

## Catholic Relief Services

### Living as One Human Family *A Global Solidarity Retreat for Colleges and Universities*

*“Solidarity is the conviction that we are born into a fabric of relationships, that our humanity ties us to others, that the gospel consecrates those ties and that the prophets tell us that those ties are the test by which our very holiness will be judged.”*

- Rev. J. Bryan Hehir, Harvard University

#### **Introduction**

This retreat is a robust and flexible tool designed to expand university students’ understanding of global solidarity and what it means to be called to live as one human family. For some this retreat will be an introduction to global solidarity and for others it can be a path to deepen their relationship with their extended global family. Inviting students who are at different levels of awareness will promote a shared learning experience and will result in greater diversity when it comes time for group reflections.

The purpose of the retreat is to create a space for your campus ministry students to deepen their understanding of themselves, others and God, all through the lens of solidarity. Each talk revolves around the two great commandments that Jesus gave us, to “Love the Lord, your God, with all of your heart, with all your soul, and with all your mind;” and likewise, “To love your neighbor as yourself” (Matthew 22:36-40). With this foundation, the talks all build upon one another. Questions posed and reflected upon throughout the talks include:

**Talk #1 - Who is God?** What is my image of God? What does Jesus exemplify to us on how to live in relationship with others?

**Talk #2 - Who is my neighbor?** What are the communities I am a part of? What does loving my neighbor look like?

**Talk #3 - Who am I?** Who am I as a part of this global family? What are the unique gifts I have to offer my global family?

This retreat will provide students an opportunity to reflect on who they are in their relationships, the gifts God has given them and how they are called to use these gifts as members of our one human family. In the end, they will be challenged to view themselves as part of an interconnected global family, no matter where they go or what kind of work they pursue. *The world needs each of our gifts!*

## CONTENTS

We recommend reviewing the entire retreat outline before and after compiling your retreat team. Also, please feel free to adapt the various resources to the needs of your community, and incorporate the spirituality of your particular campus and/or Newman center. We hope you find these tools helpful in shaping a powerful retreat experience rooted in global solidarity. Thank you for pursuing the call to live as one human family on your campus.

### **1. Schedules**

Three possible formats are offered to suggest various ways you can adapt the materials for your particular needs: three day, one day and an evening retreat.

### **2. Solidarity Ice Breaker Activities**

Designed to set the tone for the retreat.

### **3. Talks #1-3**

Suggested talking points and small group reflections.

### **4. Getting Creative with Solidarity Activity**

An activity that provides space for participants to reflect and give creative expression to the personal gifts they feel called to share with our global family.

### **5. Blessing of Solidarity Gifts**

Ritual to be incorporated into a closing ceremony.

### **6. Prayers**

Prayers to insert into your morning and evening prayer services.

### **7. Music**

Suggestions for liturgy and fellowship.

### **8. Meal suggestions**

Recipes from around the world taken from CRS' Lenten Program, Operation Rice Bowl.

Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. We alleviate suffering and provide assistance to people in need in more than 100 countries, without regard to race, religion or nationality.

## SAMPLE SCHEDULES

Three different retreat schedule samples are listed. This flexible outline is designed to meet your needs and the needs of the participants.

### **Three Day Retreat Schedule:**

#### **Friday evening**

Gathering prayer (30 minutes)  
Solidarity ice breaker (15 to 20 minutes)  
Dinner (1 hour)  
Talk #1 (30 minutes)  
Small group time (30 minutes)  
Night Prayer (30 minutes)  
Fellowship time

#### **Saturday**

Breakfast  
Morning Prayer (30 minutes)  
Talk #2 (1 hour)  
Small group time (1 hour)  
Lunch (1 ½ hour)  
Getting Creative with Solidarity (4 hours)  
Dinner (1 hour)  
Creative Solidarity sharing (1 to 2 hours depending on size of group)  
Evening Prayer (30 minutes)  
Fellowship

#### **Sunday Morning**

Breakfast  
Morning Prayer (30 minutes)  
Talk #3 (30 minutes)  
Small group and/or individual time (30 minutes)  
Liturgy and commissioning of participants in their solidarity commitments (1 hour)

### **One Full Day Retreat Schedule:**

Breakfast (30 minutes)  
Gathering Prayer (15 to 30 minutes)  
Solidarity ice breaker (15 to 20 minutes)  
Talk #1 (30 minutes)  
Small group time (30 minutes)

