

**3-HOUR VERSION**

CATHOLIC RELIEF SERVICES  
**FOODFAST**


The content for the CRS Food Fast  
was developed in partnership with the



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](http://cmdnet.org).

# 3-HOUR VERSION INTRODUCTION AND SCHEDULE

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While all of the activities are opportunities for social media posts, the single-asterisk (\*) sessions are key to telling the FoodFast story. Look for this symbol: , for weaving in reminders about the use of social media for the common good!

CRS FoodFast is an experience for Catholic youth that engages them in exploring the issue of hunger in a world of plenty. Through fasting, art, video, social media, reflection, games, and prayer, youth will come face to face with the reality of hunger for almost 1 billion people in the world. They will discover how Catholic Relief Services supports people that are hungry in acquiring food and gaining long-term food security. Central to this exploration of faith and justice, participants will be challenged as disciples of Jesus to discover their roles in eliminating hunger across the globe.

Catholic Relief Services is proud to partner with the Center for Ministry Development, which developed the content process for this CRS FoodFast–ENOUGH.

## SUGGESTED CRS THREE-HOUR SCHEDULE

5:00 p.m. . . . . Welcome/Community-Builder  
5:15 p.m. . . . . Prayer and Reflection\*  
5:30 p.m. . . . . Experience: Enough?\*  
6:15 p.m. . . . . Break  
6:30 p.m. . . . . Guest Video\*\*/  
6:35 p.m. . . . . Catholic Social Teaching Adventure\*  
7:50 p.m. . . . . Closing Blessing and Commissioning\*

## ADVANCE PREPARATION

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WATCH FOR SOCIAL MEDIA SYMBOLS THAT MARK THE KEY POINTS IN THE FOODFAST WHEN POSTING WOULD BE MOST EFFECTIVE.

# 3-HOUR VERSION

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### ADVANCE PLANNING CHECKLIST

Review the Coordinator's Guide for a helpful timeline. This simple guide summarizes the most important elements to complete a successful FoodFast!

- Order your complementary CRS FoodFast materials well in advance of your FoodFast. These include a posterpack, *One Human Family*, *Food for All* prayer cards, and commissioning crosses for adult volunteers and participants ahead of time. In 2015-16, all CRS FoodFast orders will include a complementary hand-carved bowl from Indonesia for you to keep as a gift of our appreciation for your support of CRS.
- Create your marketing plan for inviting youth to participate in the CRS FoodFast. Consider using Instagram and starting a Facebook page to spread the word.
- Follow the safe-environment policies of your local (arch)diocese concerning youth permission slips, adult volunteers, and sleeping arrangements. A sample permission slip is provided in the Coordinator's Manual.
- Recruit adults to help as greeters, hospitality crew, and small-group activity facilitators. Recruit peer leaders to assist in the planning and small group leadership as well. Give them a copy of the session for which their help is needed, making sure they understand the activity and their role in it.
- Invite Guest Speakers if you so choose or if your schedule allows. Consider inviting a speaker to speak at greater length about hunger and food security for any other portion of your FoodFast. Some ideas to consider: a [CRS Global Fellow](#); a Catholic Relief Services employee or speaker; an expert on hunger from a nearby Catholic Charities organization or other Catholic or local organization; someone who has lived in poverty and is open to sharing his/her story; someone who has worked or volunteered in a developing country, Appalachia, or in a location where hunger and food security are challenges.
- Invite musicians to help with the music in the prayer experiences or have the music pre-selected and ready to play through technology. Consult the prayer services to determine the music, readings and any special reflections you will use.
- Gather all necessary supplies and organize them according to the session for which they are needed.
- Have enough nametags for each participant. Make sure each nametag has one of 6 different-colored dots placed on it to designate each participant's primary small group (see activity "Experience: Enough?" The activity references blue, brown, green, purple, red, and yellow, but you can use your own colors or symbols).
- Make copies of all the handouts as designated for each session.
- Create your prayer space with multicultural images and cloths. Suggestions are made for certain items, but invite creativity from your planning team to make it relevant to young people. Have available at least one copy of *Prayer without Borders*, *Celebrating Global Wisdom* or some other global prayer resource for the Prayer planning team. Though prayers are scripted in the FoodFast manual, you should feel free to take advantage of the creativity of your planning team. Copies of *Prayer without Borders*, *Celebrating Global Wisdom* can be purchased through [Amazon](#).
- Make sure you have internet access for multimedia and social network. If this is not available, download all multimedia prior to your FoodFast.
- Set up a projector and screen for the PowerPoint presentations.
- Create a plan for using social media to track the FoodFast experience. Include the following in your plan:
  - Decide who will tweet messages and post videos throughout the FoodFast. If desired, create a schedule and have participants sign up for tweets and videos at different times.
  - Do the same with Instagram, Pinterest and/or Vine.
  - Decide whether to set up a Facebook page or use an existing one to post pictures and impressions. Delegate particular participants and/or adult leaders to post periodically during the fast.
  - NOTE: Watch for social media symbols that mark the key points in the FoodFast when posting would be most effective.

[foodfast.org](http://foodfast.org)

## ADVANCE PREPARATION

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WATCH FOR SOCIAL MEDIA SYMBOLS THAT MARK THE KEY POINTS IN THE FOODFAST WHEN POSTING WOULD BE MOST EFFECTIVE.

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### SUPPLIES & MATERIALS CHECKLIST:

*Each activity and prayer in the CRS FoodFast manual list the materials that are needed for that specific activity or prayer. Be sure to consult that and organize your materials in advance by session. This simple list simply summarizes everything you need for a successful FoodFast!*

- Free resources available through the CRS FoodFast website (commissioning crosses, posters, and prayer cards)
- 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
- Screen
- Computer
- Access to the internet and to social media
- Decorations (e.g., pictures, plants, cloths, maps)
- Assorted Colored Markers
- Assorted Colored Chalk
- Newsprint and Paper
- Tape
- Pens / Pencils / Note paper
- Glue sticks
- Scissors
- Have devices for recording, posting and designing (laptops, phones, iPads, digital cameras and video cameras, etc.).
- Have enough nametags for each participant. Make sure each nametag has one of 6 different-colored dots placed on it to designate each participant's primary small group (see activity "Experience: Enough?" The activity references blue, brown, green, purple, red, and yellow, but you can use your own colors or symbols).
- Download PowerPoint presentations, Decision Spin Wheels and all other multimedia from <http://foodfast.org> onto your computer. Set up the PowerPoint presentations and Decision Spin Wheels on computers.
  - Note for those with difficult access to computers: For the Decision Spin Wheels, you can put each wheel statements on separate strips of paper and place these in a bag according to country group.
- Have videos necessary for each session cued or downloaded.
- Make copies of all the handouts as designated for each session.
- Have available at least one copy of *Prayer without Borders*, *Celebrating Global Wisdom* or some other global prayer resource for the Prayer planning team. Though prayers are scripted in the FoodFast manual, you should feel free to take advantage of the creativity of your planning team. Copies of *Prayer without Borders*, *Celebrating Global Wisdom* can be purchased through [Amazon](#).
- Create your prayer space. Within or near the space, create your FoodFast Prayer Chalkboard wall using dark-colored poster-board or rolled paper. Also, prepare and place two baskets with bread from different cultures/countries in the prayer space.
- Have juice, water, and cups available throughout the experience.
- Have a large screen or blank wall on which to project.
- Create the A, B, C, and D sheets (one set per group of six participants) for the opening community-builder and have them ready to distribute.

[foodfast.org](http://foodfast.org)

## ADVANCE PREPARATION

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WATCH FOR SOCIAL MEDIA SYMBOLS THAT MARK THE KEY POINTS IN THE FOODFAST WHEN POSTING WOULD BE MOST EFFECTIVE.

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# 3-HOUR VERSION

- ❑ Have round yellow stickers, one for each participant, and black markers for youth to create their emoticons.
- ❑ Using magazines or the CRS PowerPoint labeled “Images of People”, cut out a set of pictures representative of a cross section of people from around the world. Be careful to avoid the typical images portraying people as destitute. Remember to lift up the dignity of all people by sharing images that express the full range of human emotion. Spread out the pictures on a large table or hang them on a wall.
- ❑ Provide paper plates and various colors of Play-Doh, one set per small group. If you choose to use a different material (e.g., aluminum foil, clay, etc.), provide that instead of the Play-Doh.

