

May 2026

PRAYING WITH *the Holy Father*

Monthly Resource

for small group gatherings or classroom use



Pope's Worldwide Prayer Network
UNITED STATES APOSTLESHIP OF PRAYER

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May 2026

That everyone might have food

Opening Prayer

- Begin with the Sign of the Cross
- Prayer: The Daily Offering



Good Father, I know you are with me. Here I am on this new day. Place my heart once more with the Heart of your Son Jesus, who gives himself for me and who comes to me in the Eucharist. May your Holy Spirit make me his friend and apostle, available for his mission of compassion.

I place in your hands my joys and hopes, my works and sufferings, everything that I am and have, in communion with my brothers and sisters of this Worldwide Prayer Network.

With Mary, I offer you my day for the mission of the Church and for the prayer intentions of the Pope and my Bishop for this month. Amen.

Introduce Intention

The Holy Father's May 2026 Intention

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

The Pope Video

- If time allows, watch the Pope Video produced for this month.
- The video is available at <https://www.popesprayer.va/praywiththepope/>

Reflection

Reflection by Br. Henryk Cisowski

Br. Henryk is a Capuchin Franciscan friar from Kraków, Poland. He is a co-founder and long-time director of St. Padre Pio Charities in Kraków, a nonprofit organization accompanying people experiencing poverty and homelessness on their path toward a dignified life. Since 2021, he has been ministering at Capuchin Community Services in Milwaukee, which provides food, shelter, and outreach to those in need. Since 2024 appointed a Ministry Director of this Capuchin Ministry.

“There is an old monastic story about a monk who received a gift and quietly passed it on to another brother, setting off a kind of chain reaction. The gift moved from brother to brother, until it finally returned to the one who had set it in motion.

This story, which I heard years ago, came back to me recently when we received a bread slicer from On the Rise, a Capuchin bakery in Detroit. They had two, so they shared one with us. It turned out to be a providential gift. Not long afterward, a bakery in Milwaukee began donating bread they were unable to sell – beautiful loaves of high-quality, artisanal bread.

Once sliced, the bread made its way to the tables of our soup kitchen and into the hands of our guests, many of whom took it home with them. Still, there was often far more bread than we could use. So I loaded my entire car trunk with loaves and brought them to another food pantry we work closely with, wondering whether they would be able to manage it – after all, bread does not keep for long.

As it turned out, they in turn collaborate with many other soup kitchens and food pantries, all of which are glad to receive and make good use of any surplus.

Unlike in the monastic story, nothing came back to me – except a deeper gratitude and a clearer understanding: that interdependence, that mutual connectedness, is not a “chain” that binds or restricts us, but one that protects and multiplies what is good. It is good to take part in the mission of the Apostles, to whom Jesus says: “Pick up the pieces left over, so that nothing is wasted.” (Jn 6:12, NJB)

Sacred Scripture

- Matthew 25:35-40: "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

Saint Connection

St. Francis of Assisi (1181-1226)

- Francis was born into a wealthy family in Assisi, but he chose to give away his money and possessions so he could live simply and serve people in poverty.
- Francis started the Order of Friars Minor, often called the Franciscans. Members of the order lived among the poor, preached the Gospel, and helped those in need.
- Francis was known for helping people with Leprosy, who were often isolated and feared in the Middle Ages. He visited them, cared for them, and treated them with dignity.

Discussion Questions

- In Matthew 25:35-40, Jesus teaches that helping those in need is like helping Him directly. How does Br. Henryk's story show this teaching in action through the work of soup kitchens and food pantries?
- In what ways might I sometimes neglect people who are poor, hungry, lonely, or in need, even if I don't mean to?
- What are some ways I can use my time, talent, and treasure to help those in need?

Closing Prayer

God of Justice,
open our eyes
to see you in the face of the poor.
Open our ears
to hear you in the cries of the exploited.
Open our mouths
to defend you in the public squares
as well as in private deeds.
Remind us that what we do
to the least ones,
we do to you.
Amen.