

WEEK 3: GUATEMALA

OPTION FOR THE POOR AND VULNERABLE

We are called to build a society in which the needs of people who are most poor and vulnerable are considered first. Jesus tells us that when we help our sisters and brothers in need, we do this for him.

STORIES OF HOPE

Ana Belén and José have four children and a baby on the way. They live in Santa María Chiquimula, a region of Guatemala where malnutrition affects over half of the population.

Almost five years ago, when the COVID-19 pandemic started, José lost his job. This created serious challenges for the family. Food prices went up and, often, Ana Belén didn't have enough money to buy even the basics. "Sometimes I would cry because I didn't have anything to give my children," she recalls.

Now the family participates in a Catholic Relief Services project that helps fight hunger. Through the project, Ana Belén goes to her children's school to receive food such as corn, beans, rice, vegetable oil and eggs. She also takes her children for health check-ups.

Having enough nutritious food is very important to help children grow healthy and gives them the energy they need to learn and play, just like Francisco, who loves playing ball with his cousins and at school.

FACTS TO CONSIDER

- The official language of Guatemala is Spanish, although it has 24 indigenous languages, including Quiché and Nahuatl. The name Guatemala means "land of many trees" in Nahuatl. The country, slightly smaller than Pennsylvania, is in Central America and shares a border with Mexico, El Salvador, Honduras and Belize.
- CRS has been providing humanitarian assistance in Guatemala since 1963, supporting food security, nutrition, health, agriculture, education, disaster risk reduction and emergency response programs.



Photo by Oscar Leiva/Silverlight for CRS

- Guatemala has the highest population of all the countries in Central America, as well as the youngest—almost half of the population is under the age of 19.
- CRS in Guatemala works with YouthBuild, which provides employment, education and leadership opportunities to young people.



For downloadable photos, visit crsricebowl.org/photos and watch the video at crsricebowl.org/week-3.

OPTION FOR THE POOR AND VULNERABLE

45 MINUTES

OBJECTIVE

Through the story of Ana Belén in Guatemala, students will learn about the Catholic social teaching principle of Option for the Poor and Vulnerable—our Christian duty to lift the voice of people who are unheard and to help people who are most vulnerable.

MATERIALS

- Week 3 story and video, available at crsricebowl.org/week-3.
- A map of the world.
- Week 3 Activity Sheet: Grades 1-3.
- Pencils or crayons.

DISCUSSION (10 MINUTES)

1. Locate Guatemala on the map.
2. Read the story from week 3. Use the video to supplement the story.
3. Reflect:
 - Who did we meet in this story?
 - What were some challenges Ana Belén and her family were facing?
 - How has having eggs and other food helped Ana Belén's family?
 - What kinds of food do you eat every day that help you feel strong and healthy? How would it feel if you didn't have enough of these foods?

ACTIVITY (25 MINUTES)

1. Explain the principle of Option for the Poor and Vulnerable. Remind students that Jesus tells us to give special care to people who are most in need and that it is our Christian duty to stand up for others.
2. Have students complete the week 3 Activity Sheet: Grades 1-3.
3. Ask students to show their answers and their drawings to a partner.

CLOSING PRAYER (10 MINUTES)

1. Ask for three volunteers to help with the prayer.
2. The first one will start by saying: "We pray for people that don't have enough to eat because...", and finish with the answer they gave in their activity sheet.
3. Then they will continue with: "Transform our hearts, that we may be moved to help them by...", and finish with their answer from the activity sheet.
4. Repeat this with the other two volunteers.
5. Finish by praying the Hail Mary as a group.

AT HOME

1. Tell the story of Ana Belén to your family and share your activity sheet with them.
2. Volunteer to say a prayer before dinner thanking God for having food and praying for people who may not have something to eat today.
3. As a family, read and discuss the daily reflection found in your **CRS Rice Bowl Lenten Calendar**.

IF YOU ONLY HAVE



1. Read the week 3 story. Use the video to supplement the story.
2. Lead Discussion step 3.

Name: _____



Write and draw your answer to each prompt.

1. A reason why people might not have enough to eat is because: _____

2. By not having enough to eat, they: _____

3. We can help them overcome that challenge by: _____