## 5:00 P.M. WELCOME

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When participants arrive, greet them warmly, have them make a nametag, and tell them where and when they should gather. Once all are registered and settled, begin with the following welcome in your own words:

*Welcome, everyone! We are so happy you are here! We are gathered to focus on the topic of food and hunger around the world. We are going to take a look at this issue and find ways to do something about it as families. Hunger is a big issue to tackle, but when we learn and work together we can make a difference and change the world. So let's get started with a game!*

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# 3-HOUR VERSION

### OBJECTIVES

- To make participants comfortable
- To invite participants to break the ice and mingle
- To begin to focus participants' attention on the theme of food and food security

### SETUP/MATERIALS:

- You will need a large open space for this activity.
- Have an LCD projector and computer ready with the PowerPoint presentation.
- Have a large screen or blank wall on which to project.
- Create the A, B, C, and D sheets ready to distribute. Have one set per group of six participants; decide in advance whether to group families with other families or to mix up all participants.
- Have round yellow stickers, one for each participant, and black markers for participants to create their emoticons.

### PROCESS:

**1** Create an imaginary line down the center of the room. Tell participants to move to the side which fits them according to your directions. Then ask the following:

- » *Sweet or salty? If you prefer sweet, move to (point to one side of the room). If you prefer salty, move to (point to the other side of the room).*
- » *Munchies? If you prefer them in the afternoon, move to this side (point). If you prefer them in the evening, move to that side.*
- » *Pizza toppings? If you prefer the simple, like cheese or pepperoni only, move to ... If you like your pizza loaded, move to ...*
- » *Veggies? If you love them, move to ... If you hate the thought of green food, move to ...*
- » *Beverage favorite? If you love soft drinks or sports drinks, move to ... If you are a water person, move to ...*

**2** For the second activity, invite participants to form two concentric circles. Ask individuals to pair up between the circles by facing each other. If needed, ask participants to introduce him- or herself to the person across from him or her. After they have done so, read the first question while projecting it on the screen and ask them to share the answer with the same person. When they have finished, ask participants in both circles to take three steps to the left and introduce themselves to the new person facing them. Give them the next question and ask the pairs to share their answer with each other. Continue until all the questions have been answered. Keep this activity moving quickly.

- » *What is your craziest food craving?*
- » *What is the weirdest combination of foods you have ever eaten?*
- » *What food from another ethnic tradition have you eaten recently?*
- » *On average, how many times a day do you eat something?*
- » *Have you ever been really hungry? Why?*
- » *Have you ever known someone personally who is chronically hungry?*
- » *How responsible do you feel for those who go to bed hungry?*
- » *Do you think there is enough food in the world for everyone to get enough? Why or why not?*
- » *Do you think being a disciple of Jesus has anything to do with helping those who are hungry? If so, why?*



- 3** Invite participants to move quickly into groups of six and invite them to be seated. Share the following in your own words:

*We have just begun our FoodFast. Congratulations on saying yes to this fast. In doing so, you are also saying yes to your baptismal call. You are joining in the Church's mission to transform the world, make it more just, and help those in need around the world. And you are partnering with Catholic Relief Services, our U.S. Catholic Church's organization, created to help people beyond our own borders who experience injustice, natural disaster, or other crises that make life with dignity a challenge.*

*To begin, it's good to know some of the realities of hunger that people face daily around the world. Let's see how much you already know about these realities.*

- 4** Give each group four signs lettered A, B, C, and D. Using the PowerPoint on the reality of hunger in the world, ask each group to decide which of the multiple choice responses is the right one by raising the sign with the letter they think is correct answer. Provide the correct answer after each choice, sharing the facts with participants and identifying which groups had the right answer. (Latest statistics on Hunger and Food Security can be found in: "The State of Food Insecurity in the World 2014" from the Food and Agricultural Organization of the United Nations.)

1. How many people go to bed hungry every night?
  - a. One in 12
  - b. One in 10
  - c. One in 9
  - d. One in 5
2. How many people in the world live on less than \$2.00 per day?
  - a. More than the entire population of the U.S.
  - b. More than the combined populations of the U.S. and Canada
  - c. More than the combined populations of the U.S., Canada, and England
  - d. More than the combined populations of the U.S., Canada, and the European Union
3. How many children die of hunger or malnutrition every year?
  - a. 5 million
  - b. 3 million
  - c. 1 million
  - d. Half a million
4. Hunger kills more people than the combined deaths from which of the following?
  - a. AIDS, malaria and tuberculosis
  - b. AIDS
  - c. Whooping cough, malaria, and dysentery
  - d. Diarrhea and polio
5. How many babies are born underweight due to the inadequate nutrition of their mothers?
  - a. 17 million
  - b. 13 million
  - c. 8 million
  - d. 4 million
6. How much more crop production would be needed to feed the world adequately?
  - a. 40% more
  - b. 20% more
  - c. 10% more
  - d. No more—there is enough now

7. Where can the largest number of hungry people can be found?
  - a. South America
  - b. Africa
  - c. Asia
  - d. Central America
8. Where does the largest percent of hungry people live?
  - a. South America
  - b. Africa
  - c. Asia
  - d. Central America
9. How many children are so malnourished that their bodies have begun to consume their own tissue (muscle and fat)?
  - a. 4 million
  - b. 3.5 million
  - c. 2 million
  - d. 1 million
10. How many children in developing countries are underweight?
  - a. 100 million
  - b. 80 million
  - c. 50 million
  - d. 20 million
11. What is meant by food security as defined by the United States Department of Agriculture?
  - a. Access by those under the age of 18 to enough food to avoid malnutrition and growth problems
  - b. Access by all members at all times to enough food for an active, healthy life
  - c. The ready availability of nutritionally adequate and safe foods
  - d. The assured ability to acquire acceptable foods in socially acceptable ways
12. According to the United Nations World Food Programme, there is enough food in our world to feed everyone. Yet one in nine goes to bed hungry. What are the primary reasons for this?
  - a. Greed and corruption, global warming, laziness, transportation challenges
  - b. Civil war, lack of incentive, location, ignorance, drought, immigration, tsunamis
  - c. Poverty trap, lack of investment in agriculture, climate and weather, war and displacement, markets and food wastage
  - d. None of the above
13. How much food is spoiled each year?
  - a. 300 million tons
  - b. 1 billion tons
  - c. 5 billion tons
  - d. 15 billion tons

**ANSWERS:**

1. C—805 million people go to bed hungry every night. That is one in every 9 people around the world. (And, nearly 98% of worldwide hunger exists in underdeveloped countries, where 13.5 percent of the population is chronically undernourished.)
2. D—More than 1 billion people (over one-sixth of the world) live on less than \$2.00 a day. Remember that \$2.00 per day is only \$730 per year.
3. C—Poor nutrition causes nearly half (45%) of deaths in children under five- 3.1 million children die of hunger each year.
4. A—Hunger is number one on the list of the world's top 10 health risks. Hunger kills more people every year than AIDS, malaria, and tuberculosis combined. (25,000 people die a day from hunger and related causes.)
5. A—Malnourished mothers are more likely to give birth to underweight babies. Every year, 17 million babies are born underweight due to a mother's lack of nutrition before and during pregnancy. (The first 1,000 days of a child's life, from conception through age two, are the critical window in which to tackle undernutrition. A proper diet in this period can protect children from the mental and physical stunting that can result from malnutrition.)
6. D—There is enough food to feed everyone—all 7 billion people. God is an abundant and generous God! We will be exploring this more during our time together.
7. C—the largest number of hungry people can be found in Asia with 526 million people who are hungry.
8. B—Sub-Saharan Africa is the region with the highest prevalence of undernourishment in the world—at 23.2 percent. Almost 1 in 4 people in this region is chronically hungry.
9. B—3.5 million children die each year of acute malnutrition (where the body consumes its own tissue, beginning with muscle and body fat). The tragedy is that this is treatable and preventable.
10. A—One hundred million children in developing countries are underweight.
11. B, C and D—All are part of the definition of food security!
12. C—The trap of poverty, lack of investment in agriculture, climate and weather, war and displacement, markets and food wastage all contribute to lack of food security.
13. B—1.3 billion tons of food—up to one third of all food—is spoiled or squandered before it is consumed by people. It is a scandalous excess of waste in an age where over 800 million people go hungry; moreover, this waste causes economic losses of \$750 billion and significant damage to the environment. (Food wastage represents a waste of the labor, water, energy, land, and other inputs that went into producing that food.)

