



Faith Sharing Group Reflections

Rice Bowl's weekly Stories of Hope include stories of inspiration from around the world with a particular focus on a principle of Catholic Social Teaching. **FAITH SHARING:** Gather as a faith sharing group each week to:

(1) learn about Catholic Social Teaching, (2) read from scripture, (3) ENCOUNTER the Story of Hope, (4) review faith-sharing questions, (5) end time of sharing with closing prayer.

Week Two - Sacredness and Dignity of the Human Person

Catholic social teaching inspires and guides how we are to live and work in the world. In this principle, Sacredness and Dignity of the Human Person, we remember that, when God created us, he made us in his image and likeness. That means that every human being has a special value and purpose. We need to care for each other so that we can be the people God calls us to be.

Scripture: Genesis 1: 26-31



ENCOUNTER EVELINA FROM ZAMBIA

Evelina Banda, like generations of Zambians before her, used to survive on meals made from corn flour, usually a porridge called “nshima.” “Growing up, I’d eat porridge in the morning, at lunchtime and again in the evening,” she says. After all, it was cheap and easy to make.

Unfortunately, nshima has very little nutritional value—and relying too heavily on it has led to high rates of malnutrition. Many in Zambia have full bellies, but little nourishment. And this is particularly dangerous for children under the age of two, who need high levels of vitamins and minerals to grow up healthy and strong. That means mothers who are nursing—as well as their children—need nutritious meals.

So, CRS is teaching women like Evelina how to prepare healthier meals and grow new, vitamin-rich crops like peanuts, pumpkins and sugar cane. In many cases, these crops were already being grown in the village. Now, Evelina and others are adding more nutritious food to their children’s nshima: ground peanuts or eggs, for example. And, what the women learn, they share with their community—especially expectant mothers.

“We sing and dance during the cooking lessons because we are happy to learn how to cook different types of food,” says Evelina. Evelina is healthier, and so is her son, Steven. “I know I

am taking good care of him, because he's full of energy, he's strong and never sick," she says, with a smile.

Faith-Sharing Questions:

1. What stands out for you most in today's Scripture? In Evelina's story?
2. How was the Catholic social teaching principle Sacredness and Dignity of the Human Person demonstrated in this story?
3. Are there some persons you struggle with seeing their dignity? Do you value some "types" of persons more than others?

Closing Prayer:

God of all life,
we pray to always remember
that each person is made in your image.
May we treat our brothers and sisters
and all of God's creation with honor and respect.
Amen.