



# 100 People: A Global Village

Module **1**: Opening

Activity Level: Low

**Goal:** This activity will help participants see the stark realities of our world by looking at important characteristics of the world's population. In this activity, the world's population is represented by just 100 people.

**Instructions for the Presenter:** Welcome participants to the session on ELCA World Hunger. To invite people into the experience, choose one of the following prayers and/or hymns listed below or choose your own.

## PRAYERS

1. Look with mercy, gracious God, upon people everywhere who live with injustice, terror, disease, and death as their constant companions. Rouse us from our complacency and help us to eliminate cruelty wherever it is found. Strengthen those who seek equality for all. Grant that everyone may enjoy a fair portion of the abundance of the earth; through your Son, Jesus Christ our Lord. Amen.  
*ELW, additional prayers, social ministry, the oppressed, page 79*
2. Lord, we greatly rejoice: our souls exult in you. You cause the earth to bring forth food: we eat and are glad. And we beg you to cause righteousness to grow forth from the world that all peoples may live in strength and safety, through Jesus Christ our Lord. Amen.  
*Share Your Bread, copyright 2000, ELCA, page 13*
3. Blessed are you, O Lord our God. Like a mother hen shielding her chicks, you nurture and protect us. We praise you for your care: blessed be God forever! Gather all the hungry and homeless, O loving God, under the warmth of your wings, and so give life to the world, that your name be praised now and forever. Amen.  
*Share Your Bread, copyright 2000, ELCA, page 16*

4. Good and gracious God, in the busyness of our days help us to not turn away from our neighbors in need. Grant us courage to stand with them, let our voice join with theirs, and let our actions reflect the example we have in your Son, Jesus, in whose name we pray. Amen.
5. Say a prayer yourself or invite a member from the group gathered to offer one.

## SONG SUGGESTIONS FROM EVANGELICAL LUTHERAN WORSHIP (ELW)

- ELW 710  
Let Streams of Living Justice
- ELW 712  
Lord, Whose Love in Humble Service
- ELW 720  
We Are Called

Follow the instructions for this opening, "100 People: A Global Village" to help people think about hunger and poverty in our world and in our lives.





Read the following aloud to prepare participants for the concept of this activity.

### READ ALOUD

We often hear statistics about the population of the world. However, given that there are, in 2010, roughly 6.8 billion people on the planet, it can be hard to make statistics relevant on a scale that we can comprehend. This activity will help us see the stark realities of our world by looking at important characteristics in the world population. In this activity, the world's population is represented by 100 people.

### MATERIALS

- “100 People: A Global Village” Statistics (provided below)

### INSTRUCTIONS

#### Option 1:

1. Present the statistics list to all participants.\*
2. Read the facts aloud together (e.g. participants take turns reading facts, or one person is chosen or volunteers to read all facts.)

#### Option 2:

1. Cut the 100 People statistics apart by topic and distribute them to participants.
2. Participants take turns reading their “facts” aloud to the group.

### QUESTIONS FOR DISCUSSION

1. What facts most stood out for you?
2. Did any facts surprise you, and why?
3. What do these facts mean to us as world citizens? As people of faith?

### POINTS TO EMPHASIZE

1. This exercise is intended to help us realize the statistical realities about the similarities and differences between people that are present in our world today.
2. Hunger is a reality. Approximately 1 in 6 persons is hungry.
3. About half of the world's population lives in poverty.

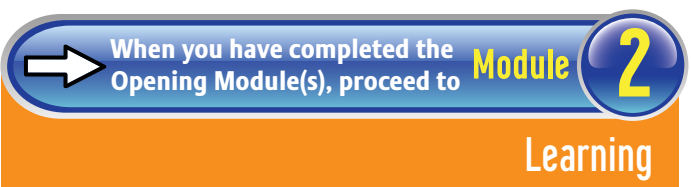
### CITATIONS:

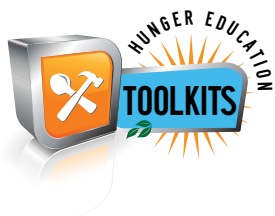
Smith, David J. *If the World Were a Village*. Toronto: Kids Can P, 2002.

“WorldPOPClock Projection.” *International Database*. 18 June 2008.

U.S. Census Bureau. 7 July 2008 <<http://www.census.gov/ipc/www/popclockworld.html>>.

*\*Be eco-friendly and provide this list via dry erase board or verbally.*





**Read Aloud:** If the world were a village of 100 people...

## AGES

- 19 are children between birth and 9 years old
- 18 are between ages 10 and 19
- 32 are between ages 20 and 39
- 21 are between ages 40 and 59
- 6 are between ages 60 and 69
- 3 are between ages 70 and 79
- 1 is over age 79

## NATIONALITIES

- 61 are from Asia
- 14 are from Africa
- 11 are from Europe
- 8 are from South America, Central America (including Mexico) and the Caribbean
- 5 are from Canada and the United States
- 1 is from Oceania (an area that includes Australia, New Zealand and the islands of the south, west and central Pacific)

## RELIGIONS

- 33 are Christian
- 21 are Muslim
- 13 are Hindu
- 9 practice shamanism, animism and other folk religions
- 6 are Buddhist
- 2 belong to other global religions, such as the Baha'i faith, Confucianism, Shintoism, Sikhism or Jainism
- 1 is Jewish
- 15 are non-religious

## LANGUAGES

- 21 speak a Chinese dialect—of these people, 16 speak the Mandarin dialect
- 9 speak English
- 9 speak Hindi
- 7 speak Spanish
- 4 speak Arabic
- 4 speak Bengali
- 3 speak Portuguese
- 3 speak Russian

## SCHOOLING AND LITERACY

- 36 are school-aged persons (ages 5 to 24), and only 30 of them attend school.
- 1 is a teacher for those 30 students.
- 13 cannot read at all.
- 2/3 of those who are illiterate are women.

## AIR AND WATER

- 83 would have access to safe water near their homes or close by.
- 17 do not have access and must spend a large amount of time each day obtaining safe water.
- 64 have access to adequate sanitation, while 36 do not.
- 68 breathe clean air, while 32 breathe unhealthy, polluted air.

## FOOD PRODUCTION AND SOURCES

- 31 sheep and goats
- 23 cows, bulls and oxen
- 15 pigs
- 3 camels
- 2 horses
- 250 chickens—more than 2 times as many people in the village



## FOOD AVAILABILITY AND HUNGER

Although there is enough food in the village to feed all the people, the resources are not equitably divided, so not everyone has enough to eat.

- 50 people do not have a reliable source of food and are hungry some or all of the time.
- 16 other people are severely undernourished.
- 34 people always have enough to eat.

## MONEY, POSSESSIONS, AND POVERTY

- If all the money in the village were divided equally, each person would have about \$9,350 USD.
- Average cost of food, shelter, and other necessities is about \$5,000 USD per year.
- The richest 10 people hold over half the money.
- The poorest 10 each hold only about \$1 USD a day.
- 75 of the people hold about \$4 USD a day.

## TECHNOLOGY

- 42 radios
- 28 televisions (7 with cable)
- 61 telephones (over 40 would be cell phones)
- 15 computers

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## CITATION

Smith, David J. *If the World Were a Village*. Toronto: Kids Can P, 2008.

# Recognizing the Reality of Hunger



Module **1**: Opening

Activity Level: Low

**Goal:** This simple discussion allows participants to explore personal realizations of hunger in their own lives.

**Instructions for the Presenter:** Welcome participants to the session on ELCA World Hunger. To invite people into the experience, choose one of the following prayers and/or hymns listed below or choose your own.

