

## An Educational Activity for Children

## Jesus Is Risen! Everybody Eat!

Moved by God's grace in the Risen Christ, Bread for the World members seek to share God's abundance, creating hope and opportunity for people in need. The following activities can be used to help children reflect on God's abundance. You may wish to adapt these activities based on the children's ages and the resources and time available.

1. Read (or tell) this post-resurrection story:

*Jesus later appeared to his disciples along the shore of Lake Tiberias. Simon Peter, Thomas the Twin, Nathanael from Cana in Galilee, and the brothers James and John were there, together with two other disciples. Simon Peter said, "I'm going fishing!" The others said, "We will go with you." They went out in their boat. But they didn't catch a thing that night. Early the next morning Jesus stood on the shore, but the disciples did not realize who he was. Jesus shouted, "Friends, have you caught anything?" "No!" they answered. So he told them, "Let your net down on the right side of your boat, and you will catch some fish." They did, and the net was so full of fish that they could not drag it up into the boat. Jesus' favorite disciple told Peter, "It's the Lord!"*

—John 21:1-7, NSRV

When Jesus appears, the disciples catch lots of fish. Have the children reflect on all that God provides:

- a. Invite the children to draw (or make a list) of all the things that they have eaten in the last week.
  - b. Ask the children to name all the things they can think of that live in the ocean as well as all the kinds of food God has made.
  - c. Tell the children about other times in the Bible when God provides for people to eat (for example, Exodus 16:13-19, 2 Kings 4:42-44, Matthew 14:13-21 and 15:32-38, Mark 6:30-44 and 8:1-10, Luke 9:10-17, and John 2:1-12 and 6:1-40)
2. Tell the children that—according to the United Nations World Hunger Programme—there is *enough food* in the world today for *everyone* to have the nourishment necessary for a healthy and productive life. Ask the children to imagine a world in which everyone has enough to eat. Then invite them to draw or make a collage with a table filled with food. This table can be surrounded by pictures drawn by the children or cut out of magazines—representing people of all ages and from different walks of life.

**Additional resources—including a children's curriculum and prayers for worship—can be found at [www.bread.org/ol2009](http://www.bread.org/ol2009).**

June 14–16 in Washington, DC

## Plan Now to Take Part in Gathering 2009

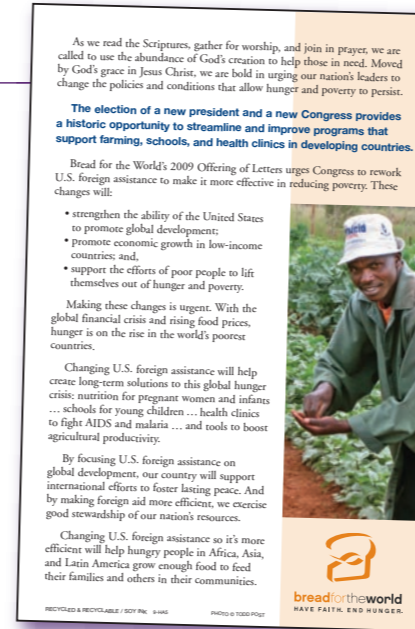
Hundreds of Bread for the World members and other hunger activists will gather at American University in Washington, D.C., June 14-16. Worship events, practical workshops, and informal conversations on Sunday and Monday will provide encouragement and resources for changing the policies and conditions that allow hunger to persist.



**Bill Moyers (left, here talking with Bread for the World President David Beckmann) will be the speaker at the organization's 35th Anniversary Dinner in Washington, DC, on Monday, June 15.**

Noted journalist Bill Moyers will speak at a festive 35th Anniversary Dinner on Monday evening. Participants will have a chance to make pre-arranged visits with their members of Congress on Tuesday, June 16. These Lobby Day visits will seek support for Bread for the World's 2009 Offering of Letters to reform U.S. foreign assistance.

Early-bird registration (by April 30) is only \$162—for all three days, including the 35th Anniversary Dinner at the Capital Hilton. Housing is extra, but special rates are available at American University and at selected hotels. For more information and to register, visit [www.bread.org/gathering2009](http://www.bread.org/gathering2009).



## Free Resources for 2009 Offering of Letters

An eight-minute video and a bulletin insert can be downloaded from [www.bread.org/ol2009](http://www.bread.org/ol2009). You may also request that bulletin inserts be shipped to your congregation free of charge. Or mail in the order form that accompanies this newsletter.

**Bread for the World** is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. God's grace in Jesus Christ moves us to help our neighbors, whether they live in the next house, the next state or the next continent. By changing policies and conditions that allow hunger and poverty to persist, we provide help and opportunity far beyond the communities where we live.

