



## Food for the Journey Service Sheet

### **1. Stage one**

As pilgrims we stand on the threshold

#### **Greeting and welcome**

**Leader:** To be a pilgrim is to go on a journey. We will move out from our familiar places to take a path of discovery, where we will be open to new possibilities. Our journey can bring about change; change in those who take part and change in the world. In so doing heaven and earth are brought close together.

Since a pilgrimage brings heaven and earth closer together, it also has the power to bring people closer to each other. Today we gather to undertake this journey together. In our minds and hearts we are joined by pilgrims from the poor countries - from Africa, Asia and Latin America - whose lives are affected by the unfairness of trade in our world. We will be listening to their stories, praying with and for them, and asking God to inspire us to act for change.

#### **Opening litany**

Leader: In our journeying, in our celebrating:

Response: Guide our ways, Lord.

Leader: In times of plenty, in times of pain:

Response: Guide our ways, Lord.

Leader: In our concern for our world, in our search for justice:

Response: Guide our ways, Lord.

Leader: In our awareness, in our encounters:

Response: Guide our ways, Lord.

Leader: In our care for each other, in our response to God's call:

Response: Guide our ways, Lord.

Leader: In our fellowship, in our sharing:

Response: Guide our ways, Lord.

Leader: In our seeking, in our hoping:

Response: Guide our ways, Lord.

#### **Song of the prophets – voices from the South**

You will now hear stories from different countries. At the end of each story you will hear the words: Let justice flow like a river. (*Amos 5:24*)

Your response is: And goodness like a never failing stream.

### **Act of dedication of the basket**

The basket is carried to each stage, where a traded food will be added to it.  
Prayer of dedication of the basket.

### **2. Stage two**

As pilgrims we celebrate God's generosity.

**Leader:** In our journeying, in our celebrating:

**Response:** Guide our ways, Lord.

### **Opening reflection**

**Leader:** We begin our journey by celebrating God's generosity. As creator of the universe, God shows love for the world in the abundance and variety of food and crops provided for our health and well-being. God, from the very beginning of time, and with each new day, desires the good things of creation to be shared fairly by all.

### **Readings**

There will be a pause for reflection after each reading.

God destined the earth and all it contains for all people and all nations so that all created things would be shared fairly by all humanity.

*Gaudium et Spes, 1965*

From your high walls you water the mountains,  
Satisfying the earth with the fruit of your works:  
For cattle you make the grass grow,  
And for people the plants they need,  
To bring forth food from the earth,  
And wine to cheer people's hearts,  
Oil to make their faces glow,  
Food to make them sturdy of heart.

*Psalms 104: 13-15*

### **Story from the South**

Reader 1: I'm Feliciano Martinez from Honduras, a country where most people depend on farming. I grow vegetables and potatoes, and I believe the land is God's inheritance to all. I think we should produce food firstly in order to decrease poverty and tackle malnutrition. Exports should not be a priority while people do not have enough food to eat.

Let justice flow like a river:

Response: And goodness like a never failing stream.

**Leader:** As we walk to the next stage let us think about what Feliciano says. Let's consider the world we have inherited, which will be passed on to future generations, and ask why it is so different from the world God intended.

In our journeying, in our celebrating:

**Response:** Guide our ways, Lord.

### **Move to next stage**

### **3. Stage three**

As pilgrims we carry only what we need.

Leader: In moments of plenty, in times of pain:

Response: Guide our ways, Lord.

### **Opening reflection**

Leader: As pilgrims we take only what we need for the journey. Carrying more than we need will weigh us down. Taking more than we need will mean that others have less. The way of the world suggests that greed is good, but our faith calls us to take a different path – a path that leads to a better life for all.

### **Readings**

There will be a pause for reflection after each reading.

