

Haiti Solidarity Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Men anpil, chay pa lou” “With many hands, the load is not heavy”</p>						<p>“Blessed are you who are poor, for yours is the Kingdom of God.” <i>Luke 6:20</i></p> <p>Read and reflect on the Beatitudes.</p>
<p>“For I was hungry and you gave me food, I was thirsty and you gave me something to drink.” <i>Matt 23:35</i></p> <p>Eat one simple meal and reflect on the hunger Haitians feel every day.</p>	<p>“Love your neighbor as yourself.” <i>Matt 22:39</i></p> <p>Contact your Parish Twinning Ministry to learn more about the program.</p>	<p>“Show your love for others by truly helping them, not merely talking about it.” <i>1 John 3:18</i></p> <p>Give up one pleasure for the week. Donate the money saved to your twinning ministry.</p>	<p>“Those who gathered too much had nothing left. Those who gathered only a little had all they needed.” <i>2 Cor 8:15</i></p> <p>Learn about the environmental issues in Haiti and make a commitment to do one thing to help protect the environment.</p>	<p>“Faith that doesn’t lead us to do good deeds is all alone and dead.” <i>James 2:17</i></p> <p>Pray “O Holy Spirit” for the people of Haiti.</p>	<p>“speak out for those who cannot speak...defend the rights of the poor.” <i>Proverbs 31:8-9</i></p> <p>Haiti is the most impoverished country in the Western Hemisphere. As a family, pray for the families of Haiti.</p>	<p>“If any community is in need...freely lend them enough to meet their needs.” <i>Dt 15:7 – 9</i></p> <p>Visit www.fonkoze.org to learn about micro-finance lending in Haiti.</p>
<p>“I am the bread of life, everyone who eats of it will live forever.” <i>John 6:51</i></p> <p>Prepare a Haitian meal of beans and rice and pray “Manje.”</p>	<p>“O HOLY SPIRIT” O Holy Spirit descend on us: We have a mission for Haiti. O Holy Spirit descend on us: We have a mission for the world.</p> <p>“Manje” This food you send to us, O God, it is the food of life.</p>		<p>Haitian Rice and Beans 2 green onions, chopped 2 garlic cloves, minced Pinch of thyme ½ Tbsp. salt 2 Tbsp. Oil 1 cup rice 2 cups cooked red beans 1 ½ cups broth 1 cup water</p>		<p>Sauté onions and garlic in oil until soft. Add thyme and rice, stir to coat rice with oil. Add broth, water and beans. Bring to a boil, reduce heat and cover, cooking until water has been absorbed stir until hot.</p>	