## PRAYERS

1. Look with mercy, gracious God, upon people everywhere who live with injustice, terror, disease, and death as their constant companions. Rouse us from our complacency and help us to eliminate cruelty wherever it is found. Strengthen those who seek equality for all. Grant that everyone may enjoy a fair portion of the abundance of the earth; through your Son, Jesus Christ our Lord. Amen. *ELW, additional prayers, social ministry, the oppressed, page 79*
2. Lord, we greatly rejoice: our souls exult in you. You cause the earth to bring forth food: we eat and are glad. And we beg you to cause righteousness to grow forth from the world that all peoples may live in strength and safety, through Jesus Christ our Lord. Amen. *Share Your Bread, copyright 2000, ELCA, page 13*
3. Blessed are you, O Lord our God. Like a mother hen shielding her chicks, you nurture and protect us. We praise you for your care: blessed be God forever! Gather all the hungry and homeless, O loving God, under the warmth of your wings, and so give life to the world, that your name be praised now and forever. Amen. *Share Your Bread, copyright 2000, ELCA, page 16*
4. Good and gracious God, in the busyness of our days help us to not turn away from our neighbors in need. Grant us courage to stand with them, let our voice join with theirs, and let our actions reflect the example we have in your Son, Jesus, in whose name we pray. Amen.
5. Say a prayer yourself or invite a member from the group gathered to offer one.

## SONG SUGGESTIONS FROM EVANGELICAL LUTHERAN WORSHIP (ELW)

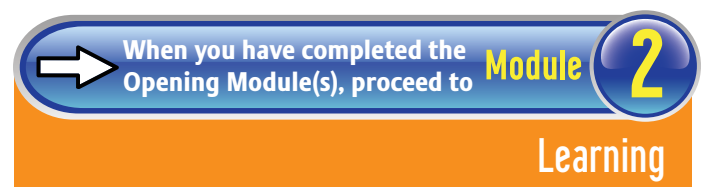
- ELW 710  
Let Streams of Living Justice
- ELW 712  
Lord, Whose Love in Humble Service
- ELW 720  
We Are Called

Follow the instructions for this opening module, “Recognizing the Reality of Hunger” to help people think about and discuss hunger and poverty in our world and in our lives.

Begin by asking people this question:

**“Can you remember when you first recognized that someone was hungry?”**

**Notes:** Be prepared to sit in silence for several moments (at least one full minute) while people think and summon the courage to speak. Allow four or five people to share what experience comes to mind. Say ‘thank you’ after someone speaks, but do not respond with your own commentary on that person’s story. Allow about ten to fifteen minutes for this opening activity.



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# Hunger Statistics True/False Quiz



Module **1**: Opening

Activity Level: **Medium**

**Goal:** This quiz will help participants engage with hunger facts to get their thoughts flowing about hunger around the corner and the globe.

**Instructions for the Presenter:** Welcome participants to the session on ELCA World Hunger. To invite people into the experience, choose one of the following prayers and/or hymns listed below or choose your own.

## PRAYERS

1. Look with mercy, gracious God, upon people everywhere who live with injustice, terror, disease, and death as their constant companions. Rouse us from our complacency and help us to eliminate cruelty wherever it is found. Strengthen those who seek equality for all. Grant that everyone may enjoy a fair portion of the abundance of the earth; through your Son, Jesus Christ our Lord. Amen.  
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5. Say a prayer yourself or invite a member from the group gathered to offer one.

## SONG SUGGESTIONS FROM EVANGELICAL LUTHERAN WORSHIP (ELW)

- ELW 710  
Let Streams of Living Justice
- ELW 712  
Lord, Whose Love in Humble Service
- ELW 720  
We Are Called

Follow the instructions for this opening, “Hunger Statistics True/ False Quiz” to help participants think about hunger and poverty in our world and in our lives.

Read each of the following questions aloud and ask participants to answer “True” or “False” by inviting them to move to the right side of the room for “true” and the left side of the room for “false,” or you may invent a different way for them to respond!



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## QUESTIONS

- 1) Approximately 1.4 billion people in the world (out of 6.8 billion) live in extreme poverty, earning less than \$1.25 per day.

**True.** (Poverty Analysis, World Bank, August 2008)

- 2) The United Nations Food Program estimates that it will cost an additional 100 billion dollars a year to provide basic health care and nutrition to meet the needs of the world's poorest people.

**False.** The 2006 estimate was 17 billion dollars.

- 3) Americans and Europeans spend about 13 billion dollars a year for pet food.

**True.** (UNFPA)

- 4) The number of hungry people in the world is greater than the combined population of the United States, Canada and the European Union.

**True.** (FAO).

- 5) The reason the hunger crisis deepened in 2008 was a result of widespread drought in Africa.

**False.** The food crisis is a result of multiple factors including increasing food costs, the sinking dollar, increasing transportation costs caused by spiraling gas prices, as well as climate/weather changes responsible for floods in some areas and drought in some farming regions. (Jordan Dey, UN World Food Program)

- 6) About half of the more than 925 million chronically hungry people in the world are receiving health care or nutritional assistance.

**False.** Only about 10% receive any help. (Jordan Dey, UN World Food Program)

- 7) Of the 11 million children under 5 years old who will die this year, most will die of hunger-related causes.

**True.** About 60% of children will die from hunger-related causes including malnutrition. In addition, lack of clean water, sanitation, and medicine will cause illness and death from diarrhea, acute respiratory illness, malaria,

and measles. (Diet, Nutrition and the Prevention of Chronic Diseases; a Report of a Joint WHO/FAO Expert Consultation Document 916)

- 8) The biggest single cause of hunger in the world is the insufficient amount of food production on the planet to feed the growing population.

**False.** The earth can produce enough food for everyone to have adequate nutrition. People lack access to food due to poverty. Poverty is the number one cause of hunger. People living in poverty do not have enough money to buy or produce enough food for themselves and their families. In turn, they tend to be weaker and cannot earn enough to buy more food or produce their own. In short, poor people are hungry and their hunger traps them in poverty. (UN World Food Program)

- 9) Very few children in America experience hunger regularly.

**False.** 16.7 million children a year experience food insecurity in America.

- 10) In 2010, 25% of the clients of food banks in the Feeding America (formally America's Second Harvest) food bank network were children.

**False.** Of their estimated 37 million clients served in 2010, 38% – or almost 14 million – were children.



When you have completed the Opening Module(s), proceed to

Module

2

Learning



**Goal:** This activity will get participants up and moving around while learning about ELCA World Hunger by matching ELCA World Hunger facts and solutions.

**Instructions for the Presenter:** Welcome participants to the session on ELCA World Hunger. To invite people into the experience, choose one of the following prayers and/or hymns listed below or choose your own.

### Required Materials:

- 1) “Hunger Facts and “Hunger Solutions” cards (provided), copied on two different colors – one for the “Facts” and one for the “Solutions” – and cut into cards.
- 2) Time-keeping devise

### PRAYERS

1. Look with mercy, gracious God, upon people everywhere who live with injustice, terror, disease, and death as their constant companions. Rouse us from our complacency and help us to eliminate cruelty wherever it is found. Strengthen those who seek equality for all. Grant that everyone may enjoy a fair portion of the abundance of the earth; through your Son, Jesus Christ our Lord. Amen.  
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### SONG SUGGESTIONS FROM EVANGELICAL LUTHERAN WORSHIP (ELW)

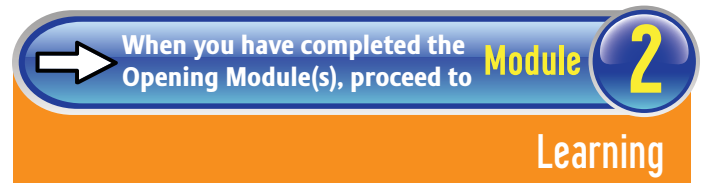
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We Are Called

Follow the instructions for this opening, “Make a Match,” to help people think about hunger and poverty in our world and in our lives.

