

Praying in Solidarity with Women of Latin America

Saying Grace before meals provides a moment to remember others. We may remember those who do not have food or those whose labor makes this food available to us. In saying grace we stand in solidarity with our sisters and brothers around the world, in the Body of Christ. By sharing a meal with others we form community, much needed to sustain hope and continue the work of justice.

God our Creator

God our Creator,
To those who are hungry and thirsty,
Give food and drink.

To those who are not hungry and thirsty,
Give a hunger and a thirst for justice.

Help us to share in the creation of a more just and peaceful world.

Bless the Lenten alms we set aside in our household
for the good of any sister or brother in need.

We pray through Christ the Lord.

*Operation Rice Bowl, Catholic Relief Services USA
Prayer Without Borders, CRS Publication*

Prayer from El Salvador

God the Father, I give you thanks for all the marvels you have created.

I praise you and bless you for the inestimable grace of life that you give to us.

Transform me, make me a better Christian,
a living testimony of your mercy and of your power.

Strip me, Lord, of all roots of bitterness,
of false pride and haughtiness of heart.
Make me meek and humble of heart as was our Lord Jesus Christ,
and never let me wound with my words or actions
The dignity of any person.

Put in my heart the ardent desire
to work earnestly for the poor and the needy.
Show me the garment with which you clothed me
the day that I received you as Lord and Savior of my life.
May I wear those garments at the service of my neighbor
and of this community.

Use me, Lord for your work.

*Lingia de Milla, El Salvador
Prayer Without Borders, CRS Publication*

Brigit's Table Grace

I should like a great lake of finest ale
for all the people.
I should like a table of the choicest foods
for the family of heaven.
Let the ale be made from the fruits of faith,
and the food be for giving love.
I should welcome the poor to my feast,
for they are God's children.
I should welcome the sick to my feast
for they are God's joy.
Let the poor sit with Sophia at the highest place and the
sick dance with the angels.
Bless the poor, bless the sick,
bless our human race.
Bless our food, bless our drink, all homes,
O God embrace.

from St. Brigid's Monastery, Kildare

Prayer from Columbia

Lord Jesus,
in images of farming and rural life you announced your
gospel to the poor.

We pray for rural men and women,
especially those who work hard in the fields.

Give us the strength of your Spirit to be witnesses
and collaborators of the creative providence.

May we always sow in ourselves and in our families
the holiness and hope of Christian life,
with the same zeal with which we cultivate our land.

Bless the daily efforts of farmers and farm workers,
let all recognize the dignity of their labor.

Raise from among us men and women
at the service of the gospel,
sisters and brothers to announce unceasingly
your love for this world that is your own field and farm.

We give you glory forever and ever.

*Fr. Ermolao Portella, Columbia
Prayer Without Borders, CRS Publication*