



Photo: KB Mpofu

A WORSHIP RESOURCE FOR WORLD FOOD DAY





**CANADIAN FOODGRAINS BANK IS A PARTNERSHIP OF 15
CANADIAN CHURCHES AND CHURCH-BASED AGENCIES
WORKING TOGETHER TO END GLOBAL HUNGER THROUGH:**

- Emergency food assistance in times of crisis
- Long-term responses to improve household food security
- Engaging Canadians and governments toward meaningful change



About World Food Day

The Food and Agriculture Organization of the United Nations (FAO) created World Food Day on October 16, 1945. The goal of the FAO is to free humanity from hunger and malnutrition, and to effectively manage the global food system. World Food Day events are organized in over 150 countries across the world, making it one of the most celebrated days of the UN calendar. These events promote worldwide awareness and action for those who suffer from hunger and help strengthen the link between agriculture and food security.



PRAY

As your church community focuses your worship time on addressing the injustice of hunger consider these additional ways you can take action:



GIVE

Opportunities for contributing financially to increase access to food for people around the world who are struggling to feed their families.



LEARN

Information, activities, and educational resources to help your congregation learn more about why global hunger numbers are on the rise.



ADVOCATE

Ideas on how to add your voice and be an advocate for ending global hunger.



PRAY

Photo: Mwangi Kirubi

Suggested Scripture Readings

Old Testament Reading:

Isaiah 55 – An Invitation to Abundant Life

Psalm:

Psalm 145 – The Greatness and the Goodness of God

Gospel Reading:

John 6:1-15 – Feeding the Five Thousand

Epistle:

Ephesians 3:14-21 – Paul’s Ministry to the Gentiles,
A Prayer for the Readers

Call to Worship

Come, let’s praise God together!
For God is great, and worthy of our praise!
Let’s tell stories of the things God has done—
mighty acts of power and love throughout history:
for God is great, and worthy of our praise!
Let’s remember how much he loves us,
and celebrate the care he continues
to show to all of creation:
for God is great, and worthy of our praise!
Let’s worship God together!

Litany

BASED ON PSALM 145

Governments come, and governments go;
nations come, and nations go.
Only God goes on forever.
Only God is completely dependable,
never corrupted by power.
God strengthens those crushed by life,
and lifts the burdens of those bent over by cares.

God does not favor the fortunate;
the seasons roll around for the poor as for the rich.
With open-handed generosity,
God causes the earth to bring forth food for all.
Only humans hoard, creating shortages for others.
But God holds nothing back;
God plays fair with everyone.

God never puts the phone on hold
or hides behind secretaries or schedules.
God is always available.
God turns no one away—
except those who deny the existence of God.
When their time comes, they will vanish into silence;
their story will be heard no more.

But the stories of those who know God
will be told down the generations;
by their stories, many not yet born
will come to know God.

*Litany of Praise from Everyday Psalms by James Taylor.
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Opening Prayer

Good and gracious God, You are gathering
this community from across the earth,
Asking us to pour out our lives on
behalf of those who hunger.
For hope, For justice, for daily bread.
You are asking us to see the earth as you do,
So very, very good.
Trees with fruit, bursting with seed.
Green plants for food, for humans
and for every living creature.
As a holy place for everything that breathes
and to whom you have given life.
Yet we see the realities before us and
it takes our breath away:
Those whose bellies growl every day.
Those who consume more than their fair share.
Breathe new life into us...
As a global community, as local congregations
Gather us together so that we may remind
each other of your intent for this earth.
Gather us so that we may pour out our lives in Christ's
name, as Christ does on behalf of those who hunger.

Adapted from WFD prayer on presbyterianmission.org.

Confession & Renewal

You asked for my hands
that you might use them for your purposes.
I gave them for a moment
then withdrew them for the work was hard.
You asked for my mouth
to speak out against injustice.
I gave you a whisper
that I might not be accused.
You asked for my eyes
to see the pain of poverty.
I closed them
for I did not want to see.
You asked for my life
that you might work through me.
I gave you a small part

that I might not get "too involved."
Lord, forgive me for calculated efforts to serve you
only when it is convenient for me to do so,
and only in those places where it is safe to do so,
and only with those who make it easy to do so.
Lord, forgive me,
renew me,
send me out as a usable instrument,
that I may take seriously
the meaning of your cross.