Lunch (1 hour)  
Talk #2 (30 minutes)  
Small group time (30 minutes)  
Getting Creative with Solidarity (2 hours)  
Creative Solidarity sharing (1 hour)

Dinner (1 hour)  
Talk #3 (30 minutes)  
Small group time and/or individual time (30 minutes)  
Liturgy and commissioning of participants in their solidarity commitments (1 hour)

### **Evening Retreat Schedule:**

Gathering Prayer (15 minutes)  
Solidarity ice breaker (15 minutes)  
Talk #1 (30 minutes)  
Small group time (30 minutes)  
Talk's #2 & 3 (45 minutes)  
Small group and/or individual time/Getting Creative with Solidarity (30 minutes)  
Large Group sharing (1 hour)  
Prayer and sending forth (30 minutes)

## SOLIDARITY ICE BREAKERS ACTIVITIES

Here are two ice breakers to start the retreat with and help participants begin to think of themselves in the context of being a part of our one human family. These are taken from the **CRS Food Fast** program, ([www.foodfast.org](http://www.foodfast.org)).

### *Where are you from?*

*(20 minutes)*

This activity allows participants to share their own family heritage with one another and begin to think of ourselves as one human family. At the end of the activity the participants will create an ancestry banner you can hang in your retreat center.

#### **Materials Needed:**

Paper, tape, markers

#### **Procedure:**

If group is more than 20 then divide into groups of 5 to 10 participants.

Introduce the activity describing how participants will introduce themselves.

Distribute paper and markers. Ask participants to creatively write the new word for their ancestry and then tape the group's words together.

Hang the ancestry banner around the room. Ask the whole group to read the group's ancestry mix.

#### **Leader:**

Often when we meet someone for the first time one of the first things we ask that person is, "Where are you from?" Sometimes when we meet someone of a different ethnic or racial background the question can be loaded as we assume that the person is visiting from another country and we'd be embarrassed to find out that person is actually from our own city or someone who looks like you is actually visiting from another country.

A more respectful way to ask this question when we are genuinely interested in a person's background is, "What is your ancestry?"

As we start our retreat let's look at the diverse ancestries that we represent and that we celebrate. If you are not sure of your ancestry then try to think about your family tree as far as you can and share where your parents, grandparents or great-grandparents originally came from.

This is how we will do the introductions, state your name, your parents' names, grandparents names, and your ancestry and create a new term to describe your ancestry

(if you are aware of them!) For example, my name is..., son of..., grandchild of... and descended from Irish, Germans, Filipinos and Mexicans and I am IriGerMexipino.

### **Distribute paper and markers**

Write down your newly coined term on the piece of paper, once you're done we will tape them together to create our mixed ancestry banner.

### **Hang the banner on the wall**

We come together to celebrate our shared heritage as Americans and Christians and affirming how we are enriched by the history of our ancestors, the people on whose shoulders we stand today so let's read the banner altogether.

## ***Web of Connection*** (15 minutes)

### **Materials Needed:**

Ball of Yarn

### **Procedure:**

Have participants sit in a circle. Explain that each person in the circle will be asked to share his/her name as well as a connection that they have to another place in the world. Encourage them to think about their ancestors and where they came from, relatives living abroad, food they eat that originates in other countries, possessions that were made in another country, music or television that is produced outside the U.S., or any other connection they can make to people and places beyond the United States. Give them some time and encourage creativity (e.g., even the air we breathe was somewhere else on the globe at one time or another).

Once everyone is comfortable with the assignment, the leader begins by stating his/her name and world connection. The leader then holds onto the end of the yarn and tosses the ball of yarn to someone across the circle. That person catches the ball, states his/her name and connection holds a point on the yarn and tosses the ball to someone else. The tossing and naming continue until everyone has had a turn and each person is holding onto a point of the yarn.

All group members will then be connected to one another in a web, a visual representation of the interrelationships that exist among all people. Once everyone is part of the web, have each person quickly call out his/her world connections once again. The three talks outlined here are meant to build off of one another. The greatest commandment Jesus gave us is the law of love: Love the Lord your God with your whole heart and mind and to love your neighbor as yourself. The talks for this retreat examine each of these three parts, love of God, neighbor and self and how this love calls us to live in solidarity with one another.

**TALK #1**  
**GOD AS LOVE, GOD AS SOLIDARITY**

*"Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself."*

*-Matthew 22: 36-40*

**Goals of this talk:**

1. Participants examine their own image of God in light of the image presented in scripture - that of a God who is Love, Love that extends to the entire human family.
2. Participants understand that God calls us to live as one human family. That each of us is called to reflect the love of God to all persons.

