



Haiti Outreach Week

January 30th – February 6^h, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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“Men anpil, chay pa lou”
 “With many hands, the load is not heavy”

“We are called to discover Christ in the poor, to give them our voice in their cause, but also to be their friends, to listen to them, to understand them, and to gather the mysterious wisdom that God wants to communicate to us through them.”

-Pope Francis, *Evangelii gaudium*, 198

January 30th
 “Blessed are you who are poor, for yours is the Kingdom of God.”
Luke 6:20

Read and reflect on the Beatitudes.
Watch the movie *Bending the Arc* on Netflix to be inspired about what one man was able to do!

<p>January 31st “You shall love your neighbor as yourself.” <i>Matt 22:39</i></p> <p>Watch the slideshow prepared by the Haiti Outreach Ministry found on the parish website: .As you watch, reflect on God’s special love for persons who are poor and vulnerable—at home and around the world</p>	<p>February 1st “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 St. Francis Haiti Outreach Ministry for the Food Fund. \$1.60 feeds a child for 1 day.</p>	<p>February 2nd “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>Limit water usage. Only 2% of Haitians have clean water.</p> <p>Attend 5:30 Mass, and pray for our twin Parish in Haiti</p>	<p>February 3rd “For I was hungry and you gave me food, I was thirsty and you gave me something to drink.” <i>Matt.25:35</i></p> <p>Eat one simple meal of beans and rice and reflect on the hunger Haitians feel every day. Pray The Manje prayer below.</p>	<p>February 4th “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>Learn more about the Option for the Poor and Vulnerable, one of the seven themes of Catholic Social Teaching. Reflect on God’s special love for persons who are poor and vulnerable—at home and around the world.</p>	<p>February 5th “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.</p> <p>As a family, attend our First Friday Holy Hour at 6PM.</p>	<p>February 6th “If any community is in need...freely lend them enough to meet their needs.” <i>Dt 15:7 – 9</i></p> <p>Teach your children about children’s lives in Haiti--suggestions are on the reverse.</p> <p>Pray especially for the youth of St. Louis Parish in Pointe-a-Raquette, Haiti.</p>
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<p>February 4th “I am the bread of life, everyone who eats of it will live forever.” <i>John 6:51</i></p> <p>Have the children draw the TAP TAP bus and enter the contest!</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>
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H.O.W. will you and your family meaningfully **ENGAGE** with our twin parish of St. Louis on the island of La Gonave, Haiti this week and throughout the year? The St. Francis Haiti Outreach Ministry celebrates our relationship with the people and parish of St. Louis and hopes you will ENGAGE in the following activities:

Suggestions for Saturday, February 6th ---Prayerfully reflect and ENGAGE in children's lives in Haiti

When we wake up each morning, we turn on the faucet to get water to wash or to get a drink of water. On LaGonave, you can't go to the faucet and turn it on because there is no running water. The people in Pointe-a-Raquette are blessed to have a well in the town. They take containers to the water distribution points every day to collect enough water for the day's use. This water is very precious and is used only for drinking or cooking. All bathing, clothes washing, and dish washing is done with salt water from the sea. In other villages, the people are not so lucky. In most of the villages on the island, the water situation is very desperate. Many people need to walk for hours each day to get to a source of water. In Haiti, collecting water daily is a chore that is done mostly by children. Children, many as young as 7 or 8 will spend their entire day, every day, bringing water for the family.

Suggestion: Take two 1 gallon milk jugs and fill them with water. Have the children lift them. This is generally the size of container children will carry for hours to bring water for the family.

In Haiti, children have a great deal of responsibility at an early age. Many of them take care of younger siblings. As noted, children are water carriers. Also, in farming families, children often are placed in charge of the donkeys that carry goods down from the mountain into town for sale. They plant crops, harvest the crops, and go out to sea to fish. Children help with the laundry. All clothing is washed by hand, usually in sea water, and spread out to dry on rocks or fences. On LaGonave, most people don't have many changes of clothes.

Suggestion: Take an undershirt and wash it in a basin of salty water. Lay it outside to dry. Feel how stiff it is. This is how most clothing is washed on La Gonave.

Also, many items are carried on peoples' heads. Both men and women carry things this way. Often they use a holder which fits on the head. An adult may carry a 55 pound bag of rice on his head. Children start to learn to carry things on their heads when they are about five years old. They start with an empty can and then learn how to balance more weight.

Suggestion: Take an empty 5 pound coffee can and try to balance it on your head while you walk. It isn't easy!

Kreyol phrases: What is your name? "Ki jan ou rele?" My name is _____. "Mwen rele _____."

Thank you-- "Mesi"

Please-- "souple"

God bless you. "Bondye beni ou."

As we end Haiti Outreach Week may we never forget this invitation and our Christian commitment to live in solidarity with all our brothers and sisters. Let us build relationships with one another and live out the Gospel call.

Challenge: Thank you for your active participation in Haiti Outreach Week. Don't let your work for justice stop here. Please continue to pray, learn, act, and advocate for justice for all.