

SOLIDARITY CELEBRATION
BREAK THE FAST WITH A SOLIDARITY MEAL!

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Consider combining the Solidarity Celebration with the Closing Liturgy.
A communal liturgy and meal is a great way to celebrate all you have done over the 25 hours.

Think about inviting family, friends, school, parish or community representatives, people living/working in alternative housing or shelters, people living homeless, DEVELOPMENT AND PEACE Youth Reps or Animators, and sponsors! Find out how to invite your regional DEVELOPMENT AND PEACE Animator by going to devp.org/THINKfast

A FEW THINGS TO KEEP IN MIND:

- With all the work that we have done in previous campaigns, we want to encourage all participants and guests to agree to a Bottled Water Free Zone for their THINKfast and the final celebration.
- Have the meal prepared as much as possible beforehand as participants won't have the patience for long cooking sessions.
- Lead or invite a volunteer to lead grace before meals.
- After abstaining from food for 25 hours it's best to ease back into eating to give your system a chance to adjust again. Savour each bite and take the time to be thankful for the food on the table. For more information about fasting, please see our Fasting Guide.

MAKE YOUR SOLIDARITY MEAL ECO-FRIENDLY

- * Tap into it! Use tap water in jugs or coolers rather than bottled water
 - * Buy local (and if possible organic).
 - * Use reusable plates, cups, cutlery, etc.
- * Purchase fair trade, organic and local foods to break the fast
- * Reduce power consumption, perhaps by eating your meal by candlelight!

During the fast, participants can present different aspects of the liturgy: songs, readings, reflections, symbols, commitments, prayer intentions and dramatization etc.

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Solidarity Meal Ideas!

100-MILE MEAL // So often, the food we eat comes from the far reaches of our planet, passing through many hands, travelling long roads and waterways. Make connections to local food producers and farmers and/or find out about community-shared agriculture projects in your area. Consuming locally grown foods requires 17 times less oil and gas than a typical diet. Let's support our local Canadian farmers and make a difference by enjoying a meal that did not travel more than 100 miles from farm to table!

RECIPES FOR HUNGER // Have community members prepare their favourite dishes, like a traditional pot-luck where everyone gets to sample each other's favorite recipe!

COAST-TO-COAST // Have groups or teams prepare/provide meals from the traditional recipes of specific countries or cuisines of their choice. A great way to learn about another country is to learn how they eat!

VERY VEGGIE // Since growing vegetables is easier on the land and our environment than raising cattle and other livestock, encourage plenty of vegetarian dishes as main courses and sides.

COUNTRY THEME // Create a meal that represents a country where they struggle for access to clean, safe water or a country where DEVELOPMENT AND PEACE has partner organizations, like the Philippines, Peru, Haiti or Brazil!

COMMUNITY INVOLVEMENT // Consider asking a group from your church to prepare the meal for you, and join with you in the Solidarity meal.



CANADIAN CATHOLIC ORGANIZATION FOR

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