Distribute the activity cards among participants. People can have more than one card but probably shouldn’t have more than two “hunger fact” cards and two “hunger solutions” cards. It’s okay if you don’t use all of the cards. Be sure to give participants time to read and absorb the solution cards.

**Read the following instructions:** *Some of you have “hunger facts” on your cards. Some of you have examples of ELCA World Hunger projects. Some of you have both. You’ll have sixty seconds to find someone who has a description of a project that might be a way to address the hunger fact described on your card...or vice versa. Remember, there could be more than one way to respond to any given problem.*

Set a timer for sixty seconds...and go! When the time is up, invite several pairs of people to explain why they think their cards are a match. Repeat several times. Allow about 15 minutes for this activity.





HUNGER FACTS [Cut these apart to make the 'cards' needed for this activity.]

925 million people in the world are hungry.

1.4 billion people live on less than \$1.25/day.

1 in 6 people lacks safe drinking water.

In the United States, 49.1 million people experience hunger or the risk of hunger.

Every year 10.9 million young children die from preventable, poverty-related malnutrition and infections.

33.2 million people worldwide live with HIV or AIDS, including 22 million people in sub-Saharan Africa.



HUNGER FACTS [Cut these apart to make the 'cards' needed for this activity.]

69 million school-age children do not attend school.

18 million children have lost one or both parents to AIDS.

In 2009 in the United States, an average of 33.7 million people used food stamps each month.



## HUNGER SOLUTIONS – ELCA WORLD HUNGER PROJECTS

In the last 20 years, thousands of Sudanese families have fled war for Cairo, Egypt. Sudan has been embroiled in civil conflict that has wrecked its infrastructure and fostered a culture of violence and retribution. Life is not easy for refugees in Egypt, either. Jobs are hard to get, hours are long, and abuse by employers is common. Children are often excluded from public school programs. The Refugee Ministry of St. Andrew’s United Church offers refugees educational and vocational training programs. About 700 adults take part in English classes, and 170 children attend St. Andrew’s school. ELCA World Hunger supports this program.

Letemariam Gebremichael lives in a remote community in Eritrea. The effects of war, poverty, and drought make her life very difficult. Her daughter and son-in-law were killed when a missile fell on their house. As a result, Letemariam is parenting her grandchildren. After more than six years of a border war with Ethiopia, Letemariam and her neighbors returned to their villages and found their homes in total devastation. The Lutheran World Federation is walking with Eritreans on this journey home by helping to rebuild houses and restore agricultural production. Mrs. Gebremichael received a cow, which provides milk to help feed her grandchildren. ELCA World Hunger supports this project.

In 2005, 65 ELCA synod bishops plus the presiding bishop signed a letter delivered to members of the U.S. Congress, questioning proposed cuts in social programs --programs that benefited people living in poverty and hunger --and urged members of Congress to vote against the legislation. Proposed cuts to the federal Food Stamp program were restored. At each step of the complicated process of forming the 2006 federal budget, religious leaders from many traditions called on Congress to reject cuts to programs that serve the working poor, children, and the elderly.

Jesca Noah, a widow with four children, was one of the participants in the Lutheran World Federation (LWF) water-management training course in Kahundwe village, Tanzania. “It can take me four hours to fetch a single bucket of water in the dry season. When they told me that for the cost of three goats my water problems could be ended, I laughed out loud,” she said. “I was so happy, but I didn’t believe it was possible!” In the training, Jesca learned how to build a simple rainwater collection system. A 1,000 gallon tank is lined with plastic tarp. Rainwater is collected from another tarp on a nearby roof and channeled to the tank with split bamboo funneling. Now Jesca is busy building her own rainwater collection system. “It only takes a little to realize a dream,” she says. ELCA World Hunger supports this project.



## HUNGER SOLUTIONS – ELCA WORLD HUNGER PROJECTS

About 80 percent of Niger’s people depend on farming for a living. Drought and erosion, however, have drastically cut production. Lack of training and technology for farmers and the spread of HIV and AIDS, worsen the situation. Through a partnership with Lutheran World Relief in the community of Korahane, grain banks have been rebuilt and restocked, and three wells have been dug. Several market gardens have been set up, and caretakers have been given gardening tools. There have been knowledge-exchanging trips and agricultural training. “I would like to sincerely thank you,” said Mr. Tounao Salao, mayor of Korahane. “The children’s and mothers’ health has improved. Women are increasingly emancipated and participating in decision-making. Our incomes are improving, which has allowed us to eat good foods and build houses that can protect us from the wind and rain.” ELCA World Hunger supports this project.

Mindanao, in the southern Philippines, has suffered from armed conflict between rebel groups and government forces for more than 35 years. Sarodin Kakim grew weary of the fighting and made a conscious choice to live a life of peace instead, so he joined a program that helped him start a farm. He grows corn alongside peppers, eggplant, lemongrass, string beans, and squash. His successful farm has earned him a national farming award and allows him to provide for his family. “My income is now double,” he said. “Since our basic needs are addressed, peace and order are slowly achieved.” ELCA World Hunger supports this project.

With the help of Lutheran World Relief, Flora and her neighbors began converting to fair trade production when coffee prices on the global market crashed several years ago. Next, Flora’s cooperative obtained official organic certification of their farms, further increasing their earnings. In December of 2004, Flora won fourth place in Nicaragua’s prestigious “Cup of Excellence” coffee competition. “The award came just at the right time for my family,” said Flora. “When word came that I had won fourth place and that my coffee had been bought at auction at such an amazing price, my children came to me and said, ‘This is great, Mom! Now we can get some new shoes and school uniforms!’” ELCA World Hunger supports this project.

Between 1532 and 1888, millions of Africans were forced to work on Brazil’s sugar cane plantations. During that time, many slaves escaped and established autonomous communities in remote areas. Today their descendants, called *quilombolas*, still struggle against injustice and marginalization in Brazilian society. Through organizing efforts, *quilombola* communities have achieved an important goal: claiming citizenship. Because most *quilombolas* lack the birth certificates and identity cards needed to be recognized as citizens of Brazil, accessing government resources has been difficult. By forming councils to interact with government agencies, *quilombola* communities have opened the doors to new housing, better sanitation, and supplies. *Quilombola* farmers are also generating additional income and food security by growing and selling organic potatoes and beans. ELCA World Hunger supports this project.



## HUNGER SOLUTIONS – ELCA WORLD HUNGER PROJECTS

Donna needed food assistance. “Things were hard for me,” she said. Because of a heart condition, Donna must maintain an extra-healthy diet, a diet not easily supported by the usual non-perishable food distributed at her local food pantry. In her community of New Bedford, Massachusetts, Donna discovered the “Sharing the Harvest” program. Sharing the Harvest is a community farm project that grows fresh vegetables and distributes them to local food pantries. Much of the farm labor is provided by volunteers, including Donna, who appreciate not only the opportunity to add healthy vegetables to their diets but also a chance to give back. “They’re doing so much to help me,” Donna said, “I figured I could help someone else, too...So many people don’t have the ability to buy produce at the grocery store,” she said. “When you receive food at a pantry, you don’t have the luxury. I’m so happy to know that I can have a well-balanced meal now.” ELCA World Hunger supports this project.