14. Wrap up the exercise with a brief overview of what food security is using these or your own words as well as the slides with the definition of food security:

*We've just heard some pretty incredible facts and figures about hunger in our world. We might often think about hunger—our own hunger when a meal is delayed, or the hunger of those who don't know when their next meal will happen. But most of us probably haven't focused on what it means to have food security. We just heard in the quiz that food security means that "all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life." (World Health Organization)*

*Think about it! What would the world be like if ALL people ... ALL the time ... had ACCESS to food? Had SUFFICIENT FOOD? Had SAFE ways to get food? What would it be like if all people were eating NUTRITIOUS FOOD that gave them a HEALTHY, ACTIVE LIFE?*

*We heard that the biggest challenges to people having food security are poverty, lack of investment in agriculture, climate and weather, war and displacement, unstable markets and food wastage. Keep these facts in mind as we explore hunger during our FoodFast.*

*Thankfully there are many organizations that respond to these situations. Today, we learn about one of those: Catholic Relief Services. Catholic Relief Services—which belongs to us, to you and me as U.S. Catholics—helps over 100 million people every single year in 91 different countries around the world. Much of that help is centered on food, especially after a natural disaster when food is scarce; but CRS also helps farmers incorporate better agricultural techniques so they can produce more food for the long haul. We will hear more about the work of CRS as we journey through our fast.*

*Let's continue by exploring our hope for a better world. We will gather for prayer, remembering that Jesus, the very core of our faith, journeys with us all days ... and that means during this fast!*

5:15 P.M.  
PRAYER  
THE CORE OF  
OUR FAITH

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3-HOUR VERSION

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**OBJECTIVE:**

- To focus on the core of our faith, Jesus himself, and to remind the community that Jesus is present with them throughout the FoodFast

**SETUP/MATERIALS:**

- Have a sound system and CD player or computer with the music.
- Have the four readers prepared to proclaim the Word. You will need four readers with bibles.
- Prepare the chalk wall and chalk for the prayer.

**Gather**

Opening Song: *You are Everything I Need*, Jackie Francois, OCP or some other appropriate song

**Leader:** Loving God, you have gathered us together for an incredible three-hour adventure. This will be a journey to discover more about you, about the world we live in, about ourselves and what the future can hold. Be with us. Open our minds and hearts to all you want us to learn and experience. Give us strength as the hours go by when we feel hunger or feel our resolve melting away. Invite us to turn to you to provide everything we need. We pray that this fast and these next three hours be ones where you challenge us, give us insight, passion and the courage to find our roles in ending world hunger. We pray this in your name and in the name of the Son and of the Holy Spirit. Amen.

**Listen**

**Reader 1:** Deuteronomy 15: 11

**Reader 2:** James 2: 15-16

**Reader 3:** Isaiah 58: 10

**Reader 4:** Matthew 25: 35

**Respond**

**Leader:** God has given the world an abundance of good things, but not everyone has access to the things they need, like enough food, clean water, safe shelter. Scripture tells us that because there is enough for all we must share with those who are in need. It is not a suggestion but a truth. What will these few hours mean for us in light of those who go without food or water every day? How will we respond and react to our own hunger? What are our hopes for this time away? As a way of making a commitment to our time together, I invite you to come up in silence to our chalk wall, sign your name, and write one word that expresses a hope you have for all people, for our world.

Play music as the participants come forward. Have someone assist by handing out the chalk or chalk markers and making sure the activity runs smoothly. After all have written on the wall, continue with prayer.

**Leader:** This wall will be a place we come back to throughout our time together. It will be a living sign of our own insights and transformation and definitely an inspiration! It will remind us that God is with us in our efforts to fight hunger. And let us close with a theme song for our time together, *One Family*.

**Go Forth**

Closing Song: *One Family*, Pasquale Talarico

## 5:30 P.M. EXPERIENCE: ENOUGH?

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Note for those with difficult access to computers: For the Decision Spin Wheels, you can put each wheel statements on separate strips of paper and place these in a bag according to country group.



POSTING ON  
SOCIAL MEDIA THROUGHOUT  
THIS EXERCISE WOULD BE GREAT!

# 3-HOUR VERSION

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### OBJECTIVES:

- To capture the imagination of participants around the social issue of food security through story, reflection and action
- To open their minds to the challenges to food security that people face on a daily basis
- To learn ways that CRS is helping people in different countries to achieve food security one step at a time

### SETUP/MATERIALS:

- Set up the PowerPoint presentation and Decision Spin Wheels on computers.
- Prep four of the participants ahead of time to serve as a “panel of experts” who will decide at the end of the experience how “food secure” each of the six groups is. Provide them with the sheet on “Understanding Food Security” in advance of the FoodFast or when they first arrive for the FoodFast so they can be ready for the experience. Provide extra paper and pens for participants to make notes while observing the experience.
- Hang the poster sheets on the wall that provide the definition of food security and the factors that contribute to food security. If you have a large number of participants, it is recommended that you make several copies of the charts.
- Using the color-coded dots on the nametags that were prepared in advance, divide the participants into small groups. Depending on the size of your group, divide participants into five or six teams to represent either five or all six of the following groups:
  1. Green Dots: Filipinos hit by Typhoon Haiyan
  2. Brown Dots: Palestinian gardeners and shop owners
  3. Blue Dots: Mexican migrant workers in California
  4. Yellow Dots: Vietnamese children with disabilities
  5. Purple Dots: Ghanaian cocoa farmers
  6. Red Dots: Haitians recovering from the 2010 earthquake
- Invite each group to sit together for this experience. Distribute to each group a copy of its group/country story.

### PROCESS:

- 1 Begin this experience in these or your own words:

*We probably think of someone not having food to eat today or tomorrow when we hear the word “hunger.” But as we have just heard, hunger is more than not having food today. It also means not knowing if we are going to have food tomorrow or next week or next year.*

*If food security means all people all the time have sufficient food to lead a healthy and productive life, then we need to ask: “Who doesn’t have this security?” Jesus told us to feed the hungry and give drink to the thirsty (MT 25:35). Today that means so much more than just giving someone one meal! It’s especially tragic to realize that people face food insecurity in a world where God has provided more than enough food for all of us to have what we need. In fact, there is enough food in our world for everyone to have 2,700 calories a day—that is every man, woman and child on earth!*

*To put a human face on those who may not have the food security you and I have, let’s listen to six different stories from people living in different regions of the world. You are going to assume their identities for the next hour. Those of you with red dots will be from Haiti. Those of you with brown dots are from Palestine. Our green group is from the Philippines, and our yellow group from Vietnam. Those with purple dots are from Ghana, and the group with blue dots represents Mexican migrants living in California.*

*As you listen to the stories, make sure you experience the story about your group as if you really are part of that community of people!*

- 2 Tell or read the stories of the five or six groups (stories are at the end of this section or in Appendix II). Consider inviting other adult or youth leaders to prepare to read these stories in advance of the FoodFast. Encourage them to read the stories slowly and with feeling to keep the attention of everyone. Use the PowerPoint images to help animate the stories.
- 3 Stop after **each** story to ask: “How food secure is this group? Do they have enough?” Give each small group 2 to 3 minutes to discuss these questions for the group/country featured in the story. Remind participants that if *their* assigned country is the one being shown, the question they are answering is “How food secure are *we*?” Post the slide with the definition of food security and the questions on the PowerPoint during this discussion.
- 4 After all the group/country stories have been shared, tell the whole community:

*People who struggle for food are often not in control of their own destiny. For many of the world's hungry, life is like spinning a wheel to see what is going to happen next. And that is what our six groups are now going to experience. Each group is going to take turns spinning their wheel to see what life has in store for them.*

- 5 Invite the Palestinians to send a representative forward to spin their wheel. The options on the wheel for this group include:
  - Peace talks improve; violence decreases and sanctions are lifted. You have better access to your farms, as do all other Palestinians in the West Bank.
  - Israel builds more fences blocking in the West Bank. Tensions rise between the two countries.
  - CRS donations fall off in the U.S. The food voucher programs are severely cut back.
  - The Middle East experiences a severe drought.
  - Your deeper knowledge of agricultural techniques increases your crops by 40 percent.
  - Your children are denied access to higher education.
  - Nothing changes. Maintain the status quo.
- 6 After the Palestinian group has spun the wheel, invite only them to discuss the following questions in their small group:
  - » *How does this change our food security?*
  - » *How do we feel about our situation?*
  - » *What are we going to do?*
- 7 While the Palestinian group is discussing those questions, invite the other five groups to discuss the following questions in their small groups. They *must decide* which choice of action they are going to take from the list provided below.

