

Parish resource

WEE BOX, BIG CHANGE 2023



Catherine,
Zambia

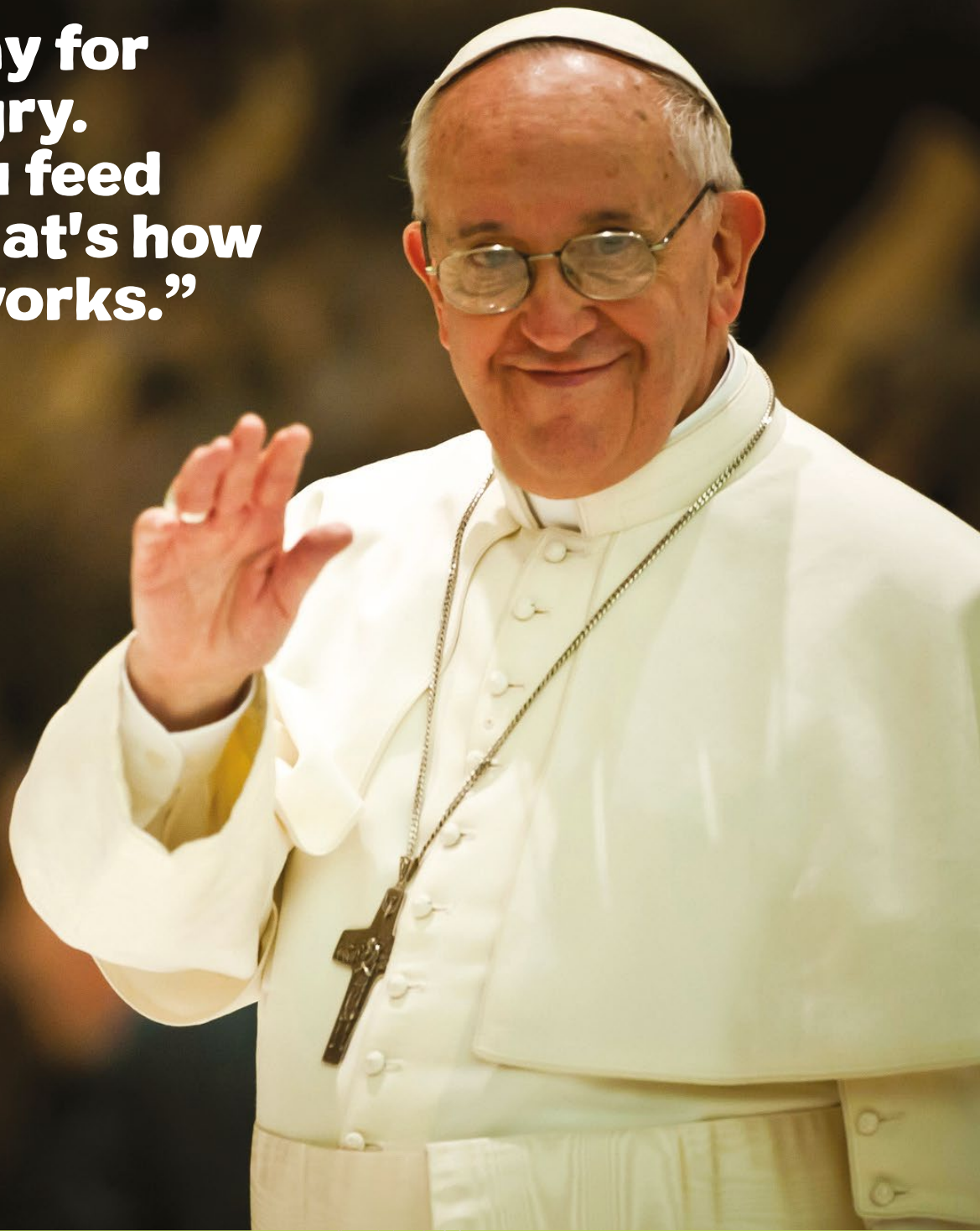
**WEE
BOX**

Big change

**You can
download all
WEE BOX parish
resources
here.**

**“You pray for
the hungry.
Then you feed
them. That's how
prayer works.”**

– Pope Francis



This resource provides various ways to pray throughout Lent from the Stations of the Cross to video reflections. It also includes materials you need for the WEE BOX Day of Prayer on Friday 17th March. Please join parishes and schools across Scotland in prayer on this day.

