

Cents-Ability materials

Brochure (page 2-3)

Includes a brief history and explanation of Cents-Ability. Fits in #10 envelope.

Customizable Bulletin Insert (page 4)

Reproducible sheet with space for congregation or presbytery information.

Can Wrapper (page 5)

Reproducible design to cover various size cans for use in Cents-Ability offerings.

Logos (page 6)

Reproducible sheet of various logos used in conjunction with or instead of Cents-Ability to help customize your hunger materials.

Notebook (page 7-107)

Information on how to initiate and implement a Cents-Ability program.

WHAT IS CENTS-ABILITY?

Cents-Ability is a small first step in the battle against hunger and poverty. Congregations invite every member – of all ages – to contribute a few cents at every meal. This simple act is an expression of thanksgiving for what we have received. It is also a commitment to share with others in response to Jesus' command "You give them something to eat." When the members bring their offering to church on the appointed Sunday, all of those coins "make a joyful noise unto the Lord" as they are received and dedicated.

These small acts of faithfulness can add up: One hundred persons in a congregation will contribute \$180.00 a month at two cents a meal. That's \$2160 a year. A 30,000 member presbytery has the potential of raising over \$1.6 million dollars at a nickel a meal.

Cents-Ability originated in 1976 as "Two-Cents-A-Meal," a project begun by Presbyterian Women to involve individuals and families in a corporate response to world hunger. Over the years, presbyteries have developed similar programs entitled Pennies for Hunger, Nickel a Meal, etc. Many of these programs benefit local hunger ministries as well as the national and international projects of the Presbyterian Hunger Program (PHP).

The PHP has developed a series of Cents-Ability resources to help presbyteries and congregations begin and expand their hunger education and fund-raising programs. These include poster, banks, placemats, prayer table tents, suggestions and program models for using Cents-Ability in your presbytery or congregation. A Cents-Ability resource order form is available by calling 800-334-0434, visiting www.pcusa.org/hunger or contacting your presbytery or synod Hunger Action Enabler.

Suggestions for using Cents-Ability strategies have been compiled in response to requests from groups wanting to go the extra mile in hunger education and giving. For additional ideas contact the Presbyterian Hunger Program or your presbytery or synod Hunger Action Enabler.

PRESBYTERIAN HUNGER PROGRAM, WORKING TO ALLEVIATE HUNGER AND ELIMINATE ITS CAUSES.

For thirty-five years, the Presbyterian Hunger Program (PHP) has provided the means for Presbyterians to respond to the crisis of hunger in the United States and around the world. Despite significant progress over these years, 800,000,000 people around the world still lack the very minimum nutritional requirements for productive lives. And in the United states, 12 million children live in households where there is not enough to eat. Presbyterian congregations continue to be at the forefront in the response to these realities.

The PHP addresses hunger through five program areas:

- Direct food relief, providing food to hungry people
- Development assistance, helping poor and hungry people help themselves
- Public policy advocacy, encouraging government programs that respond to the needs of hungry people
- Hunger education, helping the church and our neighbors understand the reality and causes of hunger
- Lifestyle integrity, encouraging Christians to live their lives in ways that share God's bountiful provision

For more information on the PHP order:

What is The Presbyterian Hunger Program? PDS# 74-360-01-304
"Til the World Is Fed video PDS# 74-360-99-323
Presbyterian Hunger Program Resource List PDS# 74-360-00-300

Order PDS items by calling 800 324-2612



PDS #74360-01-331

The Presbyterian Hunger Program, Presbyterian World Service, and Self-Development of People are supported by the One Great Hour of Sharing offering.

Presbyterian Hunger Program
of the PC(USA)
A Ministry of the General Assembly Council

100 Witherspoon Street
Louisville, KY 40202-1396
(800) 334-0434, (502) 569-5818
www.pcusa.org/hunger



A STRATEGY FOR RAISING HUNGER AWARENESS

HOW to GET involved!

