



Photo by Jennifer Hardy/CRS

MATERIALS

- Prayer table
- “Open My Eyes”
- Music player
- “Faces of the Fast” (see FoodFast presentation)
- Computer
- Projector
- Blank paper
- Pens/pencils

PROCESS

- Gather participants into the prayer space. Play “Open My Eyes” from the Food Fast *Playlist*.
- While the song is playing, project the *Faces of the Fast* presentation so everyone can see it.
- If you are unable to project the presentation, print out the pictures and hang them around the prayer space. Allow time for participants to walk around and see the pictures.

Introduction:

Let us reflect on our sisters and brothers around the world. Catholic Relief Services serves the most vulnerable. Let us be attentive to these pictures we see before us. Be open to what you see and allow these photos to speak to you prayerfully.

- Distribute paper and pens or pencils to participants. Ask them take a moment to write a prayer for the people they see in the pictures. Encourage them to be open to witnessing the lives of the poor.
- Invite a few people to share their prayers, and allow time for reflection and silence between each one.
- When the sharing is complete, have participants place their prayers, one by one, on the prayer table.

Closing Prayer:

Leader:

Creator God, open our eyes to help us see Your face in everyone I meet today.

Creator God, open our ears to help us hear Your voice and be open to Your call to service.

Creator God, open our hearts to love like You do-unconditionally.

All: Amen.

OPTIONAL ACTIVITY

Ojo de Dios:

Add a special element to this prayer and have participants create Ojo de Dios or Eye of God. Ojo de Dios is a simple weaving made with two sticks and is thought to have originated with the Huichol Indians of Jalisco, Mexico.

Materials Needed:

- 2 popsicle sticks per participant
- yarn in multiple colors
- scissors

Procedure:

- If you incorporate this option into the prayer service, use it before the closing prayer.
- Give each participant 2 Popsicle sticks and 4 strands of yarn cut to 2 feet each. Using the following instructions, explain how to make Ojo de Dios.
 - Cross sticks at the center and tie a knot tightly around the center using one strand of yarn. The sticks should not move.
 - Weaving the yarn over and under, move the yarn around the cross from one stick section to the next.
 - As the yarn runs out, tie the next piece of yarn and continue weaving.
 - Once the last piece of yarn is nearly gone, tie a knot around the nearest stick and trim the excess.

When everyone has completed their Ojo de Dios, encourage them to hang it somewhere at home as a reminder of their commitment to being open to the presence of God.