Prayer is crucial and at the core of our worship. It is our primary way of communicating with God. There are many different ways of praying, all of which add to the rich and beautiful traditions of our faith.

Spending time in prayer is another way to put our faith into action this Lent and show solidarity with our sisters and brothers suffering extreme hunger.

**Together, we can reach out in love
and act against hunger.**

WEE BOX Day of Prayer

Friday
17th March
2023

Use the following prayer suggestions to add to your daily Mass
or to form a 15/20 minute WEE BOX prayer service.

**"When you call me, and come and pray to me, I will listen to you.
When you look for me, you will find me. Yes, when you seek me
with all your heart, I will let you find me."**

Jeremiah 29:12-14

WEE BOX Reflection video

Simply press **play**, watch, and listen. Includes
prayers from our partners in Zambia and
Scripture read by pupils in Scotland.



WEE BOX Prayer

Loving Father,

You have given us an abundance through
your creation,

yet many go hungry.

Forgive us for excluding our sisters and
brothers from their share,

and help us to see each other in the light
of the Gospel.

Help us to live in the way you want us to live.

To love our neighbour, to show mercy and
to act in solidarity.

We ask this in the name of Jesus, our Lord.

Amen

Suggested hymns for your WEE BOX Day of Prayer service

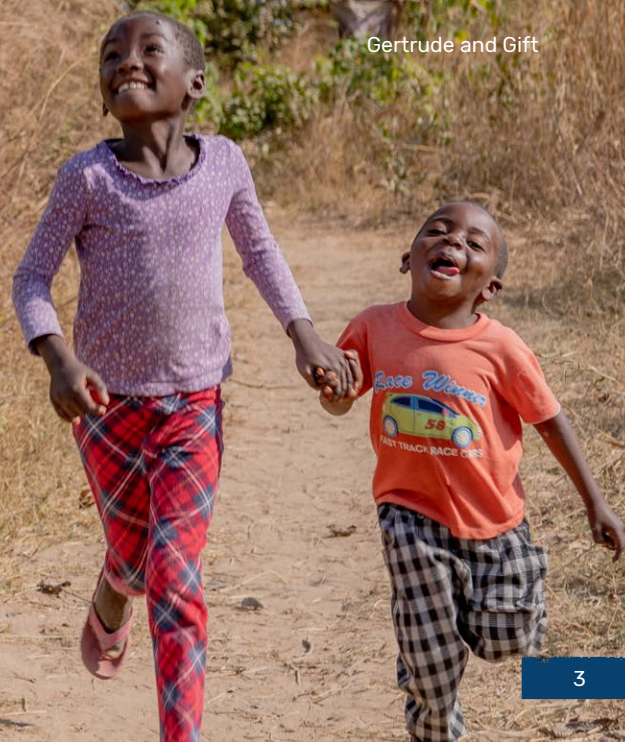
Here I am Lord
(Laudate 865)

Christ be our light
(Laudate 883)

Make me a channel of your peace
(Laudate 898)

One Bread, One body

Gertrude and Gift



Juliet (far left),
her dad Aggrey,
and siblings,
Zambia



Give us this day our Daily Bread

**Read out the following reflection and finish by saying
the Our Father altogether.**

“Give us this day our daily bread”

When Jesus taught his Disciples how to pray in Matthew chapter 6, this line of the ‘Our Father’ teaches us to look to God for our provision.

