09/16/life-size-chutes-ladders. Looking at this visual before reading the instructions will help make sense of the game assembly described below.
- Create large dice made out of square boxes approximately 12” x 12” (see link for a visual), one for each group of eight participants.
- Cut out square 1” x 1” tokens in various colors of the earth: blues, greens, browns, yellows, reds, etc.
- Print out each of the following numbered pages on 8 ½” x 11” paper, preferably in different colors, with one set for every 8 participants. These will serve as the board squares. Arrange them on the floor by number using the layout below as a guide; make sure there is enough room between squares allowing participants to stand on squares with other players nearby.

```
56  55  54  53  52  51  50
43  44  45  46  47  48  49
42  41  40  39  38  37  36
29  30  31  32  33  34  35
28  27  26  25  24  23  22
15  16  17  18  19  20  21
14  13  12  11  10  9  8
 1  2  3  4  5  6  7
```

- Create the ladders with washi tape or colored masking tape from number to number as shown in the straight lines on the diagram above. One ladder will be from #16 to #40, another from #35 to #46, another from #10 to #32, and the last one from #28 to #55.
- Create the chutes following the lines marked in curved lines. The chutes will be from #23 to #8, from #45 to #30, and from #48 to #26.
- For the mosaics, provide one large sheet of poster board or newsprint per group of eight. Provide each group with two or more glue sticks.
Advance Preparation

- One sheet of watercolor paper for each participant. Copy Resource 1 art work onto half of the papers and leave the other half blank.
- Watercolor paints
- Small jars or cups of water to clean brushes
- Paint brushes of different sizes
- Pastel chalk
- Crayons
- Black sharpie markers

Choose a location at or nearby your parish/school to plant new trees, shrubs or perennials. If it is not possible to do so at your parish/school, focus the activity so each family can bring home potted plants for their gardens. Adjust the script to fit the activity you choose.

“Just Do It” Supplies

For planting at your school or parish:

- In advance, contact arborday.org. They will send 10 free trees to your planting zone. Or contact a local nursery or garden store and ask if they will donate some plants or a tree to be planted.
- Shovels or tools for planting
- Work gloves
- Potting soil
- Watering can/water
- Permission from the parish, school, park or community area where trees will be planted
- Have those not planting the tree make a little stake for the ground with a message on it. (This can be made out of a stick and paper, a large popsicle stick and permanent marker.)
- If needed, arrange for transportation to the tree-planting area if you are going to plant during the FoodFast. (You will need to get permission forms if required.)

For bringing home potted plants:

- Contact a local nursery or garden store and ask if they will donate trays of small plants, flowers or shrubs that can easily be potted or re-planted.
- Flower pots and water trays, at least 2-3 for each family
- Small garden tools for planting
- Work gloves
- Potting soil
- Watering can/water
OBJECTIVES:
• To help participants feel relaxed and ready to go
• To invite participants to mix with other people
• To introduce participants to the topics of creation and climate change
• To help participants become comfortable with FoodFast and each other

SETUP/MATERIALS NEEDED:
• Materials for a favorite community-building or icebreaker activity
• Stopwatch, watch or smartphone app to time the sharing process (Optional)
• Cardboard cutout of Pope Francis (amazon.com has several choices)
• Optional Activity: If time permits, after the icebreakers, show the video, Laudato Si’ – CRS Animated High School Brief (www.youtube.com/watch?v=Fj4WSTken3w).

PROCESS:
Gather the participants and welcome them!

Welcome to our FoodFast, brought to you by Catholic Relief Services and your local (parish or school name)! During this time together, we are not just giving up food, we are going on a journey with a very special person—Pope Francis himself. (If you have a cutout of Pope Francis, point to it.) We will build from his 2015 encyclical, Laudato Si’, which is Latin for “Praised Be.” The subtitle of the encyclical is On Care for Our Common Home. Put the two titles together and we might interpret that giving glory to God—our praise and worship of our Creator—includes embracing our responsibility to care for all God’s creation.

During our FoodFast, we will take this time to learn more about climate change and what we can do to care for God’s creation! We will make the connection between how we live, and how our choices affect the most vulnerable people across the globe. We will learn how the Catholic Church, through Catholic Relief Services, is working hard to help combat the negative effects that climate change has on people who are poor and therefore more vulnerable to these effects. We will also discover ways that CRS helps people feed their families and obtain clean drinking water without harming the environment. Finally, we will explore what we can do to join these efforts and make a difference.

