

Guide to Organizing Food Fast Activities

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FACE THE FAST

This is one way you can schedule activities during your 24-hour Food Fast schedule. Examples have been pulled from this year's materials as well as from past years' materials available for download at foodfast.org.

Day 1:

Welcome, Introductions and Retreat Schedule Overview

Icebreaker: Acrostic

Opening Prayer: Preparing the Fast, Preparing the Table

Activity: Understanding the Fast

Reflection: Lighting the Way

Icebreaker: Get-to-know-you Bingo

Activity: Solidarity: A Vision of One Human Family

Icebreaker: The Egg Race

Prayer: Unite us in the hunger of our brothers and sisters in need

Day 2:

Icebreaker: Telephone Charades

Prayer: Prayer for Farmers

Activity: On the Move to Build Solidarity Game

Activity: Food for Thought

Reflection: 5 Facts about Hunger

Icebreaker: Hum Singer

Activity: Go Eat Ethically

Activity: Food Around the World

Reflection: Eating is a Moral Act

Commissioning Prayer: Go forth as a beacon of light

Break the Fast by celebrating the Eucharist or by sharing a simple meal.