Written by Joe Sereman, South Africa.

Prayer for Others

Merciful God of compassion and justice,
have mercy on us as we confess our sin.
We are not the stewards Christ calls us to be.
Riches possess us while others go hungry.
We mismanage creation with our pollution and strife
to obtain ever more than we already have.
We abuse your provision for us by our selfish desires.
Help us hear again Christ's call to be faithful,
and through him forgive us
as we repent of our sin and turn from it...
Lord, hear our prayer.
Loving God,
with a handful of flour and a drop of oil
the widow of Zarephath fed the prophet Elijah
before her child and herself.
God, teach us the joy of hospitality
which welcomes friend and stranger,
neighbour and enemy,
and so finds You feasting among us...
Lord, hear our prayer.
God of Abundance,
with two small coins
the widow of Jerusalem offered to you her love,
her worship and all she had.
Teach us the joy of giving freely,
which counts nothing as ours by right,
but willingly shares
and so finds you sharing with us....
Lord, hear our prayer.
God of Resurrection,
with his whole being
Christ Jesus sacrificed himself
for the sake of your love for us.
Teach us the joy of giving ourselves to you,
so that we yearn for your presence,
long for your salvation,
and so find you living in us....
Lord, hear our prayer.

God of Mercy,
it is your will that we love and work and pray
for those who are in need of bread and of shelter,
of healing and of wholeness.
Hear the prayers we make for those of our world—
those of our community,
and those of our family who are in need.
We lift before you now in the silence of our hearts
and with the words of our lips....
Lord, hear our prayer.
Bless your church throughout the world
and help it to fulfil the purpose you have given it.
Guide us each day
and help us to give as completely as we have received.
We ask it in the name of Christ Jesus,
our Lord and our Saviour,
our brother and our friend. Amen.

*Prayer for Others written by John Maynard, and posted on
Rev. Richard J. Fairchild's Kir-shalom website.*

Words of Assurance

Our God is close to all who call.
God receives us as we are,
lifts us up, and calls us again
to be people of love and mercy—
salt and light in a hungry, hurting world.
Receive God's pardon and peace;
your sins are forgiven.
Thanks be to God.

Prayer of Commitment

Help As We May
There is no shortage of ways that we can help
to heal our world, Lord;
we just need the willingness to see them
and the courage to act.
So, we pray for Your inspiration and strength,
to use the abilities and resources we have
for the sake of those who need them.
We pray for those of us who have plenty –
of wealth that can lift some out of poverty,
of power that can influence the world
toward justice and equity,
of relationships that can connect
those who can help each other,
of creativity that can inspire and challenge through
new ideas and new visions,
of time that can be used to feed the hungry,
transport the weary,
or befriend the lonely.

And we pray for all who need ordinary, gifted people
to ease their grief, their pain, their trauma,
their need and their fear.
Do not let us rest, Lord, until we have found
a way to help as we may,
for the cause of Christ.
Amen.

*Written by John van de Laar on his Sacredise website.
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Affirmation

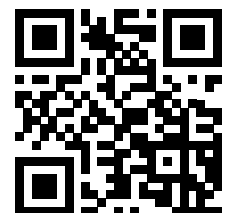
WE DARE TO DREAM

We dare to dream of a world
in which hunger is unknown:
where scarcity is an illusion,
and everyone has a place at the table.
We dare to dream of a world
in which generosity is the norm:
where greed finds no foothold,
and there is more than enough for all.
We dare to dream of a world
in which love rules:
where compassion is the first response,
and there is no place for bigotry.
We dare to dream.
We dare to pray.
We dare to believe.

Opportunities for Response

BULLETIN OR ORAL ANNOUNCEMENT

God's will is that no person should go hungry. The causes of hunger around the world are complex but ways for Christians and church communities to take action don't have to be. Join with Christians and church communities across Canada by hosting a screening of "Food for Today, Soil for Tomorrow," or organizing a church letter-writing event. Visit foodgrainsbank.ca/advocate to find out how!