So let’s get started.

1. Engage in a favorite icebreaker, an activity that you know your young people will enjoy. You can check the FoodFast website for additional ideas. Take about 10 minutes for this.
2. Tell participants you are going to have them do a warm-up exercise in “speed sharing.” They are to find a partner, someone they don’t know or don’t know very well, and then you will pose a question. Each person gets 30 seconds to answer. Let them know you will keep track of time. After a minute, they are to switch partners with a pair standing close to them. You will ask the second question, and each has 30 seconds to share his/her answer. Continue the process until all of the questions have been answered.
3. Invite participants to pair off, then ask the participants the following questions in the order provided:
   1. What is your favorite part of all God’s creation? Why?
   2. What is your favorite season of the year? Why?
   3. What is your favorite outdoor activity?
   4. How much time have you spent on a farm, in a vineyard, in a greenhouse or in any place that grows food? What did you do there?
   5. If you had to pick one environmental cause to support, what would it be and why?
   6. If you could own a farm, what would you like to grow or raise? Why?
7. What are your favorite fresh foods, vegetables or fruits?
8. Do you own a bike? How often do you ride it?
9. Have you or a loved one ever had to use an oxygen mask? Why? Regardless of whether or not you know someone who has to use an oxygen mask, what do you think it would be like to have to wear one?
10. Are you more like air/wind, earth, water or fire? Why?
11. Do you think climate change has impacted your life? Why or why not?
12. What is one thing you know about Catholic Relief Services?
13. Before today, what did you know about Pope Francis’ encyclical on the environment and climate change? What do you know about Church teaching on the environment?

4. After all the questions have been answered, share...

Hopefully these questions have you thinking about how awesome God’s creation is and maybe a little bit about ecology. Perhaps you have even started thinking about faith and its connection to caring for God’s creation! Let’s go deeper.
OBJECTIVES:
• To introduce the Catholic social teaching principle of Care for God’s Creation
• To show the connections between climate change, stewardship and care for impoverished and vulnerable people
• To highlight the concept of the common good

SETUP/MATERIALS NEEDED:
• Have video, CST 101: Care for God’s Creation, queued up. (www.youtube.com/watch?v=wSnXuCxiHXE)
• Projector, speakers, laptop
• One sheet of watercolor paper for each participant. Copy Resource 1 art work onto half of the papers and leave the other half blank.
• Watercolor paints
• Small jars or cups of water to clean brushes
• Paint brushes of different sizes
• Pastel chalk
• Crayons
• Black sharpie markers

PROCESS:
1. Introduce this session with the following:

There is so much we don’t know about this planet we call home. We often see things from a very small window, such as the city or town we live in or the country that we call our own. We often don’t know anything about the reality experienced by people who live in other countries and how the climate and its changes are affecting their work and their lives. This video is a little glimpse of what it means to care for God’s creation—one of the seven principles of Catholic social teaching. Let’s take a look...

Do you have any comments, questions or concerns about the video? What struck you? What was something you already knew? What did you learn that you didn’t know before? How did the video—and what you learned—make you feel?

Did you notice the painter throughout the video? That was Brother Mickey McGrath, who paints with bright colors and uses positive messages to convey the joy of our faith. In this case, he gives us something to think about, to hope for and to be joyful about. He reminds us that the earth is our common home.

We are going to take some time to create our own masterpieces right now to celebrate God’s creation. We have some of the same materials that Brother Mickey uses, but remember that there is no right or wrong way to make your Care for God’s Creation inspiration. You can use the outline and fill it in, or you can make your own artwork from scratch—it’s up to you.

Please find a place at a table and share the supplies. There are watercolors, pastel chalk, markers and crayons—use whatever you like! We will have 20 minutes for the project.
3. Give participants a chance to show their final works to each other by inviting them forward to share, or if your group is large, have them gather in smaller groups to share and answer these two questions:
   - What part of this picture speaks most to you?
   - What does the final project say about creation?

4. Display the artwork near the prayer table when finished.

It’s time to get up and get moving—and thinking a bit more deeply about what is happening to the earth—our home.
care for GOD’s creation.
cuidado de la creación de Dios
OBJECTIVES:
- To engage participants in a fun activity (similar to the game of Chutes and Ladders) that aims to open their eyes to the different ways their decisions and actions can help care for – or harm – God’s creation
- To begin to make connections between caring for and empowering impoverished people and caring for the earth

SETUP/MATERIALS NEEDED:

NOTE:
Check out this link for a visual of what the life-size game will look like: literacious.com/2015/09/16/life-size-chutes-ladders. Looking at this visual before reading the instructions will help make sense of the game assembly described below.

