

“HUNGRY TO HELP HAITI”
VIRTUAL DINE-OUT THIS WEDNESDAY, JANUARY 27th



In solidarity with our brothers and sisters in Haiti, please prepare a simple meal at home this Wednesday and donate what you might have paid for a dinner out at a restaurant, to relief efforts in Haiti. *During your meal, please pray for all of those affected by the earthquake and the tireless workers striving to provide relief. Discuss with your families Catholic Relief Services call to “stand with us as one human family and a community of faith at this difficult moment in our world’s history.”* Please give your donation to your teacher or the school office on Thursday and in turn one donation will be made to Catholic Relief Services on behalf of St. John School.

(Make checks payable to Saint John School and write Haiti in memo.)

A Prayer for the People of Haiti:

God of all creation, as we weep with our family in Haiti, console us.

In this time of crisis, open our eyes to look beyond the disaster to see Christ in our brothers and sisters in Haiti, as Christ sees us.

Be with all creation; strengthen us in solidarity with those living and working in Haiti. All creation returns to you in mourning and your grace guides our efforts to feed the hungry, shelter the homeless, comfort the grieving and stand for justice.

With your mercy, sustain us at this time as we continue to work for peace and justice.

Amen.

A Suggested Haitian Recipe to Prepare:

Here is a simple meal from Haiti you may consider preparing in solidarity with our brothers and sisters impacted by the earthquake.

Rice and Red Beans (serves 4)

- ½ cup fresh parsley
- 3 green onions, chopped
- 3 cloves garlic, minced
- ¼ tsp dried thyme
- 2 tsp salt
- 3 Tbsp oil
- 1 cup rice
- 2 cups cooked or canned kidney beans
- 1 ½ cups vegetable broth*
- 1 cup water



**½ can Cream of Celery soup + 1 cup water or juice from the kidney beans may be substituted for vegetable broth.*

In a large saucepan, add first 5 ingredients into 3 Tbsp of oil. Heat through and add rice. Brown the mixture slightly for about 5 minutes, stirring occasionally. Add beans, broth, and water and bring to a boil. Reduce heat, cover and cook until water is absorbed, about 15 minutes, stirring occasionally. Stir and serve hot.