**Suggested Talking Points:**

- What is our image of God? If you were to personify God, what words would you use (for example, controlling, compassionate, absent...?)
- **Note** - Speaker may want to insert a story here of how their image of God has changed.
- One image of God is that of the Trinity, a communion of persons giving and receiving love.
- We are called to also live this communal love and exemplify it in our relations with others. We have the perfect example of this in Jesus Christ.
- Another scriptural image of God is as Creator of us all. God made us out of love, and calls us to reflect this love to one another. (Genesis 1 & 2 )
- All persons are created by God and through this we are one human family.
- "Truly I tell you just as you did it to one of the least of these who are members of my family, you did it to me." (Matthew 25:34-40)
- **Note** - Speaker may want to insert a personal story of how they have learned to understand the love of God through love of another person.
- What does it mean to love the Lord your God with your whole heart, soul and mind? (Matthew 22:36-40)
- We are called to love God through our love of one another.

- Do we incorporate a spirituality of hospitality into our faith life? Looking at the example of the Prodigal Son whose father ran out to meet him (Luke 15:11-32). Do we run out to meet God/others in their need?
- This is the kind of love we are called to imitate, a love that runs out to meet the needs of all of our brothers and sisters.

**Related Quotes:**

*#18: Love of God and love of neighbor are thus inseparable, they form a single commandment. But both live from the love of God who has loved us first. No longer is it a question, then, of a 'commandment' imposed from without and calling for the impossible, but rather of a freely-bestowed experience of love from within, a love which by its very nature must then be shared with others. Love grows through love."*

- *Deus Caritas Est, Pope Benedict XVI*

*#38: "(Solidarity) 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; to the good of all and each individual, because we are all really responsible for all."*

- *On Social Concerns, Pope John Paul II*

**Small group reflection questions for talk #1:**

*Below is a list of questions to offer small groups in their reflection and sharing. Feel free to use one or all.*

1. What implications does my image of God have on my life?
2. How comfortable am I with the image of God as Creator of us all? As a communion of love?
3. What does it mean to be one human family? How does that fit or not fit with my image of God?
4. What do I find challenging or exciting about viewing the entire human race as my family?

## TALK #2 WHO IS MY NEIGHBOR?

*(This talk picks up where the last talk left off examining more closely, “Who is my neighbor?” It requires a little more length of time than the others, and allows for much more large and small group interaction.)*

### Goals of this Talk:

1. Participants examine their understandings of “who is my neighbor” and what communities they are part of.
2. Participants reflect on their responsibilities to those around the world.
3. Participants reflect on where they are on their path of global consciousness through the Solidarity Spiral Activity (pg 11).

### Suggested Talking Points:

- The second part of the law of love is to love our neighbor as our self. “Who is my neighbor?” (Luke 10:25-29). How do we begin to think of people around the world, whom we have never met, as our neighbor?
- Now more than any time in human history, if someone asks, “Who is my neighbor?” we can respond, “Everyone.” We are not only all neighbors, but we are all one human family. Through globalization, we are more connected as societies and countries than any other time in history. As a result, our futures are more interdependent than any other time before. At its simplest form, solidarity is a commitment to one’s community. Each of us are a part of multiple communities. These include our immediate families, friends, church groups, schools, and towns. As Christians, we are called to recognize that we are also part of a global community.
- Some of the many ways we are interconnected as one human family include:
  1. Environmentally, we are all part of the same small planet. Our carbon footprints affect other people.
  2. Politically, particularly in the life and death consequences in our wars. Our policies towards providing proper humanitarian assistance to countries in need.
  3. Culturally, through food and dress as well as the influence of U.S. entertainment on the world.
  4. Spiritually, through the creation of God who has called us to live as one human family.

Even though we may never meet someone, we are connected to them.

- **Note** - Speaker may want to share a personal story about how it is possible to feel a meaningful connection with someone you may never meet. For example, both

people may have experienced a similar hardship, or both are fans of the same sports team or music group etc...