Prayer for the Offering

God of mercy,
the gifts we bring
are so small in comparison
to the vast needs in our world—
nowhere near enough to save the
thousands who are dying of
starvation or malnutrition,
or even to meet the needs of the
hungry and homeless in our city.
Yet we come with open hands,
bringing what we can.
As You once multiplied
the five small loaves and two fish,
multiply these gifts as well, so that, once
again, the hungry may receive all they need,
and more. Amen.

Prayer at the Table

WHAT DO YOU BRING?

What do you bring to Christ's table?
We bring bread, made by many people's work
from an unjust world where some have plenty
and many go hungry.
At this table, all are fed
and no one turned away.
Thanks be to God.
What do you bring to Christ's table?
We bring wine, made by many people's work
from an unjust world where some have leisure
and many struggle to survive.
At this table, all share the cup
of pain and celebration
And no one is denied.
Thanks be to God.
These gifts shall be for us
the body and blood of Christ,
Our witness against hunger,
our cry against injustice,
And our hope for a world
where God is fully known
And every child is fed.
Thanks be to God.

By Brian Wren, from Bread of Tomorrow, ed. Janet Morley, Christian Aid/SPCK 1992.

Lord's Supper Prayer

SETTING THE TABLE

Grain is gathered from the field;
threshed and milled for flour.
We are formed from the grain of God's harvest.
Flour is mixed with water to produce basic dough.
The water of baptism unites us.
Yeast is added to transform the mixture.
The vision of God's realm draws us onwards.
Oil softens the dough and makes a new texture.
The Holy Spirit anoints us as the body of Christ.
A little salt improves the taste.
Jesus calls us to be the salt of the earth.
The bread is kneaded and shaped, molded and baked.
It is God who makes us a holy communion.
Grapes are harvested and crushed for juice.
You are the vine, we are the branches, O Christ.
Juice and skins are mixed with yeast for fermentation.
God's reign is coming. God's hope is here.
There is a time of waiting; then a time of pressing.
God's new life presses forth through
the sediment of our lives.
And finally, the feast is here!
Let us celebrate the feast of our life in God.

Setting the Table was written by Anita Monro and posted on the MAD-e-Lena blog mad-e-lena.blogspot.com.

Prayer of Intercession

When Jesus told the disciples
to give the crowd something to eat,
they found only a few loaves and two small fish.
But they brought what they had to Jesus.
Let us bring our prayers before the Lord.

We thank you, God, for the abundance
of food we receive from your hand.
We thank you for the progress that has been
made against hunger in recent years,
and we remember today those people at risk of
falling back into hunger and extreme poverty.

Lord in your mercy, hear our prayer.

We pray for all those directly affected by hunger,
especially those in the Sahel region of Africa.
For farmers whose livelihoods depend on natural,
economic, and political conditions beyond their control.
For parents who struggle to put food on the table,
and for children who go to bed hungry.

Lord in your mercy, hear our prayer.

We ask your blessing on those working to save lives
and end hunger in the world,
especially now at a time when the high cost of food
makes meeting those needs an even greater challenge.

Lord in your mercy, hear our prayer.

We pray for the leaders of the nations,
especially our own leaders, that they will act
with wisdom, generosity, and compassion,
bring relief to those who are hungry now,
and help move us all toward a world without hunger.

Lord in your mercy, hear our prayer.

Finally, we pray for ourselves,
that you will show us the ways your church
can be an instrument of grace to hungry people,
and give us the courage to act in your name,
sharing generously what you have so freely given to us.

Lord in your mercy, hear our prayer.

Jesus blessed the five loaves
and the two small fish,
and it was multiplied,
and everyone had enough and more.
God, please accept our prayers.
We know you will multiply this small offering
beyond our imaginings,
and that one day soon,
everyone will eat and be satisfied.
We offer these prayers in the name of Jesus Christ,
the Bread of Life.

Amen

*Adapted from Prayer of Intercession from Bread for the World website.
www.bread.org*

Closing Prayer

Loving God,
take our hands
take our lives,
ordinary as wheat or cornmeal,
daily as bread –
our stumbling generosity,
our simple actions,
and find them good enough
to help prepare the feast
for all your people.