Jesus said: "Look, I am sending you out like lambs among wolves. Take no purse with you, no haversack, no sandals. Salute no one on the road. Whatever house you enter, let your first words be, 'Peace to this house!'" *Luke 10: 3-5*

Never has the human race enjoyed such an abundance of wealth, resources and economic power, and yet a huge proportion of the world's citizens are still tormented by hunger and poverty.

*Gaudium et Spes, 1965*

### **Story from the South**

Reader 2: My name is Margaret and I'm from Kenya. To me trade is the exchange of goods and services. But when trade is an end in itself, you lose sight of the original purpose. Profit is valued more highly than people. In my own village, the number of children going to school has fallen dramatically. The reason is that parents have no money because they can't sell their coffee. Fair profit is okay, but the world trading system at the moment is not fair.

Let justice flow like a river:

Response: And goodness like a never failing stream.

Leader: As we walk to the next stage let us consider Margaret's village. When you go shopping do you choose fairly traded goods that help poor producers in developing countries?

In times of plenty, in times of pain:

Response: Guide our ways, Lord.

### **Move to next stage.**

#### **4. Stage four**

As pilgrims we follow a path taken by people before us.

Leader: In our concern for our world, in our search for justice:

Response: Guide our ways, Lord.

### **Opening reflection**

Leader: As people of history and people of faith, we follow in the footsteps of other pilgrims before us. The Christian message was spread along trade routes. Now these same paths connect us to our sisters and brothers across the world. Goods and products, shaped by human hands, are carried, shipped, driven and flown to our homes and tables. These goods connect us to one another.

### **Readings**

There will be a pause for reflection after each reading.

But Ruth said,

"Wherever you go, I shall go,

Wherever you live, I shall live.

Your people will be my people,

And your God will be my God."

*Ruth 1:16*

We are one human family. By simply being born into this world, we are of one inheritance and one stock with every other human being. This oneness expresses itself in all the richness and diversity of the human family: in different races, cultures, languages and histories. And we are called to recognise the basic solidarity of the human family as the fundamental condition of our life together on this earth.

*Pope John Paul II, World Day of Peace, 1987*

### **Story from the South**

Reader 3: I'm David Dlamini, and I've been farming sugar cane in South Africa for the past 27 years. When I started, Europe imported most of its sugar. But today, due to subsidies that cover over half the cost of production, the European Union is the second-largest sugar exporter and it has pushed world

prices right down. Last year I had to give up. My cane is rotting in the fields. It isn't worth farming any more; my expenses never cover my costs.

Let justice flow like a river:

Response: And goodness like a never failing stream.

Leader: As we walk to the next stage let's consider David's experience. How can we encourage change in trade rules that currently widen the gap between rich and poor countries?

In our concern for our world, in our search for justice:

Response: Guide our ways, Lord.

### **Move to next stage.**

#### **Stage five (a)**

*Please choose between stage 5a or 5b. Stage 5b draws attention to CAFOD's Clean up your computer! campaign.*

As pilgrims we walk with others and with God.

**Leader:** In our awareness, in our encounters:

**Response:** Guide our ways, Lord.

#### **Opening reflection**

**Leader:** As pilgrims we walk as a group. We keep pace with one another, making our way together, ensuring that no one falls behind. We listen, finding out what we hold in common, recognising Christ in those we meet. We draw strength from one another and from God's presence amongst us, giving witness to the values we share.

#### **Readings**

There will be a pause for reflection after each reading.

Now that very same day, two of them were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. And it happened that as they were talking together and discussing it, Jesus himself came up and walked by their side; but their eyes were prevented from recognising him. *Luke 24: 13-16*

Even though you're British and I'm Filipino, you're Christian and I'm Muslim, we're all brothers and sisters. It's just like a boat and we're all riding in the same boat. If it overturns all of us will drown.

