



# One Human Family

*An outline for family catechesis about the Catholic social teaching principle Solidarity*



*Photo by Lana Slezić for CRS*

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# One Human Family

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## OBJECTIVES

- Catechize about the Catholic social teaching principle of solidarity
- Provide an opportunity for families in your parish to join in a meal and fellowship
- Learn how the Catholic community in the United States, through Catholic Relief Services, helps families who live in poverty around the world thrive

## MATERIALS

- Baskets
- Candle and matches
- Children's scissors
- Laptop and projector
- Markers or stickers
- Pens
- Potluck dinner items:
  - Any additional food not provided by the families
  - Cups, napkins, plates, utensils, trash bags, etc.
- We Are One Human Family PowerPoint presentation downloaded from [crs.org/solidarity-slideshow](https://crs.org/solidarity-slideshow)
- Prayer cards, printed but not cut out, downloaded from [crs.org/prayer-cards](https://crs.org/prayer-cards)
- Sticky notes
- World map

## PREPARATION

- Invite families to sign up to bring a dish from another country—everything from main dishes to desserts—several weeks in advance. Share CRS Rice Bowl's archive of meals at [crsricebowl.org/recipe](https://crsricebowl.org/recipe).
- Assemble enough materials for the number of participants.
- Prepare your gathering space for the meal.
- Hang the world map on a wall.
- Set up the PowerPoint presentation.

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## SESSION OUTLINE

- **Welcome and Introduction**  
(15 minutes)
- **One Human Family Reflection  
and Activity**  
(30 minutes)
- **Around the World Family Dinner**  
(45 minutes)
- **Closing Prayer for Families**  
(10 minutes)

# Welcome and Introduction (15 minutes)

## GREET FAMILIES

- Show families where to put their contribution to the meal. Invite them to go to the world map and mark, with a marker or sticker, the country where their recipe is from.

## AFTER ALL FAMILIES HAVE ARRIVED, INVITE THEM TO INTRODUCE THEMSELVES

- Gather everyone in a circle and invite each person to introduce themselves. After each member of a family has been introduced, have one member of the family name the dish they brought and where it is from.

## PROVIDE AN OVERVIEW OF THE EVENING'S THEME

- As we can see from the dots across the map, we are linked to people around the world. Many people we may never have met, for instance, had some part in making the food we're about to eat. As we gather together with the families in our parish community, we remember that we are also connected to families in our global community.
- There is a part of our faith called Catholic social teaching, which is a body of teaching about how all people in society should be able to live in conditions that respect their God given dignity. The United States Conference of Catholic Bishops has outlined seven principles of Catholic social teaching, and today we will focus on one: Solidarity.

