



**O my tummy! Do not eat!**
**Be strong this day on your feet!**
**Leave your drink and leave your meal**
**And think of how the hungry feel!**

**O my tummy! Take no drink!**
**Keep a fast, for others think**
**Not a drop will reach their lips**
**Though before you water drips.**

**We must help the hungry, poor**
**Give them food and things much more**
**When we all fast then indeed**
**We think of those in need!**