» *Does this affect us? If so, how?*  
» *How do we feel about their situation?*  
» *What are we going to do?*  
    » *We choose to do nothing at this time.*  
    » *We will pray for you.*  
    » *We will fundraise for you.*  
    » *We will advocate for you.*  
    » *We need to learn more about the situation at this time.*

- 8 Invite each of the five or six groups to share their choice of action with the whole community.

- 9** Repeat steps 5 through 8 for each group, with the following wheel spin options for the different groups:

**Decision Spin Wheel for Rebuilding Haiti**

- A category VI hurricane is predicted as the rainy season hits Port Au Prince.
- Temporary housing is being reduced, replaced by safe, weather-resistant permanent homes.
- Banks are raising interest rates on loans for businesses and homes.
- Unemployment is at an all-time high in Port Au Prince, which means less money to spend to help the economy grow.
- Parts of the city of Port Au Prince still struggle with clean water, and cholera is on the rise.
- More schools are being built and the graduation rate is higher than ever.
- Nothing changes. Maintain the status quo.

**Decision Spin Wheel for Mexican Migrant Workers**

- Your parents are deported for not having proper documentation.
- Rainy seasons are increasingly shorter in recent years, drought becomes more common in California and farms are struggling. You lose your job.
- The unemployment rate drops and you get a raise because others don't want to do the hard work you do.
- One of your employers offers you a permanent job and you no longer have to move from farm to farm.
- You win a scholarship to a local college.
- You are injured on the job and cannot work for six months.
- Nothing changes. Maintain the status quo.

**Decision Spin Wheel for Ghanaian Cocoa Farmers**

- CRS finds new ways to advertise Divine Chocolate, increasing the demand for your cocoa.
- The Ghanaian government is overthrown in a coup. Ships along the coast, ready to take your beans, are denied access to ports.
- CRS is forced to reduce its support in Ghana due to a major decrease in donations.
- A beetle that preys on cocoa beans swarms the countryside.
- More schools are opened in your part of the country.
- Hershey and other candy companies lower prices and the demand drops for fair trade chocolate.
- Nothing changes. Maintain the status quo.

**Decision Spin Wheel for Vietnamese Children with Disabilities**

- The government of Vietnam removes all Church-based organizations from the country. CRS and other religious groups are forced to leave.
- People from the countryside move into Saigon and spread rumors that disabled children are cursed.
- Governments in developed countries invest more money in designing more sophisticated equipment for those with disabilities.
- A terrible virus spreads through the country. All health resources are channeled to providing a vaccine.
- Donations to CRS go up dramatically in the U.S. CRS programs for Vietnam programs serving children with disabilities are expanded.
- Vietnamese people living with disabilities form a coalition to unite the various groups around the country.
- Nothing changes. Maintain the status quo.



### Decision Spin Wheel for Filipino Typhoon Survivors

- Temporary schools are set up to maintain education.
- You receive rice and water for your family for one month.
- Because of the size of the disaster, CRS donations to the Philippines are dramatically increased.
- Standing water has created mosquito breeding environments. Malaria is on the rise.
- Government aid has been slow due to lack of resources to re-open transportation in the country.
- CRS offers microfinance loans to help families build homes and start businesses.
- Nothing changes. Maintain the status quo.

- 10** Do a second round of wheel spins for each group, following the same steps as outlined in 5 through 8.
- 11** Tell participants that the experience is coming to an end, but each group will have one last chance to do something. Give them five minutes to consider their new realities based on the spin and decide what they choose to do in their own country setting, if anything at all. Invite each group to report its decision and underlying reason(s) in two sentences.
- 12** Ask the panel of experts to report on how food-secure each of the groups is now compared to when the experience began.
- 13** Invite the community to gather in one large circle for the debriefing of the experience. Ask the youth to remain in character while you discuss the following questions:

- » *How do you feel about the status of your group at the end of the experience?*
- » *Were you frustrated at any time? Were you satisfied?*
- » *What did you learn about food security?*
- » *Pope Francis reminds us that there is enough food for everyone in the world. How does that reality affect the way you feel about your group's food challenges?*
- » *How does this experience apply to real life?*
- » *Does this make you want to do something or change something? What will you take away from this experience?*

# UNDERSTANDING FOOD SECURITY GUIDELINES FOR PANEL OF EXPERTS

## HANDOUT

If you have any questions about the meaning of what you've just studied, talk to the FoodFast leader before the simulation.

You are going to serve as a member of the panel of experts in the *Enough?* simulation during the FoodFast. It's important that you have a good understanding of what food security means in order to play your role effectively.

Food security is defined as "all people at all times having access to sufficient, safe, nutritious food to maintain a healthy and active life." (World Health Organization) That means that all of the following factors must be true for food security to be real:

- All people have this security.
- People have it all of the time.
- It means having access to food, which means they can get it no matter what their transportation limitations are.
- It means that they can acquire food in safe ways. In other words, they don't have to do anything illegal or life-threatening to get food.
- It also means that they get healthy, nutritious food, not junk food. They get the fresh produce and other foods needed to maintain an active life.

The biggest challenges to people having food security include the following:

- Poverty is the number one cause of food insecurity. Food costs money, even for farmers who are growing it.
- Lack of investment in agriculture is another cause. The more people learn good agricultural practices that are effective for their local climate and protect the land, the more food is available.
- A third cause of food insecurity includes climate and weather. Drought, floods, hail, wind, too much cold or heat can damage or destroy crops. Change in climate patterns, increasingly prevalent in recent years, also impact access to food.
- War and displacement are the cause of food insecurity for many people in our world. When people have to flee their homes to be safe from violence, when they join thousands of others in refugee camps, or when they settle in areas where they don't know how or where to acquire food, food insecurity is likely.
- Unstable local and global markets can also challenge food security. Food prices often rise or fall with the market.
- Food wastage on the part of some contributes to food insecurity on the part of others.

## Palestinian Gardeners and Shop Owners in the West Bank

Just imagine for a moment ...

You are Palestinians living in the hills of Halhoul, in the West Bank. Most of your homes consist of three rooms. The men own shops that sell wares and food; the women in your group maintain gardens about the size of a small parking space, and grow fruits (including grapes) and vegetables. Your children and grandchildren help you sort grapes harvested from the vines on your backyard trellis. There are very few bad ones, as you are known for having the most scrumptious grapes in the West Bank.

Despite the agricultural riches of your community, the economy has been devastated by the Israeli-Palestinian conflict. Frequent road closures and debris from previous bombings make the movement of people and commerce extremely challenging and expensive. One in three Palestinian families struggles to feed its children, and the unemployment rate is about 25 percent. As much as you would like to send your children to college, you cannot afford tuition.

There is some hope. Your families can get some food security through Catholic Relief Services' education and food vouchers programs. For the women in your group, you can receive \$90 in food vouchers in exchange for attending training classes—part of a project jointly managed by CRS, the World Food Programme and the Palestinian Ministry of Agriculture. Twenty-five hours each month, you attend training classes in harvesting techniques, greenhouse management, food processing, pruning techniques and the benefits of composting. It's a huge benefit for your family; you can grow nutritious foods for your family that you couldn't afford otherwise. Plus, you're learning to get more food from your backyard garden. With your food vouchers, you are able to buy protein-rich foods like fish, eggs and dairy products. The vouchers also enable your family to save money for other things, like the children's education.