*From the Monthly Prayers page of the Christian Aid website
www.christianaid.org.uk*

Benediction

May the blessing of God, Creator of heaven and Earth,
rest upon you and upon all that God has made;
May the Risen Christ Jesus
transform your life and your vision,
so that you may live in reconciliation with all things;
and
May the power of God's Holy Spirit
move over this whole Earth,
like the breath of Spring,
to renew the Earth and all its people,
so that all creation may join together
in praise to God's holy name!
Almighty God, Father, Son, and Holy Spirit,
bless you now and forever. Amen

*Written by Kim Winchell, in Living Earth: Creation Waits
with Eager Longing.*

Dramatic Reading

JOHN 6:1-15

Narrator: Jesus made his way to the other side of the Sea of Galilee. As he walked, a large crowd pursued him, hoping to see new signs and miracles; his healings of the sick and lame were garnering great attention. Jesus went up a mountain and found a place to sit down and teach. His disciples gathered around. The celebration of the Passover, one of the principal Jewish feasts, would take place soon. But when Jesus looked up, he could see an immense crowd coming toward him. Jesus approached Philip.

Jesus: Where is a place to buy bread so these people may eat?

Narrator: Jesus knew what he was planning to do, but he asked Philip nonetheless. He had something to teach, and it started with a test.

Philip: I could work for more than half a year and still not have the money to buy enough bread to give each person a very small piece.

Narrator: Andrew, the disciple who was Simon Peter's brother, spoke up.

Andrew: I met a young boy in the crowd carrying five barley loaves and two fish, but that is practically useless in feeding a crowd this large.

Jesus: Tell the people to sit down.

Narrator: They all sat together on a large grassy area. Those counting the people reported approximately 5,000 men—not counting the women and children—sitting in the crowd. Jesus picked up the bread, gave thanks to God, and passed it to everyone. He repeated this ritual with the fish. Men, women, and children all ate to their heart's content. When the people had all they could eat, he told the disciples to gather the leftovers.

Jesus: Go and collect the leftovers, so we are not wasteful.

Narrator: They filled 12 baskets with fragments of the five barley loaves. After witnessing the sign-miracle that Jesus did, the people stirred in conversation. But Jesus sensed that the people were planning to mount a revolution against Israel's Roman occupiers and make him king, so he withdrew further up the mountain by himself.

Readers' Theatre based on The Voice™ translation of the Bible. Copyright © 2006, 2007, 2008 by Ecclesia Bible Society.

Sermon/Meditation Starter

FEEDING THE FIVE THOUSAND (JOHN 6)

Read and reflect on the account of the feeding of the 5,000 in John 6 and Jesus' following teaching on being the bread of life. There's something about everything that Jesus said and did that needs to be seen as part of a greater whole. The disciples were constantly being stretched to see beyond the obvious (Jesus providing lunch), to catch a glimpse of the bigger picture.

Take a look at three different 'scenes' from John 6, considering various questions:

Scene 1

"There's a young boy here with five barley loaves and two fish. But what good is that with this huge crowd?"
—John 6:9

In a world where might is right, Jesus reminds us that the values of the kingdom are the exact opposite. God's way is for David to defeat Goliath, for faith the size of a mustard seed being enough, of his kingdom acting like yeast in the dough, of the least of this world having God's favour.

What situations overwhelm or paralyze you because the issue seems so big and your input so small? When has a small act of kindness or generosity made a difference to you? What have you done for others lately? What could you do this week?

Catherine of Sienna wrote, "Become the person you were created to be and set the world on fire." We don't have to be like anyone else, not powerful, not well-known—we just have to be authentically who we were intended to be. How can you fulfill this calling and make a difference to others?

Scene 2

"'Now gather the leftovers,' Jesus told his disciples, 'so that nothing is wasted.'" —John 6:12

God is a generous God. He doesn't keep a tally of what we deserve, he wants to do so much more than we can ever ask or imagine (Ephesians 3) and just as his word never returns to him empty (Isaiah 55), nothing goes to waste in our lives.