- This brings to mind the question of Cain in Genesis, Am I my brother's keeper? (Genesis 4:9).
- Jesus reveals that we are responsible for one another. For example, there is the parable of Lazarus and the Rich Man, where the Rich Man is punished for not caring for the poor man Lazarus (Luke 16:19-31).
- We need to care equally for the poor around the world and the poor in our own backyard in order that we do not pit the poor against the poor. All should be lifted up. This is why the U.S. Conference of Catholic Bishops founded not only Catholic Relief Services for the poor internationally, but they also founded Catholic Charities USA serve the poor domestically.
- We are not talking about statistics or general issues; rather, we are talking about human persons, our brothers and sisters made in the image and likeness of God. We shouldn't minimize the human dignity of someone by grouping them all together as "those poor people".
- As a "super power" the United States has a particular responsibility to the world. We have a unique influence on the world, and we have a responsibility to serve the most vulnerable of the world.
- The future of the rest of the world is our future. Their destiny is our destiny. We live in an interconnected world, and there is no way to isolate ourselves as a nation, as a town, as a campus community, or as a family.
- Jesus calls us to love one another again and again, through the law of love He gave us, in the Beatitudes, in his death and resurrection; all are an example of how we are called to love one another.

#### **Related Quotes:**

*"Cain's question, "Am I my brother's keeper?" (Gn 4:9), has global implications and is a special challenge for our time, touching not one brother but all our sisters and brothers. Are we responsible for the **fate of the world's poor**? Do we have duties to suffering people in far-off places? Must we respond to the needs of suffering refugees in distant nations? Are we keepers of the creation for future generations? For the followers of Jesus, the answer is yes. Indeed, we are our brothers' and sisters' keepers. As members of God's one human family, we acknowledge our duties to people in far-off places. We accept **God's charge** to care for all human life and for all creation.*

*We have heard the Lord's command, "Love your neighbor as yourself." In our **linked** and limited world, loving our neighbor has global implications. In faith, we know our*

*neighbors live in Rwanda and Sudan, in East Timor and China, in Bosnia and Central America, as well as across our country and next door. Baptism, confirmation, and continuing participation in the body of Christ call us to action for “the least among us” without regard for boundaries or borders.”*

*-Called to Global Solidarity: International Challenges for U.S. Parishes, US Conference of Catholic Bishops.*

*“Love means an interior and spiritual identification with one’s brother, so that he is not regarded as an “object” to “which” one “does good.” The fact is that good done to another as to an object is of little or no spiritual value. Love takes one’s neighbor as one’s other self, and loves him with all the immense humility and discretion and reserve and reverence without which no one can presume to enter into the sanctuary of another’s subjectivity. From such love all authoritarian brutality, all exploitation; domineering and condescension must necessarily be absent.”*

*- The wisdom of the desert: sayings of the Desert Fathers of the fourth century, Thomas Merton*

### **Suggested Small Group Reflection Questions and Activities for Talk #2:**

*Below is a list of questions to offer small groups in their reflection and sharing. Feel free to use one or all. You can also use the Solidarity Spiral activity found on page 11 in addition to these reflection questions.*

1. What communities do I belong to? How do I know I belong to them?
2. Who is in my community? How am I nourishing those relationships?
3. How far should the love of my neighbor extend? Why should I care for someone that lives far away from me, when there is poverty in my own local area?
4. Who is someone for you that models living as one human family?

### “The Solidarity Spiral” Activity and Questions for Reflection:

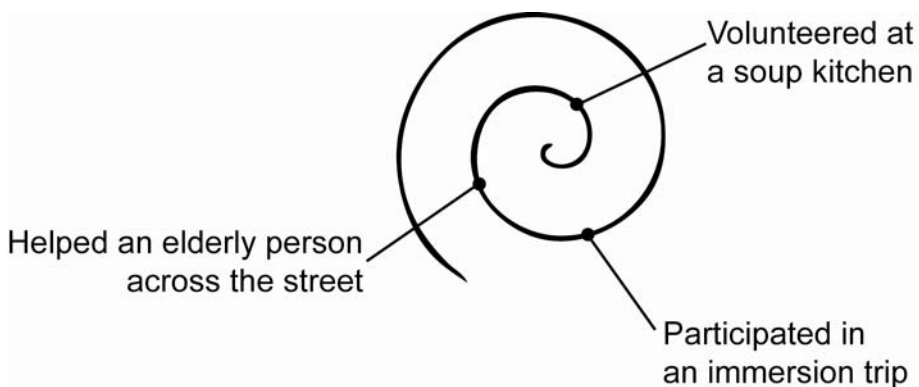
Solidarity with another human being starts at birth and if nurtured, expands as we grow in our consciousness and awareness of others. Simultaneously we grow in our understanding that we are made in the image and likeness of God and called to love one another.

