

WEEK 5: UNITED IN GENEROSITY

LIFE AND DIGNITY OF THE HUMAN PERSON

We are made in God's image and likeness, which means each life is sacred. Every person has the right to life, and we must uphold the dignity of all our sisters and brothers.

STORIES OF HOPE

The Sahel is a region in Africa that spans Senegal, Mauritania, Mali, Burkina Faso, Niger, Nigeria, Chad, Sudan and Eritrea. In 1976, during a long drought, crops failed, livestock was lost and a lack of food threatened the lives of millions of our sisters and brothers.

It was that same year that Catholics from around the world participated in the 41st International Eucharistic Congress held in Philadelphia, Pennsylvania. The Eucharist makes visible our communion with our sisters and brothers and our shared responsibility as one human family.

As Catholics, we believe no person should go hungry. But our world is currently facing levels of hunger that experts believe could be the new normal. That's why it is more important than ever for us to recommit each Lent—and throughout the year—to supporting our global family experiencing these challenges. When we come together to tackle hunger, there is no limit to what we can achieve.



Photo by Radeno Haniel for CRS

FACTS TO CONSIDER

- The International Eucharistic Congress was held Aug. 1-8, 1976, in Philadelphia, Pennsylvania. This was significant because it was the site of the signing of the Declaration of Independence and the Constitution, emphasizing a historic and symbolic connection to the values of freedom and unity during the United States' bicentennial.
- Cardinal Karol Wojtyła—later, Saint John Paul II— Mother Teresa of Calcutta and Dorothy Day were amongst the people that attended the Congress.
- CRS' Lenten program was originally named "Operation Rice Bowl." The name was chosen in part for its abbreviation as "O.R.B.," referring to the Latin word orb, which means "world."



For downloadable photos, visit crsricebowl.org/photos and read the story at crsricebowl.org/week-5.

LIFE AND DIGNITY OF THE HUMAN PERSON

45 MINUTES

OBJECTIVE

Through this week’s story, students will explore the Catholic social teaching principle of Life and Dignity of the Human Person. They’ll learn how all people deserve to live with dignity.

MATERIALS

- Week 5 story, available at csrcricebowl.org/week-5.
- A map of the world. ●

Paper and pencils.

DISCUSSION (10 MINUTES)

1. Locate Senegal, Mauritania, Mali, Burkina Faso, Niger, Nigeria, Chad, Sudan and Eritrea on the map.
2. Read the story from week 5.
3. Reflect:
 - What were people in the Sahel region of Africa going through?
 - Why did Catholics in Pennsylvania think it was important to do something about it?
 - How does the Eucharist help us remember our connection with people around the world?
 - Why is it important for us to make sure everyone has plenty to eat?

ACTIVITY (25 MINUTES)

1. Explain the principle of Life and Dignity of the Human Person. We are all children of God and therefore each life is sacred and important. Every person deserves to live a healthy and good life where they can support their family and use the gifts that God gave them.
2. The eight days of the International Eucharistic Congress focused on eight separate human “hungers” and the relationship of the Eucharist to them:

hunger for God, hunger for bread, hunger for freedom and justice, hunger for the Spirit, hunger for the Truth, hunger for understanding, hunger for peace, hunger for Jesus—the Bread of Life.

- Ask each student to choose one of the eight “hungers” and write two paragraphs about why that hunger is still a reality today and what you can do to alleviate it in your local community.

CLOSING PRAYER (10 MINUTES)

Recite together the following prayer, which was the official prayer of the 41st International Eucharistic Congress of 1976.

*Father in heaven,
 You have made us for yourself;
 Our hearts are restless until they rest in you.
 Fulfill this longing through Jesus,
 the Bread of Life,
 So that we may witness to him
 Who alone satisfies the hungers
 of the human family.
 By the power of your Spirit, lead us to the
 heavenly table, where we may feast on the
 vision of your glory for ever and ever.
 Amen*

AT HOME

1. As a family, read and discuss the daily reflection found in your **CRS Rice Bowl Lenten Calendar**.
2. Attend Mass and give thanks to God for nourishing us with his Body and Blood and ask him for courage to attend the needs of our sisters and brothers experiencing hunger.

IF YOU ONLY HAVE

10

MINUTES

1. Read the week 5 story.
2. Lead Discussion step 3.