In the West Bank, the men are also involved in a CRS food voucher program. Some of you spend 25 hours each month clearing roads for farmers. Once the roads are clear of rock and debris, farmers can travel more quickly and access their olive and almond trees more easily. They'll have extra time to plant more trees, tend to animals and make more money for their families. One of you adds, "Sure, it's hard work, but going without food is harder."

As a result, the voucher project provides a major boost to the local economy. All the products purchased by vouchers are locally sourced, produced and sold in the West Bank. Business is up at participating grocery shops. For the men who are shop owners, you may be able to double your profits in six months, allowing you to better support your family and educate your children. In fact, this year alone, the voucher program will help about 12,000 of your fellow Palestinians in the West Bank.

## Haitians Recovering from the 2010 Earthquake

Just imagine for a moment ...

You are family members (siblings and cousins) who survived the devastation of your home as well as your city by the earthquake in 2010. When the earthquake hit, you lost extended family members and friends, and your home was destroyed. Because the cleanup and rebuilding was difficult, many of you got sick from contaminated water. Going to school on a regular basis was impossible. All of you got behind on your studies and had to repeat a grade to make up for lost time. The future at that time looked discouraging.

A longtime relationship between Catholic Relief Services and the Haitian people went into overtime during the crisis. Food, water, shelter and cleanup were offered within days of the disaster. CRS provided so much for the communities through the donations of people around the world.

After the earthquake, you were really afraid of another disaster and thought about moving to a different city. With the help and support from the government and Catholic Relief Services, you stayed and rebuilt your life and community. Your dad and mom received a grant and subsidy from the Haitian government to rebuild your home and start up a little business. With a lot of hard work from your whole family, you now live in a new home built with better materials that can withstand the weather. Your family's small grocery store is thriving in a neighborhood still rebuilding and keeps you and your family with food and a little income.

There is still so much work to be done in Port Au Prince. There was a lot of media attention those first couple of weeks after the quake; but sometimes it seems like the world forgot about Haiti.

Tons of rubble remain from demolished buildings and roads. Schools and hospitals are still in need of improvement, and there is little strengthening of the infrastructure to better prepare for future disasters. Somehow, however, you try to be hopeful because of the courage, strength and resilience of so many Haitian people around you.

## Migrant Farmers from Mexico

Just imagine for a moment ...

You are migrant workers, parents and children, who labor in the vegetable fields of California. You work long hours for less than the minimum wage since you are not legal citizens of the U.S. You are afraid to speak up for yourselves and demand a better wage for fear of deportation. You send a significant amount of your wages to your families back home in Mexico, which leaves you with very little for your own health and nutrition needs.

In the United States, some of the most food-insecure individuals are people like you—migrant farmworkers and their families. While migrant farmworkers play a critical role in the United States agricultural sector by picking fruits and vegetables, you do not have the resources to be food secure. In a study looking at food security among agricultural workers in California's Salinas Valley, only 34 percent of farmworkers participating in the study were food-secure, leaving 66 percent of respondents to be food-insecure.

Another challenge you face comes from the transitory nature of your work. Since you continuously move from place to place, you aren't able to become familiar with the neighborhood and don't know where to obtain food at reasonable prices. You also don't always have access to the fresh foods you used to eat back home and are unfamiliar with which are the most nutritious foods eaten in California. Transportation to grocery stores can also be difficult, since you don't have driver's licenses. It often seems like the only affordable food available is processed food in cans and unhealthy snacks.

## Ghanaian Cocoa Farmers

Just imagine for a moment ...

You are Ghanaian cocoa farmers who use the same tools that cocoa farmers have used for centuries: a staff to dig, a blade to cut and hands to nurture your cocoa beans (which are the main ingredient in chocolate bars). While the tools of your trade haven't changed in decades, you are now part of one of the most innovative models in the chocolate industry, the Divine Chocolate Company. Divine Chocolate is the world's first farmer-owned fair trade chocolate company. That means Divine is made exclusively with fair trade cocoa grown by you and the nearly 60,000 other members of the Kuapa Kokoo farmers association in Ghana. Those of you who grow the cocoa for Divine chocolate are paid a fair price for your beans as well as a social premium, allowing you to invest in social infrastructure like water wells and health clinics. You and the farmer's association own nearly half of Divine Chocolate and share in its profits. Fair trade has helped give families like yours hope for a better future. In fact, one of you has a daughter, Philamena, who is studying at a nearby university and hopes to fulfill her dream of becoming a doctor.

Many people in Ghana struggle with food security because of inflation, which has caused petroleum, electricity and water prices to increase in the past two years. Food prices are high (cassava is up 99 percent; yams, 62 percent; plantains, 10 percent; and rice, 36 percent). You are doing well due to your farmers association and fair trade agreement.

## Filipino Villagers Hit by the 2013 Typhoon

Just imagine for a moment ...

In November 2013, you were busy doing what you normally do—going to school, helping at home, thinking about friends and your future. But all that ended one day, when Typhoon Haiyan, one of the largest storms on record, descended upon your village. You had warnings and did all you could to be safe, but the wind and raging water were more than expected, and the village was devastated.

It is the day after the typhoon, and luckily you and your families survived; however, your homes are gone, you only have the clothes you are wearing, and there is no food at all to be found. Your parents send each of you out to find something—anything—so your family won't go hungry. With no money, no markets open or even existing anymore, you are searching for anything to eat or drink. You hear from neighbors that there are things being dropped in by air: food, materials for shelters, and fresh water. So you follow the crowd. People are so quiet; they have lost homes, family, friends, and work, and the devastation looks impossible to overcome.

You see the trucks ahead and the long lines of people standing next to them. Surprisingly, people heading back from the trucks have a look of hope in their eyes. They are carrying bags of rice, water, supplies for tents and tarps, and saying they are going to make it.

By the time you get to the front of the line, you, too, are hopeful that the food will be enough for your family until you can figure out what to do. You are grateful that you can bring back the things your family needs in the immediate future for warmth, shelter and hope.

Some of the relief workers say this was the worst storm ever to hit your country. This typhoon had winds over 200 miles per hour that destroyed everything in a 30- to 50-mile radius. You realize, then, that this was different from other storms and rebuilding will take a long time. Finding food and a safe place to live will be difficult. You may have to rely on what aid is sent in from other countries for a long time.

## Vietnamese Children with Disabilities

Just imagine for a moment ...

Your group is representative of hundreds of thousands of Vietnamese children who live with physical challenges—in some cases, as a result of land mines and other legacies of the Vietnam War. Some of you cannot see or hear fully; others can't walk properly; still others can't move their arms and hands well. One of you is a 10-year-old girl who can't walk, and your hands are twisted by cerebral palsy.

In Vietnam, disabilities can carry a stigma, and children with disabilities are often ostracized—in some cases, by their own families. Clearly, not one of you is “slow.” But that grim—and inaccurate—kind of diagnosis is faced by many of children in Vietnam who suffer from physical, not learning, disabilities. Nonetheless, there are plenty of things you can do. Some of you can type faster than most of the children in your Vietnamese town; many of you can solve math problems, create beautiful art, read, and even play many sports and games with little problem at all.

Unfortunately, since you come from a community in poverty, many in your community still do not understand how to help. You miss out on school—and may even be consigned to a lifetime of isolation at home, where you rely on others to care for you.

Catholic Relief Services is trying to ensure that kids like you who live with disabilities have what they need to reach their full potential. One day, a staff member from CRS tells your parents about its Circle of Friends program, peer groups consisting of students who study well and live close to a child with disabilities. Peers volunteer with assignments inside and outside of the classroom to help children like you succeed in school and break down barriers to full participation in your community. CRS provides wheelchairs, crutches, ramps—whatever you need to get to the classroom. CRS trains teachers to help children with disabilities learn. Changes are often as simple as putting a boy with bad vision closer to the blackboard. CRS also takes children to doctors and pays for hearing aids, eyeglasses and other assistive devices. For those children with learning disabilities, CRS works out agreements so teachers spend extra time with them. CRS also provides a web of support through Parent Associations that give parents inclusive education training as well as other training on fundraising, counseling and caregiving skills. If you can't get to school at all, CRS brings the teacher to the child. You can now have a tutor who comes frequently and is amazed by your progress.

