







## Our Father

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Our Father

*Not a frightening God  
But the loving Father of all humanity*

Who art in heaven

*Not far away but very close  
Heaven is where we find the presence of God*

Hallowed be thy name

*We place your name above all other names  
We praise you, we honour you, we thank you*

Thy kingdom come

*May the world look like the kind of place  
God wants it to be, just and compassionate*

Thy will be done on earth as it is in heaven

*We all want different things  
But it's what you want for us and the world that matters*

Give us this day our daily bread

*Give everybody what they need to live, physically and spiritually,  
Give us the grace to help them*

And forgive us our trespasses as we forgive those who trespass against us

*If we don't forgive other people*

*We won't be able to feel forgiven*

And lead us not into temptation

*Protect us from the glamorous path*

*The world sets before us*

But deliver us from evil

*Spare us from the terrible things human beings are capable of  
and help us to stand against evil in our world when we can*

For thine is the kingdom and the power and the glory, for ever and ever\*

*And your kingdom is loving, your power is gentle and your glory  
is humble.*

Amen.

*Let all this be so.*

\*This is usually not said in Catholic communities  
but is said in Church of England communities.

## Harvest prayer

### *Harvest fast day, first Friday in October*

God of the harvest,  
We thank you for the fruits of the earth,  
We thank you for the hands that plant the crops  
And tend the flocks,  
For those who look to the heavens for rain.

We have lost touch with the soil,  
With what it means to sow and reap,  
To wait with patience for the rains and green shoots.  
We often take for granted what is on our plate.  
We see farm machinery in our country  
And endless fields of wheat,  
But we don't know the back-breaking labour  
Of farming with basic tools, digging the earth  
To turn over tired soil, scattering seed,  
Harvesting carefully, struggling to get a decent price for the crop.

We know there is more than enough to go around.  
We know that a scandalous amount is wasted.  
We know that one billion children in the world live in poverty.  
Help us never to be indifferent to the real, daily needs  
Of our brothers and sisters on this earth.  
Help us to understand what fair trade means  
And support those who treat the farmers  
With dignity and justice.

Help us to bear good fruit in our own lives,  
What it means to reap what we sow.  
Help us to grow in responsibility for what we do,  
For our earth, our common home,  
For our brothers and sisters  
Who live in places where life is much harder.  
Bless all those who sow and reap.  
Bless the harvest of the earth.  
Bless the harvest of our lives.

### *Tips for teachers*

You will find a wealth of resources to support your Harvest Day activities and prayers on the CAFOD website at: [Cafod.org.uk/Education/fastday](http://Cafod.org.uk/Education/fastday). Harvest Fast Day is usually around the beginning of October.

### *Did you know?*

Did you know that CAFOD has an online store with T-shirts, tops and hoodies made from 100 per cent organic cotton made in an ethically accredited wind-powered factory? For more information, visit [shop.cafod.org.uk](http://shop.cafod.org.uk)