BEGINNING STEPS

For a Presbytery:

- Assign a committee or task force to plan and promote your Cents-Ability program.
- Develop a plan for distribution of Cents-Ability receipts (e.g. 50% for national and international projects, 25% for congregations to keep for local projects, 25% for the presbytery's hunger action program. A small percentage of the funds may be designated for administrative expenses).
- Set goals for the first year (e.g. number of congregations participating, amount of funds raised, etc.).
- Present plans and goals to the appropriate presbytery body for approval.
- Develop a promotion plan including mailings, newsletter articles, presentations, and skits at presbytery meetings.
- Consider how the Cents-Ability program will be integrated into your Hunger Action Enabler's annual covenant.
- Send funds for national and international projects directly to the Hunger Fund (H999999) or choose specific projects from the PHP Designated Giving List.
- Develop procedures for distributing presbytery funds to hunger ministries.

Fundraising through Cents-Ability should supplement ongoing support for the One Great Hour of Sharing, other special offerings, and the general support of the PC(USA). The Presbyterian Hunger Program requests that a portion of the funds raised be contributed to the PC(USA) Hunger Fund (H-999999).

For a Congregation

- Assign an individual or team to plan and promote your Cents-Ability program.
- Identify recipients of the offering (following presbytery plan if one exists -- e.g. 25% for local projects, 25% for presbytery projects, 50% for the Hunger Fund).
- Develop goals and plans for session approval.
- Provide banks or other containers to each household, requesting that each person contribute a specified amount per meal.
- Plan a regular (monthly?) time for receiving the offerings in worship – be sure to involve the whole congregation, especially children.
- Distribute funds according to the approved plan. Contributions to the Hunger Fund are sent through the regular receiving channels designated for Account # H999999.

ONGOING ACTIVITIES

Local Church Participation:

- Schedule church school classes focusing on hunger.
- Plan “minutes for mission” on Cents-Ability Sundays.
- Invite the presbytery's Hunger Action Enabler for special programs.
- Interpret local, national, and international hunger ministries in your newsletter.
- Carefully coordinate Cents-Ability with annual One Great Hour of Sharing planning.

Presbytery Participation:

- Schedule a Cents-Ability report at each meeting – congratulate congregations raising the most money – and the most per capita.
- Serve simple lunches and suppers at presbytery meetings.
- Place Cents-Ability offering boxes on meal tables.
- Plan a hunger-focused worship service.
- Display PHP interpretation and education materials at all meetings.
- Plan a presbytery mission trip focusing on hunger and poverty ministries.



PDS# 74-360-01-331

CENTS-ABILITY INVITES CHRISTIANS TO:

- *Contribute a few cents every meal.*
- *Remember the needs of others in prayer.*
- *Learn more about hunger in your community, nation and world.*
- *Experience the power of christians working together in response to Jesus' command, "Give them something to eat!"*

HUNGER IN THE BIBLE

From Genesis to Revelation, the Bible is full of references to God's desire that everyone should have sufficient food. The selected references below give some indication of the breadth of this biblical theme. For a more in-depth treatment of hunger and poverty in the Bible, order the Presbyterian Hunger Program's Bible Study Packet (PDS#253-93-303) from the Presbyterian Distribution Service at 1-800-524-2612.

Proverbs 19:17 What you give to the poor is a loan to the Lord.

Psalms 41:1-3 God sustains and protects those who give to the poor.

Psalms 146:5-8 Happy are those who give food to the poor.

Isaiah 58:5-10 Pour yourselves out for the hungry.

Micah 6:6-8 Do justice, love kindness, walk humbly with God.

Matthew 25:31-46 "I was hungry and you fed me"

Mark 6:30-34 Jesus feeds the multitudes.