But just like in the parable of the talents (Matthew 25:14-30), God asks us to make good use of what we have been given. Whether it is opportunities, abilities, or wealth, God calls us to live with faithful generosity, looking beyond our own needs to the needs of others.

What opportunities, abilities or resources have you been given? How are you using what you have been given to further the kingdom of God?

Scene 3

"The true bread of God is the one who comes down from heaven and gives life to the world." —John 6:33

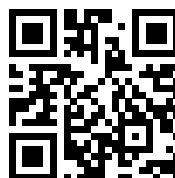
Bread broken and given to others is so much more than a matter of lunch! Jesus makes the link at last with sacrifice—his own—for the sake of the world. Jesus fed a crowd and was nailed to a cross. It's all about giving. In him alone can we find true fulfillment and in following him we also must take up the cross and deny self—we become the bread broken and shared for others.

Rob Bell, former pastor of Mars Hill Bible Church, said, "We need to ask, 'What is God doing and how can I be part of it?'"

When we pray for those who are needy or struggling, we have to believe that God wants to be at work in their lives, to bring something good out of it—to offer bread....

What might it mean for you to break bread for others?

Meditation adapted from a meditation on John 6 from the Third Space blog, Can You Tell What It Is Yet?



A short video sermon is available at UntilAllAreFed.ca



Photo: MOPIX

GIVE

“It takes just one day for me to cover the land,” says Habtamu. “Just one day, which is very easy. I do four months worth of labour in a day. We managed to change our lives and properly raise our children.”

For many years, northern Ethiopian farmer Habtamu Temegsen used conventional farming methods to work the land. His farmland was ploughed by four oxen, causing soil erosion and soil infertility. The farm could not provide a livelihood for Habtamu, his wife Yitayish and their two children, and they struggled to grow enough food to last them the whole year.

“Earlier a rich farmer was distinguished by his possession of four or five oxen [to plow the land],” says Habtamu, “but today it only needs cover, just as we human beings need clothing to cover our body, protecting us from heat and cold.”

Conservation agriculture farming methods have been widely proven as a solution to meeting such challenges.

Through Canadian Foodgrains Bank member Mennonite Central Committee Canada, Habtamu was able to participate in a conservation agriculture program implemented by MCC’s local partner, Migbare Senay Children and Family Support Organization (MSCFSO)

and supported by Canadian donors and through a grant from the Government of Canada. Since adopting sustainable conservation agriculture techniques on his farm, Habtamu’s crops have grown well, are better protected, and the harvest has increased. He also manages to save time and be more efficient in his work.

“It takes just one day for me to cover the land,” says Habtamu. “Just one day, which is very easy. I do four months worth of labour in a day. We managed to change our lives and properly raise our children.”

Habtamu feels proud of what he takes to the market and works in partnership with his wife to make decisions for their farm and their family. He is a member of a community Self Help Group, and shares in the ‘Food for Today, Soil for Tomorrow’ video how life has improved for his whole family.

All 15 Foodgrains Bank members work together with partners in this way, improving access to food for people like Habtamu and his family. To donate to any member account, visit foodgrainsbank.ca/give where you can select from options on how to direct your donation.



Learn together and watch the short film about Habtamu’s story “Food for Today, Soil for Tomorrow” at soilfortomorrow.ca

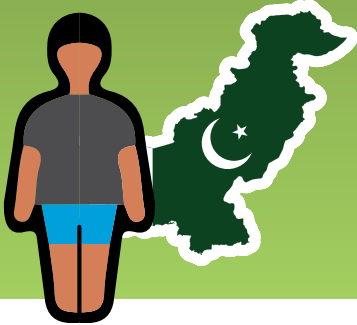
LEARN



Ending hunger depends on safe and secure food systems. Food systems include all the ways food is produced, harvested, processed, packaged, transported, distributed, prepared and used.

A breakdown in any of these elements prevents people from having regular access to enough nutritious food to lead active and healthy lives

Rebab from Pakistan



His parents grow most of the food that the family eats. However, a few months ago there was a large flood and they lost all the crops in their field. As a result, his family has no food to eat until the next harvest season.