**Goal:** By watching and discussing a short video about ELCA World Hunger, participants will learn about root causes of hunger and poverty, as well as strategies used by the ELCA to address hunger and poverty in our world.

**Materials:** ELCA World Hunger CD-ROM “Go and Do Likewise,” computer with CD-ROM drive, LCD projector (if desired), a copy of the discussion questions for the leader (*found below*), Bibles, paper, and pencils for each participant.

The ELCA World Hunger CD-ROM “Go and Do Likewise” contains narrated PowerPoint presentations about ELCA World Hunger and projects we support. (You can order or download this free CD-ROM by visiting the [www.elca.org/hunger](http://www.elca.org/hunger) and clicking on resources link.) Choose one of the following presentations: ***Let justice roll down like waters*** or ***Stand With Africa***.

Show the short presentation and then engage the group in discussion using the questions below. Key points to listen for and encourage discussion around—if it doesn’t happen naturally—are also listed. Allow roughly 30 minutes for this activity.

### DISCUSSION QUESTIONS:

#### ***Let justice roll down like waters***

1. In this video we saw a story about how people worked together to address hunger in a way that was very different from responses that focus on donating food. How was it different?
  - *Irrigation will help increase the food supply year after year*
  - *The project focused on a need and potential solution identified by the community members themselves*
2. In your opinion, what was the most important element of this project? Why?
3. What are other things you’ve heard about the church doing to respond to hunger and poverty?
  - *Supporting disaster response and famine relief*
  - *Training and supporting local leaders and missionaries*
  - *Domestic hunger grants*
  - *Public policy/advocacy work*
  - *Supporting different types of sustainable development projects (e.g. livestock, wells, schools, health care, agriculture, etc.)*
  - *Developing resources to help church members learn about hunger*
4. Which of these activities have you participated in?





5. What are other things that you do to help people who are hungry?
    - *Volunteering locally*
    - *Purchasing fair trade/sweat-free products*
    - *Participating in groups like Bread for the World, Jubilee USA, the ONE Campaign, etc.*
  6. Did any stories from the Bible come to mind when you watched the video?
    - *Luke 10:25-37 (parable of the good Samaritan) – The good neighbor is the person who stops to help someone in need, even if they are not neighbors in the sense of being from the same geographic or social/cultural group. We become neighbors through helping one another.*
    - *Acts 4:32-37 – In the early church, the believers shared resources throughout the community to make sure that everyone’s needs were met. A similar principle is at work in Huancavelica, Peru, where the whole community pitched in to work on this irrigation project, and the project will in turn benefit everyone.*
  7. What other scripture passages do you think of when you think about hunger or poverty?
- DISCUSSION QUESTIONS: *Stand With Africa***
- WHILE-YOU-WATCH ACTIVITY:**  
*Write down everything you see that might be a cause of hunger for people in the video.*
- DISCUSSION QUESTIONS:**
1. What did you write down?
    - *Poverty*
    - *HIV and AIDS*
    - *Conflicts and war*
    - *Poor roads – difficulties in transporting goods, traveling to schools, market, hospitals, etc.*
    - *Insufficient housing*
    - *Loss of fathers/husbands to AIDS*
    - *Drought*
  2. We watched this video to learn more about Stand With Africa, a special project of ELCA World Hunger. What was something new that you learned?
  3. Does anyone remember the three key objectives of Stand With Africa?
    - *Overcome HIV and AIDS*
    - *Banish hunger*
    - *Build peace*
  4. How do you think peace and HIV and AIDS are linked to hunger?
  5. Several different ways of responding to hunger and addressing HIV and AIDS were highlighted in the video. What are some that you noticed?
    - *Health outreach workers visit families who have been affected by HIV and AIDS*
    - *Community organizations help families in need of housing to build a home*
    - *The Lutheran World Federation helps distribute food aid in times of drought*
  6. What are other things you’ve heard about the church doing to respond to hunger and poverty?
    - *Giving money for disaster response and famine relief*
    - *Training and supporting local leaders and missionaries*
    - *Domestic hunger grants*
    - *Public policy/advocacy work*
    - *Partnering in different types of sustainable development projects (e.g. livestock, wells, schools, health care, agriculture, etc.)*
    - *Developing resources to help church members learn about hunger*





7. Which of these activities have you participated in?
8. What are other things that you do to help people who are hungry?
  - *Volunteering locally*
  - *Purchasing fair trade/sweat-free products*
  - *Participating in groups like Bread for the World, Jubilee USA, the ONE Campaign, etc.*
9. Did any stories from the Bible come to mind when you watched the video?
  - *Examples of Jesus healing people who suffered from disease*
  - *Examples of Jesus befriending people who were marginalized by society*
10. Which other scripture passages do you think of when you think about hunger or poverty?

When you have completed the Learning Module(s), proceed to **Module 3**

**Closing and ACTION**



# ELCA World Hunger “Family Food” Game

Module **2**: Learning

Activity Level: **Medium**

**Goal:** Participants learn basic facts about the realities of hunger in our world and gain an understanding of the anti-hunger efforts and good work of ELCA World Hunger.

**Recommended for:** Youth to adults, 6 to 16 people.

**Required Materials:** You will need a dry-erase board and markers, a table for the ‘host’ and ‘face off’, safe-soft object (i.e. a stuffed animal) to be grabbed for ‘face off’ – this is what participants will use to ‘buzz in.’

## SET UP

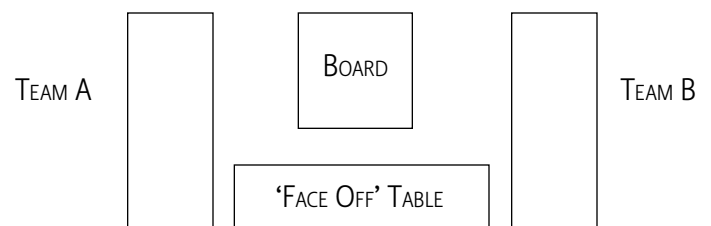
1. Set up requires a dry-erase board (*a chalk board, flip chart or poster board can also be used*). The host will write one question at a time on the board along with the corresponding number of possible answers. Questions and answers are provided below. This white board will also be used as your score and strike board for the game.

**This is an example of how the questions should be written on the board >**

Name an item found in a church:

- 1)
  - 2)
  - 3)
  - 4)
2. Place a table at the front of the room by the answer board and put the safe-soft object (*the buzzer*) for the ‘face off’ in the middle of the table.
  3. Divide participants into two teams, team A and team B, consisting of 3 to 8 members each. Invite the two teams to sit in a line facing each other on different sides of the room.

**This is an example of how the room should be configured for the activity:**

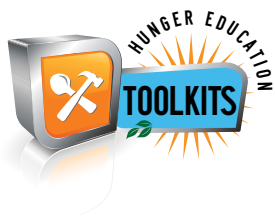


4. Ask teams to choose a team name. Write the team names on the whiteboard.

## THE ‘FACE OFF’

1. The ‘face off’ determines which team gains control of the answer board first. Invite one member from each team to join you at the front of the room for the ‘face off.’ Participants should stand at the ends of the table, palms on the end of the table, and the ‘buzzer’ object equidistant between them.
2. Read the first question aloud (*provided below*). The first person to grab the buzzer object gets to answer the question. If the answer is correct, their team gains control of the board. If the first person’s answer is incorrect, the other player has a chance to guess.