In small groups, have each person take a piece of paper and draw a big spiral on it. Ask them to each mark off significant moments along their journey of Solidarity. These are important moments in their lives when they connected to someone in need. Moments when they were moved beyond themselves. Moments when they expanded to a new level of relationship. Helpful questions for the activity:

Who’s someone who taught you how to be a caring person?  
 Who or what experiences have helped me grow further along my journey along the solidarity spiral?  
 When did someone’s story transform how you view the world?  
 When did I volunteer? When did I help care for someone in my family, helped out a neighbor, went on an alternative spring break, heard a speaker on campus and were moved, etc.

Let the participants know that this is not a competition. They should mark down events in their lives when they learned how to care for someone, or were exposed to the needs of another in a compelling way. That’s our goal with solidarity, to be expanding outward, and not to be insular, numb, and only thinking of ourselves. That’s how we get to global solidarity, by working our way outward.

Eventually, we should all come to the conclusion that knowing someone personally is not a prerequisite for having a relationship or connection to someone. We’re all part of one human family. Where are you at in your global consciousness? What is your journey? What were some pivotal points along your journey?



**TALK #3**  
**WHO AM I IN THIS ONE HUMAN FAMILY?**

*“For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members of one another. We have gifts that differ according to the grace given to us.”*

*- Romans 12:4-6*

**Goals of this Talk:**

1. Participants reflect on their own gifts, how they can be offered to the rest of the Body of Christ, as well as how they can receive others gifts.
2. Participants learn of new ways to live in solidarity.
3. Participants make a commitment to take a specific action either as a small group or individually.

**Suggested Talking Points:**

- All of us have been given unique gifts. We are one body in Christ and we need one another’s giftedness.
- Sharing our gifts is not meant to imply condescending to the poor. We receive as much as we give. The giving and receiving are part of a mutual relationship.
- The other key is that global solidarity is not only active, but it’s also reciprocal. It’s a two-way street, a call and response, a give and receive.
- **Note** - Speaker may want to share a personal story about a time when they volunteered and had the experience of receiving more than they gave.
- It is reciprocal, because through acting on behalf of another person we are given the opportunity to answer the true longing of our hearts, and that is to love.
- We can learn about a value system that may be radically different from our own, one that is not dominated by consumerism such as ours for example, but one where families gather every evening, and break bread and tell stories. One where selfless giving and generous hospitality is common place and expected.
- If solidarity is a “commitment to one’s community,” then we not only need to recognize the communities we are a part of, but also what is our commitment to them.
- Listed below are some ways we can begin to use our gifts to live in solidarity:

1. **Pray** – Incorporate Global solidarity into your prayer life. This is our starting point, and our faith is our primary source of motivation. Prayer opens our eyes, prayer opens our ears, and prayer opens our hearts. We can pray for the world’s community in our personal prayer life. We can incorporate global solidarity into our liturgical life as well. We can include global solidarity through the prayers of the faithful, through our music ministry and songs from Africa or Latin America, in the art that we use and so forth. If we find ourselves becoming more self-centered, closed off to the world, we must ask...how’s my prayer life?
2. **Learn** – When we become educated about a situation, we open ourselves to the reality and struggles of another. Visit *CRS.org* and *CRSCollege.org* stay up to date on pressing issues facing our brothers and sisters around the world.
3. **Act** – Live Simply. When we over consume, be it food, clothing, alcohol, you name it, we close ourselves off to others both here and abroad. Living simply helps others, our environment and us. And, when we do need to consume, consider purchasing products that support small scale farmers and artisans through *CRSFairtrade.org*. We also can make a global difference by advocating for governmental policies that serve the needs of the worlds’ most poor and vulnerable. Join *Catholics Confront Global Poverty* at *CRS.org/globalpoverty*.
4. **Give** – A simple gift to Catholic Relief Services, for example through Operation Rice Bowl (*orb.crs.org*), allows you to have a direct impact on the lives of people struggling for basic necessities such as clean water, decent shelter and schooling.