- Create large dice made out of square boxes approximately 12” x 12” (see link for a visual), one for each group of eight participants.
- Cut out square 1” x 1” tokens in various colors of the earth: blues, greens, browns, yellows, reds, etc.
- Print out each of the following numbered pages on 8 ½” x 11” paper, preferably in different colors, with one set for every 8 participants. These will serve as the board squares. Arrange them on the floor by number using the layout below as a guide; make sure there is enough room between squares allowing participants to stand on squares with other players nearby.

- Create the ladders with washi tape or colored masking tape from number to number as shown in the straight lines on the diagram above. One ladder will be from #16 to #40, another from #35 to #46, another from #10 to #32, and the last one from #28 to #55.
- Create the chutes following the lines marked in curved lines. The chutes will be from #23 to #8, from #45 to #30, and from #48 to #26.
- For the mosaics, provide one large sheet of poster board or newsprint per group of eight. Provide each group with two or more glue sticks.
**PROCESS:**

1. Introduce the activity with the following words:

   We are going to play a game called “The Greener, The Better.” It’s like “Chutes and Ladders.” Do any of you know how to play that game? (Let participants share a few ways to play.) It looks like you are experts!

   As mentioned, we are playing have a variation of the game, “Chutes and Ladders.” This version helps us explore how we can better care for God’s creation. In order to play this version, you need a few tokens at the start. You get your tokens by taking a “Care for Creation” quiz! We can’t make it too easy!

2. Have participants take the CRS Creation Quiz (located at www.crs.org/resource-center/care-creation-quiz or also found on the CRS FoodFast website). Their score determines how many tokens they get to start the game. Each player gets 10 tokens, plus a token for each of the eight items on the quiz he/she gets right.

3. Divide the participants into groups of eight. Give each group the game. Tell them the game is similar to any board game.

4. The person with the highest number of tokens goes first, rolls the dice and advances. This continues until time is called or all players have completed the game and reached #56.

5. At the end of the game, gather the group in a large circle. Acknowledge the players with the most tokens.

6. Debrief with the following questions:
   - What is your general reaction to what we just did?
   - How would you compare the way you and your family really live with the score you got in the game? Are you greener than that? Are you not quite as good about caring for creation?
   - Did the game give you any new ideas about how you can better care for God’s creation and/or the poor and vulnerable?

7. Wrap up the game by inviting each team to create a mosaic using their tokens and glue sticks. Encourage them to think of an idea that inspires care for God’s creation and to title their mosaic. Offer an example or two, like “And God saw that it was good” or “Life is good” or “I love the earth.”

8. Invite participants to take pictures of their mosaics and post on social media.
#1

Start here to play...

THE GREENER, THE BETTER
You cranked up the air conditioner in the car because it’s so hot.

LOSE ONE TOKEN.
When you have leftovers at a restaurant, you request that they not be put into Styrofoam containers or plastic bags.

GET TWO TOKENS.
You took plastic bottles of water with you to your job to stay hydrated. Couldn’t you have brought a sustainable container instead?

LOSE TWO TOKENS.
You left the lights on when you knew you would be back in half an hour.

LOSE A TOKEN.
You made a donation to Catholic Relief Services when a tsunami hit a developing country.

GET THREE TOKENS.
# 7

Carpooling or public transportation is too inconvenient for your family’s busy schedule.

LOSE ONE TOKEN.
#8

Your family does not have conversations about how your decisions affect the earth and its people.

LOSE FIVE TOKENS.
#9

You buy the coolest name-brand clothes all the time without looking to see where and how they were made.

LOSE TWO TOKENS.
Your family changed all the light bulbs in your house to LED or CFL energy-efficient bulbs.

CLIMB THE LADDER.

You are awesome!
# 11

You don’t recycle because your community doesn’t have curbside pickup.

LOSE THREE TOKENS.
#12

You buy food that tastes good and is what you crave at the moment. You never check to see where it comes from.

LOSE ONE TOKEN.
You insist your family use only cold water in the washing machine.

