



GROWING SOLIDARITY
from Prayer to Action
World Day of the Poor
& **World Youth Day**
13-20 November 2022

Caritas Internationalis invites you to join us in our second annual week of prayer and action to jointly mark the World Day of the Poor (13 November) and World Youth Day (20 November). Caritas Youth from all regions of the Confederation have created – and will animate – this year’s program.

The program is inspired by Pope Francis’ messages for this year’s World Day of the Poor ‘For your sakes Christ became poor’ (2 Cor 8:9) and World Youth Day ‘Mary arose and went with haste’ (Luke 1:39).

‘Beginning on the World Day of the Poor and ending on World Youth Day, you will be guided through a series of daily prayers, reflections and actions that follow the ‘See, Judge, Act’ Methodology.’

Throughout the week, the metaphor of planting and nurturing a tree will inspire the evolution of our reflections and actions and will help you to also connect with Caritas Internationalis’ ongoing global campaign, *Together We*.

The goal is to inspire in all who participate an openness to being evangelized by the poor, and to help us to discover new and innovative ways to serve, accompany and defend the most vulnerable – in other words, to truly be with them.

We invite anyone and everyone to join us, and we hope that you will use this initiative to enter into dialogue and encounter with your wider community!

To connect with participants around the world, tag us @iamCaritas @CaritasYouth and use the hashtag #PrayActCaritas.



Prepare the ground

Sunday 13 November
the World Day of the Poor

Before a seed can go into the ground, it is essential that the environment where the tree will grow is properly prepared. This could involve ensuring that the soil is healthy enough to receive and nurture the seed, or clearing the area so that the tree has enough room to grow. In the same way, today let's prepare ourselves for our reflections and actions for the week ahead. Join us at **10:00am Rome time** on Caritas Internationalis' Facebook page as we mark the World Day of the Poor with an online Mass animated by Caritas Youth from all over the world. Or, watch the Mass at any time on the @iamCaritas YouTube channel.



*Lord, we pray for our youth,
that you may teach us to love our neighbours and the most vulnerable.
Teach us to love, above all, those whom no one else loves.
Grant us the grace to understand that, while we live too happy a life,
there are millions of human beings,
who are also your children and our brothers and sisters,
who die of hunger, without having deserved to die of hunger;
who die of cold, without having deserved to die of cold.
Lord, have mercy on all the poor of the world.
And do not allow us, Lord, to live happily alone.
Make us feel the anguish of universal misery,
and deliver us from our selfishness.
Amen.*

(written by **Andrea Soto**, Caritas Honduras)



Choose your seed

Monday 14 November

Now that our environment is ready to nurture a growing tree, it is important to consider just what type of seed we should plant. Remember: not every type of tree can grow in every type of environment! It's essential to know what type of tree will be able to grow and thrive in the ecosystem where you plant it. Today, let's reflect on what types of actions are most appropriate to engage with the poor in our own community.

SEE

What do you see others currently doing in your community to serve the poor? What opportunities exist that you would like to get involved in?

JUDGE

St. Paul tells us, 'For your sakes Christ became poor' (2 Cor 8:9).

What do you think St. Paul means by 'poverty' in this sense?

Can this type of poverty counteract the type of poverty that causes so many in our communities to suffer?

ACT

Choose one thing in your life that prevents you from becoming 'poor' in the same way that Jesus became poor. Try to go without it until Sunday.

On Sunday decide, can you do away with it for good?



Choose your seed

Monday 14 November



Dear Lord,

*Grant us the courage to serve our brothers and sisters in need,
to face adversity with love.*

*Bless the work of the food pantries,
shelters and every individual in need.*

*Encourage and enlighten us for how we may continue
to serve the poor in our community.*

*And bless us, O Lord, that the work of our volunteers and staff
may carry out the gospel in a way that glorifies you.*

Amen.

*(written by **Abby Qualliotine**, Catholic Charities USA)*



Plant your seed

Tuesday 15 November

The ground is ready, the best seed is chosen – and now we are finally ready to plant! Today let's be intentional about how we 'plant' ourselves with care and love in our communities, and let's never lose hope that these seeds can grow into something beautiful.

SEE

What gifts do you have, that you could 'plant' in your community's efforts to serve the poor?

JUDGE

Pope Francis says that we should become poor like Jesus, in the sense that we should be close to the poor and live simply.

In what ways are you poor like Jesus? In what ways are you not?

ACT

Use one of your gifts today to serve the poor, or to bring the poor in from the margins of your community!



Plant your seed

Tuesday 15 November



God our father,
You created everything and all pleased you (Col1:16),
You bestowed love among humanity
and commanded that we should love one another.
Through the help of the Holy spirit,
Let all people recognize you in every man's work and gifts,
Let your people see the need of themselves to others
and let your servants cherish the love given by their fellow men.
Let every man strive to love and lead a poor life like Jesus
as Pope Francis is calling us all to do.
When we share the little we have,
we make a significant impact to our friends who do not have anything.