Cents-Ability originated as "Two-Cents-A-Meal," a project of Presbyterian women in response to the crisis of world hunger. Cents-ability resources are produced by the Presbyterian Hunger Program for use in the educational and fund raising programs of PC(USA) presbyteries and congregations. Fund raising through Cents-Ability should supplement, not replace, support of the One Great Hour of Sharing and other PC(USA) benevolences.

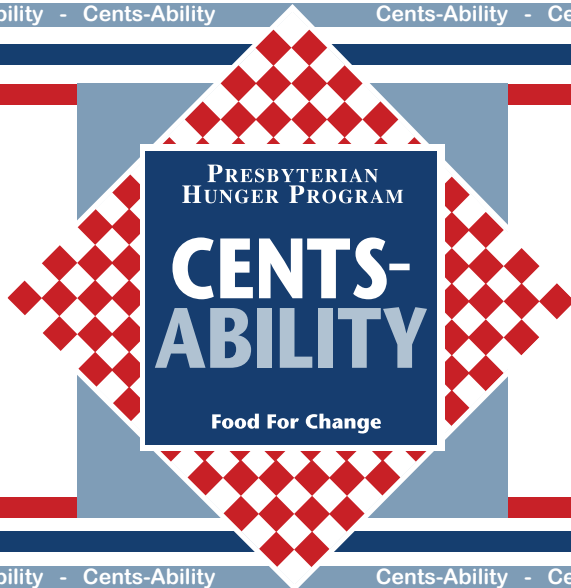
CENTS-ABILITY

Instructions: Use this blank space to customize this bulletin with your program name (e.g. Two-Cents-A-Meal), contact info., etc.

Facts About Hunger

- More than 800 million people in the world are chronically undernourished (1 in 7)
- In developing countries one child in 10 dies before his fifth birthday.
- Six million children die each year from malnutrition and hunger related causes. That's over 16,000 a day.
- In the U.S. 12 million children live in households where there is not enough to eat.
- One in ten households in the U.S. are living with hunger.
- The wealthiest fifth of the world's people consume an astonishing 86% of all goods and services, while the poorest fifth consumes 1 %.
- 32% of the population in the developing world lives on less than \$1 per day
- 21 million people turned to America's Second Harvest foodbanks in 1997; 40% were from working families.
- In nearly 25% of all rural counties, 1 in 5 people has been living below the poverty level for at least four decades.
- About 2.5% of the federal budget is spent on food assistance

Instructions: 1. Choose a can (soup or soda cans work well) 2. Trim top and bottom of page to fit can height 3. Wrap page around can and tape 4. Place in public area during Presbyterian meeting Church potluck, social hour or fellowship 5. Explain Cents-ability and urge those in attendance to give generously 6. Remit funds to your Presbytery's Cents-ability account or send to the Presbyterian Hunger Program's Cents-Ability account H000107 [www.pcusa.org/give]