3. If both players are wrong, a second member of each team moves to the front to ‘face off’. The team that originally grabbed the buzzer first, gives its answer first, then the other team. This continues until a correct answer is given.
4. If the ‘face off’ results in a tie (i.e. you cannot determine who grabbed the object first) each participant gives an answer. The team whose answer is higher in the order of the listed answers wins control of the board. As a question is answered correctly, write the answer on the board next to its corresponding number.

### FILLING THE BOARD

1. The team that answers the ‘face off’ question correctly, wins control of the board. Moving down the line of players, participants attempt to give the remaining answers to the question. Or, they can pass to the other team if they think the question is too difficult. Starting with the next team member in line, each person gets a chance to give one answer. The team gets a “strike” if a player gives an answer that is not on the board or fails to respond. You can denote a strike on the board by keeping a tally with an “X” off to one side.

**NOTE:** There is no firm time limit, but the host has the discretion to impose a three-second count if time is short or the contestant appears to be stalling. For a fun African element, a rain stick can also be used as a timer.

2. Three strikes cause the team to relinquish control of the board, giving the other team a chance to steal the question and its points by correctly guessing one of the remaining answers. When a team attempts to steal, they can confer with each other before the answer is given, but only one answer can be submitted.
3. If the submitted answer is correct, that team has successfully stolen the question and wins the points. If it is incorrect, the other team (*the one who was asked the question originally*) wins the points.

4. As a correct answer is written on the board, read the corresponding sentence to clarify the answer. Each of the corresponding sentences is bracketed below.
5. Brackets within brackets are other acceptable answers and are in no way exhaustive.
  - We suggest that you create a ‘Parking Lot’ where you can write down additional answers that do not appear on the list, which may be discussed at the end of the round. This program is designed not only to share information but also to encourage thoughtful conversation about issues of hunger and poverty.
6. After determining who takes the points for a round, any remaining answers are revealed and explained, as well as *key points of emphasis* that are listed below each questions’ answers.
7. Record points on the board beneath the team names. The team with the most points wins the game.

### PRESENTER NOTES

- If answers lead to debate, questions, or comments, feel free to take time to discuss. Remember that an answer is not necessarily wrong just because it doesn’t appear on the board. An answer can spark a valuable conversation in your group.
- ‘Host Notes’ have been provided below to share more information about hunger and poverty and prompt further conversation. Of course, be mindful of the time you allow for conversation so that you can cover all the information in the session and end on schedule.
- You may consider having a structured discussion/ reflection at the end of the game as it contains a lot of information. Here are a few questions to help get the conversation started:
  - i. What have you learned?
  - ii. What impressed you?
  - iii. What shocked you?



## PRACTICE ROUND

This practice question is a good way for participants to understand the rules and flow of the game. Do a practice round first to ensure that everyone understands what you are doing and what is being asked of them and their team.

### 1. Name the top 5 U.S. states with the highest of Lutherans in the population.

[Host Notes: While contestants are answering these questions, use this time to explain the game more or go over any unclear rules.]

- North Dakota [36.5%]
- Minnesota [33.9%]
- South Dakota [30.3%]
- Wisconsin [26.2%]
- Nebraska [16.3%]

Now, you're ready to begin the game!

## READ THE FOLLOWING ALOUD

“Hunger is a reality around the corner and the globe. Hunger occurs when people do not get enough food, when people do not get the right food, and when people do not have enough resources to buy or grow food. By playing “ELCA World Hunger Family Food,” we will learn more about some of the causes of and solutions to, world hunger. Let's play!”

## “FAMILY FOOD” QUESTIONS AND ANSWERS:

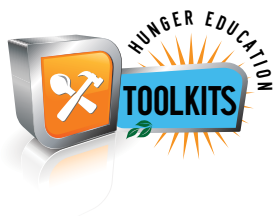
### 1. Name root causes of hunger. – Name 5 for 20 points

[Host Notes: Remember this is not an exhaustive list of the root causes of hunger. If a team can name five of the root causes listed below, award the points and discuss the others not offered.]

#### a. Poverty

[For many, hunger is a symptom of extreme poverty. Of the 6.8 billion people on the planet, 1.4 billion people live on less than \$1.25 per day.]

- Distribution of Food** (*Players may also say injustice, imbalance of resources, no access to food, unequal distribution of resources, overconsumption*)  
[The world can produce enough food for all people, but still 925 million people go hungry. The wealthiest fifth of the world's people consume 86 percent of all goods and services, the poorest fifth consume just 13 percent. The biggest challenge to ending hunger is not the production of more food, but instead, how to ensure equal access and equitable distribution.]<sup>ii</sup>
- War** (*Players may also say conflict, violence, displacement/refugee camps*)  
[For example in southern Sudan and Darfur, millions of people are at risk of starvation because ongoing military conflict has forced them from their land, devastated the country's ability to produce food, and restricted relief efforts.]<sup>iii</sup>
- Racism** (*Players may also say prejudice, slavery, colonialism, oppression, discrimination, apartheid, genocide*)  
[Hunger and poverty can often be linked to experiences of discrimination, oppression, genocide, and oppression. Many people are pushed to the margins and denied access to resources and basic rights. Even when these practices are outlawed and condemned, the legacy of oppression continues.]
- Poor Government Policy** (*Players may also say corrupt or oppressive government, lack of social programs, trade or economic policies or onerous debt*) [The separation wall between Israel and Palestine prevents many people from getting to jobs, schools, and hospitals.]
- Poor Infrastructure** (*Players may also say lack of or little access to roads, clean water, health or social services, educational opportunities, transportation, technology*)  
[People living in poverty may not have access to services and opportunities others take for granted, such as clean water, quality education, safe transportation, grocery stores, banks, markets for selling goods and services, and technology]



**g. Natural Disasters** [Natural disasters such as droughts flooding, tornadoes, hurricanes, and earthquakes can devastate the livelihoods of farmers, fishers, and others who depend on the land for survival or who have no insurance coverage to help rebuild a home or farm. People living in poverty are often the most vulnerable when disasters strike.]

**h. Environment** (*Players might say climate change, global warming, deforestation, desertification, erosion, pollution*)

[People living in poverty are often disproportionately effected by environmental problems. Due to the lack of access to resources people living in poverty may find it harder to adapt to changing environmental conditions and their effect on health and livelihood.]

## 2. Name reasons why we care about issues of Hunger. –

Name 5 for 20 points

[**Host Notes:** Remember that these are answers frequently given in response to this question. If the team can name five of these, award the points for this round. Read the answers on the list that were not offered, and ask players from both teams to share other reasons why they care about ending hunger.]

### a. Religious beliefs

[The Bible is filled with stories about feeding the hungry and caring for the poor. Jesus calls us to ‘Go and do likewise.’ Luke 10:37]

### b. Moral beliefs

### c. Sense of interconnectedness

[We are all God’s children - when one of us suffers, we all suffer. When one of us rejoices, we all rejoice.]

### d. I feel compassion for others

### e. I feel responsible to help

### f. I have been blessed with gifts that I can share

[Time, talents and financial resources.]

