

# prayer of the helping hands

One of his disciples, Andrew, the brother of Simon Peter, said to him, “There is a boy here who has five barley loaves and two fish; but what good are these for so many?”

— **John 6:8-9**

“The little ant says that what she has is not a lot, but enough to show to the person she loves.”

— **Burkinabé proverb** (*pronounced bər-KEE-nə-bay*)

Bountiful Lord,

When thousands stood before you,  
hungry and tired  
You first invited your disciples  
to feed them  
And then you showed them how.

In your love for humanity,  
You have invited us to be vessels of  
your compassion and mercy;  
Show us how to play a part in your  
miracles.

Lord, we do not confront the hunger  
of 5,000 today  
But the hunger of nations.  
But we have many hands  
And full hearts  
And we have your Gospel to show us  
the way.

Bless not only our hands  
But those of our hungry brothers and  
sisters.  
The hands that plant, nurture and  
harvest  
Working for a future that is  
free from hunger.

We are young and old  
We are weak and strong  
With different faces and  
different talents.  
Through you  
The compassion of a small, overlooked  
child  
Became a feast for all who hungered.

Look upon the compassion of all  
gathered here today  
And the determination of our brothers  
and sisters overseas;  
Transform it into a feast for the ages.

What you taught us is what the  
Burkinabé teach us:  
That we have enough  
Right here and right now  
To do untold wonders.

May all the members of your family eat  
until they are satisfied.

Amen