

A Simple Supper for Global Hunger

Encounter. Pray. Fast. Give. Reflect. Simple Meals. Penance. CRS Rice Bowls. Ash Wednesday. Global Solidarity. Holy Thursday. Good Friday.



The 40 days of Lent provide a unique opportunity to elevate the issue of Global Hunger on your campus. Since we know that the many opportunities for personal and communal reflection can feel overwhelming, this “Simple Supper for Global Hunger” How-to Guide provides an easy way to bring Lent to life on campus through one key event and integrates the “I am Global Hunger” campaign and CRS Rice Bowl resources. (Of course, this doesn’t mean you can’t incorporate other CRS Rice Bowl resources into your campus’ Lenten experience!) We hope that your Lent is full of encounter—with God, yourself, your campus community and, of course, those around the world with whom we stand in solidarity and support through CRS every single day.

MATERIALS NEEDED

- Recipe supplies and cookware
- Table decorations
- Silverware, napkins, etc.
- [CRS Rice Bowls](#) (one for each table)
- World map (find one on campus or Google and print an online version)
- Post-It Notes & Pens
- Laptop with internet connection, or DVD player
- Projector and screen, or TV
- CRS Rice Bowl *Community Reflections* booklet (print or digital copy)
- Advocacy Materials
- Other materials as needed by selected *Community Reflections* module

RECOMMENDED SET UP

Food: CRS Rice Bowl offers simple, meatless meals from various countries where CRS works. Visit csrricebowl.org/recipe to review our available recipes and select one or more to prepare for your event. Consider inviting participants to each prepare one of the recipes beforehand, creating a potluck style dinner of simple meals from around the world.



Tables: Set up enough tables for all participants to have a place. Put a CRS Rice Bowl on each table, or at different places along a single table.

Map: Tape the map to a wall in the communal space.

Advocacy: Decide on method of letter writing and prepare utilizing directions found at the end of this guide.

Optional – Global Hunger Facts & Solutions

- “I am Global Hunger” One Pager
- Review basic global hunger facts from the World Food Programme at <https://www.wfp.org/hunger/stats>; consider writing some of these facts on big post-it notes and taping them to the wall
- Review ways CRS addresses global hunger at <http://www.crs.org/get-involved/learn/hunger>; consider writing some of these solutions on big post-it notes and taping them to the wall near corresponding facts

PROGRAM

Opening Prayer:

God of the journey,

Whenever we stumble on life’s roads, you are with us. Your love enables us to get back up and start again. May our Lenten prayer, fasting and almsgiving be an encounter with your mercy. May our experience of your selfless love inspire us to “go and do likewise,” becoming companions for our neighbors most in need, and for every member of our human family.

Amen

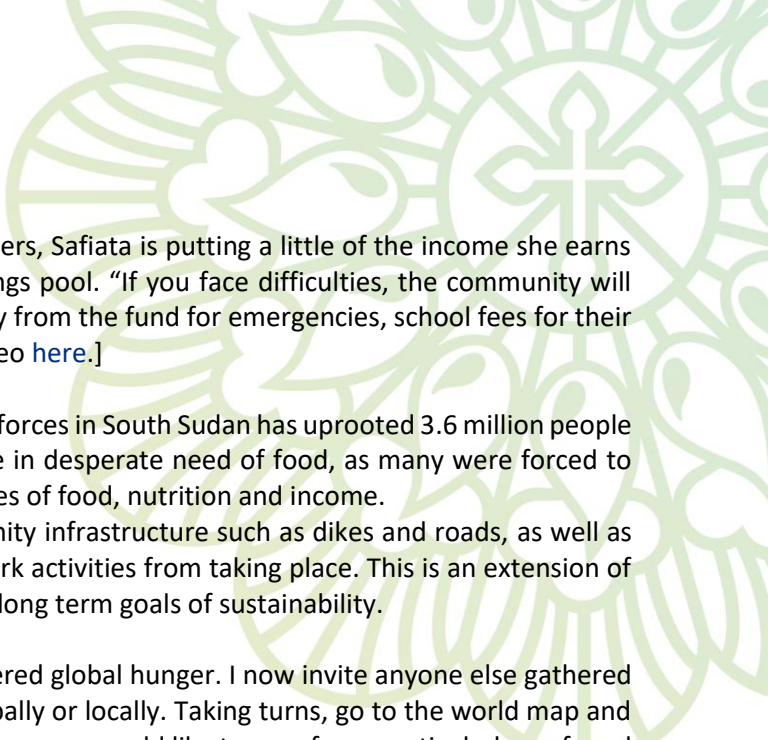
Introduction:

LEADER: Consistent access to sufficient nutritious food is necessary for good physical and mental health, and for honoring the dignity of each person. The 795 million people worldwide who face chronic hunger are denied these human rights. We must work to end global hunger by both responding to immediate hunger emergencies while also preventing hunger—through sustainable development that addresses the root causes of poverty. Today, we will hear some stories of individuals and families around the world whose lives have been impacted by global hunger and invite you to reflect on how we as a community can act in accordance with our faith.