**NOTE:** Some participants may offer ‘guilt’ as a reason for why they care. If this happens, discuss whether our Christian response should be motivated by guilt or in response to Micah’s call to do justice, love kindness, and walk humbly with our God. (*Micah 6:8*)

## 3. Your gifts to ELCA World Hunger support 4 main areas of response to hunger and poverty in the world. Name them. – 30 points

### a. Relief

[ELCA World Hunger provides immediate relief for people in crisis situations. Example: Financial support for food banks and homeless shelters across the United States]

### b. Education

[Our Education work equips members of the ELCA to understand hunger’s root causes and solutions and to examine how our lifestyle choices effect the planet and those most vulnerable. Examples: Workshops, books, and materials for teaching congregations about simple living or the global food crisis]

### c. Advocacy

[The ELCA speaks with and on behalf of the poor and marginalized by advocating for fair and just laws and business practices with elected officials, governments and corporations. Examples: e-advocacy network, ELCA Votes]

### d. Development

[ELCA World Hunger partners with communities to build effective and sustainable solutions to ending hunger and poverty. Example: Partnering with local organizations to offer microfinance loans and business education to women in Haiti]

## 4. Name some of the partners of ELCA World Hunger? – Name 5 for 30 points

### a. People who are experiencing hunger and poverty

[We strive to work according to a model of accompaniment. This means our ministry is not *to* people, not *for* people, but *with* people.]

**b. Our global companion churches**

[The ELCA conducts church-to-church relations with 85 independent, self-governing Lutheran church bodies around the globe. ELCA World Hunger funds reach about 66 of these companions to support the life-giving anti-hunger, anti-poverty work of these churches.]

**c. Lutheran World Relief – LWR**

[LWR works with partners in 35 countries to help people grow food, improve health, strengthen communities, end conflict, build livelihoods and recover from disaster.]

**d. Lutheran World Federation – LWF**

[The LWF, of which the ELCA is a member, is the worldwide communion of Lutheran churches. LWF works with marginalized and disadvantaged communities in many areas of greatest vulnerability and need.]

**e. Church World Service – CWS**

[CWS is a cooperative ministry of Christian churches that provides sustainable self-help and development, disaster relief and refugee assistance in some 80 countries.]

**f. Domestic anti-hunger organizations**

[ELCA World Hunger supports over 300 domestic anti-hunger organizations through the Domestic Hunger Grant program, partners with congregation-based poverty ministry initiatives and supports faith-based education and advocacy groups like Bread for the World.]

**g. ELCA Advocacy Offices**

[Our advocacy work – in Washington DC, the United Nations, and 19 different state public policy offices, the corporate social responsibility office, and in your congregation – speaks with and on behalf of the poor and marginalized by advocating for fair and just laws and business practices with elected officials, governments and corporations]

**5. Name some things you can personally do to support ELCA World Hunger ministry. –**

Name 5 for 45 points

**a. Advocate**

[Make your voice heard and help make the world a better, more just and peaceful place to live. Visit the ELCA advocacy website for more information: [www.elca.org/advocacy](http://www.elca.org/advocacy)]

**b. Give**

[Over 90% of every gift provides direct support for the ELCA’s hunger ministry. Less than a dime of every dollar is used for administration, fundraising, and communication.]

**c. Simplify your life, consume responsibly, and care for creation**

[Be mindful of the resources you consume. Think responsibly, buy locally, support fair trade, turn off the lights, drive less, take shorter showers, etc.]

**d. Volunteer**

[Volunteer in your congregation, synod, or community anti-hunger work. Ask around, and get involved!]

**e. Education**

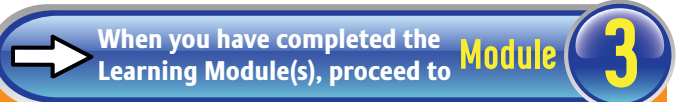
[Educate yourself and others about the root causes and solutions to hunger and poverty.]

**f. Pray**

<sup>i</sup> “The Largest Lutheran Communities,” [http://www.adherents.com/largecom/com\\_luth.html](http://www.adherents.com/largecom/com_luth.html)

<sup>ii</sup> “Frequently Asked Questions.” Bread for the World. 18 Dec. 2006. 28 June 2008 <http://www.bread.org/learn/hunger-basics/faq.html>

<sup>iii</sup> “Frequently Asked Questions.” Bread for the World. 18 Dec. 2006. 28 June 2008 <http://www.bread.org/learn/hunger-basics/faq.html>

**Closing and ACTION****Host Notes:**

For more information visit [www.elca.org/hunger](http://www.elca.org/hunger).



## Go and Do Likewise: ELCA World Hunger at Work in Haiti

Module **2**: Learning

Activity Level: High

**Goal:** Participants will develop an understanding of the four key aspects of ELCA World Hunger [Relief, Education, Advocacy, and Development] through a living illustration of the work of our trusted partners in Haiti.

**Materials:** 10 chairs, 10 volunteers; signs representing the 4 key aspects of the ELCA World Hunger (*provided below*)

### INSTRUCTIONS FOR THE PRESENTER

#### INTRODUCTION

The country of Haiti is less than 90 minutes by plane from the United States, yet life there is very different from that in the U.S. It is the poorest country in the western hemisphere; its 2008 global hunger index score is similar to Tanzania and Bangladesh<sup>1</sup>. ELCA World Hunger partners are working in Haiti to share assistance and hope with communities struggling with hunger and poverty. A lot has happened in the wake of the destructive 2010 earthquake, but the principles at work in this module still hold true.

#### ACTIVITY PART ONE: CAUSES OF POVERTY

Following are 'stage directions' for both the leader and participants. Be sure to share aloud the following instructions as appropriate:

- A.** [Line up 10 chairs across the front of the room and ask 10 volunteers to sit on the chairs.] Explain that the chairs represent resources of a country to support its people. Notice that when the resources are plentiful and shared all can sit comfortably together.\*
- B.** Next we are going to transport all of you to the country of Haiti. Last summer there were severe storms with flooding and landslides. Water supplies were affected as well as homes destroyed. [Ask one of the volunteers to get up and take away his/her chair. Instruct the volunteer to find a way to squish in and sit with the group on the 9 remaining chairs.]
- C.** The unemployment rate in Haiti is 65% due to lack of industry and to challenges of agriculture there. Local farmers cannot compete with the subsidized prices of commodities from other countries, and there is very little land that is suitable for farming. [Remove two more chairs and ask the ten volunteers to squish in the remaining seven chairs.]
- D.** 52% of the population of Haiti is illiterate. School tuition costs more than most people can afford. There is no free public education. [Remove another chair and ask the volunteer to squish in.]
- E.** 3.2% of the population of Haiti is living with HIV or AIDS. One in five children under 5 is undernourished. [Remove another chair and ask the volunteer to squish in.]
- F.** Another challenge Haiti faces is paying one million dollars a week in debt payments to other countries, including the United States. [Take away 2 more chairs and ask the remaining volunteers to squish in. There should be only three chairs remaining.]
- G.** Move immediately to **Activity Part Two** on page 2.





#### \*An Alternative

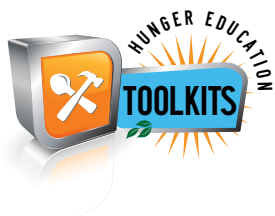
To achieve the same objective of this activity for smaller groups or for smaller venues, you can use business cards instead of the chairs and small food cans instead of the people. Begin by placing 10 business cards on a table. Then place a can on each card. Instead of removing the chairs, remove business cards as directed. Each time a business card is removed, a participant (or you, the presenter) must move the remaining can to another card to “share” the lesser resources. This becomes a puzzle to place the cans without toppling the stack.