**GET TWO TOKENS.**
#14

Your family only runs the dishwasher when it is full.

GET ONE TOKEN.
#15

You are a red meat eater and unaware of the costs involved in getting the meat to your table.

LOSE TWO TOKENS.
You look for a Fair Trade logo when you buy things.

CLIMB THE LADDER!

You rock!
You helped plant a garden to grow produce for the parish’s food pantry.

GET THREE TOKENS.
You use paper towels a lot because they’re very convenient.

LOSE A TOKEN.
When something breaks, you throw it away. It’s cheaper and easier than repairing it.

LOSE TWO TOKENS.
You wear a sweater at home in the winter so you can keep the thermostat lower.

GET TWO TOKENS.
You ride your bike to practice instead of taking the car.

GET THREE TOKENS.
You leave your TV and computer or other devices on all the time.

LOSE A TOKEN.
You rarely drive the speed limit – always over it.

SLIDE DOWN THAT CHUTE!
#24

You have a very large collection of shoes – many of which you don’t wear anymore.

LOSE ONE TOKEN.
You roll down the windows in the car when it’s hot rather than cranking up the AC.

GET TWO TOKENS.
You rarely think about where your water, electricity and even clean air come from.

LOSE FOUR TOKENS.
You make a conscious effort to “de-rapidify” (slow down) your life and try to stay away from social media at least part of every day.

GET THREE TOKENS.
When you make decisions about what to buy, how to live or what to do, you reflect on how it will affect the most vulnerable people on the planet.

CLIMB THE LADDER.
# 29

You leave your car running to stay cool on a hot day while you run a quick errand.

LOSE ONE TOKEN.
# 30

You aren’t paying attention and you’re unaware of caring for God’s creation.

LOSE FIVE TOKENS.
#31

You compost.

GET THREE TOKENS.
You often find yourself thinking about how you can truly care for God’s creation.

GET 10 TOKENS!!!
You have many electric appliances in your kitchen – nothing manual.

LOSE ONE TOKEN.
34

You politely decline the plastic bags at stores.

GET TWO TOKENS.
#35

You buy sweat-free clothing.

CLIMB THE LADDER.

Way to go!
You turn down offers to carpool and prefer to drive solo.

LOSE A TOKEN.
You emailed your representatives in Congress when a bill came up supporting foreign aid for the poorest countries in the world.

GET THREE TOKENS.
You signed up to get text alerts from Catholic organizations that track when a bill that impacts the poor and vulnerable goes before Congress.

GET THREE TOKENS.
You introduced and implemented a parish-wide recycling program.

GET THREE TOKENS.
Pope Francis would be proud of you for your efforts to care for God’s creation!

GET 5 TOKENS.
# 41

You stand in front of an open refrigerator a lot in the summer!

LOSE TWO TOKENS.
# 42

Your family has a five-minute (and no longer than that) shower rule.

GET TWO TOKENS.
When you eat out, you tell the server not to give you a straw for your beverage because you’re aware of its impact on the environment.

GET TWO TOKENS.
You and your family shop at farmers’ markets.

GET THREE TOKENS.
You never pay attention to how much packaging surrounds things you buy. It’s the item inside that is important.

SLIDE DOWN THAT CHUTE!
You got your high school to purchase logo-wear from a sweat-free organization.

GET TEN TOKENS.
You contributed to a Catholic Relief Services microloan program allowing farmers to plant drought-resistant seeds.

GET FOUR TOKENS.
You like having a window open even when the air conditioning is on.

JUMP ON THE CHUTE AND SLIDE DOWN!
You flip over and reuse paper only printed on one side.

GET ONE TOKEN.
# 50

Once your mobile devices are charged, you unplug them.

GET TWO TOKENS.
When you choose where to eat out, you try to pick a restaurant that buys locally grown fruits and vegetables.

GET THREE TOKENS.
You always try to carpool to games and movies.

GET TWO TOKENS.
#53

You take time to thank God for beautiful sunsets, fall leaves, ripples in water, butterflies and other parts of nature.

GET THREE TOKENS.
You convinced your parents to use green bags when going grocery shopping.

GET TWO TOKENS.
Your care for others makes you a very blessed steward of all of God’s creation.

GET 15 TOKENS.
#56

You’ve made it!
You love God’s creation!