Stories of Global Hunger:

READER ONE: The dry and dusty climate of Burkina Faso means farming can be difficult. It means water can be hard to come by. And it means Safiata and her family often face hunger. Even though she had two plots of land to farm, the many months each year without rain made feeding her 9 children and 16 grandchildren a real challenge.

That’s why Catholic Relief Services is providing farmers like Safiata with more land to grow crops—like onions—that thrive in dry climates. And thanks to a CRS-sponsored irrigation system, she knows she’ll have access to water year-round. That means her crops will grow, and she’ll be able to sell some at the market. “I pay school fees thanks to selling the vegetables. The vegetables help solve the problems my family faces,” Safiata says.



Moreover, she can prepare for the future. Together with others, Safiata is putting a little of the income she earns from selling her crops at the market into a community savings pool. “If you face difficulties, the community will help you,” she says. Those who contribute can borrow money from the fund for emergencies, school fees for their children, or to build businesses. [You can find photos and video [here](#).]

READER TWO: Fighting between government and opposition forces in South Sudan has uprooted 3.6 million people in the region and placed millions of lives at risk. Families are in desperate need of food, as many were forced to abandon their farms, and livestock, which were critical sources of food, nutrition and income. CRS provides food in exchange for work on building community infrastructure such as dikes and roads, as well as by supplying direct food aid when violence prevents such work activities from taking place. This is an extension of country programming that has been supporting growth with long term goals of sustainability.

READER ONE: These two stories show how CRS has encountered global hunger. I now invite anyone else gathered here to share how they have encountered hunger either globally or locally. Taking turns, go to the world map and tell a story of solidarity. It could simply be the name of someone you would like to pray for, a particularly profound experience you had, or something else you want to call to mind.

[If participants brought simple meals potluck-style from the CRS Rice Bowl recipe archive.] If you brought a dish, you may also wish to tell a story or share information regarding CRS programming in the country from which your recipe originated.

READER TWO: Now that we have heard stories of global solidarity, touchstones in other countries, cultures and traditions, we will now provide space to reflect on the intersection of solidarity and faith. Please take this time to get food and return to your seats. Once we are settled, we will move into a community reflection.

Reflection:

[Select one of the [Community Reflections](#) modules and guide participants through the videos, reflections questions and activities, as appropriate.]

Advocacy:

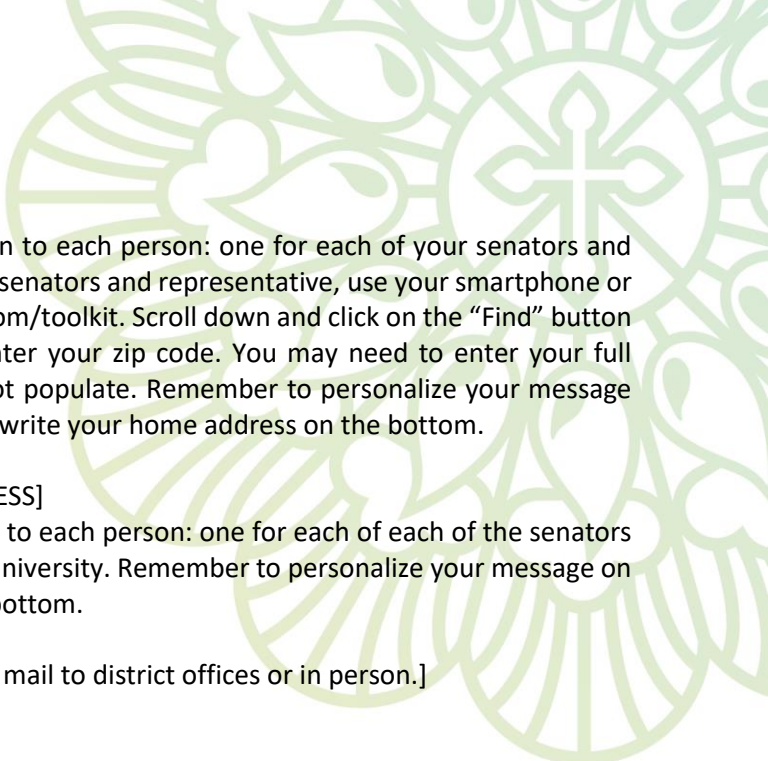
[See “Advocacy Preparation Directions” section at the end of this resource for more details and guidance]

LEADER: We will now send letters to Congress advocating on behalf of those whose lives have been impacted by global hunger, and in the hope that we can nourish the change that will affect millions of lives. It makes a difference when we lift up our voices together, but it’s also important that you personalize your message to your members of Congress. I invite you to take a few moments to edit the letter by adding your name, a few lines about why this issue is important to you.