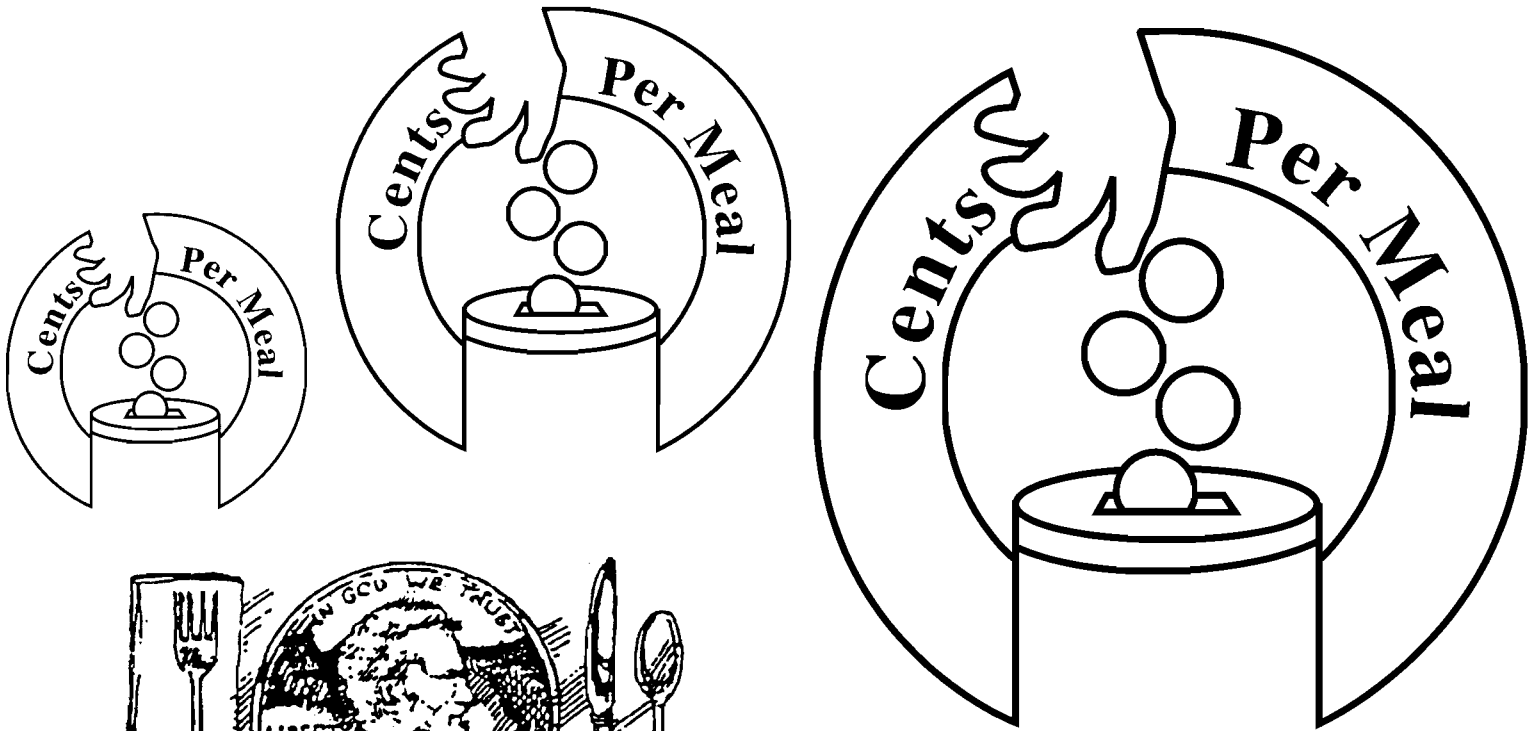
Hunger Facts

www.bread.org/learn/hunger-basics/

People in the world that go hungry each day	963 million
Kids under five that die from hunger each year	3 million
Kids in the US that regularly skip meals	11.7 million
Additional funds needed to alleviate hunger and sickness	\$13 billion
Money spent on pets in the US each year	\$40 billion
Money one presbytery can raise a year at a nickle per meal	\$1.6 million

Cents-Ability originated in 1976 as "Two-Cents-A-Meal," a project begun by Presbyterian Women to involve individuals and families in a corporate response to world hunger. Over the years, presbyteries have developed similar programs entitled Pennies for Hunger, Nickle-A-Meal, etc. Many of these programs benefit local hunger ministries as well as the national and international projects of the Presbyterian Hunger Program. [www.pcusa.org/php/centsability]

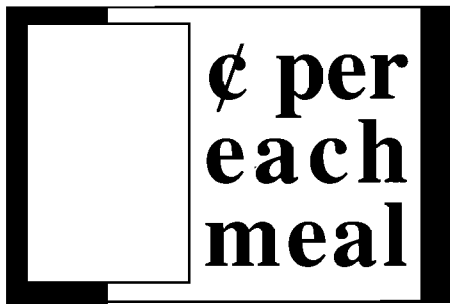
www.pcusa.org/hunger



On some logos you can fill the "¢'s" with any number/amount you prefer. (ex: 2¢, 3¢, 4¢, etc.)