#### **Related Quotes:**

*“Solidarity also includes a kind of mutuality that goes both ways in respect and accountability when the relationship grows. Solidarity becomes a two-way process because it becomes a relationship with both sides giving and receiving. Those who reach out to offer help quickly begin to realize that their own humanity is being fostered in new ways. Those who are receiving assistance discover that they bring gifts to the relationship which the others would be otherwise lacking.”*

- Mary Giblin

*#5: “Charity is love received and given. It is grace (charis). Its source is the wellspring of the Father’s love for the Son, in the Holy Spirit. Love comes down to us from the Son. It is creative love, through which we have our being; it is redemptive love, through which we are recreated. Love is revealed and made present by Christ (cf. Jn 13:1) and ‘poured into our hearts through the Holy Spirit’” (Rom 5:5). As the objects of God’s love, men and women become subjects of charity, they are called to make themselves instruments of grace, so as to pour forth God’s charity and to weave networks of charity.”*

-*Caritas in Veritate, Pope Benedict XVI*

**Small Group/Individual Reflection Questions for Talk #3:**

*Ask participants to take time individually and/or in their small group to reflect on the gifts they possess and the gifts of others. After, ask them to make a commitment to use their gift in a mutual relationship to live in solidarity more fully.*

1. What are the gifts others have offered me in my life?
2. What gifts do I possess?
3. When have I been involved in a reciprocal relationship?
4. What am I going to do to live in solidarity?

*Let participants know that they are to present their commitments either as a small group or individually during the liturgy and the commitments will be blessed at that time. Have them write down how they will use their gifts to live in solidarity.*

## GETTING CREATIVE WITH SOLIDARITY

Getting Creative with Solidarity is an activity that provides participants an opportunity to reflect on all they have been absorbing and discussing about solidarity and to now make it their own. This activity asks them to create their own expression of what it means to be called to live as one human family. It also begins to open up question in regards to what gifts each has been given and which they feel called to share with our global family.

### Directions:

Have participants begin by reflecting on the following questions:

- *What is my image of God?*
- *Who is in my family?*
- *What does it mean to be a part of One Human Family?*
- *Who is in my community?*
- *Who is my neighbor?*
- *What is solidarity?*
- *What are the unique gifts God has given me to love my Global Family?*
- *How do I feel called to serve my Global Family?*

After a short period of time for reflection, journaling, etc. encourage the participants to keep a meditative atmosphere as they then give creative expression to their responses through:

- **Painting**
- **Drawing**
- **Write a poem or prose reflection**
- **Write a song**
- **Write a dramatic piece**

Later during the retreat, ask participants to share their creative expressions of solidarity. Think of the sharing in the context of being around a campfire or an open mic night. You know your group and your retreat center best whatever way you think will be most conducive to sharing. Have fun!

*\*Note – The retreat team will want to be sure to provide paints, paper, instruments, etc.*

## BLESSING OF THE SOLIDARITY GIFTS

*During the Liturgy celebration or the Closing Prayer service have everyone come with their solidarity commitments.*

### **Possible Options for the Presentation of the Gifts:**

Have retreatants place their commitments in a basket during the offertory.

Or

Invite participants to come up one by one to the altar with their gifts written down and place them at the foot of the altar.

### **Blessing:**

When the presider receives the bread and wine for offertory along with the solidarity commitments that are placed at the foot of the altar, the presider offers the following prayer:

*Good and gracious God, Creator of all human kind. We thank you for all of our brothers and sisters present and for the many gifts you have given them. Bless them and their commitments to share those gifts with the world. We place these gifts with our hearts on the altar and ask you to open our hearts to receive the gifts of our brothers and sisters around the world. Bless us all and bind us more closely in your one human family. In Jesus' name we pray...*

*Amen*

## PRAYERS

The following prayers are taken from *Prayer Without Borders*, a CRS prayer resource. Knowing that each campus and Newman center has their own spirituality, we would like you to feel free to insert these prayers into your campus preferred prayer services.

### Friday Gathering Prayer

#### *To Have Hope*

*To have hope is to believe that history continues open to the dream of God and to human creativity.*

*To have hope is to continue affirming that it is possible to dream a different world, without hunger, without injustice, without discrimination.*

*To have hope is to be courier of God and courier of men and women of good will, tearing down walls, destroying borders, building bridges.*

*To have hope is to believe in the revolutionary potential of faith, is to leave the door open so that the Spirit can enter and make all things anew.*

*To have hope is to believe that life wins over death.*

*To have hope is to begin again as many times as necessary.*

*To have hope is to believe that hope is not the last thing that dies*

*To have hope is to believe that hope cannot die, that hope no longer dies.*

*To have hope is to live.*

- Missionaries Sisters of St. Charles Borromeo, Honduras,  
*Prayer Without Borders, Celebrating Global Wisdom CRS, 2004*