Where CRS has concentrated its work in Vietnam, at least 70 percent of children with disabilities are in school.



6:15 P.M.  
COMMENTS,  
REFLECTIONS &  
BREAK

6:25 P.M.  
SURPRISE GUEST!

1 of 1



25

3-HOUR VERSION

Invite comments and reflections on the experience and then take a break.

**OBJECTIVE:**

- To inspire the participants with the support and encouragement of a famous Catholic celebrity

**SETUP/MATERIALS:**

- Cue the FoodFast video of Fr. James Martin, S.J.
- **Extending the Session:** If your schedule allows, extend this session by inviting a speaker to speak at greater length about hunger and food security (e.g., a [CRS Global Fellow](#); a Catholic Relief Services employee or speaker; an expert on hunger from a nearby Catholic Charities organization or other Catholic or local organization; someone who has lived in poverty and is open to sharing his/her story; someone who has worked or volunteered in a developing country, Appalachia, or in a location where hunger and food security are challenges). Be sure to encourage the community to listen and ask questions respectfully.

**PROCESS:**

- 1 Begin by sharing:

*To get us set for the rest of our time together, we invited someone kind of funny, very inspiring and really famous to share a few thoughts with us. You may know him as the chaplain for the Colbert Report, editor of America magazine, social media specialist (he has a great Facebook page with much information), comedian, author and/or priest.*

- 2 Show the video of the celebrity guest, Father James Martin, S.J.
- 3 Invite reactions from the participants.
- 4 If you are extending the session with a guest speaker, introduce that person and transition to the presentation and dialogue.

# 6:30 P.M. A DAY IN THE LIFE/ CATHOLIC SOCIAL TEACHING

1 of 5



THIS EXERCISE WILL  
PROVIDE A GREAT OPPORTUNITY  
FOR SOCIAL MEDIA POSTING.

# 3-HOUR VERSION

26

## OBJECTIVES:

- To make a faith connection by introducing what the Catholic Church teaches about hunger
- To deepen participants' understanding of solidarity
- To motivate participants to create action steps as disciples of Jesus that help achieve food security for all

## SETUP/MATERIALS:

- Make eight copies of the script (one for you and each reader in #1 below). Highlight the paragraph to be read by each reader on his/her script.
- Make copies of the handouts, one for each team on one of the seven principles.
- Have the PowerPoint slides set to the section on Catholic Social Teaching. (The video "A Day in the Life" can be accessed on the FoodFast website or on the [CRS YouTube page](#). You also can request a copy at [foodfast@crs.org](mailto:foodfast@crs.org).)
- Have the video from the *One Human Family, Food for All* ([food.caritas.org](http://food.caritas.org)) campaign cued, if you have internet access and time to show the video.
- Using magazines or the CRS PowerPoint labeled "Images of People", cut out a set of pictures representative of a cross section of people from around the world. Spread out the pictures on a large table or hang them on a wall. Provide paper plates and various colors of Play-Doh, one set per small group. If you choose to use a different material (e.g., aluminum foil, clay, etc.), provide that instead of the Play-Doh.
- Prepare the adult table leaders to be ready if the discussion (in #5 below) surfaces sensitive issues and strong emotions with the young people.

## PROCESS:

- 1 Continue with the same six small groups. Ask for a volunteer from each group to come forward to serve as a reader. Use the following script to provide an overview of the principles of Catholic social teaching, illustrating each principle with an example of CRS' work. Give each reader a copy of the script and assign them one of the principles to read.

### Adult leader:

*Fr. James Martin learned about the commitment of young people around the country—young people like you—while participating in a FoodFast and he was inspired. So he sent a video of encouragement. Encouragement and affirmation—like the message we just watched from Fr. James Martin—are pretty good things, aren't they? They give us confidence and motivation to do more and be more.*

*You have learned much in the past day, and probably have some things you would like to tell people about hunger, poverty, food and not having enough food. You are going to get a chance to do that in just a few minutes—to motivate and encourage others to join the fight against hunger and food insecurity. Think of it! You will have a chance to get a message about hunger out to the world! Think of this as an opportunity to encourage others to join the efforts of so many individuals, organizations and even governments worldwide to eradicate hunger and poverty.*

*Our church has been an incredible force in the world since its beginning. Our popes, bishops and leaders have made a difference in every era by raising awareness of issues affecting humanity and calling people to action. That tradition continues today and we are going to explore what the church calls Catholic social teaching. There are typically seven principles at the heart of Catholic social teaching. Listen carefully to a description of each one and how that principle is illustrated by one aspect of CRS' work.*

[foodfast.org](http://foodfast.org)

**Reader 1:**

**Life and Dignity of the Human Person** *The Catholic Church proclaims that human life is sacred and that the dignity of the human person is the foundation for the moral vision of society. This belief is the basis for all the principles of our social teaching. We believe that every person is precious, that people are more important than things, and that the measure of every institution is whether it threatens or enhances the life and dignity of the human person. (USCCB) Catholic Relief Services supports life—and life with dignity—in every country in which it works. Girls in India who are victims of human trafficking are aided by CRS in regaining lives with dignity. They can begin to make choices for their own futures and find meaningful employment while living in a safe, life-giving environment.*

**Reader 2:**

**Call to Family, Community, and Participation** *People are not only sacred but social too. How we organize our society directly affects human dignity and the ability for individuals to grow in community. Marriage and family are the heart of community and must be supported and strengthened, not undermined. People have a right and a duty to participate in society, seeking the common good, protecting the poor and vulnerable. (USCCB) When South Sudan voted to secede from the north and form its own country, CRS was on the ground, helping people participate in determining their future in peaceful, effective ways.*

**Reader 3:**

**Rights and Responsibilities** *Every person has a fundamental right to life and a right to those things required for human dignity. Corresponding to these rights are duties and responsibilities—to one another, to our families, and to the larger society. (USCCB) Catholic Relief Services supports Ghanaian cocoa farmers in getting a just wage for their beans so they can live in dignity and support their families. That is their right. But CRS also works with the farmers to be self-sufficient and take responsibility for producing good crops. CRS promotes agricultural policies that challenge the farmers to take responsibility for caring for the earth through eco-friendly farming methods.*

**Reader 4:**

**Option for the Poor and Vulnerable** *Our faith calls us to put the needs of the poor first. Just as God has a preferential option for them, we are called by Jesus to take care of the most vulnerable in our midst. (USCCB) Catholic Relief Services responds to the needs of suffering people, including victims of natural disasters. In Haiti, CRS has been on the ground, working with the government to ensure that those most affected by the earthquake of 2010 are supported in recovery. CRS first addressed the immediate needs of the earthquake victims—offering clean water, food, shelter and clothing. But it didn't stop there. Today, CRS continues to work in Haiti, helping to establish more permanent homes, ensure that children can receive a good education, plant crops, and assist people in getting jobs with which they can support their families.*

**Reader 5:**

**The Dignity of Work and the Rights of Workers** *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. (USCCB) Catholic Relief Services in Palestine offers microfinancing to a group of female seamstresses whose husbands are deceased, imprisoned, or in other ways unable to work. These women have developed their own small business, and are getting fair wages for their skilled work. They also have a sense of their own dignity through the knowledge that they are supporting their families through their own labors, and not through a handout.*

**Reader 6:**

**Care for God's Creation** *Care for the earth and all creation is a requirement of our faith. God calls us to protect people and the planet, living our faith in relationship with all of God's creation. (USCCB) CRS works with farmers and local governments around the world to promote self-sufficiency while protecting the environment. In Cambodia, CRS works to make sure fishermen know their rights and how to preserve the local lakes. CRS works with Cambodia's Ministry of Agriculture, Forestry and Fisheries, to visit villages and teach residents about healthy environmental practices like land laws, deforestation and illegal fishing practices. CRS programs also help villagers make the most of the natural resources they have. "People don't have to rely on only one crop," says Pou Sovann, director of the program Srer Khmer. "They can have rice, fruit trees, livestock." Srer Khmer trains farmers, teaching them how to grow vegetables and rice in the dry season or how to care for animals.*

- 2 After the CST theme review, assign one principle to each small group. Group members are to work together to answer the questions and develop two action steps as instructed on number 3 on their handouts. These action steps will be shared with the large group. Encourage participants to pay attention to the meaning of the principle they are assigned and how that principle shapes the beliefs and actions of a disciple of Jesus working to end hunger and supporting people struggling to obtain food security. Instruct participants to develop at least one action step in the form of a public service announcement in the effort to build awareness with others. Encourage them to create a message for the public about hunger and food security through the lens of their assigned Catholic Social Teaching theme. They can create a Facebook message or a series of twitter feeds; create ideas for a Pinterest board or Instagram posts; or focus on old-school things like a poster, a short skit or advertisements. Since it will be shared with the large group, the hope is that it can be used as a tool for everyone as something they can do when they go home.

