For the Church:
May it retain its focus on serving God through the service of the vulnerable, oppressed and poor of our world.

_Lord hear us._

For those in need:
That those who are struggling are assisted in practical ways to achieve self-reliance and security.

_Lord hear us._

For farmers around the world:
May they be empowered to challenge oppressive social structures in view of a brighter future.

_Lord hear us._

For all gathered here at this Eucharist:
That we may simplify our lives and make a choice to offer others a brighter future.

_Lord hear us._
**Exodus 16:13-21**

That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. When the Israelites saw it, they said to each other, “What is it?” For they did not know what it was.

Moses said to them, “It is the bread the LORD has given you to eat. This is what the LORD has commanded: ‘Each one is to gather as much as he needs. Take an omer* for each person you have in your tent.’”

The Israelites did as they were told; some gathered much, some little. And when they measured it by the omer, he who gathered much did not have too much, and he who gathered little did not have too little. Each one gathered as much as he needed.

Then Moses said to them, “No one is to keep any of it until morning.”

However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell.

**Some reflections from this passage:**
- God intervenes, with compassion, to help feed the hungry
- We are taught about the dignity of being able to work to produce and gather food for ourselves
- We should be content with enough; those who gather more are left with nothing extra
- The reminder that the world’s goods are for all.

**Matthew 25:35-40**

For I was hungry and you gave me food, I was thirsty and you gave me something to drink; I was a stranger and you welcomed me; I was naked and you gave me clothing; I was sick and you took care of me; I was in prison and you visited me."

Then the righteous will answer him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?”

And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.”

**Some reflections from this passage:**
- The call to respond to our neighbour’s needs and to share with others
- The importance of the preferential option for the poor. The

**Also:**
- Mark 12:44 – the widow who gave all she owned
- Acts 20:35 – the blessings of giving and protecting the vulnerable
- 2 Corinthians 8:9 – the example of Jesus’ ultimate gift
- Matthew 14:20 – the feeding of the multitude

www.caritas.org.au