



SESSION ONE ~ FOOD: A SACRED EXCHANGE

Note: If possible, use this lesson in the context of a meal (simple foods like beans and rice would be best). If time or place does not allow for a meal, offer some healthy snacks or fruit picked by a farm worker.

Step 1: Theme and Prayer (5 min.)

Read the theme aloud and then ask a volunteer to read the opening prayer from the Handout.

Theme: *Food is basic to life, and those who provide it enable us to live. Sharing food, the means to life and livelihood, is what a community does. Breaking bread implies that those of us who receive the food pledge ourselves to justice for those who provide it.*

Step 2: Farm Workers' Reality (10 min.)

Read the facts aloud from the Handout and briefly discuss with the group what was surprising about these facts and what the group already knew or didn't know about farm workers.

Step 3: Biblical Reflection (15 min.)

Read Luke 11:2-4 and discuss the following:

Why do you think Jesus included in the Lord's Prayer the phrase about requesting daily bread?

Read Matthew 26:26 and discuss the following:

What is the significance that Jesus' last meeting with his community was in the setting of a meal?

Read Isaiah 58:6-7 and discuss the following:

What are our responsibilities to those who provide our food and yet may not have enough to eat for themselves and their families?

Step 4: Learning Activity (15 min.)

Materials: food for meal; copies of dialogue for all; optional: photos of farm workers to hold up

during the reading of the dialogue. You can download sample photos from the curriculum website.

Copy Learning Activity page for each participant.

Process: Using the food available during the lesson, whether a meal or snacks, have participants solemnly feed each other, actually placing food in each others' mouths. The intention is to perform this intimate act feeling the dependence that we have on each other.

Afterwards, pass out the Learning Activity page and have five volunteers read aloud the words of the four farm workers and the reader.

After the reading, let the group sit in silence for a few minutes to think about the workers' stories. Have participants briefly share their feelings about what they heard.

Step 5: Follow-up and Prayer (5 min.)

Read aloud the suggested follow-up actions from the Handout and ask which of the suggestions are most feasible for participants to do during the following week. Encourage participants to commit to at least one action as an individual and consider engaging in some actions as a group.

Close with the following prayer or with a prayer offered by one of the participants.

Closing Prayer

God, our Creator, help us to feel in our hearts and bodies our deep connection with those who touch our food as it is grown and prepared. May we treat our food as a sacred gift from them and from you. Amen.