Specifically Lord, in Africa,
where many countries are still being referred to as 'developing countries',
climate change has caused devastating effects
leading to loss of lives and property.
God we pray that 'developed countries' help
all who are struggling with the effects of climate change
but have no resources to seek refuge.
Lord God, you called all of us to love one another unconditionally
and to give to the poor without expecting a reward (Luke 14:12-14).
Give every man a loving and giving heart
so that we can share the little we have with our dear friends
who don't have a penny, without looking for a return.

We pray all these through Christ our Lord
who lives and reigns with you forever and ever.
Amen.

(written by **Vincent Tenthani**, Caritas Malawi)



Nurture your seed

Wednesday 16 November

A planted seed does not guarantee a healthy tree! In order to grow and flourish, a seed needs help from the rain, the sun, and the nutrients from its surrounding environment. Sometimes, trees even need a little extra help from the person who planted them! We all have the ability to help a seedling to survive and thrive by ensuring that its environment is healthy, and it has access to all of the resources that it needs to grow stronger every day.



SEE

What initiatives in your community go beyond simply providing charity to the poor? Do you see any initiatives that 'nurture' the poor, protect their dignity, and help them to develop to their full potential?



JUDGE

In what ways do you live that could prevent the poor from living in an environment that allows them to access the necessities of life and develop to their full potential? In what ways do you help to create this healthy environment for everyone?



ACT

Is there something that you need to buy today? If so, try to buy it from an individual or enterprise that could really use your support – like a small business, or a self-employed artisan – rather than from a large company that might not source its products ethically.



Nurture your seed

Wednesday 16 November



God our loving Father, mighty creator of all that is good.
We gather again today as members of your family.
We invoke once again your Holy Spirit to be our guide.
We ask that you reignite your divine light of wisdom in us oh Lord
so we could see clearly our duties in your family of mankind.
Remind our hearts how in your good graces,
you lifted us from our poverty by enriching us with the life of your Son, Jesus.
For it was for our sakes that He became poor.
May we see him in the poor?
May we value his presence in them and serve them wholeheartedly
as he would himself serve them.
May we be wiser enough as not to pass judgement
but with haste uplift and defend the dignity of everyone around us
that society deemed lower or less significant
based on their materialistic possessions.
Prompt in us the desire to make an impact in the lives of others
by being leading examples of genuine concern and care
for those lesser in fortunes and opportunities.
In loving nature of being towards those who scrape for a living with the little they have.
May we be the opportunity they have long awaited
or the lending hand they've been praying for.
In every little way possible, may we be defenders of the poor.
Make us living gospels, so your light of love for all may shine forth
and your charity witnessed.
May we be as close to the poor as you were once before
when your Son walked amongst us.
We make these prayers through Christ your Son,
Amen.

(written by **James Mafi** and **Malialosa Tapueluelu**, Caritas Tonga)



Watch your tree grow!

Thursday 17 November

It's always exciting to see the first signs of a plant poke through the soil after a seed has been planted. Another exciting milestone is when the plant starts to actually look like a tree! Sometimes you can even look in old photographs and see how much a tree has changed over time. Being a witness to such a beautiful transformation is a gift – not only in the natural world, but in our communities as well...



Have you ever seen a project that truly transforms the lives of the poor and, by extension, the wider community? What was the most noticeable part of the transformation to you?



Pope Francis says that Christians ensure that no one lacks the necessities of life with a sense of joy and responsibility. When do you find joy in serving the poor? When do you find it challenging to find joy in serving the poor?



Go out and perform a small act of kindness to someone in need today, and remember to keep a smile on your face so that you spread not only your help but also your joy. Watch as your joy transforms the lives of those around you!



Watch your tree grow!

Thursday 17 November



*"The poor are great! The poor are generous!
And that gives us more than we give them."
Through our mission as Caritas,
and through Mother Teresa de Calcutta,
we are delivered from the idea of our superficial life
to bring us deep into our lives, our life in Christ.*

*We give poor people very little
and in return we gain a lot.
Give us, O Lord, the ability to see and live this message
in our lives as young people.*

*We are blinded by the idea of the poor as hungry, naked,
sick, abandoned and homeless.
But the poor are needy of love.*

*He who lives in turmoil and without peace is poor.
Whoever lives alone is poor.
He who lives in hatred is poor.*

*Lord, give us through the intercession of Mother Teresa,
the desire to give love before eating and clothing.
In this way, we give the best and most beautiful thing.
Amen.*

(written by **Caritas Lebanon Youth**)



Watch your tree change with the seasons

Friday 18 November

If you live in a place where the weather changes with the seasons, you've probably witnessed how these changes in weather affect the way a tree looks and even acts. In some countries, trees lose all of their leaves in the winter months and grow them back in the spring. In others, trees stay green all year. In still others, weather events at certain times of the year are so severe that trees that once stood strong can be completely destroyed. Throughout its entire life, a tree is inextricably interconnected with the environment around it.



