

## Simple Supper for Global Hunger

Use this Simple Supper for Global Hunger Guide to reflect on the injustice of global hunger and to take action in support of our sisters and brothers who experience chronic hunger and malnutrition. Help create a world where every person has enough nutritious food to thrive through prayer, reflection, simple meals, giving and action.

### MATERIALS NEEDED

- Recipe supplies and cookware—or already prepared meals.
- Table decorations.
- Silverware, napkins, etc.
- Rice Bowls.
  - Order at: <https://crsmaterials.crs.org/us-materials/crs-rice-bowl/>
- World map—find one on campus or Google and print an online version.
- Paper, pens and how-to-guides for letter writing, if you choose “Option 2—Handwritten Letters” for the Advocacy section. See “Advocacy Preparation Directions” at the end of this document.
- Optional: Integrate photos and videos from the CRS Rice Bowl Stories of Hope.
  - Find photos and videos at: <https://www.crsricebowl.org/about/mediakit>

### RECOMMENDED SET UP

*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/recipe](https://crsricebowl.org/recipe) 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.
  - Determine when the meal will fit into the event and direct participants accordingly.
- **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:** Be prepared to lead others through handwriting or signing an advocacy letter to Congress. Review the “Advocacy Preparation Directions” at the end of this document in advance of the event.
- **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 <https://www.university.crs.org/global-hunger> and display posters with stories and information or images from CRS’ work around the world.

# FOR LENT FOR LIFE

## PROGRAM

### Opening Prayer

Almighty and ever-living God,

You are the God of life, and you have created the earth and all that is in it to sustain and nourish us. We know that many people lack access to nutritious food, and we are pained by the injustice of a world in which women, men and children go hungry each day. Provide sustenance to our sisters and brothers who experience hunger and give us courage to lead the way to a more just world where every person has the nutritious food they need to thrive.

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. We must work to end global hunger by both responding to immediate hunger emergencies and addressing the root causes. Today we will hear stories of communities around the world who have been impacted by hunger and who are responding in innovative ways to ensure they have access to good nutrition. We invite you to reflect on how we as a community can act in accordance with our faith to be prophetic advocates against this global injustice.

### Stories of Global Hunger

**READER ONE:** In the village of Xequemeyá, Guatemala, malnutrition is high, which is especially dangerous for children. The community also struggles with water scarcity, poor education, poverty and a changing climate. But Raúl and Lilian Chanchavac believe all this can be overcome. They started growing tomatoes, but plant diseases and other problems destroyed their crops. They pushed onward.

Lilian heard about Catholic Relief Services' SEGAMIL program and how they could receive agriculture training and nutrition education for their children. They learned to manage and care for their crops. Raúl and Lilian added onions, chili peppers and oranges to their crops.

They then entered CRS' Nuestra Cosecha program that helped them register with the government to begin selling their produce to local schools. Soon, they hired family and community members to harvest and pack the food. Today, they are proud to be able to help others in their community—especially children.

**READER TWO:** Monpura, Bangladesh, is a beautiful island with beach views, forests and gardens. But in some areas, natural disasters like cyclones damage the landscape in the summer and autumn months. Houses are lost, farmlands flood, and roads and dikes break. Residents are always looking for new ways to protect their homes.

Noor Nobi's land would flood often, making it difficult to grow vegetables year-round. He found day labor catching fish, but limited work made it difficult for his family to eat well. Through Catholic Relief Services' Mutki Project, Noor learned how to prevent his land from flooding, farm using chemical-free and organic fertilizers, and raise chickens and ducks to sell. Now Noor farms more than half of his land and grows a variety of vegetable, which he sells. With the profits, he can support his family.

"If I can build a nice family ... I will be grateful," Noor says.

**READER THREE:** Living in Kigali, Rwanda, Gloriose Uwamahoro and her husband Karekezi Jean Pierre are no strangers to hardship and hard work. Gloriose sells vegetables and water in a kiosk and Karekezi sells vegetables at a market. It's a full day's work, but they are thankful for the blessings they have.

Their daughter was malnourished—like many other children in their village. Then Gloriose joined Gikuriro, a project funded by the U.S. government and led by Catholic Relief Services to support the Rwandan government's efforts to combat malnutrition. In Gikuriro, Gloriose learned to prepare balanced meals for her children. She shared this and other skills with her husband so they could support their children together.

She later joined a CRS-led micro-savings group and learned how loans could help her grow her business. Now she earns enough to support her family. She and Karekezi can also afford to send their kids to school.

**READER ONE:** These three stories show how communities around the world—with support from CRS—are addressing global hunger and malnutrition. 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 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 provide space to respond with concrete action so that we can directly contribute to creating a world in which all people have access to the food they need to thrive.

## Advocacy

*See: “Advocacy Preparation Directions” section at the end of this resource for more details and guidance and to prepare the details of your script to effectively lead participants through an advocacy action.*

**LEADER:** Pope Francis said, “An authentic faith—which is never comfortable or completely personal—always involves a deep desire to change the world, to transmit values, to leave this earth somehow better than we found it ... If indeed ‘the just ordering of society and of the state is a central responsibility of politics,’ the Church ‘cannot and must not remain on the sidelines in the fight for justice’” (Evangelii Gaudium, no. 183). We can support people experiencing hunger and malnutrition by contributing to the work of organizations like Catholic Relief Services, by volunteering to support local agencies in our own communities and by using our voice through our democracy.

We must ask our government to do all in its power to meet the immediate needs of those experiencing food insecurity and work to address the root causes of hunger and malnutrition. Let’s share with our nation’s leaders the real stories of the communities in Guatemala, Bangladesh and Rwanda, and join the voices of students and advocates across the country to ensure our nation leads the way with policies that promote justice, peace and a brighter future for all.

*Note: Lead the group in their advocacy action, based on what you’ve selected from the “Advocacy Preparation Directions” at the end of this document. Be sure to remind them to personalize their message, whether they are signing a digital letter or handwriting a letter. If participants are handwriting letters, you may want to display or handout the template and instructions. You will also want to let the group know how their handwritten letters will be delivered to Congress.*

## 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 for the advocacy component of your Simple Supper for Global Hunger as necessary, depending on your choice out of the below options. Find more resources in the CRS Action Center: <https://www.crs.org/get-involved/lead-way/action-center>.

**Option 1 - Online Letters:** Instruct participants to sign the online letter, which can be navigated to in 3 ways:

- At this link: <https://support.crs.org/act/CRSU-Hunger>.
- By navigating to <https://university.crs.org/global-hunger> and selecting the “Advocate to Congress” button.
- By texting “CRSU Hunger” to 677-68. Participants will receive a direct link to the letter in response.

*In all cases, please recommend that participants personalize their letters to members of Congress for greater impact.*

#### Option 2 – Handwritten Letters

- **HOW-TO:** Use this template and how-to guide: [https://university.crs.org/sites/default/files/University%20Reference\\_Letter%20Writing.pdf](https://university.crs.org/sites/default/files/University%20Reference_Letter%20Writing.pdf).
- **CONTENT:** For the content of the letter, use information from the most recent action alert, which you can find here: <https://support.crs.org/act/CRSU-Hunger>.
- **DELIVERY:** Decide how you will share these letters with your members of Congress.
  - 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 an in-district meeting with your members of Congress, if it is possible to drop the letters off and meet in person: <https://university.crs.org/content/voice-your-values-meet-members-congress>.

If you select this option, you will want to make sure all participants write their letters using their local address in the district of the university.

- Mail the letters to their offices. If you select this option, participants can write their letters using their local address in the district of the university or their permanent home address. Be sure you send the correct letters to the correct members of Congress.