## Bread for the World Staff Can Help

*Bread for the World's staff can offer tips on letter writing, brief you on legislation, assist your church's hunger ministry, and put you in touch with others who are working on these issues.*

**Bread for the World National Office:**  
1-800-822-7323

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**breadfortheworld**  
HAVE FAITH. END HUNGER.

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## Hunger Sunday



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## Hope Overcomes Fear and More Efficient Foreign Aid Reduces Hunger

This year, in many churches, the Gospel of Mark is used for the Sunday lectionary readings—including the texts for Passion Sunday and Easter. In Mark, when it comes to the disciples, fear and failure are constant companions. The startling end to the Gospel says it all, "The women [the women at the empty tomb] went out and fled from the tomb, for fear and amazement had seized them; and they said nothing to anyone, for they were afraid." (Mark 16:8 NRSV)

During this time of economic turmoil, we too are tempted to give in to fear. With the alarming rise of hunger around the world, our efforts to help seem doomed to failure. How can we possibly make a difference against such great odds?

But the good news of Easter is that the last verse of Mark's Gospel

isn't the final word. The women who fled the tomb and the disciples who failed Jesus were transformed by Christ's resurrection. They became bold Apostles for God's new covenant with creation—a community of faith that welcomes the stranger, offers hope to the poor, and feeds the hungry.

This Easter faith, which overcomes fear, is inspiring churches around the country to take part in Bread for the World's 2009 Offering of Letters. Churches are organizing times before, during, or after worship for individuals to write their members of Congress, urging them to reform U.S. foreign assistance so that it is more effective in reducing hunger and poverty. These handwritten letters—which take just a few minutes—create a lifetime of hope and opportunity for people in Africa, Asia, and Latin America.

We may fear that President Obama and Congress have too many problems to address. Or that our nation can't afford to help poor countries. But Bread for the World's 2009 Offering of Letters advocates eliminating inefficiencies and redundancies in U.S. foreign assistance—now scattered across 12 departments and 60 agencies. This will mean more resources will reach people more quickly. And if our country focuses its aid on reducing poverty—through programs that



PHOTO © RICHARD LEONARD

**Thanks to U.S. foreign assistance, Esther is going to school in Nicaragua. Helping girls stay in school is one of the ways to enable poor people to grow enough food to feed their families.**

people in developing countries design themselves—the money spent will address the root causes of hunger.

As we help create hope for those who are struggling with hunger, we will find our own personal worries and anxieties losing their hold on us. This Easter season is yet another opportunity to put Christ's new life to work in our lives and in the lives of those who face great need.

# Churches Find Creative Ways to Connect with Hunger and Hungry People

The 100 days—starting with the somber ashes of Lent and ending with the spirited enthusiasm of Pentecost—are a time when many churches explore how they can be new life in God’s world. Making connections with those who hunger around the world can foster the reflection and renewal that occur during the seasons of Lent and Easter.

This year, Mary Janowak, Director of Human Concerns at St. John Vianney Church in Brookfield, WI, is overseeing a Catholic Lenten tradition: Operation Rice Bowl. Congregants take home a cardboard bank, and during Lent collect money that will be donated to relieve hunger internationally.

The activity has served as a tangible way for Catholics in the United States to connect in solidarity with our brothers and sisters overseas. “The tradition is in keeping with Catholic prayer, fasting, and almsgiving. The ‘rice bowl’ also serves as a powerful image of poverty in the developing world, contrasted with the richness of what we have here,”

*O God, you desire that all people should eat and be satisfied. As we follow Jesus and are transformed by his death and resurrection, may we spend our lives so that all may share in your bounty. Amen.*

Janowak says.

At Saint Thomas the Apostle Church in Naperville, IL, the church’s lector ministry prepares a meal of soup and bread for the congregation. “Soup and Bread Night” brings families and individuals together to share a simple Lenten meal, gather donations for hunger relief, and listen to a guest speaker.

In neighboring Arlington Heights, IL, Southminster Presbyterian Church focuses on direct ways to help eliminate hunger in our world. Children and adults of the congregation prepare hand-packed meals. The ingredients are designed to improve the health and growth of severely malnourished children. The meals are shipped to more than 60 countries around the world.

Cynthia Greenwood, a member of the church’s mission ministry team and the church’s liaison with Bread for the World, says that the materials Bread provides on its Web site make it easy to organize seasonal activities.

Gay Eure of Christ Episcopal Church in Roanoke, VA, reports that, each year, the church dedicates its Easter Offering to the Episcopal Relief and Development. Through this offering, the parish supports drought-resistant seeds and tools that help increase harvests for hungry people overseas. By funding the purchases of chickens, geese, goats, and cows, the parish is helping combat hunger in an ongoing way.