#### **Gathering Prayer**

*We gather together for this retreat hopeful in ourselves, in one another and in God. We pray that the Spirit of God would wash over us and help us look at these relationships in a new light. Thank you Lord for this time together, this time with You. Bless our gathering and through it draw us closer to You, one another and to our very selves.  
Amen*

## Friday Evening Prayer

### *Bountiful Harvest*

*As I walk down dusty roads or*

*Busy concrete boulevards*

*Help me God to take the time to see in the eyes of the other,*

*To recognize the other, in order to respect.*

*As I encounter many peoples, many races,*

*Help me to appreciate the hand of the other,*

*To recognize those hands that create and build, in order to work together.*

*As my path calls me to various places,*

*Help me to learn to walk together with others on paths that lead to peace,*

*Recognizing that by walking with others, in working together,*

*We learn to recognize ourself in the other,*

*To recognize and appreciate our differences.*

*And begin to recognize what love is about.*

-Jennifer Jag Jivan, Pakistan

*Prayer Without Borders, Celebrating Global Wisdom CRS, 2004*

## Saturday Morning Prayer

### *It Is Good To Be Alive*

*Oh God, we take time to pause from our daily work to gather our thoughts;  
To let our souls catch up with our bodies;  
To feel your presence in your creation;  
To ask forgiveness for our lapses, ours and on behalf of your people;  
And to be ourselves restored.*

*Breathing in, God's Spirit calms my body;  
Breathing out it is good to be alive.*

*Lord Jesus Christ, we take time to gather around you.  
By your life and teachings may we find our strength,  
And journeying together may we find our rest.*

*Breathing in Christ lives in our lives;  
Breathing out it is good to be alive.*

*Holy Spirit, creative energy of love and compassion,  
Life embracing, life transforming,  
Heal our bodies, heal our souls, heal our relationships, and heal our nations.*

*Breathing in the Spirit heals;  
Breathing out it is good to be alive.*

*Amen.*

-Cora Tabing-Reyes, Christian Conference of Asia  
*Prayer Without Borders, Celebrating Global Wisdom CRS, 2004*

## Saturday Evening Prayer

### *Giving Thanks*

*Almighty Creator,*

*help us see that your plan is not established*

*until all are allowed to contribute their unique talents.*

*Help us realize that none of us can move forward*

*as long as one of us is left behind.*

*Help us work not in competition for our own gain or purpose,*

*but rather in cooperation towards fulfillment*

*of your plan for all of us.*

*We pray “Thy kingdom come, Thy will be done.”*

*And we work towards that.*

—John Clossick, USA  
*Prayers Without Borders, Celebrating Global Wisdom CRS, 2004*

## Sunday Morning Prayer

### *Light a Holy Fire*

*Receive this holy fire.*

*Make your lives like this fire.*

*A holy life that is seen.*

*A life of God that is seen.*

*A life that has no end.*

*A life that darkness does not overcome.*

*May this light of God in you grow.*

*Light a fire that is worthy of your heads.*

*Light a fire that is worthy of your children.*

*Light a fire that is worthy of your fathers.*

*Light a fire that is worthy of your mothers.*

*Light a fire that is worthy of God.*

*Now go in peace.*

*May the Almighty protect you*

*Today and all days.*

- Tanzania

*Prayer Without Border, Celebrating Global Wisdom CRS, 2004*

## MUSIC

Suggestions for Liturgy and fellowship:

***“All Are Welcome”***

---Marty Haugen, GIA

***“Christ Be Our Light”***

---Bernadette Farrell, OCP

***“Sing a New Church”***

---Sisters of St. Benedict, OCP

***“One Bread, One Body”***

---John Foley, OCP

***“One Lord”***

---Lori True GIA

***“We Are Many Parts”***

---Marty Haugen, GIA

***“Pan de Vida”***

---Bob Hurd, OCP

***“Open My Eyes”***

---Jesse Manibusan, OCP

***“Gather Your People”***

---Bob Hurd, OCP

***“Song of the Body of Christ”***

---David Haas, GIA

***“One Spirit, One Church”***

---Kevin Keil, ASCAP

***“Malo! Malo! Thanks be to God”***

---Jesse Manibusan, OCP

## MEALS

Suggestions from Operation Rice Bowl. For more recipes from around the world, please go to our Operation Rice Bowl recipes online at:

<http://orb.crs.org/features/recipes/index.cfm>.

