

# Opening Prayer: I have called you by name

(30 minutes)

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FACE THE FAST

## Objective

To begin the Food Fast with a reflection from Scripture and an awareness that God's call has brought us together this day to see, reflect and prepare to act in loving solidarity.

## Materials Needed

- small table
- three candles
- matches
- large bowl to hold pieces of paper with each participant's name
- copy of *I have called you by name* handout for each participant
- slips of paper (one per participant)
- pens
- *Gather* hymnals or lyrics to "We are called"

## Procedure

Ask 3 participants to light the candles after the introductory call to prayer and ask 7 participants to be readers. Provide readers with a copy of the prayer ahead of time and highlight the part you would like each of them to read.

Prepare pieces of paper ahead of time and ask the participants to write their names on the paper as they enter the prayer space. Tell the participants to keep their papers until they are asked to offer them up.

# Opening Prayer: I have called you by name

## Handout

FACE THE FAST

**Leader:** We begin our Food Fast with the recognition that our God has formed us in love, and that He calls us to see, reflect and act in loving solidarity with all our brothers and sisters around the world. Let us light candles to represent this call and to remind ourselves that God is in our midst.

*Lighting of the candles.*

**Reader 1:** A reading from Isaiah 43: 1-2; 4-8

But now, thus says the LORD, who created you, O Jacob, and formed you, O Israel: Fear not, for I have redeemed you; I have called you by name: you are mine.

When you pass through the water, I will be with you; in the rivers you shall not drown. When you walk through fire, you shall not be burned; the flames shall not consume you.

Because you are precious in my eyes and glorious, and because I love you, I give men in return for you and peoples in exchange for your life.

Fear not, for I am with you; from the east I will bring back your descendants, from the west I will gather you.

I will say to the north: Give them up! and to the south: Hold not back! Bring back my sons from afar, and my daughters from the ends of the earth:

Everyone who is named as mine, whom I created for my glory, whom I formed and made.

*Quiet moment of reflection on the reading.*

**Reader 2:** You have called us, O Lord, and we are here, in this space made holy by our desire to have You in our midst and to guide us with Your light and love through this Food Fast.

**All:** You have called us by name, O Lord.

*Each participant will say his/her name, one by one, and then place their paper into the bowl.*

**Reader 3:** We are here, O Lord.

**All:** We, [*all say first names together*], are here in solidarity with our sisters and brothers across the globe, especially with those who hunger and thirst, for food and drink, and for justice and peace.

**Reader 4:** We are here to listen and to learn,  
To reflect and to pray,  
To share and to shape a new way of seeing God's Creation,  
And new ways of responding to the needs  
Of all God's children, the global human family.

**Song:** "We Are Called" (David Haas, GIA Publications)

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**Reader 5:** A reading from Isaiah 44: 1-5

Hear then, O Jacob, my servant, Israel, whom I have chosen.

Thus says the LORD who made you, your help, who formed you from the womb: Fear not, O Jacob, my servant, the darling whom I have chosen.

I will pour out water upon the thirsty ground, and streams upon the dry land; I will pour out my spirit upon your offspring, and my blessing upon your descendants.

They shall spring up amid the verdure like poplars beside the flowing waters.

**Reader 6:** You have blessed us with life and health and the gifts of your Creation. Your generous love calls us to be generous in turn, with our time, our talents and gifts, and our loving compassion for a world in need of healing.

**All:** While we fast today, open us to your wisdom.

While we fast today, help us create the interior space to receive your grace.

While we fast today, guide us to see and recognize what is happening to your beloved world.

While we fast today, let us reflect deeply on the future of our beloved planet.

While we fast today, let us prepare to act in solidarity with those who know hunger and those whose need for food and water continue in the years ahead.

**Reader 7:** Without your love we can do nothing, but with your grace, we can help “pour out water upon the thirsty ground, and streams upon the dry land,” so that nurturing grain can spring up “like poplars beside the flowing waters,” allowing all your people to eat and drink with joy and thanksgiving.

