



## Simple Supper for Global Hunger

Use this Simple Supper for Global Hunger Guide to reflect on the injustice of global hunger and the challenges that prevent families from thriving, including lack of clean water, poverty and crisis. Through prayer, reflection, simple meals, giving and action, you can help create a world where every person has enough nutritious food to flourish.

### Materials Needed

- Recipe supplies and cookware for meal preparation or a meal prepared in advance.
- Table decorations.
- Silverware, napkins and other table necessities.
- CRS Rice Bowls, available at [crsricebowl.org/order](https://crsricebowl.org/order).
- World map, which may be available on campus or online.
- Optional photos and videos from the CRS Rice Bowl Stories of Hope, available at [crsricebowl.org](https://crsricebowl.org).

### Recommended Setup

*If gathering virtually, consider how you can adapt the following recommendations to enhance your event.*

- **Food:** CRS Rice Bowl offers simple, meatless meals from various countries where CRS works. Visit [crsricebowl.org/recipes](https://crsricebowl.org/recipes) for recipes and encourage students to make one of the meals before you gather for the prayer service. If gathering in person, consider inviting participants to 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 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:** Review the “Advocacy Preparation Directions” at the end of this document in advance of the event to be prepared to lead others through writing an advocacy letter to Congress.
- **PowerPoint:** You may choose to create a PowerPoint to guide your event by adding the prayers, photos from the CRS Rice Bowl Stories of Hope and the advocacy instructions you choose.
- **Space:** Review more information about global hunger at [crs.org/act](https://crs.org/act) and display posters with stories, information or images from CRS’ work around the world.





## Program

### Opening Prayer

Almighty and ever-living God,  
You are the God of life, and you created the Earth and all that is in it to sustain and nourish us.  
Open our eyes to the needs of our sisters and brothers who hunger for food, clean water, safety and hope.  
Bless families like Fatuma and Ayantu's, whose story reminds us how access to clean water can improve health, allow more time for school and open the door to new possibilities.  
Bless families like Willian, Digna and Vivian's, who show us how work, training and opportunity can help families move from poverty toward a brighter future.  
Bless families like Zeina's, who remind us that food, family, community and support can sustain hope during times of crisis.  
Give us generous hearts and courageous voices, so that we may work for a more just world where every person has what they need not only to survive but to thrive.  
Amen

### Introduction

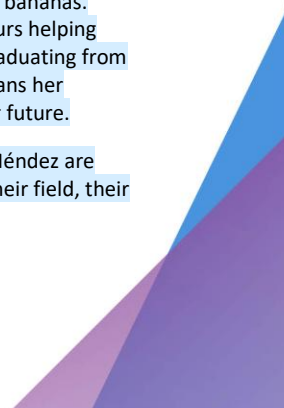
**Leader:** Everyone deserves enough nutritious food to live a healthy life. But hunger is often connected to other challenges, including lack of clean water, poverty, limited work opportunities and crisis. Today, we will hear stories of families from Ethiopia, Honduras and Lebanon. These stories show how clean water, steady work, food and emergency support can help families move toward safety, health and hope. As we listen, let us reflect on how our faith calls us to act for a more just world.

### Stories of Hope

**Reader 1:** Fatuma Mussa and her family knew the path to the river well. For many years, Fatuma walked for hours with a donkey to bring water to her family in Yeka Aman, Ethiopia. The trip was difficult and took time from almost everything else.

Then, a new water project, supported by CRS and the local community, changed their lives. Today, clean water is available only a few minutes from home. With water nearby, Fatuma's family can wash more often, save money and grow tomatoes, onions, carrots and bananas. The change has also helped Fatuma's daughter, Ayantu. In the past, she spent hours helping collect water. Now, she has more time to study and work toward her dream of graduating from college and becoming a science teacher or engineer. For Fatuma, clean water means her children can grow up healthy and strong. For Ayantu, it means hope for a brighter future.

**Reader 2:** Before the sun rises in Intibucá, Honduras, Willian Cabrera and Digna Méndez are awake and ready to start the day. While they prepare to pick strawberries from their field, their daughter, Vivian, drinks her milk.



Life was not always easy for their family. In the early years of their marriage, Willian and Digna grew tomatoes, lettuce and onions, but their crops did not do well and they barely made enough money to get by. Determined to build a better future, they began growing strawberries and joined training classes in their community.

There, they learned how to manage their small business, spend their money wisely and plan for the future. Their hard work paid off. After a successful harvest, they were able to build a house for their family. Today, they dream of an even brighter future. Willian hopes Vivian will one day go to college and have opportunities he never had.

**Reader 3:** Autumn is olive harvest season in Kfar Shouba, Lebanon. For Zeina Ahmad and her family, the harvest is about more than gathering food. It is a tradition that brings relatives and neighbors together and helps families prepare food for the year ahead. “Everyone gathers,” Zeina says. “We prepare lunch, and we eat together.”