Mufun Datu

## **Story from the South**

**Reader 4:** I'm Father Sarath Iddamalgoda. I want to tell you that in Sri Lanka it's not easy to get fresh milk. Here multinational corporations control every aspect of agriculture. The malnourished mothers cry that they can't afford to feed their children. But the milk companies flourish.  
Let justice flow like a river:

**Response:** And goodness like a never failing stream.

**Leader:** As we walk to the next stage we will think about the people of Sri Lanka and ask why so many people are being left behind and left out when we live in a world of plenty?

In our awareness, in our encounters:

**Response:** Guide our ways, Lord.

## **Move to next stage.**

### **Stage five (b)**

*To coincide with the campaigning for better conditions for computer workers, please consider replacing the stage five story with the following. This could be accompanied by the placing of a computer mouse in the basket.*

**Reader 4:** 'I'm Paty and I work in an electronics factory in Mexico. Apart from earning daily bread for the family, work for me means feeling that I am useful. In factories, they don't look at your quality as a human being. They don't care about your health, they just care about getting the job done.'

**Leader:** Let justice flow like a river:

**Response:** And goodness like a never failing stream

**Leader:** As we walk to the next stage we will think about the people who make the computers we rely on at work, in shops, at the doctors, at home. We ask why so many people are being left behind and left out when we live in a world of plenty?

**Leader:** In our awareness, in our encounters:

**Response:** Guide our ways, Lord.

## **6. Stage six**

As pilgrims we share what we have.

**Leader:** In our care for each other, in our response to God's call:

**Response:** Guide our ways, Lord.

## **Opening reflection**

Leader: As companions we become aware of others' needs and concerns. We respond gladly, sharing what we have to benefit the whole group. We are motivated by the knowledge that all are equal in dignity and have value in the sight of God.

### **Readings**

There will be a pause for reflection after each reading.

If one of the brothers or one of the sisters is in need of clothes and has not enough food to live on, and one of you says to them, "I wish you well; keep yourself warm and eat plenty", without giving them these bare necessities of life, then what good is that? *James 2:15-16*

At the moment money rules life – money comes before Christian values. Through a spirit of co-operation we can make trade work for everyone. The idea must be that my profit is not only my profit, but also the fruit of everyone's labours.

George Anastacio, CAFOD partner, Mozambique

### **Story from the South**

Reader 5: I'm Roxana Liendo from Bolivia. Here the government has opened up our markets to competition. This has driven down prices for everyday food like onions, potatoes and fruit. This is bad news for small-scale peasant farmers when they come to sell what they have grown. They are already very poor. Our delegates negotiating at the World Trade Organisation only represent their own interests, the interests of business, putting aside those of the small-scale peasant farmers.

Let justice flow like a river:

Response: And goodness like a never failing stream.

Leader: As we move to the next stage we will remember Roxana's story and ask how we can ensure that everyone's concerns are heard and heeded when important trade decisions are made.

In our care for each other, in our response to God's call:

Response: Guide our ways, Lord.

### **Move to next stage.**

## **7. Stage seven**

Through our actions, and today as pilgrims, we are visible signs of God's concern for the world.

Leader: In our fellowship, in our sharing:

Response: Guide our ways, Lord.

## **Opening reflection**

Leader: As pilgrims, moving out, into and through our world, we witness to our faith every day. Our beliefs are made visible in the way we treat those we meet. They can also be seen in the way we treat those whom we may never meet face to face, but to whom we are connected through our involvement in trade.

## **Readings**

There will be a pause for reflection after each reading.

