

CAFOD / Harvest



Scripture

Reflect: Decide what to do

Friday 3rd October is CAFOD's Harvest Fast Day - a day when CAFOD asks us to give up a little of what we usually eat on that day, a snack or treat, and instead give the money to help those who don't have enough to eat.

And if you're asking yourself, "Why should I?" - imagine this...

You are one of 8 brothers and sisters, all different, with very different personalities but all trying to get along. Each night you sit down around the table for your meal and your eldest sister is given most of the food, one of your brothers is also given a lot, but you and the other younger ones at the bottom of the table, well, you are given very little, one brother just has to cope with bread and salt. You can see how unfair this is. You KNOW that there is enough food in the house for everyone and yet every night at least one of your brothers and sisters goes hungry.

This is what happens in YOUR family, MY family, OUR global family every day. There is enough in our world for EVERYONE to eat yet many go hungry every day. Let's join together this week to make a difference!

□ How can you join the fight to make the distribution of food a fair one?

Luke 17:5-10

The apostles said to the Lord, "Make our faith greater." The Lord answered, "If you had faith as big as a mustard seed, you could say to this mulberry tree, 'Pull yourself up by the roots and plant yourself in the sea!' and it would obey you. "Suppose one of you has a servant who is ploughing or looking after the sheep. When he comes in from the field, do you tell him to hurry along and eat his meal? Of course not! Instead, you say to him, 'Get my supper ready, then put on your apron and wait on me while I eat and drink; after that you may have your meal.' The servant does not deserve thanks for obeying orders, does he? It is the same with you; when you have done all you have been told to do, say, 'We are ordinary servants; we have only done our duty.'"

Prayer

Prayer to St Julie Billiart

Saint Julie, through your great devotion to the Sacred Heart of Jesus, you were miraculously cured and favoured by many graces.

By your powerful intercession, obtain for us above all, a great trust in God in all the difficulties of life, the strength to accomplish in all things the adorable will of God, and the special grace we now ardently ask of you.

"We must have courage in the times we live in. Great souls are needed, souls having the interest of God at heart"

St Julie Billiart

CAFOD Harvest Fast Day prayer

God of abundance,
all good things come from you.
The world, full of life,
reflects your glory and sings your praise.
You call us all to share fairly
the bounty of your creation,
and the gifts you give us.
But so many people
in this world of plenty
do not have enough to eat.
And so we ask you, God of all,
to create in us a desire
to make all things new.
So that through your goodness
all those in need may eat and be satisfied.
We ask this through Christ our Lord, **Amen.**

Catherine Gorman/CAFOD

Pray for:

- Our global family, that one day everyone will have enough to eat.
- Those who work, campaign and fundraise for CAFOD.
- Governments to work to ensure no one in the world goes hungry.

Focus on
one each
day

CAFOD is the Catholic Agency for Overseas Development.
It is the official overseas development and relief agency of the
Catholic Church in England and Wales.

CAFOD has been fighting poverty in developing countries since 1962.
CAFOD believes that all human beings have a right to dignity and respect,
and that the world's resources are a gift to be shared equally by all men and women,
whatever their race, nationality or religion.

Give us O God:
Thoughts that turn into prayer,
Prayer that turns into love,
Love that turns into action.

Amen

We ask you Lord to challenge us, especially when we become too set in our ways.
Inspire us to review our priorities and values, so that our attitude may always
be to give generously without counting the cost.
Open our eyes and hearts to all people, and particularly to those who are
vulnerable or marginalised or who can do nothing for us in return.
Lead us to act justly, love tenderly, and walk humbly with you, our God.

Amen



CAFOD
just one world

Most of us are lucky enough to eat three meals a
day.

Help us to remember Lord, that others are not
so fortunate and let us not take
for granted the plentiful supply of food we have.
Help us to call to mind those who have nothing
when we are tempted to be greedy or wasteful.
Amen

Lord, we thank you for all we have in
our lives.
Help us to be less selfish with ourselves
our time, our money, and our
possessions.

Amen



"The poor of the world are your brothers and
sisters in Christ. You must never be content to
leave them just the crumbs from the feast.
You must give of your substance - and not just of
abundance - in order to help them. And you must
treat them as guests at your table."

Pope John Paul II, 1st Jan 1998



Big-hearted God of wisdom,
make our own hearts bigger, so that
they might embrace the struggles of
our sisters and brothers.
Help us to think beyond our own
needs, and instead to support
others.

Amen