Was it physical bread and other food that Jesus was asking us to pray for?

Yes, but also more than that.

Remember in Exodus chapter 16 when God provided bread from heaven for the Israelites as they wondered in the desert. God sent ravens to provide food for Elijah, Jesus fed over 5,000 people from very little after thanking God for the food.

God, the provider, is not new to giving food to those in need.

God wants us to rely on Him for our physical nourishment and to thank Him for it too. It is horrifying that there is enough food in our world for everyone, yet 811 million people go hungry every day. We need to pray!

‘Our daily bread’ is more than physical food though, it’s about spiritual food too. If we elaborated this line of the prayer, we might say ‘give us everything we need this day to live a life that you are calling us to live’.

Give us compassion, give us patience, give us humility, give us perseverance to seek after God, the list could go on. But know this, that God is more than able to provide all your needs and the needs of our sisters and brothers.

Pope Francis says **“You pray for the hungry. Then you feed them. That’s how prayer works.”**

Let’s say the Our Father together...



Bidding Prayers

Loving God, we take time to thank you for all the good things you give us. For food, for work, for family and friends, for the seasons and for your love and forgiveness. Help us not to take for granted your gifts to us. Lord hear us...

For our sisters and brothers who find daily food a struggle to come by. Satisfy their hunger and provide them with a way to earn an income. Heal their hurt. Lord hear us...

For SCIAF and their partners in Zambia who seek to empower people in poverty. We ask you, Lord, to sustain their work. We thank you for the thousands of people that have already received help but we pray that more will be supported. Lord hear us...

In this Lenten period, we ask you, Lord, to help us remember the work of SCIAF in our prayers. We thank you that, together as the Church, we have been able to support so many life-transforming projects for almost 60 years. Lord hear us...

For our Parish community, we ask a blessing on all parishioners as we put our faith into action. Help us to love our neighbour, both locally and globally. Lord hear us...

For those that lead us in the Church, we ask you for wisdom as they guide us spiritually. Grant them peace and guide them. Lord hear us...



At church in Zambia

Stations of the Cross

The Stations of the Cross have long been a feature of the Church's devotional life, especially during the season of Lent. Use our Stations of the Cross during the WEE BOX Day of Prayer, and weekly in Lent. You can download the pdf booklet and a PowerPoint presentation is available to accompany this. Thanks to Fr Stephen Reilly, Co-ordinator of Spiritual and Pastoral Formation at The University of Glasgow for providing this year's Stations.



Bulletin entries from SCIAF

We've provided some short notices from SCIAF that you can put in your bulletin to keep parishioners up to date with this year's WEE BOX, BIG CHANGE appeal.



WEE BOX PowerPoint

Share this PowerPoint, and accompanying notes, with your Parish groups to help them find out more about how we're supporting families in Zambia to grow more food.



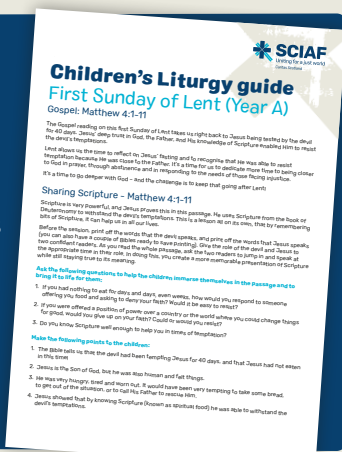
Lenten reflections


Download our PowerPoint with a reflection and image for each weekday in Lent.



Children's Liturgy

Download and share
our Children's Liturgies
for the five Sundays
of Lent.





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- Pope Francis

At church in Zambia

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Scottish Catholic International Aid Fund

SCIAF is the official relief and development agency of the Catholic Church in Scotland and a proud member of the Caritas family. 7 West Nile Street, Glasgow G12PR. Tel: 0141 354 5555. Scottish Charity No: SC012302. Company No: SC197327. Photos: Colin Hattersley.