



## Some Ideas & Suggestions at the end of Creationtime

*Now that Creationtime has come to an end (1st September-4th October) the challenge is to find ways to continue the momentum of Laudato Si': Caring for Our Common Home. This year's theme has been about food & the call to feed the hungry at home & abroad, & the question of food waste, even more pertinent given the famine that is currently devastating parts of East Africa.*

*The Jesuit Centre of Spirituality & Culture supports the work of Loving Sister Earth, who suggests the following actions for parishes & concerned groups.*

### Websites and Resources

- Loving Sister Earth: [www.lovingsisterearth.com](http://www.lovingsisterearth.com) Download the Feed the Hungry Poster & Feed the Hungry Prayer Card

### Rituals

*Rituals may include the following elements or others.*

1. A thanksgiving prayer for the gifts of the earth, e.g. at the Offertory
2. Encourage people to pray a simple grace before or after a meal.
3. Include a bidding prayer at Mass for the hungry in our communities & globally, and that we ourselves may become more aware of the realities of hunger that surround us.

For example:

- *Lord, we pray for people in our own communities and worldwide who are struggling to feed their families, that we may be inspired to take action to help alleviate their hunger, Lord hear us...*
- *Lord, we pray that you would make us more mindful of the food we eat each day & to be grateful for the nourishment you provide in the Eucharist, that we would not waste these gifts, Lord hear us...*

4. Include a reflection or prayer after Communion.

### Symbolic Actions

*Let's encourage our parish communities to take simple yet meaningful actions to stand in solidarity with people who are hungry. These are just a few suggestions.*

1. Become more aware of your relationship with food and food waste (*Laudato Si'* § 50). E.g. make a list of what you need when food shopping.
2. When preparing food, do so mindfully, and when eating take time to savour each meal. Eat as a family once a week.
3. In your parish or community, prepare & share a simple meal or organise a family fast day and donate money raised to Trocaire to support people facing famine in Somalia, South Sudan, Ethiopia & Kenya.
4. Get involved by discussing the articles listed below.
  - How Would Jesus Respond to Famine? Adam Taylor <https://sojo.net/articles/how-would-jesus-respond-famine>
  - Pope Francis' Message to Participants in the 40th General Conference of FAO [https://w2.vatican.va/content/francesco/en/messages/pont-messages/2017/documents/papa-francesco\\_20170703\\_messaggio-fao.html](https://w2.vatican.va/content/francesco/en/messages/pont-messages/2017/documents/papa-francesco_20170703_messaggio-fao.html)

**Jesuit Centre of Spirituality & Culture, 6 Ely Place, Sea Road, Galway**

[www.jesuitcentregalway.ie](http://www.jesuitcentregalway.ie)

[info@jesuitcentregalway.ie](mailto:info@jesuitcentregalway.ie)

Ph: 091 725 363/086 877 6537