

# 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>Only 2% of Haitians have clean water. Limit water usage.</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 their strength to meet their needs.”  <i>Dt 15:7-9</i></p> <p>Visit <a href="http://www.fonkoze.org">www.fonkoze.org</a> 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><b>“O HOLY SPIRIT”</b>            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><b>“Manje”</b>            This food you send to us, O God, it is the food of life.</p>		<p><b>Haitian Rice and Beans</b>            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>	