**All:** We trust in your call, and we trust in your promise.

**Amen.**

# Prayer: Believe in Solidarity

(30 minutes)

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FACE THE FAST

## Materials Needed

- copy of the *Believe in Solidarity* handout for each participant
- copy of *What world do you believe could exist?* handout for each participant
- pens/pencils
- cross
- candles
- music Player
- music

### Suggestions:

*Open My Eyes* (Jesse Manibusan, *Spirit & Song 2: By Request*, spiritandsong.com)

*Many and One* (Steve Angrisano, *Inescapable Love*, spiritandsong.com)

*Wings of Change* (Curtis Stephen, *Sacred Revolution*, spiritandsong.com)

## Procedure

Prepare the prayer space. Place a cross and candles on a table. Include any other items that will set the tone for your Food Fast. *Option: Use *Creating a Fasting Atmosphere: Prayer and Reflection Space*.*

Ask 6 participants to be readers. Provide readers with a copy of the prayer ahead of time and highlight the part you would like each of them to read.

Invite participants into the prayer space and give each person a copy of the *Believe in Solidarity* handout, a copy of *What world do you believe could exist?* handout and a pen/pencil.

Throughout the prayer, there are opportunities for participants to pause and write their thoughts down. As you feel it is appropriate, encourage participants to share their reflections and prayers.

# Prayer: Believe in Solidarity

## Handout

# FACE THE FAST

### Gather Song

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

*Pause for silent reflection.*

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

**Reader 1:** I will not believe in the law of the strongest,  
In the language of guns,  
In the power of the powerful.

I want to believe in the rights of all,  
In the open hand,  
In the strength of the non-violent.

**Reader 2:** I will not believe in race or riches,  
In privileges,  
In the established order.

I want to believe that all human beings  
Are human beings  
And that the order of force and injustice  
Is disorder

**Reader 3:** I will not believe that I don't have to concern myself  
With what happens far from here.

I want to believe that the whole world  
Is my home, the field that I sow,  
And that all reap what all have sown.

**Reader 4:** I will not believe that I can combat oppression out there  
If I tolerate injustice here.

I want to believe that what is right  
Is the same here and there  
And that I will not be free  
While even one human being is excluded.

**Reader 5:** I will not believe that war and hunger are inevitable  
And that peace is inaccessible.

I want to believe in the love of bare hands,  
In peace on earth.

**Reader 6:** I will not believe that any effort is in vain.  
I will not believe that the dream of human beings  
Continues being only a dream  
And that death is the end.

But I dare to believe in the dream of God:  
A new heaven, a new earth  
Where justice reigns.

**All:** Amen.

"Creed" by Dom Helder Camara in *Prayer Without Borders*, ©2004, Catholic Relief Services.

# Prayer: Believe in Solidarity

## Handout

# FACE THE FAST

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

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

*Pause to allow participants time to write a prayer.*

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

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

**Leader:** Loving God, help us to become closer to You during our Food Fast.

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

**Leader:** Guide us through Christ's example so that we may walk with the poor and the hungry.

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

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

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

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

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

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

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

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

## Closing Song

**Prayer:  
Believe in  
Solidarity**

**Handout**

**FACE THE FAST**

**What world do you believe could exist?**

**Consider the world we live in.**

What would you change?

What would you keep the same?

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

# Prayer: Commitment to Global Solidarity

(30 minutes)

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FACE THE FAST

## Materials Needed

- copy of *A Commitment to Global Solidarity* handout for each reader
- bible
- music player
- music

### Suggestions:

*Walk Together Children* (ValLimar & Frank Jansen, *Anointing*, spiritandsong.com)

*Benediction* (Curtis Stephen, *Sacred Revolution*, spiritandsong.com)

*Go Make A Difference* (Steve Agrisano, Spirit & Song 2: By Request, spiritandsong.com)

## Procedure

Consider using this prayer in the middle of your Food Fast so participants can take a moment to reflect and pray on their fasting experience so far.

### *Meditation*

Invite participants into the prayer space. Allow them to spread out, close their eyes, and do whatever is most comfortable for them so that they may fully experience God's presence.

When the group is still, ask participants to spend some time in silence, meditating on their fasting experience. Read these questions periodically throughout the meditation for guidance.

