

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

(20 minutes)

1 of 1

FACE THE FAST

Materials Needed

- copy of *Unite us in the hunger of our brothers and sisters in need* for each participant
- music: *In This Place* and *Come to the Lord* (download at foodfast.org)
- music player

Procedure

Ask 8 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 *Unite us in the hunger of our brothers and sisters in need*.

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

Handout

1 of 2

FACE THE FAST

Gathering Song

In This Place by Trevor Thomson and Victoria Thomson

Leader Our Catholic tradition provides us with rich social teachings about building a just society and living lives of holiness amidst the challenges of modern society. In this prayer we will read some key principles of our Catholic social tradition, and reflect upon how these principles guide us in our response to the needs of the poor.

Reader 1 Sacredness of 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 Creator—not from any action of our own. The right to life includes the right to enough food and nutrition to sustain life.

Reader 2 That we may be mindful of attitudes that lead us to take food, the most basic necessity, for granted, when so many people face empty tables each day, we pray:

All Lord, through our fasting unite us in the hunger of our brothers and sisters in need.

(Pause)

Reader 3 Option for the Poor—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 one member wounds the rest of society.

Reader 4 That we may examine and work to change the systems that provide abundant food choices for some, but leave millions of people hungry, we pray:

All Lord, through our fasting unite us in the hunger of our brothers and sisters in need.

(Pause)

Reader 5 Care for Creation There is inherent integrity to all of creation. We are called to be good stewards of our resources, ensuring that we use and distribute them justly and equitably and preserve them for future generations.

Reader 6 That we may be mindful of the impacts that farming techniques, food processing and food transportation have on God's creation, we pray:

All Lord, through our fasting unite us in the hunger of our brothers and sisters in need.

(Pause)

Reader 7 Solidarity—We are all part of one human family, whatever our national, racial, religious, economic or ideological differences. In an increasingly interconnected world, loving our neighbor has global dimensions.

Reader 8 That we may eliminate the waste of food in our own lives: in our homes, school cafeterias, and restaurants, we pray:

All Lord, through our fasting unite us in the hunger of our brothers and sisters in need.

(Pause to allow a few minutes of reflection)

Prayer:
**Unite us in the
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Handout
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FACE THE FAST

Leader Let us close by praying together, in the name of the Father, and of the Son, and of the Holy Spirit.

All **God of Love, as we lift our prayers to you, may our awareness of the struggles of the poor, who are Your children, inspire our actions and decisions. Through our fasting, unite us in the hunger of our brothers and sisters in need. We pray this in the name of your Son, Jesus Christ. Amen.**

Closing Song

Come to the Lord by Steve Angrisano and Tom Tomaszek