Allow time for groups to complete their PSA. They can use the computers to get more information if needed. They can use the computers to get more information if needed. Give them 20 minutes for this activity.

- 3 Invite the groups to share their answers and Public Service Announcements in the large group. Then continue:

*There is a seventh theme from Catholic Social Teaching: the principle of Solidarity. Can I have a volunteer to come forward to read a description!*

**Reader:**

**Solidarity** *We are one human family, which means we stand with our brothers and sisters across the globe. While in Rio for World Youth Day, Pope Francis proclaimed, "Never tire of working for a more just world, marked by greater solidarity!" Catholic Relief Services embodies this truth. It doesn't just give people food when they are hungry. CRS walks with them, and invites us to walk with them, too. One of the ways we do that is through CRS Rice Bowl. During Lent, we are invited to pray, fast and give in solidarity with those who struggle to get what they need to live lives of dignity and hope.*

**Adult Leader:**

*Solidarity is indeed a particular principle which challenges us to pay attention to hunger and food security around the world. Catholic Relief Services refers to solidarity as the idea of "standing as one human family".*

4 Post the PowerPoint with the quote from Saint Pope John Paul II and continue:

*Saint Pope John Paul II takes us deeper into the meaning of solidarity, pointing out that it “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 each individual, because we are all really responsible for all**” (On Social Concern, #38)*

*To commit oneself to the common good ... to the good of each individual, because we are all really responsible for all. So I am responsible for each of you, just as each of you are responsible for me and for each other ... just as each of us is responsible for our brothers and sisters down the road, and in Latin America, Africa, Asia, Europe, Oceania. What do you think Pope John Paul II meant by that? How does it make you feel ... knowing we are all responsible for all?*

*Pope Francis also stresses the importance of solidarity, especially for those who live in hunger. He said, “We are in front of a global scandal of around one billion—one billion people who still suffer from hunger today. We cannot look the other way and pretend this does not exist. The food available in the world is enough to feed everyone.” Last year, Pope Francis inspired a worldwide moment of prayer to end hunger, which evolved into a campaign led by all Catholic organizations committed to serving our brothers and sisters who live in hunger. (If time permits, show the video available at [food.caritas.org](http://food.caritas.org).)*

*At the 2013 World Youth Day in Brazil, he declared, “I would like to make an appeal to those in possession of greater resources, to public authorities and to all people of good will who are working for social justice: Never tire of working for a more just world, marked by greater solidarity.”*

*Before we look at the connectedness between hungry people and ourselves, let’s first look at our own personal status regarding solidarity.*

5 Invite participants to reflect on and discuss the following questions (posted on PowerPoint or newsprint) in their small groups.

- » *With what group of people in your community do you feel that you have the least in common? Why?*
- » *With what group of people or with what nation in the world do you feel the least connected? Why?*

6 Share the following in your own words:

*We may feel that we have little in common with the elderly, or with the people who live in South Sudan or some other country we named, or even with our own parents! Honestly, we all know that experience. Yet, sometimes that feeling of having little in common could lead to harsh or disparaging attitudes about another. Holding on to those feelings certainly does not lead to any deeper knowledge of each other.*

*Let’s take a look at what happens when we break through the stereotypes or divides and learn to see and be with each other differently. Imagine a world torn apart by war, and what it must feel like to be a teenager in Palestine who has never personally encountered an Israeli teen. Let’s take a look.*

- 7** Show the video “A Day in the Life of Bayan and Natenyal” from CRS. At the end of the video, invite small groups to share what the video says about the walls we build in our lives and how solidarity breaks those walls down. Invite the groups to share how this story reflects the quote from Saint Pope John Paul II. After a few minutes of discussion, reiterate:

*It was putting a human face on someone considered “other” that broke down the walls between the Israeli and the Palestinian teens. So let’s put a human face on hunger.*

- 8** Ask participants to look at the pictures that are laid out on the table. Invite each participant to take one picture that speaks to him/her. After they have done so, put the following in your own words:

*I invite you to try to put yourself in the shoes of this person. Note the developing country in which he or she is living if it is listed on the photo.*

*It might seem this person has little in common with you. You will never know the specific realities this person will face, but simply try to imagine yourself as best as possible in the shoes of this person. Certainly this person is growing up in a different culture with a different set of experiences and cultural norms. Imagine what that would be like?*

*Chances are, too, if he or she is living in a developing nation, well-paying jobs are most likely difficult to find. It might be an only option is to collect cans and other cast-off pieces of tin, selling them to a local factory for a few pennies. It could be that a drought has dried up the few vegetables that the family was counting on for food. This person may have lost 15 pounds due to malnutrition and other health risks may be rising up. Imagine what these challenges would be like for you. Imagine how such challenges would change your life. How would you feel? Would you be able to feel joyful or hopeful?*

*Now imagine this ... The person whose picture you hold dreams of a future. That dream may differ depending on the age of the person, but like you—that person dreams, wants to dream, wants for a future of hope—in which he or she can care for the people in his or her life. Like you, this person most likely wants to make a difference in the world. A better life is wanted for the family, the community and beyond. And the person whose picture you hold would love to have fun—enjoying time with family and friends and all with the freedom from worry and fear.*

*But what if right now, this person simply wants a bite to eat?*

- 9** Invite participants to look at the picture they chose, and to silently imagine that person struggling to have enough food and to know food security every day. Allow a few minutes of quiet during this reflection.
- 10** Ask the small groups to discuss what solidarity with the person in their picture LOOKS LIKE. (In other words, what would solidarity lead us to feel, say, do, etc.? How can we be in solidarity with this person?) Allow a few moments of silent reflection. Do not invite answers at this time. After a few moments, give each team the Play-Doh and a paper plate, and invite them to sculpt a group image of, or symbol for, solidarity that will be kept with the community throughout the rest of the FoodFast. Allow 15 minutes for the groups to create their sculptures. Invite them to share with the large group if time permits.
- 11** Wrap up by asking the large group to return to the chalk wall. Invite them to add to the wall with the following instructions.

» *Considering everything you have heard this evening, take a piece of chalk and add to the wall a word or phrase that resonates with you and that captures what it means to live in solidarity with others, especially our sisters and brothers who live with hunger.*

# SCRIPT FOR CATHOLIC SOCIAL TEACHING PRINCIPLES

## HANDOUT

1 of 2

### Adult leader:

Our church has been an incredible force in the world since its beginning. Our popes, bishops and leaders have made a difference in every era by raising awareness of issues affecting humanity and calling people to action. That tradition continues today and we are going to explore what the church calls Catholic social teaching. There are typically seven principles at the heart of Catholic social teaching. Listen carefully to a description of each one and how that principle is illustrated by one aspect of CRS' work.

**Reader 1: Life and Dignity of the Human Person** The Catholic Church proclaims that human life is sacred and that the dignity of the human person is the foundation for the moral vision of society. This belief is the basis for all the principles of our social teaching. We believe that every person is precious, that people are more important than things, and that the measure of every institution is whether it threatens or enhances the life and dignity of the human person. (USCCB) Catholic Relief Services supports life—and life with dignity—in every country in which it works. Girls in India who are victims of human trafficking are aided by CRS in regaining lives with dignity. They can begin to make choices for their own futures and find meaningful employment while living in a safe, life-giving environment.

**Reader 2: Call to Family, Community, and Participation** People are not only sacred but social too. How we organize our society directly affects human dignity and the ability for individuals to grow in community. Marriage and family are the heart of community and must be supported and strengthened, not undermined. People have a right and a duty to participate in society, seeking the common good, protecting the poor and vulnerable. (USCCB) When South Sudan voted to secede from the north and form its own country, CRS was on the ground, helping people participate in determining their future in peaceful, effective ways.