GET 20 TOKENS

and get ready to be creative.
OBJECTIVES:
• To actually do something that will help fight climate change
• To work together to plant trees/shrubs

SETUP/MATERIALS NEEDED:
• Choose a location at or nearby your parish/school to plant new trees, shrubs or perennials. If it is not possible to do so at your parish/school, focus the activity so each family can bring home potted plants for their gardens. Adjust the script to fit the activity you choose.
• For planting at your school or parish:
  • In advance, contact arborday.org. They will send 10 free trees to your planting zone. Or contact a local nursery or garden store and ask if they will donate some plants or a tree to be planted.
  • Shovels or tools for planting
  • Work gloves
  • Potting soil
  • Watering can/water
  • Permission from the parish, school, park or community area where trees will be planted
  • Have those not planting the tree make a little stake for the ground with a message on it. (This can be made out of a stick and paper, a large popsicle stick and permanent marker.)
  • If needed, arrange for transportation to the tree-planting area if you are going to plant during the FoodFast. (You will need to get permission forms if required.)
• For bringing home potted plants:
  • Contact a local nursery or garden store and ask if they will donate trays of small plants, flowers or shrubs that can easily be potted or re-planted.
  • Flower pots and water trays, at least 2-3 for each family
  • Small garden tools for planting
  • Work gloves
  • Potting soil
  • Watering can/water

PROCESS:
1. Begin this session with the following:

There are times you just have to get out and do something that will make a difference. It is true that when we plant a tree or a shrub, we may never see it grow to its full height—that may take a lifetime. But the effort is still worth it. A tree helps make the air we breathe clean, it offers habitat for birds and squirrels, nutrients for the earth, shade, and if harvested, something useful for a home. Gardens and flowers beautify our surroundings. They provide nectar for birds and bees. The cool thing is that anyone can plant a tree or plant. We have several trees/shrubs/flowers that need to be planted somewhere, symbolic of our call to care for creation and of our hope for the future!

2. At this time, give directions specific to your site and chosen planting activity. Will participants be walking just outside or to a nearby park? Will they all need gloves and planting tools? Will they be staying on site and planting in pots? Provide directions according to the local situation.

3. This should take about 20 minutes. Right before the planting, pray this prayer together:
God of Creation! You have beautifully created our earth and gave us the task of caring for it. As a people, we have not always cared for it as you intended. Forgive us for the times we have taken advantage of your beautiful creation and not cared for it properly. Instill in us a passion for the earth, a love for creation and a desire to be good caretakers of all you have given us. Bless our hands today as we plant this beautiful tree. It is a sign of hope for things to come. May we better care for our planet, the glorious work of your hands. We pray this in the name of your most holy son, Jesus Christ. Glory be to you! Amen.

8:25 p.m. — 8:30 p.m.  **BREAK**

**3-OUR VERSION**

**FOODFAST**

foodfast.crs.org

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OBJECTIVES:
• To get participants thinking about how they will act on what they’ve experienced during the FoodFast
• To give them information about Catholic organizations and how they can support the work of these organizations, particularly CRS, to help the poor and the environment at the same time
• To encourage them to make a commitment on behalf of the common good, creation and impoverished people

SETUP/MATERIALS NEEDED:
• Copy of the handout Our Family Commitment, one per participant
• Copy of the handout How Our Family Can Help, one per participant
• Projector, screen, speakers
• Choose one of the following videos that you think is most appropriate for your community. Consider previous knowledge of CRS, climate change, and poverty, as well as age range of those gathered.
  • The Vanishing Water of Bolivia (www.youtube.com/watch?v=gVjYhAAPxFw)
  • The Pathway to Prosperity / How CRS Helps Farmers (www.youtube.com/watch?v=qdEnKXnYhY)
  • The Dry Corridor of Guatemala / CRS (www.youtube.com/watch?v=zNiICJP_E1E)
  • Laudato Si’ – A CRS Elementary Animated Brief (www.youtube.com/watch?v=Avvx95p3rZo&feature=youtu.be)
  • CST 101: Option for the Poor and Vulnerable (www.youtube.com/watch?v=Avvx95p3rZo&feature=youtu.be)
  • Growing Sanitation with the Arborloo (www.youtube.com/watch?v=CvWRWac91M)
• The ValLimar Jansen Ghana videos, available on the CRS FoodFast website

PROCESS:
1. Begin this session with the following:

   We are getting close to the end of our FoodFast! But before we do all the wrap-ups and packing for home, we have one very important thing to consider: how does each one of us take this experience home? What commitment can we make to continue our own personal journey of hearing the cry of the poor and the cry of the earth—and to respond?