### ACTIVITY PART TWO: ELCA WORLD HUNGER SOLUTIONS

**NOTE:** Volunteers should still be sitting in only three chairs.

- A.** ELCA World Hunger works through its partner organization the Lutheran World Federation (LWF) in Haiti. LWF works with the people of Haiti through local community groups and associations of local farmers.  
**Let's get started!**
- B.** After the storm last summer, LWF worked with local communities in cleaning up and rebuilding affected portions of Haiti. This work included much-needed water projects. [Now, replace one chair and invite a volunteer to sit in it – the ten volunteers should now be piled onto 4 chairs.]
- C.** LWF works with women and civic groups, partnering them with microfinance organizations that educate women about starting and managing their own businesses. [Add another chair and invite a volunteer to sit in it.]
- D.** The Association of Banana Planters project was started as a joint venture between LWF, the local government, and local farmers. It provides jobs for nearly 300 agricultural workers. LWF assisted with equipment for irrigation and strategic planning. [Add two chairs and invite volunteers to sit in them. Call attention to how the volunteers are getting more “resources to support their population.”]
- E.** The newly emerging Lutheran Church of Haiti, with the support of LWF and the Florida-Bahamas Synod of the ELCA, is training Haitian teachers so they can offer literacy programs to people who have never been able to afford an education. [Add another chair and invite a volunteer to sit on it; volunteers are now sharing 7 chairs.]
- F.** The ELCA has worked to advocate for a debt relief bill called “The Jubilee Act.” This act would cancel the debt for several impoverished countries, including the country of Haiti. If it passes, The Jubilee Act will cancel Haiti’s debt and will allow that money to be spent on much needed infrastructure, health care, and education. [Replace the last two chairs and invite volunteers to sit in them.]
- G. Look!** We’ve been able to rebuild the resources to support our population. Everyone has a chair again. By strategically working with and listening to people living in poverty, we can help bring about long-term change! This is how ELCA World Hunger works with its partners like the Lutheran World Federation to empower people around the world and create long-term sustainable change.





## DISCUSSION

Following the activity above discuss with the entire group the following questions:

- A. As the resources and opportunities (*chairs*) were taken away, how was it harder to support the population?
- B. What happens when a country does not have the resources to support its people? What are the root causes of hunger and poverty in countries like Haiti?
- C. List some of the strategies that ELCA World Hunger through its partner LWF uses in creating opportunities for change in Haiti?
- D. How do the responses described in the activity above create long-term sustainable solutions to hunger for the people of Haiti? How does education change individuals and communities?

Hold up or post the signs (*provided below*) outlining the four key aspects of ELCA World Hunger's work. Notice that the strategies of **Relief, Education, Advocacy, and Development** spell **READ**. This is a great way to remember the good work of ELCA World Hunger! Review the signs with the group and continue the discussion...

- E. How are the strategies that we have discussed today different from responses that focus only on shipping food and supplies? What effect do you think the strategies of our partnerships will have on future generations? If you were living in poverty, which model would you prefer? Why?
- F. ELCA World Hunger uses similar approaches in countries all over the world. What examples have you seen of this in Africa? Asia? South America? The United States? In your own community? (*Examples: ELCA Malaria Campaign, domestic hunger grants, advocacy*)

## RELATED TAKEAWAYS

For more information about the Jubilee Act and debt cancellation to impoverished countries, go to [www.JubileeUSA.org](http://www.JubileeUSA.org)

### CITATION

<sup>1</sup> [www.ifpri.org/pubs/cp/ghi08.pdf](http://www.ifpri.org/pubs/cp/ghi08.pdf); page 19



When you have completed the Learning Module(s), proceed to

Module

3

Closing and ACTION



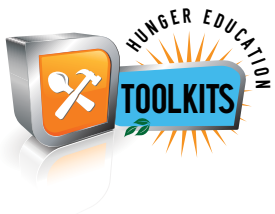
# Relief

- Meeting immediate needs for food, water, shelter, and medical attention
- Providing tools and seeds to help communities recover and rebuild after disasters



# Education

- Equips the members of the ELCA in understanding the root causes and solutions to hunger
- Challenges us to reflect on our individual lifestyles and how our choices affect the planet and those most vulnerable
- Organizes efforts in our own communities to make our world a better place for all



# Advocacy

- Speaks with and on behalf of the poor and marginalized by advocating for fair and just laws and business practices with elected officials, governments, and corporations
- Speaks up to promote peace, justice, and the rights of all our neighbors
- **Example:** Advocating Congress in support of the Jubilee Act to cancel Haiti's debt



# Development

- Working hand-in-hand with people living in poverty to develop long-term and sustainable solutions to the root causes of hunger and poverty
- Connecting people with the resources and opportunities to overcome poverty, and work towards their dreams for the future
- **Examples:** Banana Planters project; literacy project; microfinance loans and business education



# Hunger Education Toolkit: ELCA World Hunger Basics

Module **3**: Closing and ACTION

Activity Level: All

Hunger in our world will not end without your **action**. All of our actions, even small ones, add up to make a big difference. Below is a list of takeaways – actions – related to today’s gathering that you can incorporate into your life right away to help end hunger and poverty in our world. Take some time to talk as a group about the items listed here. What might you do together? What might you do individually? Who else might you invite to join you? This is certainly not a comprehensive list, and your group may create a list of its own – GREAT!

Please share with us what you and your group are doing in your community to end hunger around the corner and the globe. We would love to hear about your good work! Tell us about it at [hunger@elca.org](mailto:hunger@elca.org).

## GIVE

- **One is a BIG number**

Give generously to ELCA World Hunger – contribute online or through your congregation. Challenge your family (and congregation) to contribute one percent of your income to ending hunger locally and globally. Learn more at [www.elca.org/give](http://www.elca.org/give).

- **Cows, Chickens, Pigs, Oh My**

Challenge children, youth and adult education classes to raise funds for God’s Global Barnyard. Have a healthy competition to see how many chickens, goats, pigs or cows you can purchase. Use God’s Global Barnyard as confirmation, birthday, and holiday gifts. To learn more visit: [www.elca.org/goodgifts](http://www.elca.org/goodgifts).

- **Green Backs and Green Beans**

Collect canned and non-perishable food items for your congregation or community food pantry. Challenge the congregation or even local businesses to contribute \$1 for each food item collected. Food pantries need both food and cash donations to best serve your community.

- **Support your Local Homeless Shelter**

Work with your local homeless shelter to provide items most needed by people who are homeless in your community. New socks and personal hygiene items are often needed.

- **Books for Bread**

Collect used books (CDs, DVDs, etc.) from the folks in your congregation, and then host a community book sale to raise funds to support the work ELCA World Hunger. This is a great way to involve the entire congregation and the local community to contribute to your anti-hunger work. You’ll be surprised how many people love to read and want to help you end hunger!

- **Personal Care Kits for the World**

People who must flee their homes quickly often do not have time to pack essential items. Personal care kits can help refugees maintain personal hygiene while living in exile. Learn more about how your congregation can create personal care kits for refugees around the world through our trusted partner Lutheran World Relief: <https://lwr.org/get-involved/build-kits-of-care/personal-care-kits>. Offer a special prayer of protection and care for those who will receive the kits before you mail them.

- **Keep the Receipt**

Track your spending for one week. Where did you spend the most? The least? What surprised you? Make a gift to ELCA World Hunger as a sign of gratitude for all that God has entrusted to you.





### ADVOCATE

#### • Stay Connected:

- Sign up for the ELCA e-Advocacy network and receive action alerts on timely legislative issues that help to end hunger in the world – [www.elca.org/advocacy](http://www.elca.org/advocacy)
- Connect with your ELCA State Public Policy Office and learn about opportunities to act in your state on behalf of the most vulnerable. Visit [www.elca.org/advocacy](http://www.elca.org/advocacy) to see if your state has an ELCA policy office.

