



# Haiti Outreach Week

January 28<sup>th</sup> – February 5<sup>th</sup>, 2023

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|--|--|--|--|--|
| <p><b>“Men anpil, chay pa lou”</b><br/> <b>“With many hands, the load is not heavy”</b></p> <p><b>“Let us remember that each time we reach out to help the needy, the sick, and the oppressed, we share with them a foretaste of the promises of the Beatitudes here and now.</b></p> <p><b>--Fr. Matthias Lusembo, <i>Fourth Sunday A Homily Theme: Humility Leads To Everlasting Happiness, January 28, 2023</i></b></p> |  |  |  |  |  | <p><b>January 28<sup>th</sup></b><br/>           “Blessed are you who are poor, for yours is the Kingdom of God.”<br/> <i>Luke 6:20</i></p> <p><b>Read and reflect on the Beatitudes.</b></p> <p><b>HOMEWORK: PHIL. 2:1-18</b></p>   |
| <p><b>January 29<sup>th</sup></b><br/>           “Speak out for those who cannot speak...defend the rights of the poor.”<br/> <i>Proverbs 31:8-9</i></p> <p><b>Join the Haiti Outreach Ministry at 1 pm in the Adoration Chapel for an hour of praying and reflecting on God’s special love for persons who are poor and vulnerable.</b></p>   | <p><b>January 30<sup>th</sup></b><br/>           “Show your love for others by truly helping them, not merely talking about it.”<br/> <i>1 John 3:18</i></p> <p><b>Give up one pleasure for the week.</b></p> <p>\$1.60 feeds a child at our school for 1 day. Donate what you save!</p> | <p><b>January 31<sup>st</sup></b><br/>           “For I was hungry and you gave me food, I was thirsty and you gave me something to drink.”<br/> <i>Matt.25:35</i></p> <p><b>ATTEND 5:30 MASS, then JOIN US FOR OUR CELEBRATION OF OUR CONNECTION WITH ST. LOUIS PARISH.</b></p> | <p><b>February 1<sup>st</sup></b><br/>           “If any community is in need...freely lend them enough to meet their needs.”<br/> <i>Dt 15:7 – 9</i></p> <p><b>Eat one simple meal of beans and rice.</b></p> <p>Reflect on the hunger Haitians feel every day. Pray the <i>Manje</i> prayer below.</p> | <p><b>February 2<sup>nd</sup></b><br/>           “Those who gathered too much had nothing left. Those who gathered only a little had all they needed.” 2<br/> <i>Cor 8:15</i></p> <p><b>Limit water usage.</b><br/>           Only 2% of Haitians have clean water.</p>  | <p><b>February 3<sup>rd</sup></b><br/>           “You shall love your neighbor as yourself.”<br/> <i>Matt 22:39</i></p> <p>Haiti is the most impoverished country in the Western Hemisphere.</p> <p><b>Join us at noon Mass and for First Friday Eucharistic Benediction to pray for our Haitian Community. Refreshments follow!</b></p> | <p><b>February 4<sup>th</sup></b><br/>           “I am the bread of life, everyone who eats of it will live forever.”<br/> <i>John 6:51</i></p> <p>Teach your children about children’s lives in Haiti--suggestions are on the reverse.</p> <p><b>Pray especially for the youth of St. Louis Parish in Pointe-a-Raquette, Haiti.</b></p> |
| <p><b>February 5<sup>th</sup></b><br/>           “...love of neighbor is a path that leads to the encounter with God, and...closing our eyes to our neighbor also blinds us to God.” <i>P Benedict XVI</i></p> <p><b>Join us at 10 am in Assisi Hall for a presentation &amp; activity to CONNECT us!</b></p>  | <p><b>“O HOLYSPIRIT”</b></p> <p>O Holy Spirit descend on us: We have a mission for Haiti.<br/>           O Holy Spirit descend on us: We have a mission for the world.</p>   | <p><b>Tuesday, January 31: RUM &amp; RESILIENCE: Join us to taste Haitian and Caribbean RUM, enjoy dinner and Celebrate the RESILIENCE of our brothers and sisters in St. Louis Parish!!</b></p>   | <p><b>“Manje”</b><br/> <i>This is the traditional Haitian prayer before meals.</i><br/> <i>«Manje sa, ou voye bay nou an Pap manje, ki bay l vi.»</i></p> <p>This food you send to us, O God, it is the food of life.</p>  | <p><b>Haitian Rice and Beans</b><br/> <b>INGREDIENTS:</b><br/>           2 green onions, chopped<br/>           2 garlic cloves, minced<br/>           Pinch of thyme<br/>           ½ Tbsp. salt<br/>           2 Tbsp. Oil<br/>           1 cup rice<br/>           2 cups cooked red beans<br/>           1 ½ cups broth<br/>           1 cup water</p> | <p><b>INSTRUCTIONS:</b><br/>           Sauté onions and garlic in oil until soft.<br/>           Add thyme and rice, stir to coat rice with oil.<br/>           Add broth, water and beans. Bring to a boil, reduce heat and cover, cooking until water has been absorbed. Stir until hot.</p>   |  |

**H.O.W.** will you and your family meaningfully **CONNECT** 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:

**Prayerfully reflect and CONNECT to the community's lives in Haiti**

**Many Haitian children drink dirty water because it's all they have. The dirty water can make them sick. St. Francis Haiti Outreach has helped to provide water filters to families who need them in their homes.**

**Suggestion: Make your own mini water filter and see how the beginning of the process works. Supplies: dirty water, 2-liter soda bottle, scissors, 2 coffee filters, sand, gravel/pebbles, rocks. Process: Fill a cup  $\frac{3}{4}$  full with water. Make it dirty by adding some dirt or sand, and then set it aside. Have an adult use scissors to cut the plastic bottle in half and poke a hole in the lid. Turn over the top part of the bottle so the lid is facing down, and place it in the bottom portion of the bottle. Put the coffee filters inside the top part of the bottle and push them down. Pour some sand onto the coffee filter. Then place some pebbles on top of the sand layer. Next place some bigger rocks over the pebbles. Slowly pour your glass of dirty water into the bottle over the rocks. What do you notice about the water that drips into the bottom part of bottle?**

**Observations: Your filtration system turned the dirt in your water into clumps that got stuck along the way, while the liquid was able to pass through. To make it safe to drink, it would need to be boiled for 5 minutes. Many kids living in poverty who don't have filters boil their water each time they need to cook, brush their teeth or take a drink!**

**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.**

**For Haitian children, entertainment is not found in the latest Xbox game or fidget spinner. It is found in using their creativity to create games—like making a soccer ball by using twine and grocery bags or plastic garbage! Try it: Gather 6 plastic grocery bags and some yarn or twine.**

**Suggestion: Wad five bags into a ball, and place wad into another bag. Close the bag. Wrap the handles of the bag around the wad and tie the ends. Wrap the yarn or twine around the ball and tie the ends. You are now ready for a game of soccer!**

**“I am not saying this because I am in need, for I have learned to be content whatever the circumstances.” --*Philippians 4:11***

**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.