Once a month, his family receives a large bag of wheat, split peas and oil. They will continue to receive this food until their next crop is ready to be harvested and eaten.



Jana from Syria

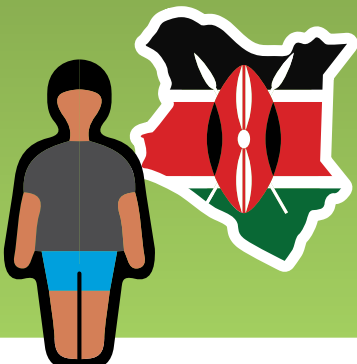


She had to leave her home because of war. Her family is living in someone's shed in Lebanon. While her parents had good salaries in Syria, they are now struggling to afford food, rent, and medical costs.

Each month her family receives a "food staples basket." This is not a lot of food, but it does help feed them and allow them to spend the little money that they have on other things, like rent or medical expenses.



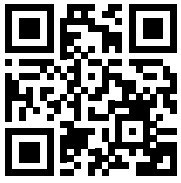
Amani from Kenya



His parents are farmers. They grow most of the food that he and his siblings eat. However, this year there was a severe drought and the crops did not grow. With the loss of the crop, his family couldn't save any seeds to plant for next season, and they had to sell some of their animals to afford to buy food in the market.

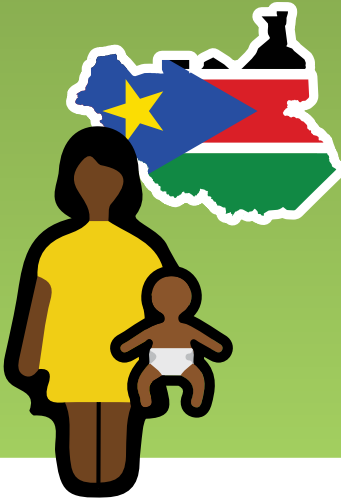
The family receives a large bag of maize, beans and oil and seeds which will help to plant a new crop next season.





To learn more, download our free Learning Activity: Exploring types of food assistance on our website at foodgrainsbank.ca/exploring-food-assistance

Grace & Talia from South Sudan



Their country has experienced war for several years. For several weeks she has had little or no food for either herself or her child who is thin, weak and sick. She is scared Talia may die, like so many other children have in her community. While enroute to reach a place where help is available, she had to resort to begging.

Grace takes Talia to a health centre for young children. She receives a special type of food paste that is easy for young children who are weak to suck out of the package. It is high in fats, proteins, carbohydrates, vitamins and minerals and will help Talia regain weight and improve her health.

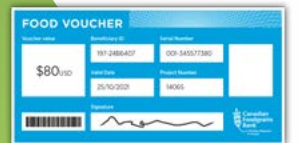


Luis from Venezuela



Luis had a comfortable life at home, but his family chose to leave because of difficult political and economic reasons. After crossing the border to Colombia they are hungry, with little money or other resources, and have few opportunities to access public services. Food is available in the city where they now live, but they can't afford to buy much.

Each month Luis' mother receives a voucher which she can use in certain shops to choose food for the family. It's not quite enough for the whole month, but it helps them get by.



Solange from Haiti



She lives in a small remote village, walking several hours a day to attend primary school further down the mountain. Usually, her parents can only provide one meal a day.

Solange's school has recently received money to provide all students with a nutritious lunch consisting of rice and beans, that helps her focus and learn. You have noticed more children coming to school.





ADVOCATE

The Intergovernmental Panel on Climate Change has estimated that globally up to

180 million

additional people

are at risk of hunger by 2050.



Our current food system fails to meet the needs of most people or our planet. Since 2014, climate change, conflict and economic downturns have halted a decade-long decline in hunger. Now COVID-19 has led to devastating increases in food insecurity. Something is wrong!

Our current food system both contributes to climate change and is threatened by its impacts. Without action on climate change, hunger is likely to rise even higher in years to come.

All people should have regular access to enough nutritious food to live healthy and active lives. One important way to work towards this is to ensure that Canada increases support to help small-scale food producers adapt to climate change and build more resilient food systems.