**Reader 3: Rights and Responsibilities** Every person has a fundamental right to life and a right to those things required for human dignity. Corresponding to these rights are duties and responsibilities—to one another, to our families, and to the larger society. (USCCB) Catholic Relief Services supports Ghanaian cocoa farmers in getting a just wage for their beans so they can live in dignity and support their families. That is their right. But CRS also works with the farmers to be self-sufficient and take responsibility for producing good crops. CRS promotes agricultural policies that challenge the farmers to take responsibility for caring for the earth through eco-friendly farming methods.

**Reader 4: Option for the Poor and Vulnerable** Our faith calls us to put the needs of the poor first. Just as God has a preferential option for them, we are called by Jesus to take care of the most vulnerable in our midst. (USCCB) Catholic Relief Services responds to the needs of suffering people, including victims of natural disasters. In Haiti, CRS has been on the ground, working with the government to ensure that those most affected by the earthquake of 2010 are supported in recovery. CRS first addressed the immediate needs of the earthquake victims—offering clean water, food, shelter and clothing. But it didn't stop there. Today, CRS continues to work in Haiti, helping to establish more permanent homes, ensure that children can receive a good education, plant crops, and assist people in getting jobs with which they can support their families.

**Reader 5: The Dignity of Work and the Rights of Workers** 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. (USCCB) Catholic Relief Services in Palestine offers microfinancing to a group of female seamstresses whose husbands are deceased, imprisoned, or in other ways unable to work. These women have developed their own small business, and are getting fair wages for their skilled work. They also have a sense of their own dignity through the knowledge that they are supporting their families through their own labors, and not through a handout.

**Reader 6: Care for God's Creation** Care for the earth and all creation is a requirement of our faith. God calls us to protect people and the planet, living our faith in relationship with all of God's creation. (USCCB) CRS works with farmers and local governments around the world to promote self-sufficiency while protecting the environment. In Cambodia, CRS works to make sure fishermen know their rights and how to preserve the local lakes. CRS works with Cambodia's Ministry of Agriculture, Forestry and Fisheries, to visit villages and teach residents about healthy environmental practices like land laws, deforestation and illegal fishing practices. CRS programs also help villagers make the most of the natural resources they have. "People don't have to rely on only one crop," says Pou Sovann, director of the program Srer Khmer. "They can have rice, fruit trees, livestock." Srer Khmer trains farmers, teaching them how to grow vegetables and rice in the dry season or how to care for animals.

*For later in the session:*

**Reader 7: Solidarity** We are one human family, which means we stand with our brothers and sisters across the globe. While in Rio for World Youth Day, Pope Francis proclaimed, "Never tire of working for a more just world, marked by greater solidarity!" Catholic Relief Services embodies this truth. It doesn't just give people food when they are hungry. CRS walks with them, and invites us to walk with them, too. One of the ways we do that is through CRS Rice Bowl. During Lent, we are invited to pray, fast and give in solidarity with those who struggle to get what they need to live lives of dignity and hope.



# LIFE AND DIGNITY OF THE HUMAN PERSON

## HANDOUT

1 of 1

The Catholic Church proclaims that human life is sacred and that the dignity of the human person is the foundation of a moral vision for society. This belief is the foundation of all the principles of our social teaching. In our society, human life is under direct attack from abortion and euthanasia. The value of human life is being threatened by cloning, embryonic stem cell research, and the use of the death penalty. The intentional targeting of civilians in war or terrorist attacks is always wrong. Catholic teaching also calls on us to work to avoid war. Nations must protect the right to life by finding increasingly effective ways to prevent conflicts and resolve them by peaceful means. We believe that every person is precious, that people are more important than things, and that the measure of every institution is whether it threatens or enhances the life and dignity of the human person. (United States Conference of Catholic Bishops)

Catholic Relief Services supports life—and life with dignity—in every country in which it works. Girls in India who are victims of human trafficking are aided by CRS in regaining lives with dignity. They can begin to make choices for their own futures and find meaningful employment while living in a safe, life-giving environment.

1. What do the life and dignity of every human person have to do with hunger and food security?

2. What does our Catholic faith challenge us to do?

3. Come up with two actions that you can do to live out this principle by fighting to reduce hunger and help hungry people gain food security?

ACTION ONE:

ACTION TWO:

# CALL TO FAMILY, COMMUNITY, AND PARTICIPATION

## HANDOUT

1 of 1

The person is not only sacred but also social. How we organize our society—in economics and politics, in law and policy—directly affects human dignity and the capacity of individuals to grow in community. Marriage and the family are the central social institutions that must be supported and strengthened, not undermined. We believe people have a right and a duty to participate in society, seeking together the common good and well-being of all, especially the poor and vulnerable. (United States Conference of Catholic Bishops)

When South Sudan voted to secede from the north and form its own country, Catholic Relief Services was on the ground, helping people to participate in determining their future in peaceful, effective ways.

1. What does the call to family, community and participation have to do with hunger and food security?

2. What does our Catholic faith challenge us to do?

3. Come up with two actions that you can do to live out this principle by fighting to reduce hunger and help hungry people gain food security?

ACTION ONE:

ACTION TWO:









7:45 P.M.  
PRAYER AND  
COMMISSIONING

1 of 1

3-HOUR VERSION

39

**OBJECTIVE:**

- To remind participants of God's abundant love
- To inspire them to share the resources they have with those in need, just as Jesus did

**SETUP/MATERIALS:**

- Have the commissioning crosses ready to give to the youth and the adult volunteers.
- Print enough copies of the "One Human Family, Food for All" campaign prayer for each participant or order prayer cards through the CRS FoodFast website.
- Invite participants to gather in the prayer space.

**Leader:**

*Think of what we have accomplished! Just a few hours ago, most of us weren't sure what food security is or what we would be doing besides not eating. Exploring a topic like this might have forced you to step out of your comfort zones, but you have proved open, creative, passionate, and inspirational. You have come to know what it means to go without food and have gained a sense of what that might be like for many of our brothers and sisters around the world. You have embraced the idea of solidarity. You also know that a commitment to work for food security for all God's people is an important part of the social mission of the Catholic Church and a commitment that we hope you will continue to make long after today!*

*I invite all of the young people and the adult volunteers who participated in the FoodFast to stand at this time.*

*Let us pray. God of Justice and Love, through your Son, Jesus, you revealed your desire for all of the people of our world to live with dignity and hope. Having food security is essential to that dignity. We know that you are a generous God, and you have blessed our world with more than enough food for everyone. Yet there are people right now who are dying of hunger; there are families around the world who don't know where their next meal is coming from. We pray for them and for all of us, that we may help to feed a hungry world. Amen.*

*I invite all of the faithful to extend your hands in blessing over the youth.*

*God, you lovingly created these young people to be disciples of your Son. Bless them as they return home. Fill them with your Spirit that they have the courage, the strength and the faith to work for food security and make our world a better place for all. We ask this in Jesus' name. Amen.*

Have the adult volunteers help distribute the crosses at this time. Say to each person as he/she receives the cross:

(Name: \_\_\_\_), be Christ's bread for those who hunger.

End the commissioning by inviting the entire community to pray the *One Human Family, Food for All Campaign Prayer*. Play the song *One Family* by Pasquale Talarico to close the prayer service.



# one human family, food for all ✱

*O God, you entrusted to us the fruits of all creation so that we might care for the earth and be nourished with its bounty.*

*You sent us your Son to share our very flesh and blood and to teach us your Law of Love. Through His death and resurrection, we have been formed into one human family.*

*Jesus showed great concern for those who had no food—even transforming five loaves and two fish into a banquet that served five thousand and many more.*

*We come before you, O God, conscious of our faults and failures, but full of hope, to share food with all members in this global family.*

*Through your wisdom, inspire leaders of government and of business, as well as all the world's citizens, to find just and charitable solutions to end hunger by assuring that all people enjoy the right to food.*

*Thus we pray, O God, that when we present ourselves for Divine Judgment, we can proclaim ourselves as “One Human Family” with “Food for All.”*

AMEN.