

Reflection: Lighting the Way

(45 minutes)

1 of 1

FACE THE FAST

Objective

Through this activity participants will:

- reflect on their reasons for participating in this Food Fast;
- consider how their fasting will make a difference in the lives of the poor around the world; and
- make a pledge to “light the way” for a world that is often darkened by ignorance.

Activity Summary

Through music, reflection, and journaling participants will connect their own lives with the lives of our brothers and sisters in need around the world. They will identify how they can each “light the way” for a world that is often darkened by ignorance.

Materials Needed

- copy of *Lighting the Way* for each participant
- copy of *Tune of Ignorance* for each participant
- *Tune of Ignorance* by Greg Walton (download at foodfast.org)
- music player
- pencils/pens
- index cards
- large basket
- brightly-colored cloth
- cross
- one electric tea light candle for each participant (optional)

Preparation

Ask 4 participants to be readers and provide them with a copy of the reflection ahead of time. Highlight the part you would like each of them to read.

Distribute pen/pencil and one index card to each participant.

Set the large basket on a table in the center of the prayer space. Consider decorating the table with a brightly-colored cloth and a cross.

Procedure

Invite participants into the prayer and reflection space and provide each with a copy of *Lighting the Way* and *Tune of Ignorance*.

Option: Distribute one electric tea light candle to each participant.

Begin the reflection with the opening reading and then play *Tune of Ignorance*.

Invite the readers to read their sections and allow 5 minutes between each reading for participants to reflect silently on the corresponding questions. Instruct participants that the index cards will be used at the end of the reflection.

At the end of the reflection, play the *Tune of Ignorance* again. During the song, invite participants to come up to the center table and put their cards in the basket.

Option: Participants can also place their electric tea lights around the edge of the table, symbolizing the light they strive to bring to the world.

Debrief

At the end of the reflection, explain to participants that their pledges will remain inside the basket throughout the remainder of the Food Fast. The candles will remain lit, as a reminder of the pledges they have each made to bring light to a darkened world.

Reflection: Lighting the Way

Handout

1 of 3

FACE THE FAST

Leader Gracious God, each day You have given to us is a precious gift. The food we eat, the clean water we drink and the homes that shelter us are all priceless gifts which too often we take for granted. In the midst of our busy lives, between classes and jobs, practices and rehearsals, how often do we take a moment to thank You for these blessings? And how aware are we of our brothers and sisters around the world who struggle to provide these basic necessities for their families? Do we live our lives to the tune of ignorance?

Listen to the Tune of Ignorance.

Reader 1 Every morning I go running out my door,
Step into the car and put the pedal to the floor
I have no time for all the sick and all the poor,
It seems enough just getting through my day.
When I get home I put my feet into my bed,
Pull the sheets up to my chin and comfy pillow to my head
But I cannot sleep, I hear the streets were crying in their dread
I can hear them say...

When the world falls asleep to the tune of ignorance, who will light the way?

Reader 2 A reading from the Gospel according to Matthew (Matthew 25:34-40)

Then the king will say to those on his right, 'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.' Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?' And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'

Consider your decision to participate in this Food Fast. How can our fast today help those who are poor and hungry in our world?

Reflection: Lighting the Way

Handout

2 of 3

FACE THE FAST

Reader 1 I've heard it said, "God is a lamp unto our feet."
But he won't serve the purpose well until we step out in the street and
Spread out love to every one we meet
In what we do more than in what we say.
And as the world goes round the world religions fight
Over who is in the wrong and who is in the right.
Our children singing "All are precious in his sight."
While we look the other way.

When the world falls asleep to the tune of ignorance, who will light the way?

Reader 3 A reading of the Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen

Consider your decision to participate in this Food Fast. Through your fasting, how can you become an instrument of peace, love, pardon, faith, hope, light or joy in our world?

Reflection: Lighting the Way

Handout
3 of 3

FACE THE FAST

Reader 1 The problem seems so big and we feel so small,
It's hard to imagine making any difference at all
But helping one life at a time and being faithful to the call,
We'll be a world that is wide awake.

No we won't fall asleep to the tune of ignorance, because who will light the way?

Reader 4 A reading from Pope Benedict XVI's encyclical *Caritas in Veritate* #1

Charity in truth, to which Jesus Christ bore witness by his earthly life and especially by his death and resurrection, is the principal driving force behind the authentic development of every person and of all humanity. Love — caritas — is an extraordinary force which leads people to opt for courageous and generous engagement in the field of justice and peace. It is a force that has its origin in God, Eternal Love and Absolute Truth. Each person finds his good by adherence to God's plan for him, in order to realize it fully: in this plan, he finds his truth, and through adherence to this truth he becomes free (cf. Jn 8:32). To defend the truth, to articulate it with humility and conviction, and to bear witness to it in life are therefore exacting and indispensable forms of charity.

Consider your decision to participate in this Food Fast. How can our fast today bear witness to charity in truth or what Pope Benedict calls the “driving force behind the authentic development of every person and of all humanity?”

Leader Gracious God, we thank You for the blessings in our lives and we hope that the experiences we share during our Food Fast will help us to find new ways to share those blessings with others. Today, we pledge ourselves to “light the way” for a world that is often darkened by ignorance.

Reflect for a few minutes on this statement. Write the phrase, “Today, I pledge to light the way for the world by” on your card, and then complete the phrase with your own statement. As the Tune of Ignorance plays, you may come up to the center table and put your pledge in the basket.

Reflection: Lighting the Way

Tune of Ignorance

Handout

FACE THE FAST

Tune of Ignorance by Greg Walton

Verse 1

Every mornin' I go runnin' out my door,
Step into the car and put the pedal to the floor
I have no time for all the sick and all the poor,
It seems enough just getting' through my day.
When I get home I put my feet into my bed,
Pull the sheets up to my chin and comfy pillow to my head
But I cannot sleep I hear the streets were cryin' in their dread
Yeah I can hear them say...

Chorus

When the world falls asleep
When the world falls asleep,
When we all fall asleep to the tune of ignorance, who will light the way?

Verse 2

I've heard it said, "God is a lamp unto our feet."
But he won't serve the purpose well until we step out in the street and...
Spread out love to every one we meet
In what we do more than in what we say.
And as the world goes round the world religions fight
Over who is in the wrong and who is in the right.
Our children singin' "All are precious in his sight."
While we look the other way.

Chorus

And the world falls asleep
And the world falls asleep,
And we all fall asleep to the tune of ignorance, who will light the way?
When the world falls asleep,
When the world falls asleep,
When we all fall asleep to the tune of ignorance, who will light the way?
So wake up in the North. Wake up in the South.
Wake up in the West. Wake up in the East.
Wake up for the hungry. Wake up for the homeless.
Wake up for the thirsty. Wake up for the least of these.
Wake up! Wake up!

Verse 3

The problem seems so big and we feel so small,
It's hard to imagine makin' any difference at all
But helpin' one life at a time and being faithful to the call,
We'll be a world that is wide awake.

Chorus

And we won't fall asleep,
No we won't fall asleep,
No we won't fall asleep to the tune of ignorance, 'cause who will light the way,
When the world falls asleep,
When the world falls asleep,
When we all fall asleep to the tune of ignorance, who will light the way?