- Are you seeing changes in yourself and your perspectives since the beginning of this Food Fast?
- What have you learned about global poverty and hunger?
- How is your fasting making a difference in the lives our sisters and brothers around the world?
- What are you planning to do to continue working to remove the causes of poverty and injustice?
- What commitment are you making to global solidarity?

If any participant would like to share with the large group, provide the time to do so. Close the meditation with music.

### *Prayer*

Invite 6 participants to be readers. Provide readers with a copy of the prayer ahead of time and highlight the part you would like each of them to read.

Close the prayer with one of the suggested songs.

# Prayer: Commitment to Global Solidarity

## Handout

FACE THE FAST

**Leader:** We remember that we are now and always in the presence of God. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Reader 1:** Matthew 25: 31-46

When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats.

He will place the sheep on his right and the goats on his left.

Then the king will say to those on his right, 'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world.

For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.'

Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink?

When did we see you a stranger and welcome you, or naked and clothe you?

When did we see you ill or in prison, and visit you?'

And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'

Then he will say to those on his left, 'Depart from me, you accursed, into the eternal fire prepared for the devil and his angels.

For I was hungry and you gave me no food, I was thirsty and you gave me no drink, a stranger and you gave me no welcome, naked and you gave me no clothing, ill and in prison, and you did not care for me.'

Then they will answer and say, 'Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?'

He will answer them, 'Amen, I say to you, what you did not do for one of these least ones, you did not do for me.'

And these will go off to eternal punishment, but the righteous to eternal life."

**Reader 2:** Compassionate Lord, we ask You to walk with us as we continue our journey of solidarity with our brothers and sisters in need. Burn in us a sense of responsibility to feed the hungry, give drink to the thirsty and welcome the stranger. *(pause)* Please respond: Compassionate Lord, walk with us.

**All:** Compassionate Lord, walk with us.

# Prayer: Commitment to Global Solidarity

## Handout

FACE THE FAST

**Reader 3:** Luke 10:25-37

There was a scholar of the law who stood up to test him and said, “Teacher, what must I do to inherit eternal life?”

Jesus said to him, “What is written in the law? How do you read it?”

He said in reply, “You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself.”

He replied to him, “You have answered correctly; do this and you will live.”

But because he wished to justify himself, he said to Jesus, “And who is my neighbor?”

Jesus replied, “A man fell victim to robbers as he went down from Jerusalem to Jericho. They stripped and beat him and went off leaving him half-dead.

A priest happened to be going down that road, but when he saw him, he passed by on the opposite side.

Likewise a Levite came to the place, and when he saw him, he passed by on the opposite side.

But a Samaritan traveler who came upon him was moved with compassion at the sight.

He approached the victim, poured oil and wine over his wounds and bandaged them. Then he lifted him up on his own animal, took him to an inn and cared for him.

The next day he took out two silver coins and gave them to the innkeeper with the instruction, “Take care of him. If you spend more than what I have given you, I shall repay you on my way back.”

Which of these three, in your opinion, was neighbor to the robbers’ victim?”

He answered, “The one who treated him with mercy.” Jesus said to him, “Go and do likewise.”

**Reader 4:** Loving God, we thank You for calling us to serve our brother and sister in need like the Good Samaritan did for the stranger on the road to Jericho. Continue to call us throughout our lives to serve our neighbors around the corner and around the world. (*pause*) Please respond: Loving God, call us.

**All:** Loving God, call us.

# Prayer: Commitment to Global Solidarity

## Handout

FACE THE FAST

**Reader 5:** 1 Corinthians 12:12-27

As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ.

For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit.

Now the body is not a single part, but many.

If a foot should say, "Because I am not a hand I do not belong to the body," it does not for this reason belong any less to the body.

Or if an ear should say, "Because I am not an eye I do not belong to the body," it does not for this reason belong any less to the body.

If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be?

But as it is, God placed the parts, each one of them, in the body as he intended.

If they were all one part, where would the body be?

But as it is, there are many parts, yet one body.

The eye cannot say to the hand, "I do not need you," nor again the head to the feet, "I do not need you."

Indeed, the parts of the body that seem to be weaker are all the more necessary, and those parts of the body that we consider less honorable we surround with greater honor, and our less presentable parts are treated with greater propriety, whereas our more presentable parts do not need this. But God has so constructed the body as to give greater honor to a part that is without it, so that there may be no division in the body, but that the parts may have the same concern for one another.