Each spring, Triumphant Love Lutheran Church in Austin, TX, participates in “Crop Walk for

If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in darkness and your gloom be like the noonday.

—Isaiah 58:10 (NSRV)



Hunger.” This event raises awareness of hunger, and it generates funds that give local low-income families access to food. Some of the funds raised also support refugee and development programs overseas.

Triumphant Love volunteer Jan Vardaman notes that the economic outlook has increased the congregation’s interest in hunger activities. Commenting about a recent postcard-writing campaign, she said, “Right now, people are really eager to make their wishes known to our leaders.” As a result of this increased interest and involvement, the congregation will send a representative—for the first time—to Bread for the World’s gathering in Washington, D.C., June 14-16

*The Easter recess is a great opportunity to meet with your representative when she or he returns to the home district. Visit [www.bread.org](http://www.bread.org) for suggestions on how to arrange these face-to-face visits with your Congressional representative.*

# Letters Will Help End Childhood Hunger in the U.S.



PHOTO © JIM STIPE

In addition to seeking reform of U.S. foreign assistance, Bread for the World is urging Congress to strengthen our nation’s child nutrition programs, which serves as a “lifeline” for 30 million children in the United States.

President Obama has pledged to eliminate childhood hunger in the United States by 2015. Passing the strongest possible Child Nutrition Act is essential to fulfilling this promise. Congress will be reauthorizing this legislation, since the last five-year renewal was in 2004. Because congressional committees are now holding hearings in preparation, Bread for the World encourages churches and individuals to send letters this spring—calling for better child nutrition programs.

Your letters to senators and representatives will be most effective if you follow four steps. Handwritten letters are given more weight in Congressional offices. However, if you do send an email message, try to adhere to the same guidelines so that your message is perceived to be your personal point of view:

**1. Put your name and address** at the end of your letter and on the outer envelope. That way your members of Congress know you are one of the people they represent.

**2. Ask for a specific action**, using the sentence below or rephrasing in your own words:

I urge you to increase the number of school breakfast programs and expand the summer food sites. Please support, as well, measures that will expand outreach efforts and reduce paperwork so that more children can participate in these nutrition programs.

**3. Give reasons why** you want your senator or representative to act. Some examples include:

Only 11 percent of all children who receive free or reduced-price school lunches are participating in summer meal programs.

School breakfasts help boost academic performance for all students.

The economic downturn is hitting

low-income families the hardest. More than 12 million children live in families that struggle to put food on the table.

**4. Send your letter to Congress.**

Put each letter in a separate envelope and address it:

Senator \_\_\_\_\_  
U.S. Senate  
Washington, D.C. 20510

Representative \_\_\_\_\_  
U.S. House of Representatives  
Washington, D.C. 20515

## Sample Letter

Date \_\_\_\_\_

Dear Representative \_\_\_\_\_ or

Dear Senator \_\_\_\_\_,

I’m writing to ask you to use the reauthorization of the Child Nutrition Act to increase the number of children who are served by these vital programs.

Specifically, I urge you to increase the number of school breakfast programs and expand the summer food sites. Please support, as well, measures that will expand outreach efforts and reduce paperwork so that more children can participate in these nutrition programs.

As you know, fewer than half of the students who receive free or reduced-priced lunches are participating in school breakfast programs. During the summer, only 11 percent are benefiting from summer food programs. The economic crisis has meant that even more children face the threat of hunger, so these child nutrition programs are more important than ever.

Your support of these measures will make it possible for all our nation’s children to grow and learn. Thank you.

Sincerely,

Your Name

Your Address

# ‘Have and Need’

## An Awareness Activity for Youth and Adults

### INSTRUCTIONS:

1. Review the following list and draw a circle around each thing you need—those things you would find it hard to do without:

- Air conditioning
- A college education
- Wearing the latest fashions
- Being part of a church
- Pets
- Expensive pet food
- Sports
- A family to belong to
- i-Pod
- Christmas presents
- Hearing or playing music
- Throwaway bottles/cans
- Bike
- More than five shirts/blouses
- Disposable plates/cups
- More than 10 toys/gadgets
- Hair dryer/curler
- Several close friends
- Playground
- Television
- Candy
- Health
- Water
- Daily newspaper
- Dishwasher
- Three meals a day
- Opportunities to travel
- Daily baths/showers
- Doctor/dentist
- Public transportation
- Housing
- Cell phone

2. Draw a line under all the things you actually have.

3. Put a check mark in front of the things you think a child in a developing country overseas cannot do without.

4. Is there anything that you circled, but did not check? If so, what?

5. Look at the items that are underlined only. These are things you have, but could do without. Which would be hardest for you to give up?

6. What have you learned from doing this exercise?

*Adapted with permission from Helping Families Care, 1989, Institute for Peace and Justice*