Listen to this, you who crush the needy and reduce the oppressed to nothing, you who say, "When will New Moon be over so that we can sell our corn, and Sabbath, so that we can market our wheat? Then we can make the bushel-measurer smaller and the shekel-weight bigger, by fraudulently tampering with the scales. We can buy up the weak for silver and the poor for a pair of sandals, and even get a price for the sweepings of the wheat". Yahweh has sworn by the pride of Jacob, never will I forget anything they have done.  
*Amos 8:4-7*

It is a question of building a world where everyone no matter what their race, religion or nationality, can live a fully human life, freed from servitude imposed on him by others or by natural forces over which he has not sufficient control; a world where freedom is not an empty word and where the poor man Lazarus can sit down at the same table as the rich man.  
*Pope Paul VI, Populorum Progressio.*

## **Story from the South**

Reader 6: I'm Maria Atilano from Mexico. Maize and beans represent our life here. In other places, like the US, maize is just another food, but for us, it is life itself. Since Mexico signed up to the North American Free Trade Agreement cheap corn has flooded in making life impossible for small-scale farmers here. So many people are hungry now. We want trade to take place in a situation of peace and respect for human rights right now it doesn't.

Let justice flow like a river:

Response: And goodness like a never failing stream.

As we move to the next stage let us recall Maria's community and ask how we can use our voice to call for justice in international trade.

Leader: In our fellowship, in our sharing:

Response: Guide our ways, Lord.

## **Symbolic action**

A large bunch of grapes, symbolising the fruits of the earth, is passed around the group. As you offer the fruit to your neighbour say:

This fruit represents all the fruits of the earth, given by God, to be shared equally amongst all.

By the spirit of the living God, may we learn to share what we have and work to create a fairer world.

And your neighbour says: Amen

**Move to next stage.**

### **Stage eight**

As pilgrims we journey in hope.

Leader: In our seeking, in our hoping:

Response: Guide our ways, Lord.

### **Opening reflection**

Leader: As we continue on our spiritual journey as pilgrims, we see the needs of the world around us. Through our hope in God's promise we know our journey's end. Our task is to take sure and firm steps on the path that will help bring about God's kingdom here on earth.

### **Readings**

There will be a pause for reflection after each reading.

On this mountain, for all peoples,  
Yahweh Sabaoth is preparing  
A banquet of rich food,  
A banquet of fine wines,  
Of succulent food, of well-strained wines.  
On this mountain, he has destroyed  
The veil which used to veil all peoples,  
The pall enveloping all nations;  
He has destroyed death for ever.

"Look, this is our God,  
in him we put our hope  
that he should save us,  
this is Yahweh, we put our hope in him.  
Let us exult and rejoice  
Since he has saved us."  
*Isaiah 25: 6-9*

Hope keeps us going. We may not be able to help everyone, we are a relatively small organisation, but we can help some, maybe hundreds or even thousands, and that has to be worthwhile. The people themselves are filled with hope, and that gives us strength. What we need is solidarity with people in the UK.

Maria, CAFOD partner, Mexico

Leader: I invite you to close your eyes as we picture and pray for a better world for all.

Loving Creator God,  
We gaze in wonder  
At the splendour of your creation.  
We see a banquet spread before us,  
Rich carpeted fields of yellowing grain,  
And overflowing baskets of ripe fruit.  
We see a banquet prepared for all peoples,  
Of fine wines and rich food,  
A generous feast for all to share.

Help us to learn from your generosity,  
How to share our bread with the hungry,  
And open our hearts to the poor,  
To commit ourselves to preparing  
A banquet for all peoples,  
A generous feast for all to share.  
Amen.

Leader: We open our eyes to our surroundings; mindful that bringing about God's kingdom begins with each one of us, at this time, in this place. Spirit of God, we go out from this place, renewed, inspired and guided by your presence in our hearts.

In our journeying, in our celebrating:  
Response: Guide our ways, Lord.

Leader: In times of plenty, in times of pain:  
Response: Guide our ways, Lord.

Leader: In our concern for our world, in our search for justice:  
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Leader: In our care for each other, in our response to God's call:  
Response: Guide our ways, Lord.

Leader: In our fellowship, in our sharing:  
Response: Guide our ways, Lord.

Leader: In our seeking, in our hoping:  
Response: Guide our ways, Lord.

**For more information and resources for the Food for the Journey pilgrimage go to [www.cafod.org.uk/worship](http://www.cafod.org.uk/worship)**

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