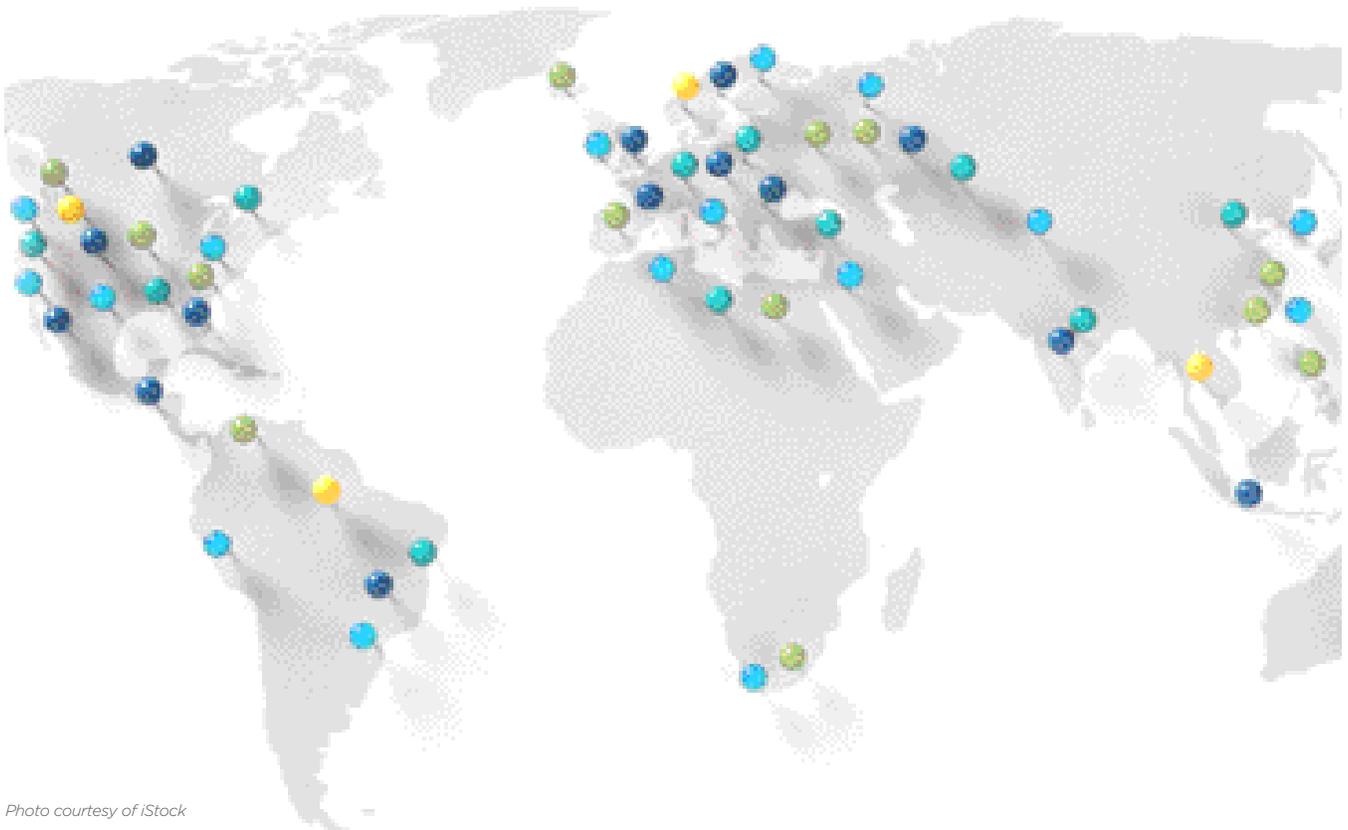


Photo courtesy of iStock



Photo by CRS Staff

## One Human Family Reflection and Activity (30 minutes)

### EXPLAIN THE CATHOLIC SOCIAL TEACHING PRINCIPLE OF SOLIDARITY

- In Genesis 1:26-31, we learn that God created human beings in his own image and likeness. If all people are made in the image of God, then all life is sacred no matter where people live, what language they speak or whether they are rich or poor.
- If you have brothers or sisters, there have probably been times when they have been in need. You probably did what you could to help them feel better. In a similar way, we believe that all of God's children are our brothers and sisters, and it is our responsibility to care for them when they are in need.
- A word we use to describe this belief is "solidarity." Solidarity means that because we are one human family, we are our brothers' and sisters' keeper, wherever they may be around the world.

### INTRODUCE THE ONE HUMAN FAMILY ACTIVITY

- This activity will help us reflect on what we have in common with our one human family.
- We will look at pictures of people around the world doing things we might also do as a family. We believe that all of the people pictured are our brothers and sisters because they are part of the one human family created by God.
- We will also learn how the Church is helping families in need. The photos in this slideshow are of people in countries where Catholic Relief Services actively works. CRS is the official international humanitarian agency of the Catholic community in the United States. CRS was founded by the United States Conference of Catholic Bishops during World War II to respond to poverty overseas in the name of all Catholics in the United States. Working alongside the local Church, we serve more than 100 million people in greatest need around the world, regardless of creed, race or nationality. We don't help people because they are Catholic, but because we are—and because that's what it means to be a part of one human family.

### SHOW THE ONE HUMAN FAMILY POWERPOINT PRESENTATION

- *Read a slide, and then give families a few minutes to discuss each question.*
- *After families have discussed a question, read the notes section of the slide to share a bit about how we help our one human family around the world through CRS. Point to the country featured in the slideshow on the world map.*
- *Facilitate a large group discussion with all families about the questions on the last slide.*

# Around the World Family Dinner (45 minutes)

## INTRODUCE AND INVITE A LEADER TO PRAY THE DINNER BLESSING

- This prayer is a variation of a common prayer for grace before meals. It is for people around the world who go hungry. These could be people from the countries where our clothes were made, our recipes are from or where the people pictured in the slideshow live.
- According to the United Nations World Food Program, there is enough food in our world to feed everyone—but one in nine people suffer from hunger. We remember in our prayer all families around the world who will go hungry tonight.
- *Invite someone to lead everyone gathered in prayer.*

In the name of the Father, and of the Son and of the Holy Spirit ...

Bless us, O Lord, and these thy gifts:

The gift of food, for us and for others;

Of generosity, that when we have plenty

None should go hungry the whole world over;

The gift of hearts that grow in humility and compassion

For each of your children who suffers misfortune;

The gift of your love that extends our reach,

And would not deny your gifts to another.

Through Christ, Our Lord.

Amen

*Provide any instructions about the meal. Encourage families to sit with families they do not know. Share dinner together.*



Photo by Oscar Leiva/Silverlight for CRS

# Closing Prayer for All Families (10 minutes)

## AS FAMILIES ARE FINISHING THEIR MEAL, PREPARE THE PRAYER SPACE AND INVITE CHILDREN TO CUT OUT THE PRAYER CARDS

- Take the world map down from the wall and place it on the ground in the center of the room. Place a candle and a basket on the world map.
- Hand out the prayer card sheets, scissors and tape. Ask older children, teenagers and parents to help younger children cut out, fold and tape the prayer cards together. Invite them to place them in the basket on the map when they are done.

## INTRODUCE AND LEAD THE CLOSING PRAYER

- Gather families around the prayer space.
- Pass out one sticky note and pen to each family. Ask them to take a few minutes to write a prayer intention as a family for our one human family. Invite them to pray for a member of their human family who they know personally, or for all members of their family. Encourage them to pray especially for their brothers and sisters in other countries.
- Explain to each family that you will ask them to read what's on their sticky note as a kind of prayer litany. Share that when you begin the prayer, you will go around in a circle as families take turns reading their intentions.
- Explain that after someone in the family reads the prayer, a family member can stick the note on the map and then collect enough prayer cards from the basket for each family member.
- The prayer cards are for families around the world who are facing emergency situations. We remember that we are connected to the members of our one human family by remembering other families around the world in our prayers.
- After you have explained the prayer, light the candle and begin the closing prayer.

In the name of the Father, and of the Son and of the Holy Spirit ...

Loving God,

Creator of our one human family, help us always remember to show Christ's love to our brothers and sisters around the world, especially those who face poverty, illness and war every day.

*Invite families to take turns reading their sticky notes.*

We ask the intercession of the Holy Family to help all of us share in your work to ensure every family has what they need to share in your mission of love and be fully alive.

In Jesus' name we pray.

Amen