5¢ PER MEAL
4¢ PER MEAL
3¢ PER MEAL
2¢ PER MEAL





AS YOU BEGIN

As your church embarks on the new challenge of becoming part of the **Cents-Ability** program, prayerfully consider these thoughts from the Rev. Pat McGeachy in his book, *Traveling Light*.*

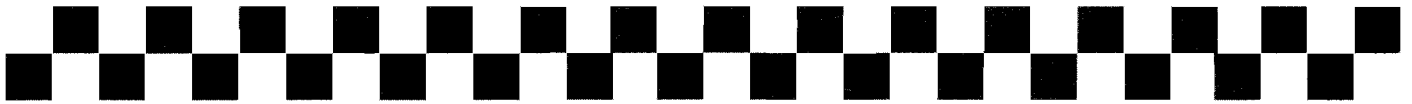
“ *Hunger is the most dreadful word in the English language. Hunger can kill an infant or child, but it also can take a lifetime to kill, leaving in its wake mental retardation, loss of dignity and despair.*

Both in our country and abroad there are people who if we could place in their hands the money, the tools and the know-how, could get to work to improve their own lives and thus help us with the greatest problem that confronts the human race.

It is not a question of pouring money down the drain. It is a question of the haves of this world being good Samaritans to the have-nots. We need to expand our efforts on behalf of justice and human fulfillment.

Such an effort might fail, of course, but could the followers of Jesus turn back from it because of that? Did not Jesus himself embark on a cause that led him not to success but to the Cross? He devoted himself to the cause of the poor and needy, the sick and the troubled of the world — and in the end it brought him to his own death. But that did not stop him and it should not stop us. And as Christians we know that after the Cross comes Resurrection. ”

*McGeachy, Pat; *Traveling Light*, out of print.



PRESBYTERIAN WOMEN AND THE PRESBYTERIAN HUNGER PROGRAM IN PARTNERSHIP AGAINST HUNGER

"Only 2¢ so everyone can participate regardless of income. Those who have will give more, those who have little to give will have more." These were the words given to Rosellyn Calvert in Titusville, FL, in November 1975. She and her family were praying for direction as they watched the starving people of Bangladesh on the national news on the TV. "We were shocked! We were living on a \$1.00 a day for the three of us for food after a lay-off. The move and double house payments were absorbing our income. What could we do? The Lord said that 2¢ a day, regardless of race, color, or creed for 20 years would help. We could do that!"

The Calverts sent their small checks, along with an explanation of what they were doing in their family, to the Hunger Program office of the Presbyterian Church of the United States (PCUS) in Atlanta. In April of 1976, Mrs. Calvert presented the 2¢ offering plan to the Northeast Florida Spring Presbyterial and the offering was adopted. From that small beginning the 2¢ a Meal idea has spread across the nation. Each year the Presbyterian Women have generously given \$75,000 to \$150,000 to the Presbyterian Hunger Program to support hunger-related projects around the world.

Presbyterian women have had a long history of commitment to being on the front lines in the fight against hunger. In 1973, the PCUS Women's Birthday Offering of \$308,380 funded a hunger action program that created the Hunger Action Enabler (HAE) network. Fourteen lay and clergy leaders were selected and, beginning in 1974, these HAE's assisted congregations in developing hunger programs, linking them with ecumenical agencies and the poor in their own communities. This network has expanded annually and has been a model for other denominations. In 2001, over one hundred HAE's and hunger contacts were serving the church, working in 90 presbyteries and 16 synods.

Rosellyn Calvert's idea was the basis for numerous hunger initiatives in presbyteries throughout the PC(USA) — 2¢ A Meal, 4¢ A Meal, Penny Power, Nickels for Hunger, Pennies for Hunger, etc. As Mrs. Calvert has said, "We will never see world peace until we wipe out hunger. Let's stick with what we started, doing it from the heart, remembering we are doing it because of the love our Christ has given to each of us, and letting this hunger action come from within and go out into all the world."