#### • Power of the Pen:

- Write a letter to your elected officials about a topic you received from an e-Advocacy alert. Find out who your officials are by visiting [www.elca.org/advocacy](http://www.elca.org/advocacy)
- Write a letter to the editor of your local newspaper to express concern for those most in need and to encourage others to support public policies that help end poverty.

#### • Coffee Talk:

Meeting with your members of Congress is one of the best ways to advocate for the issues you care about. They are interested in knowing about the concerns of their constituents. By visiting their offices or inviting them to attend a public event or meeting, you are building a personal relationship while asking them to take leadership in working for those most in need. A step-by-step guide on how to make this happen is available at [www.elca.org/advocacy/resources](http://www.elca.org/advocacy/resources).

### EDUCATE YOURSELF AND OTHERS

- Introduce Taking Root: Hunger Causes, Hunger Solutions to your Sunday school coordinator and/or youth group leader. Learn more about this exciting new hunger curriculum for children and youth at [www.elca.org/hunger/resources](http://www.elca.org/hunger/resources).
- **Connect with Others Who Care**
  - Like and follow ELCA World Hunger on Facebook at [www.facebook.com/ELCAworldhunger](http://www.facebook.com/ELCAworldhunger)

- Connect with your synod's hunger team and learn what others in your area are doing...and join them. To learn more, contact your synod office or ELCA World Hunger at [hunger@elca.org](mailto:hunger@elca.org).
- Host a 'What Can We Do to End Hunger?' gathering in your congregation, workplace, neighborhood, or home and commit to doing three things together to help end hunger. Items on this page are a good start, but the group gathered may have other ideas as well. Be sure to think about how the group will stay connected and hold each other accountable to what was committed.

#### • Read All About It

- Visit [www.elca.org/hunger](http://www.elca.org/hunger) and learn all about the exciting and life-giving work of ELCA World Hunger. Then tell someone about it.
- Subscribe to and read the ELCA World Hunger blog at [blogs.elca.org/worldhunger](http://blogs.elca.org/worldhunger)

### LEADING THE SIMPLE LIFE

#### • Fresh from the Farm

Purchase locally grown, organic (whenever possible) fruits and vegetables. With every meal you eat you can support local farmers, strengthen your local economy, and help the environment by reducing the amount of fossil fuels used to produce, package, and transport your food. If you have space and a green thumb, try growing some of your own herbs and vegetables. As an added bonus, you'll eat better and may even improve your health!

#### • Living Simply With God

Gather your family or a small group in your congregation to take a 40-day simple-living challenge. Take stock of your life. Simplify how you spend your time. Move God's version of the good life into your life. Help change the lives of people who experience unending hunger, bone-crushing poverty and insulting injustice every day. Find hope for your life and the lives of others. Check in weekly to reflect on the journey! Learn more at: [www.elca.org/hunger/resources](http://www.elca.org/hunger/resources)



### • What Would your Journal Say?

Has your book club or small group in your congregation read *Sustaining Simplicity: A Journal* by Anne Bayse? How can you create space in your life for the things that are most important to you? How do these lifestyle adjustments contribute to ending hunger and poverty in the world? If you were to write the journal, what would it say? Learn more at: [www.elca.org/hunger/resources](http://www.elca.org/hunger/resources)

Close this session with a song and prayer. Here are a few suggestions...

### PRAYERS

1. Look with mercy, gracious God, upon people everywhere who live with injustice, terror, disease, and death as their constant companions. Rouse us from our complacency and help us to eliminate cruelty wherever it is found. Strengthen those who seek equality for all. Grant that everyone may enjoy a fair portion of the abundance of the earth; through your Son, Jesus Christ our Lord. Amen.  
*ELW, additional prayers, social ministry, the oppressed, page 79*
2. Lord, we greatly rejoice: our souls exult in you. You cause the earth to bring forth food: we eat and are glad. And we beg you to cause righteousness to grow forth from the world that all peoples may live in strength and safety, through Jesus Christ our Lord. Amen.  
*Share Your Bread, copyright 2000, ELCA, page 13*
3. Blessed are you, O Lord our God. Like a mother hen shielding her chicks, you nurture and protect us. We praise you for your care: blessed be God forever! Gather all the hungry and homeless, O loving God, under the

warmth of your wings, and so give life to the world, that your name be praised now and forever. Amen.

*Share Your Bread, copyright 2000, ELCA, page 16*

4. Good and gracious God, in the busyness of our days help us to not turn away from our neighbors in need. Grant us courage to stand with them, let our voice join with theirs, and let our actions reflect the example we have in your Son, Jesus, in whose name we pray. Amen.
5. Say a prayer yourself or invite a member from the group gathered to offer one.

### SONG SUGGESTIONS FROM EVANGELICAL LUTHERAN WORSHIP (ELW)

- ELW 538  
The Lord Now Sends Us Forth
- ELW 708  
Jesu, Jesu, Fill Us with Your Love
- ELW 715  
Christ, Be Our Light





## Knowledge in Action



More Resources

Either during or after your learning experience, you and your group may want to start fighting hunger in a very concrete way. If so, choose this option for a hunger-fighting project that can be done as a group now or in the near future. More ideas can also be found in the “Closing and ACTION” module above.

### PERSONAL CARE KITS FOR THE WORLD

People who must flee their homes quickly often do not have time to pack essential items. Personal care kits can help refugees maintain personal hygiene while living in exile. Lutheran World Relief ([www.lwr.org](http://www.lwr.org)) is a trusted partner of ELCA World Hunger and distributes personal care kits to those most in need around the globe.

#### STEP ONE: LEARN

- Take some time to read the following information about where the kits are shipped to and how they are used. This will help you to more fully share the impact of the kits you are preparing as well as to answer questions.

##### Where will the kits go?

<https://lwr.org/get-involved/build-kits-of-care/personal-care-kits>

##### Project Promise: A positive impact

<http://lwr.org/get-involved/build-kits-of-care>

- How will you share this information with participants?

#### STEP TWO: COLLECT

- Read the general assembly notes listed here: <http://lwr.org/get-involved/build-kits-of-care/personal-care-kits>. Here is where you will find the general guidelines for the types of items that can and can not be included in the kits.
- Two or three weeks before your gathering, invite participants, families or even the entire congregation to begin collecting personal care kit items. A list can be found here: <http://lwr.org/get-involved/build-kits-of-care/personal-care-kits>.
- Set a goal to collect enough items for a certain number of complete personal care kits. Set up a visible collection point so everyone can see the progress being made toward the goal.

- Consider how you will invite people to donate items for the health kits. This invitation can be shared in the Sunday bulletin, during worship announcements, on bulletin boards, or in electronic and print newsletters. If appropriate, don't forget to invite folks to help assemble and ship the health kits.

#### STEP THREE: ASSEMBLE

- Determine when, where, and by whom the personal care kits will be assembled, packed, and mailed.
- Gather all the donated health kit supplies and items that you will need for assembly and shipping. A handy guide can be found at <http://lwr.org/get-involved/build-kits-of-care/personal-care-kits>. Read carefully and follow the instructions provided in the guide.
- Develop a process for assembling and packing the kits that will involve as many people as possible.
- Box up the kits according to the specifications provided in the guide referenced above. Take special care in ensuring that the boxes are labeled properly.
- During the activity, ask someone to take pictures so that your efforts can be shared with others in your congregation and community. Don't forget to e-mail a few to ELCA World Hunger at [hunger@elca.org](mailto:hunger@elca.org).

#### STEP FOUR: PRAY

Offer a special prayer of protection and care for those who will receive the kits before you mail them.



**Evangelical Lutheran Church in America**  
God's work. Our hands.