   Before we make our commitment, let’s look at the commitment of a very special organization that represents all of us around the world—Catholic Relief Services or CRS. CRS works in about 100 different countries serving our sisters and brothers who lives are affected by poverty, climate change, hunger, and the like. Let’s take a quick look at how CRS makes a difference in the lives of others.

2. Play the video you have chosen for this portion of the FoodFast.

3. After the video, ask a few questions, inviting participants to reflect and share what inspired them. Some sample questions are:
   • How are people’s lives impacted by poverty and climate change?
   • How are the people in the video just like us gathered here tonight?
   • How is CRS making a difference in their lives?

4. After a brief sharing, continue with the following:
WHERE IS GOD
LEADING OUR FAMILY?

Taking Action

30 minutes
2 of 3

8:30 p.m.

5. Pass out the two handouts, and encourage participants to spread out and spend some time researching and then reflecting on their next steps.

6. After 10 minutes, tell the participants to move toward filling out their personal commitment pledges. Tell them they will be sharing one commitment with the community.

7. Allow another five minutes for this, and then bring the group back together. Have them form a large circle, and invite each participant to share one thing it pledges to do on behalf of the common good, creation and the poor.

8. Wrap up with the following:

CRS is the official humanitarian relief and development agency of the U.S. Catholic Church, which includes you and me. So, when CRS is working around the world, it is doing so on our behalf; CRS is representing us. Through CRS, we are working with the poor and vulnerable to dig wells and create better agricultural practices, to give relief after natural disasters, to help people create a better future for themselves and their families through microloans. We can help support the great work of Catholic Relief Services by taking care of this important organization of ours—in whatever way God calls us to do. It might be by educating our families and communities about CRS. It might mean financially supporting the work of CRS.

We can offer support in other ways. Whenever we make decisions about our lives and think about how those decisions might impact people in other parts of the world, we are living our faith in a special way. See, Jesus invites us to see everyone as our sister and brother. Everyone is part of our family – our global family. When we work to improve the environment, that may inspire others to do so as well. It creates a ripple effect. When we give of ourselves to help another, that person may do the same and it creates a ripple effect. When we challenge our leaders to make decisions and policies that take into account the lives of people around the world, that changes lives. When we help to reduce our contributions to pollution and climate change, that adds to the overall efforts of others and it makes a collective difference in the world.

So, you will now be given some time to consider how your family can make a difference to care for creation and the poor. Maybe something you heard tonight is tugging at your heart. Maybe you are already doing something as a family that you can improve upon. Just start gathering ideas for how you can continue the journey once you return home. One handout offers a few questions for your family to consider. Another handout offers some resources, websites and ideas; you can build your ideas from these or simply use these to get more information when you get home.
I am inspired by your commitment to the common good. I am inspired by your love for Planet Earth—God’s own creation. And I am inspired by your love for the most vulnerable in our world.

I hope you keep in touch with each other about your commitments. Ask your friends how they are doing at keeping their commitment: share your own struggles and successes, and ask them about theirs. This is a great way to support each other.

Each individual life can make a difference. All of us together can make a difference! God bless each and every one of you!

9. Invite everyone to the commissioning prayer location at a designated time.
You can develop your own project and be a change-maker. Or you can join an initiative of a Catholic organization committed to helping the most vulnerable around the world in ways that protect the environment. Take some time to search the following websites for ideas about how you can get involved. These projects are true social innovation!

**CATHOLIC RELIEF SERVICES (CRS.ORG)**

Click the “Get Involved” button and then find the following topics that are youth-friendly and cover various types of involvement.

- Raise your voice for people around the world affected by climate change by getting involved in legislative advocacy through Catholics Confront Global Poverty: [www.confrontglobalpoverty.org](http://www.confrontglobalpoverty.org).
- Support a project that helps communities around the world through CRS FaithActs: [faithacts.crs.org](http://faithacts.crs.org).