[IF DOING ONLINE OPTION]

Please use your smart phone, laptop or tablet and navigate to <http://university.crs.org/global-hunger> and select the “Advocate to Congress” button on the page. You will be asked to enter your information. Remember to personalize your message on why this is important to you! You can edit the letter within the text box. An email will be sent to both your senators and your representative.

[IF HANDWRITING LETTERS WITH HOME ADDRESS]



In a moment, I will distribute three letters and a pen to each person: one for each of your senators and one for your representative. If you do not know your senators and representative, use your smartphone or laptop/tablet to navigate to confrontglobalpoverty.com/toolkit. Scroll down and click on the “Find” button under the “Meet with Congress” section. Simply enter your zip code. You may need to enter your full address if your representative’s information does not populate. Remember to personalize your message on why this is important to you! Sign your name and write your home address on the bottom.

[IF HANDWRITING LETTERS WITH UNIVERSITY ADDRESS]

In a moment, I will distribute three letters and a pen to each person: one for each of each of the senators and one for your representative who represent our University. Remember to personalize your message on why this is important to you! Sign your name at the bottom.

[Tell the group how the messages will be delivered, either by mail to district offices or in person.]

For Further Reflection:

Participants can commit to downloading and reflecting with the CRS Rice Bowl app, available at crsricebowl.org/app.

Closing Prayer:

Lord and Savior,
When you taught us how to feed the hungry,
You did not do it in a city or in a garden,
But in a desolate place
Where few things grow green,
And life struggles to sustain itself.
And so you taught us
That there is no place too desolate
And no hour too late
For the love of God to triumph.

Our father has blessed this world with abundance.
And yet too many fields are parched,
Too many stomachs, empty.

Be with those who hunger.
Help us to join with your people in peril.
To share our food,
To share our knowledge of cultivation,
To abate periods of dryness.
And to forsake the ways that created an unjust world
Where God’s bounty is for some, but not others.

Amen

ADVOCACY PREPARATION DIRECTIONS

Prepare the letters to your members of Congress, as necessary, depending on your choice out of the below options.

Option 1 - Online Letters: instruct participants to sign the online letter at this [link](#) (which can also be navigated to via <http://university.crs.org/global-hunger> and selecting the “Advocate to Congress” button). Participants will need to access the Internet. You can either set up laptops/tablets connected to Wifi or rely on participants to use their smartphones.

Option 2 – Handwritten/Handsigned letters

- COPIES: Each participant will need three copies of the letter: one for each of their two senators and one for their representative.
 - To make copies of the letters, you will need to insert the text from the most recent [action alert](#) into the blank letter template available [here](#) to download and adapt.
 - There is also a section, where you should ask attendees to personalize with a closing remark, such as a story or reason in their own words to share why they care.
- ADDRESS: Decide if you will ask participants to use their home or university address.
 - Option 2A - Home Address
 - During the letter-writing section, offer to show participants how to find their members of Congress online at <https://www.confrontglobalpoverty.org/find-members-congress/>, Ask them to enter their ZIP code when prompted. After they enter it, the names of their two senators and representative will pop up. They should write the full names of their senators and representative at the top of each letter.
 - They should put their home address at the bottom of the letter underneath where they will sign their name.
 - Option 2B - University Address
 - Pre-address the letters with the senators and representative information corresponding to your University’s district at the top of the letter.
 - Pre-insert the University address at the bottom of the letter underneath where they will sign their name.
- DELIVERY: Decide how you will get your letters to your senators and representative.
 - Your letters will have the most impact if they are hand delivered to the local offices. [Check out these tips](#) on how to set up a meeting with your members of Congress.
 - If you are mailing letters to several states and/or districts, be sure to mail the letters separately to each senator and representative. You can find senators’ addresses by visiting www.senate.gov, and representatives by visiting www.house.gov.
 - MEDIA & FOLLOW UP: It helps to send along a copy of any press coverage of the solidarity vigil along with the letters. Also, be sure to follow up with each member of Congress you sent a letter to so you’ll know whether they received it.