

# Arise and Go With Haste!

Caritas Internationalis



World Day of the Poor /World Youth Day - Week of Prayer and Action 2023

## Sunday November 19 - World Day of the Poor



Join us on Caritas Internationalis' Facebook page at 10am Rome time (or on YouTube @iamCaritas anytime) for our **World Day of the Poor Mass**, featuring contributions by Caritas Youth from across the world and a homily by Caritas Internationalis' President, Bishop Isao Kikuchi!

Lord, help us to see your face in the faces of the poor, to hear your voice in their stories, and to feel your presence in their struggles. Amen. (Caritas Sierra Leone)



## Monday November 20



How many people live in different types of poverty in your community?

How could becoming poor yourself help you to understand the lives of those who live in poverty?

Choose a privilege that you enjoy, and try to go without it this week.

We pray for victims of human trafficking. May they be rescued and find healing and freedom. Amen. (Caritas Cambodia)



## Tuesday November 21



Do people perceive the poor with any stereotypes in your community?

What emotions prevent you from having a genuine connection with the poor? Why do you feel this way?

Visit a community group that serves the poor and make genuine connections there!

Grant us strength to break through barriers of fear, allowing us to extend hands of support without reservation. Amen. (Caritas Europa)



## Wednesday November 22



Is there poverty in your community that is invisible? What kinds and why?

Do you make assumptions about people based on their income, rather than the type of work they do?

Thank someone who is underpaid for the important work they do!

Bless those who work in challenging economic conditions, yet still need assistance. Amen. (Caritas Lebanon)



WEBINAR

'Shine, Listen, & Be Unafraid to Serve the Poor'  
13:00 Rome time

## Thursday November 23



How has climate change affected the nature of poverty in your community?

The poor contribute the least to climate change but are affected by it the most. Is this a form of injustice?

Do something that actively involves and empowers the poor to care for the Earth!

Make us living Gospels, so your light of love for all may shine forth, and your charity may be witnessed. Amen. (Caritas Tonga)



## Friday November 24



Is it a struggle for those living in poverty to access nutritious food?

Do you feel a responsibility to share with those who are hungry, if you do not struggle to access food?

If you have the means to, donate some resources to a community outreach group!

You showed us how to share when you multiplied the loaves and fish. May we believe again. Amen. (Catholic Relief Services)



## Saturday November 25



What supports exist in your community for those living in poverty?

Do I have a responsibility to advocate for the dignity and wellbeing of the poor? Why or why not?

Be an advocate by calling on an influential decision-maker to care for the poor.

Good Father, enlighten the hearts of our leaders and institutions, so that they may be Good Samaritans. Amen. (Caritas Honduras)



## Sunday November 26 - World Youth Day



**Arise and go!** Download our **World Youth Day Examen** audio file and take a 30-minute guided walk through your community, that will help you to reflect on this past week and to see poverty in a new light.

We pray for young people all around the world **to Shine** with the presence and hope of Christ, **to Listen** to the Gospel and to the needs of the poor, and **to Be Unafraid** because Christ is our strength, our hope and our joy. Amen. (Dicastery for Laity Family and Life Youth Office)