Join others in speaking out for our global neighbours by building your own personalized letter to your member of Parliament today at foodgrainsbank.ca/online-letter. This is a quick and meaningful action you can take that can make a big difference!

Host a church letter writing event with your congregation or small group!

Writing letters as a group sends a powerful message to Canada's leaders, and it doesn't have to be fancy or complicated. Here's what a simple event can look like:

Invite your friends, neighbours, or people from your church or small group to gather for an hour or so—virtually or in person (following your local public health guidelines).

Everyone will need access to a device such as a laptop, tablet or mobile phone to participate.

Want support to facilitate for your group virtually? We offer a short overview of the issue, and lead group learning discussion and close the time with a blessing.

Contact us (connect@foodgrainsbank.ca or call **1-800-665-0377**) to book a speaker for your event, or to let us know how your event went.



The Right Tools

Children's Feature (Based on John 6:1-13, The Feeding of the 5000)



Photo: Tharaka Nithi

GATHER THE CHILDREN AND READ THE FOLLOWING, AND THEN LEAD THE WONDERING QUESTIONS.

Leader: “Jesus told a story about a whole lot of people who got hungry. They were grown-ups and children who went to hear Jesus talk and they stayed and listened all day. In fact, they stayed so long that it began to get late and everyone was hungry. Jesus asked his disciples to feed everyone, but they didn't know how to do it. Then Andrew, one of the disciples, found a little boy who had five loaves of bread and two fish. This boy wanted to give his bread and fish to Jesus. Jesus took what the little boy offered and said a blessing on them. Then the disciples went through the crowd giving out the bread and fish and do you know what happened? Everybody had enough to eat. There was even some left over! Do you know how many people were fed? Over 5,000 people had something to eat because this little boy shared his food.”

Wondering questions: These are suggested questions to spark conversation and wondering for the children (and congregation). After each question, allow the children time to respond freely without giving them feedback.

- I wonder what it feels like to be really hungry?
- What do you do when you're hungry and want something to eat?
- I wonder what would happen if you didn't have any food at all to eat at your house?

Show the children what is in the bag, and ask:

- What do you see in this bag?
- Could any of these things help someone who is hungry?
- How could you use the other things in the bag to help people get enough to eat?

Next, show the items one by one, and pass them around while offering some of possible responses for each item:

- **VEGETABLE/FRUIT:** We could help by sharing food with someone who is hungry.
- **SEEDS or GARDEN TOOL:** We could give people seeds or tools so they could grow their own food in a garden or farm.
- **BOOK:** This can represent helping a person get a good education or learning new skills so they can improve their garden or farm, or get a better job and have the money they need to buy their food.
- **HAMMER:** can represent projects that help people improve their living conditions. A hammer could also represent learning a new skill that improves your way of life, or getting a job that earns enough money to buy what is needed.
- **ANIMAL:** This chicken/goat could multiply by laying eggs, and having offspring that can be taken care of, then eaten or sold in the market.
- **COINS:** These represent collecting money to donate to organizations that provide food and help people who are hungry in other ways.

To close, say: There are many ways to help people who don't get enough food to eat. We can help them have good food right away. We can collect money for (insert name of your local mission or relief and development agency). Everyone needs food to be healthy, to be able to learn and to be able to work and have a healthy life. We can help people learn new skills so they can find jobs or get better ones. We can talk to our government leaders and find out what they are doing to help people take care of their families. Jesus said whenever we feed someone it is like we are feeding Jesus himself. Let's close together in prayer:

Loving God, thank you for showing us that children's gifts are important to Jesus and that when we share, Jesus can do miracles. Amen.

Adapted from End Hunger USA's National Hunger Awareness Day Resources. www.endhunger.org



FILLING THE BOWLS

Youth Group Activity (For in-person gatherings)

Photo: Mwangi Kirubi



INSTRUCTIONS FOR LEADERS

Leader: Have the members of the group sit in a well-spaced circle on the floor. Give them each a plastic cup or small container of the same size (empty yogurt or sour cream containers that are 500g or less would work). Fill a bucket with rice (or another grain or something small that represents a grain) and place it in the centre of the circle. Hand out spoons and kitchen utensils of different shapes and sizes so that each person has one. Utensils can be different sizes and shapes, and it's good if at least one or two utensils have holes or are flat. Tell participants they need to transfer the grain they were given from the large bucket to their own container using their utensil. Stop after a few people have filled their containers.