Life has become difficult in recent years. Many families had to leave their homes, jobs became harder to find and some houses were damaged or destroyed. Through CRS and faith-based partners, families received boxes of food, heaters, blankets, mental health support and cleaning supplies to help meet urgent needs and prepare for winter.

Still, Zeina cares for her children, prepares meals and makes *mounneh*—olive oil, grape leaves and pickled vegetables saved for cold months. Neighbors also help each other harvest olives. For Zeina, food, family, community and this support help people keep going and hold on to hope.

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**Reader 1:** These three stories remind us that hunger is connected to many parts of life. When families lack clean water, steady income, safe shelter or support during emergencies, it becomes harder to access the nutritious food they need. These stories also show hope. With support from CRS and local communities, families are building stronger futures through clean water, work, food, emergency assistance and care for one another. Now, I invite anyone who would like to share. If you have encountered hunger locally or globally, you may come to the world map and tell a story of solidarity. You may share the name of someone you would like us to pray for, a meaningful experience or anything else you want to call to mind.

**If participants brought simple potluck-style meals from the CRS Rice Bowl recipe archive:**

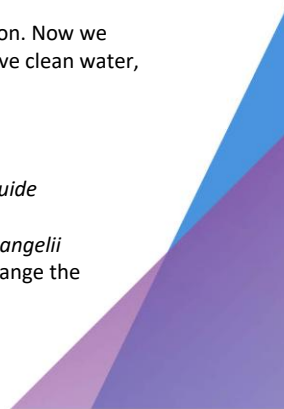
If you brought a dish, you may also wish to share a little about the country or CRS work connected to your recipe.

**Reader 2:** We have heard stories of solidarity from Ethiopia, Honduras and Lebanon. Now we will respond with action. Together, we can help build a world where all people have clean water, enough nutritious food, safe shelter and the opportunity to thrive.

### Advocacy

Use the “Advocacy Preparation Directions” section at the end of this resource to guide participants through the advocacy action.

**Leader:** Pope Francis reminds us that faith calls us to help change the world. In *Evangelii Gaudium*, he writes that “an authentic faith ... always involves a deep desire to change the





world” and that the Church “cannot and must not remain on the sidelines in the fight for justice” (no. 183). One way we can respond is by using our voices. Advocacy helps us ask our leaders to support policies that protect human dignity and help families facing hunger, poverty and crisis.

Today, we will ask our members of Congress to support international humanitarian and development assistance. This assistance helps communities access clean water, grow food, respond to emergencies and build lasting pathways out of poverty. As you write, think about the families we met in Ethiopia, Honduras and Lebanon. Their stories remind us why our voices matter.

***Note: Lead the group in the advocacy action. Remind participants to personalize their message by sharing why this issue matters to them.***

### Closing Prayer

***Use the “Give Us a Hunger for Justice, Lord” prayer—or another prayer—to close the service.***

## Advocacy Preparation Directions

- Instruct participants to write a letter or email to their members of Congress asking them to support international humanitarian and development assistance. For a pre-written template, text **ADVOCATE** to 677-68 or visit [crs.org/advocate](https://crs.org/advocate).
- Encourage participants to personalize their letter or email by explaining why the issue is important to them.





## Give Us a Hunger for Justice, Lord

God of abundance,  
You gave us the Earth to be enjoyed by all creatures, to be our common home.  
You blessed us with the sun, water and bountiful land  
so that all might be nourished.

How can we ask you to eliminate hunger  
when you have already given us the tools to prevent it?

Perhaps, Lord, we must ask you for a more just heart, a more generous heart.  
The scandal of hunger and malnutrition in our world of plenty shows us  
that we have not been good stewards of the gifts you have entrusted to us.  
Forgive us, Lord!

You taught us to break bread together.  
You showed us how to share when you multiplied the loaves and the fish.  
May we believe again and break our bread to share it among all people.  
May we follow your example and bring what we have,  
trusting that you will multiply it in new ways.

Open our minds and touch our hearts so that we attend to the root causes of hunger.  
May we not avert our eyes in the face of natural disasters.  
May our strongest effort be to overcome poverty.

May we help each person secure what they need not only to survive but to thrive.  
Most of all, help us to be conscious that our common home belongs not only to us,  
but to all future generations, and that it is our responsibility to preserve it.  
You call us to respond to the immediate needs of our sisters and brothers  
while also working toward just and lasting solutions to hunger.

Give us your strength to lead the way  
and persevere in our mission to build a more just world.  
You call us to make decisions that help all people, not just ourselves.  
Give us your strength not to waver in our effort to lift up the cry of the earth  
and the cry of people living in poverty.

May our hunger for justice remain until all creatures have a share in earth's bounty  
and all people have enough nutritious food not only to survive but to thrive.  
Lord, give us a hunger for justice.

Amen