**CATHOLIC CLIMATE COVENANT (CATHOLICCLIMATECOVENANT.ORG)**

1. Take the St. Francis Pledge to “pray, act, and advocate to solve climate change.”
2. Find ways to help through the three lenses of Prayer, Action and Advocacy.
3. CCC encourages actions like the following (shared from the CCC website):

**PRAYER:**
- Set a time to pray for climate action
- Pray as a family or as a church group
- Keep a prayer journal
- Publish prayers via a blog or newsletter

**ACTION:**
- Investigate solar and renewable energy options
- Learn how climate—and climate change—affect the vulnerable
- Take steps to reduce your footprint

**ADVOCACY:**
- Connect with policy makers
- Connect with your municipal council
- Explore sustainable policies at school and at work
- Listen to your pastor’s position on ecology
As a disciples of Jesus, a member of the Catholic Church, and a dweller on Planet Earth, I commit to:

- Learn more, or educate others, by

- Pray for the common good, for our most vulnerable, and for creation by

- Do service on behalf of those affected by climate change by

- Share my own resources, which include my time, my money and my talent by
OBJECTIVES:
- To acknowledge the participation and work of each individual
- To challenge participants to continue their learning, service and commitment to the environment and to impoverished and vulnerable people

SETUP/MATERIALS NEEDED:
- Gather participants in the prayer space.
- Commissioning gift(s) ready to distribute (See Serrv fair Trade site for suggested items. Consider using the One Human Family, Food for All prayer cards which you can order on the FoodFast website.)
- Invite a musician to play music.
- Invite readers to proclaim the Word.

COMMISSIONING:

OPENING SONG
Opening Song: Choose a recommended song from the CRS Food Fast website or one of your own.

LITURGY OF THE WORD

We have come to the end of our FoodFast, and what an incredible adventure this has been. We have learned so much, done so many creative and interesting things and most important of all, have been changed for the good. God has some big plans for each of us that will unfold over time. We ask God to open our hearts, minds and hands to all he wants to give us and all he wants us to accomplish through us. We ask this in the name of the Father and of the Son and of the Holy Spirit. Amen.

Reader 1: John 6:28-35
Reader 2: Pope Francis in Laudato Si says, “God who calls us to generous commitment and to give him our all, offers us the light and the strength needed to continue on our way. In the heart of this world, the Lord of Life, who loves us so much, is always preset. He does not abandon us, he does not leave us alone, for he has united himself definitively to our earth, and his love constantly impels us to find new ways forward. Praise be to him!”

We hope this FoodFast sparked something in you—an idea, a dream, a hope, a plan. The little seeds that were planted here will continue to grow. If we learned anything, we learned that change takes time. Change happens with prayer, creativity, collaboration, inspiration, support and passion. We have made commitments to continuing our work and seeing where God will take us on this journey. Remember, you are not alone! Your family, our community, Catholic Relief Services, Catholic Climate Covenant and so many more groups and people are in solidarity with you—each contributing to the solution of world issues in ways they do best. We are grateful that you were here. As a sign of that gratitude and hopefulness in what you will continue to do, we want to commission you with a gift and blessing.

Please stand.
PRESIDER:

Brothers and sisters, by baptism we have all become members of the Church, full members of the Body of Christ. Week by week in our parish assembly, we grow in that life in Christ as we all share in Word and Eucharist, in our common prayer and praise.

If we look around, we can see how richly the Spirit has blessed our community with diverse gifts, gifts that we must share with one another and with the world.

This special time together with each other provided a chance to learn about climate change, hunger, poverty, our common home the earth and the common good. We explored much in our time together, but it will take a lifetime of commitment to make this world a better place. Your commitments today are encouraging; your commitments inspire hope!

As we honor you today, I would ask each of us to pray for one another as well as our global family.

Please raise your hands in blessing and respond “Amen” after each statement.

May these young people continue to learn how to be good stewards of the earth and care for all God’s creation. We pray...

All: Amen.

May their hearts be turned toward you and their eyes open to see the needs around them. May they act on these needs with courage, justice, compassion and grace. We pray...

All: Amen.

May these young people seek to know your will, Lord, and to follow your call, your invitation to live simply, to share their resources and to have hearts for the vulnerable in the world – plants, animals and humanity. We pray...

All: Amen.

We pray in thanksgiving for our faith community and the ways God has given us to live as disciples in the world today. Bless us in the name of the Father and of the Son and of the Holy Spirit.

All: Amen.

I invite each of you forward to receive a cross that signifies your commitment to the environment, to service, to stewardship and to share your gifts with the world.

As a sign of solidarity and community, please share a sign of peace with one another.

CLOSING SONG:

Use “One Family” by Pasquale Talarico on the CRS FoodFast website or some other appropriate song.