### Breakfast:

#### *From the Philippines*

*Tortang Gulay (Vegetable Omelet – serves 4)*

- 1/3 cup sliced mushrooms
- 1 medium zucchini, thinly sliced
- 6 eggs, slightly beaten
- 3 tblsp. cream
- 3 tblsp. butter
- 1 tbsp. chopped parsley
- 4 tbsp. grated Parmesan cheese
- Salt and pepper, to taste

Preheat oven to 450 degrees. Sauté mushrooms and zucchini in 1 tbsp. hot butter for 3 minutes. Transfer to small bowl.

Combine eggs, cream, salt, and pepper. Heat remaining butter in skillet over moderate heat. Pour in egg mixture and cook until mixture is still soft on top. Remove from heat.

Sprinkle top of omelet with mushrooms, zucchini, and cheese. Place skillet in preheated oven and bake for about 4 minutes, until cheese melts.

Serve garnished with chopped parsley.

### Lunch or Dinner:

#### *Recipe from Mexico*

*Rice Dish (serves 5)*

- 1 cup of rice
- 3 cups of vegetable broth

- 2 cloves of garlic
- 1 Tbsp vegetable oil
- 8 oz grated mozzarella cheese
- 8 oz sour cream
- 1 cup cilantro or green pepper finely chopped

In a large sauce pan, sauté the garlic in the oil for one minute. Set the pan aside.

In a small pot, combine cilantro or green pepper and vegetable broth. Heat mixture until it begins to boil.

Add the broth mixture and rice to the large sauce pan with the garlic. Cover the pan and cook at low heat (the broth should continue boiling) until all the broth has evaporated and the rice is cooked.

Grease a rectangular glass baking dish and spread the rice in the pan. Spread the sour cream on top of the rice and sprinkle the grated cheese over it evenly. Bake at 350° for 10 minutes or until the cheese is melted. Serve hot.

### ***From Ethiopia***

#### ***Shiro Wat (Split Pea Stew)***

- 1-1/2 cups split green peas
- 3 cups water
- 1 onion, diced very fine
- ½ cup vegetable oil
- 2 cloves garlic, minced
- 1 tbsp berberei (an Ethiopian spice mix; substitute 1 tbsp chili powder)
- Salt to taste

Fry onions and garlic with oil in saucepan on medium heat until soft. Add water carefully and bring to a boil. Add split peas and spices and cook until peas are tender. Serve with Ethiopian flat bread or rice.

### **Dinner or Lunch:**

### ***From the Democratic Republic of Congo***

#### ***Saka-Madesu (Greens & Beans - serves 4-6)***

- 2 cans white beans
- 1 package frozen kale, spinach, or collard greens
- 1 onion and/or 1 leek, chopped
- 2 Tblsp oil

- Pinch of baking soda
- 1 vegetable bouillon cube
- Green pepper, chopped

Drain and rinse beans. Fry onion and/or leek in oil until soft. Combine all ingredients in a large pot with water to cover. Bring to a boil, reduce heat, and simmer for 1-2 hours, until all is tender. Serve with rice.

### ***From Rwanda***

#### *Bananas with Green Split Peas*

Cook **2 cups dried green split peas** in enough water to cover until tender (1.5 hours). Peel **4 ripe bananas (or plantains)**; lay whole on top of peas. Cook 10 minutes, until bananas are soft; add water if necessary to prevent peas from sticking to bottom of pot. Brown **1 small onion, thinly sliced** in **2 Tbsp oil** in large skillet. Drain bananas and peas; add to onions. Add **1/2 tsp salt**; cook over medium heat, stirring gently until oil is absorbed. Serve hot.

## **Dinner:**

### ***From Ghana***

#### *Groundnut Stew (serves 4)*

- 3 cups water
- 1 zucchini, chopped
- ¾ cup chopped okra
- 2 sweet potatoes, chopped
- 1 onion, diced
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp ginger
- ½ cup peanut butter
- ½ tsp red pepper flakes
- 2 tomatoes, diced
- 1 cup tomato paste
- 2 hard boiled eggs, chopped

Simmer zucchini, okra, sweet potatoes, onion, salt, black pepper, and ginger in water in a large pot until tender (about 10-15 minutes). Add peanut butter, red pepper flakes, tomatoes, and tomato paste to mixture. Stir well and simmer on low heat for about 15 minutes. Serve over white rice and top with eggs.