If (one) part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy.

Now you are Christ's body, and individually parts of it.

**Reader 6:** Good and Caring Father, we are many parts in Christ's body. Thank You for bringing us together. By working together, we will contribute to a better world. Continue to guide our work as a community here in our city, our state, our country and our world. *(pause)* Please respond: Good and Caring Father, guide us.

**All:** Good and Caring Father, guide us.

**Leader:** As we continue our Food Fast, we know our work to serve the poor and hungry around the corner and around the world is only beginning. We are committing ourselves to living a life in solidarity with the poor around the world.

# Commissioning Prayer: Christ has no body now but ours

(30 minutes)

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FACE THE FAST

## Materials Needed

- copy of *Christ has no body now but ours* handout for each participant
- table
- candles
- bowl with names from *Opening Prayer: I have called you by name*
- commissioning bracelets
- bowl for commissioning bracelets

## Preparation

Use *Food Fast Commissioning Activity: Solidarity Bracelets* to prepare bracelets for each participant. (Order fair trade beads and twine by emailing [foodfast@crs.org](mailto:foodfast@crs.org))

## Procedure

Prepare the prayer space. Consider using *Creating a Fasting Atmosphere: Prayer and Reflection Space*.

Ask 9 participants to be readers. Provide readers with a copy of the prayer ahead of time and highlight the part you would like each of them to read.

Invite participants into the prayer space and distribute *Christ has no body but ours* handout.

# Commissioning Prayer: Christ has no body now but ours

Handout

FACE THE FAST

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

*All participants stand.*

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

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

**All:** Hear our prayers, O Lord.

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

**All:** Hear our prayers, O Lord.

**Reader 3:** May we also recognize what is happening to Your Creation and recognize the impact climate change has on the poorest in our world.

**All:** Hear our prayers, O Lord.

**Reader 4:** May our voices seek to echo Yours as we work to console and comfort those in need.

**All:** Hear our prayers, O Lord.

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

**All:** Hear our prayers, O Lord.

**Reader 6:** May our hands take up the tasks that can help heal Creation and help ensure that everyone may come to the table to eat and be nourished.

**All:** Hear our prayers, O Lord.

**Reader 7:** May our hands reach out to each other and to all members of the human family.

**All:** Hear our prayers, O Lord.

**Reader 8:** May we walk in solidarity with those who hunger and thirst for nourishment.

**All:** Hear our prayers, O Lord.

**Reader 9:** May we walk in solidarity with those who seek to heal the earth and to feed its people.

**All:** Bless each of us abundantly as we go forth to love and serve the Lord.

**Commissioning  
Prayer:  
Christ has  
no body now  
but ours**

**Handout**

FACE THE FAST

**Commissioning**

**Leader:** It is time to close our Food Fast by commissioning one another. During our Food Fast we each wove a bracelet with a bead that is to serve as a reminder of our time together.

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

**Leader:** God has called you by name, and his work is now our work. Each one of you will come up, and read a name from the bowl in which we placed our names.

The person called will step forward, and we will all raise our hands in blessing, saying the person's first name and "you are called and you are blessed."

After your name is read and you have received a blessing, take a bracelet from the bowl to wear as a sign of your commitment.

*Each participant is called by name and blessed.*

**Leader:** We have been blessed by the call to see, reflect and act. Let us say again the words of St. Teresa to confirm our acceptance of this call.

**All: Prayer of St. Teresa of Avila**  
Christ has no body now but ours,  
No hands, no feet on earth but ours.  
We possess the eyes through which He looks with compassion on this world.  
We possess the feet with which he walks to do good.  
  
Ours are the hands with which He blesses all the world.  
Ours are the hands, the feet, the eyes of Christ.  
We are his body.

May we use the gift of our bodies  
To Live Christ in the world  
So all people know his healing touch. Amen

**Leader:** Go in peace to love and serve the Lord with your whole being.  
Go in solidarity and in joy, for you are the chosen and the blessed.  
God has called you by name and you are his beloved.

**All:** Amen.