How have some extraordinary events (like the Covid-19 pandemic, war, etc.) changed the face of poverty and the types of poverty in your community? How have you seen these events change communities around the world?



When you experience changes in your own life or in your community, does this affect your openness towards the poor and how you treat them?



Have a conversation with someone who has been affected by a crisis: ask them about their journey to where they are today, and truly listen to how they have struggled.



Watch your tree change with the seasons

Friday 18 November



*We pray that we may be in solidarity
with those who are suffering due to different calamities,
whether natural or manmade.*

*That we become sensitive to their needs,
and generously assist them towards recovery.
We pray, loving father, hear our prayer.*

*That we nurture more loving and life-giving encounters
Through the inspiration of the generations ahead of us,
To actively involve the marginalized sectors,
The labour force, the persons with disabilities,
And those who are taking care of the sick,
In activities which aim to build better communities.
We pray, loving father, hear our prayer.*

*That those working for and with the poor,
continuously be inspired by Christ's poverty
in the course of the challenges and limitations
that they may encounter in performing their tasks.
We pray, loving father, hear our prayer.*

*That we may be able to dispossess ourselves
From our personal biases,
to generously respond to the needs of the poor
and the vulnerable in our communities.
We pray, loving father, hear our prayer.*

Amen

(written by **Paulo Ferrer**, Caritas Philippines)



Admire the beauty of your tree

Saturday 19 November

When a tree matures, it truly becomes one of God's most beautiful creations! Often trees grow lush leaves or needles, many grow flowers, and some even grow fruits! These features of a tree are not only valuable for their beauty – they are also what contain seeds! When these seeds are carried away from the tree –for example by the wind, by animals, or by people – they carry with them the potential for new life, and new trees when they too find fertile ground where they can grow.



SEE

In what ways do you see the poor making positive contributions to your community? How does your community benefit from this economic diversity?



JUDGE

Do you allow yourself to be evangelized by the poor? Do you hold space for the goodness that they bring and the seeds that they plant in your own life and in the community where they live?



WYD Call to Action:

St. Luke tells us that when she learned that she would conceive and give birth to Jesus, 'Mary arose and went with haste' (Lk 1:39) to visit Elizabeth. This action that has inspired the 2022 WYD theme also inspires Caritas' Call to Action for you on this day: **Arise and go with haste to share the extraordinary gifts that you have been given, and put them at the service of those in need.** This week you have reflected not only on the gifts that you may offer, but also on the gifts that the poor may offer to you and your community. Go out this weekend and serve the poor in a new way that makes room for their gifts as well, and see how much you can accomplish together! In doing so, remember the words of Pope Francis in his 2022 World Youth Day Message: "In this beautiful season of your lives, press ahead and do not postpone all the good that the Holy Spirit can accomplish in you!"



Admire the beauty of your tree

Saturday 19 November



*Loving Father,
Having received your love,
help us to give this same love to the poor, the abandoned, and the homeless.
On the one hand, help us to give this love to the poor;
on the other hand, help us to recognize that we are also receiving love from them.
On the one hand, help us to give Mercy;
on the other hand, help us to recognize
that the poor always teach us how to give more mercy,
both to them and to everyone around us.*

*We desire to have happy and safe lives for ourselves.
At the same time, help us to desire to be happiness, safety, and family to the poor.
Help us to ask the poor 'what do you need?'
and help us to be close to the poor.
For the poor are for us, and we are for the poor.*

*Loving father, help us to give love and mercy to the poor with no limits.
Amen.*

*(prayer adapted from a reflection by **Ojciec Maciej Ziębiec CSsR**, Caritas Poland)*



Harvest the fruits of your tree

Sunday 20 November

A healthy tree is able to produce a harvest in each growing season. The fruits of the harvest are truly a gift to the whole ecosystem. How do you harvest the gifts that you have been given? Do you use your gifts to help your local – and global - community? 'On this World Youth Day, we are called to remember Mary who 'went with haste' to share the news of the gift of Jesus. Join us at **10:00am Rome time** on Caritas Internationalis' Facebook page as Caritas Youth from all over the world lead us in a prayer of the Rosary (or watch the video at any time on the @iamCaritas YouTube channel). This prayer will also include messages from Cardinal Luis Antonio Tagle, President of Caritas Internationalis, and Fr João Chagas, Head of the Youth Office of the Dicastery of Laity, Family, and Life.



WYD Call to Action:

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Harvest the fruits of your tree

Sunday 20 November



*Loving God,
Bless all those who harvest the gifts that you give them
by putting them at the service of the poor.
Help all people – especially young people – to use the gift of energy
to never become tired of sharing their gifts in each season of their lives.
Help them to use the gift of creativity
to always seek new ways to serve the poor.
Help them to use the gift of curiosity
to remain open to learning from all people,
especially those on society's margins.
And help them to use the gift of love
to always look for the best in others,
and to always protect the wellbeing of others.
Amen.*

(Written by **Caritas Internationalis**)