

## ***Peace is...Sharing Unselfishly***

Psalm 145: 8-9, 15-16, 17-18 *“The hand of the Lord feeds us; he answers all our needs.”*

Matthew 14: 13-21 *Jesus said to them, “There is no need for them to go away; give them some food yourselves.”*

### **Reflection:**

When we are baptized, we are called to new life in Jesus Christ. We must die to ourselves in order to do God’s will. This, in part, means letting go of what we want, to share unselfishly with others who are in need.

Are we our brother’s keeper? Yes! As children of God, we are responsible for ourselves and others. We are called to give to others from our hearts, without expecting anything in return.

Christ uses our hands, our means, to feed the hungry and give drink to the thirsty. We are His instruments in the world. Will we allow Him to use us as He Wills?

### **Consider:**

- Ethiopia is suffering from alarming rates of malnutrition because of this year’s lack of rain and rising food and fuel prices. Approximately 80% of Ethiopians live in rural areas, where women and children have to walk as much as 6 hours to find safe and adequate water.<sup>1</sup>
- The dire situation in Haiti, where people took to the streets with protests and rioting due to sharply increasing costs of basic food staples, like rice, beans, and corn. An estimated 80% of Haitians live in abject poverty.<sup>2</sup> “This is how Haiti’s poor describe the burning sensation associated with chronic hunger: like drinking bleach or battery acid.”<sup>3</sup>
- There are more than 1 billion people in the world who do not have access to a safe supply of drinking water.<sup>4</sup>
- A typical 5 minute shower uses 26 gallons of water; one toilet flush: 5.28 gallons; washing machine: 59.45 gallons. The average person in the developing world uses 2.65 gallons for a whole day. Think about how that compares to your typical day.<sup>5</sup>

We take so much for granted! Can you imagine going for days without being able to eat or feed your children? Walking for hours to collect your water for the day?

### **Action:**

- Support a water project in a developing country.**<sup>6\*</sup>
- Conserve water at home: when showering, turn water on only to rinse; when washing dishes, use low flow of water (it’s surprising how little you need); repair leaky faucets; use tap water instead of bottled water.**
- Donate to the Whiting Food Pantry during your parish’s monthly collection.**
- Support organizations that help developing countries with lasting solutions to poverty, hunger, and injustice.\***

1 taken from <http://www.crs.org> and <http://www.doctorswithoutborders.org>

2 taken from <http://www.foodforthepeople.org> and <http://www.crs.org> . Violent protests occurred in early April.

3 Robyn Fieser, Catholic Relief Services, <http://www.crs.org/haiti/food-crisis-protests/>

4 taken from <http://www.water.org>

5 Water for Life (DVD) Discussion Guide: Catholic Relief Services, 2006, with the National Council of Catholic Women

6 for info on the water project partnered by CRS and the NCCW, go to <https://crs.org/brazil/water-video/>

\* Websites like [www.CharityNavigator.org](http://www.CharityNavigator.org) can help you determine which charitable organization is right for you.