

From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work. You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth and wine to gladden the heart of man, oil to make his face shine and bread to strengthen man's heart.

The Word of the Lord.

Thanks be to God.



The message from the psalm is...

God's bounty through

HARVEST

is for all, not for a few.



Why is this message important for us to hear today?



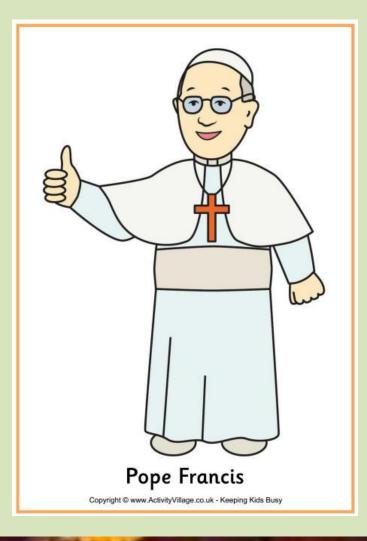
In the psalm we hear how God provides for the world. Through his generosity we have an abundance of food, the bounty of God's creation. Indeed, it is good! But do we share what we have been given fairly? In this Jubilee Year we are invited to embrace God's vision of a world transformed, healed and restored, where all on earth live in harmony with God and right relationship with each other.

Pope Francis writes,

"A Jubilee is indeed a time of grace to remember creation's original vocation to exist and flourish as a community of love.

We exist only in relationships:

- with God the Creator,
- with our brothers and sisters as members of a common family
- and with all of God's creatures within our common home."









What is Family Fast Day?

- A day for praying, eating simply, and donating.
- An act of solidarity with people around the world who go without food.
- A way to raise money for CAFOD's projects that help vulnerable

communities, such as providing tools for water engineers or

training for young people to earn a living.





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Get involved

About us

Pray

Schools & Youth

Donate



Harvest Family
Fast Day

Your parish's support this Fami Fast Day will help more of our neighbours get safe water for the families.

Fundraise in your parish

Donate

You can choose to donate via the parent pay link your parent's have been sent.

Donate

Click on the link to pray alongside others for CAFOD's Harvest Family Fast Day on Friday.

https://youtu.be/aXkIQ8tEasg



Heavenly Father,

We thank you for the world you have given us, full of good things to eat and fresh water to drink.

Help us to be generous with your gifts, to share fairly and to get food to people who are less fortunate.

Help us to play our part by supporting the Faith in Action Team's Harvest collection and CAFOD's Family Fast Day.

May we always be grateful for the food we have and the people who provide us with it.

We ask this through Jesus Christ, your Son, Amen.

St Augustine, pray for us
St Cuthbert, pray for us



We close our time of prayer with the sign of tathe cross -In the name of the Father, the Son and the Holy Spirit, Amen.

