



FOOD FOR LIFE



Outpatients Department – FSE Field Hospital

### 1. Touch **I touch the Heart of Hunger.**

I take an empty dinner plate, or equivalent in my culture. I imagine it full of my favourite food, or a healthy meal, or what I ate in my last meal. I consider two hungers, the first is the reality of an empty plate for many. The second is the hunger that is felt in the soul. Both are needed in these days of emptiness, injustice and slender means.

I remember a small story of hunger and meal, of need and nourishment, and the person who fed me. If praying alone I hold that memory. If I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of Sustenance ... I begin to realize that in present circumstances, there are many people in constant hunger for a full belly and a new life.

### 2. Desire **I desire Food for Body and Spirit.**

I slowly and prayerfully read the prayer text below:

*Jesus said to his host, 'When you give a luncheon or a dinner, do not invite your friends or your brothers or your relatives or rich neighbours, in case they may invite you in return, and you would be repaid.*

*But when you give a banquet, invite the poor, the crippled, the lame, and the blind. You will be blessed, since they cannot repay you, for you will be repaid at the resurrection of the just.'* Lk 14:12-15

I name all the things I hunger for ...

I ask the Spirit for the food that fills.

### 3. Breathe **I breathe in the Spirit of Sustenance.**

I imagine the Spirit addressing me by name, saying, 'I will fill you with good things'.

I imagine the Spirit breathing nourishment into me. I breathe it in deeply, wait, then breathe it out through my hunger, and to all who are starving or wanting in spirit.

I repeat as desired – breathing, feeding, satisfied ...

### 4. Reach Out **I end in thanks, considering two questions. Firstly, if possible, how might I reconnect with the person who fed me? Secondly, to whom and how do I pass on this exercise – who urgently needs sustenance of body and soul now?**

Note: The three dots ... indicate the places to pause.