TEXT FOR LEADERS

Discuss:

- How did the activity make you feel?
- Why were some people able to fill their containers much quicker than others?
- Some people in the activity had large, deep spoons that helped them fill their containers quickly while some people had small spoons or other utensils that made accessing the grains more challenging. Likewise, in real life, we do not all have access to the same resources. Some people have few difficulties in accessing food, others face many challenges. Can you name some of the challenges that some people in Canada and around the world may have when trying to access food?
- Sometimes people who have many resources (like money) say that they are blessed. Does that mean that others are not blessed?
- Were those who could fill their containers sooner more blessed by God than the others?
- How do you think God wants us to respond to those who have less access to resources?

**Be sure to sanitize the utensils before and after the activity. Youth can take turns going to the bowl if you'd like to be physically distanced from one another.*

PRAYER AND CLOSING OF SESSION

For this time of prayer, reflect on how people have walked alongside you in your life, or use the suggested prayer below.

A Franciscan Blessing

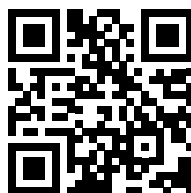
May God bless you with discomfort at easy answers, half truths, and superficial relationships, so that you may live deep within your heart.

May God bless you with anger at injustice, oppression and exploitation of people, so that you may work for justice, freedom and peace.

May God bless you with tears, to shed for those who suffer pain, rejection, hunger and war, so that you may reach out your hand to comfort them and to turn their pain to joy.

And may God bless you with enough foolishness to believe that you can make a difference in the world, so that you can do what others claim cannot be done to bring justice and kindness To all our children and the poor.

Amen.



For more Youth activities download our free resource *Hunger for Justice: A Learning and Reflection Guide for Youth Groups*, at foodgrainsbank.ca/hunger-for-justice



FILLING THE BOWLS

Youth Group Activity (For online gatherings)

Photo: Mwangi Kirubi



INSTRUCTIONS FOR LEADERS

Leader: Have three plastic cups or small containers of the same size (empty yogurt or sour cream containers that hold 500g or less would work well). Fill a large bowl with rice (or another grain or something small that represents a grain). Have three spoons / utensils of different types, shapes and sizes, such as a ladle, a teaspoon, and a pancake flipper. Use each utensil to transfer the rice from the large bowl to the smaller container. Have the youth observe and time how long it takes to fill the small container with each utensil.

TEXT FOR LEADERS

Discuss:

- What were you thinking while observing this activity?
- Which utensils were able to fill their containers much quicker than others?
- The large, deep spoons were ideal for filling the containers while small spoons or other utensils made accessing the grains more challenging. Likewise, in real life, we are not all accorded the same resources. Some people have very little difficulty in accessing food, others face many challenges. Can you name some of the challenges that some people in Canada and around the world may have when trying to access food?
- Sometimes people who have many resources (like money) say that they are blessed. Does that mean that others are not blessed? Do you think that someone who is able to fill a container sooner means that he or she is more blessed by God than others?
- How do you think God wants us to respond to those who have less access to resources?

PRAYER AND CLOSING OF SESSION

For this time of prayer, reflect on how people have walked alongside you in your life, or use the suggested prayer below.

A Franciscan Blessing

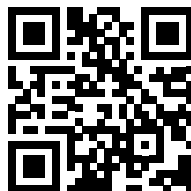
May God bless you with discomfort at easy answers, half truths, and superficial relationships, so that you may live deep within your heart.

May God bless you with anger at injustice, oppression and exploitation of people, so that you may work for justice, freedom and peace.

May God bless you with tears, to shed for those who suffer pain, rejection, hunger and war, so that you may reach out your hand to comfort them and to turn their pain to joy.

And may God bless you with enough foolishness to believe that you can make a difference in the world, so that you can do what others claim cannot be done to bring justice and kindness To all our children and the poor.

Amen.



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