HOW TO START A CENTS-ABILITY PROGRAM

- **1.** Share the information in this packet with your church session or mission committee and ask them to approve **Cents-Ability** for your church. If your presbytery has a Two-Cents-A-Meal or similar program, be sure to coordinate your efforts. Consider inviting your presbytery's HAE to address your session.
- **2.** Ask the session of your church to formally covenant to participate in **Cents-Ability**. That is the first vital step in what promises to be an exciting journey for your church. (See Section V for ideas on covenanting.)

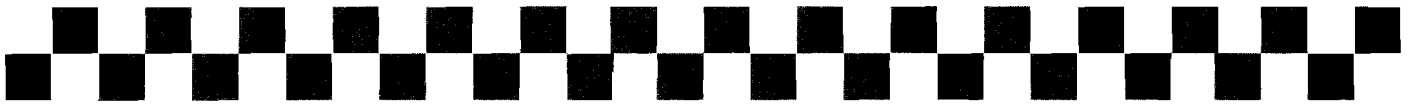
YOUR PASTOR'S PLACE IN THE PARTNERSHIP — It is essential for the pastor of your church to be enthusiastic about **Cents-Ability**, to keep in touch with its developing plans, to speak and preach in support of the miracle of multiplication, and in general, to encourage the members and friends of the church to become participants along with himself/herself. The pastor needs to lead the congregation by example.

- **3.** Following the session's formal endorsement, a person(s) should be designated to coordinate the **Cents-Ability** program. Let the presbytery HAE know who the hunger contact person for your church is so that person will receive information about hunger.

It is important for the person(s) appointed to have solid credibility and high visibility with the congregation. The Session, in formally appointing this leader(s), gives the position the importance it needs and deserves. When this person(s) is in place, help should be sought from the pastor in identifying persons to help form a **Cents-Ability** committee or team. These people should possess a sensitivity to the plight of the poor and have energy to invest in the creative process of leading your congregation. **DO NOT** forget about your youth and young adults!

The number of persons who make up the **Cents-Ability** team depends on the local situation. It is more important to get the "right" people than simply a "lot" of people. Pray over their selection. Then talk with them and explain the **Cents-Ability** program and invite them to participate.

- **4.** When the **Cents-Ability** team is in place, determine how funds raised through your program will be used. If your presbytery has a program, there will be a recommended breakdown for local, presbytery, national, and international projects. Your task will be to determine how local funds are used. If there is no presbytery program, recommend one to your session. Please consider sending at least 50% of the funds raised to the Presbyterian Hunger Program for national and international hunger projects. Funds sent to the PHP should be sent through your normal PC(USA) receiving channels designated for account #H-000107. They can also be mailed to Central Receiving Service, Section 300, Louisville, Kentucky 40289-0300, with the #H-000107 designation.



HOW TO COLLECT CENTS-ABILITY CONTRIBUTIONS

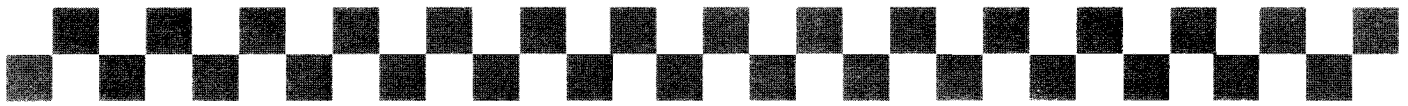
HOUSEHOLD COLLECTION

1. The emphasis of **Cents-Ability** is daily participation by each member of the household, rather than a once-a-month check or routine contribution by one member alone.
2. The idea is to build a consciousness among participants that all of us are capable of helping, and that all of us are responsible for helping. The hope is that **Cents-Ability** becomes part of our daily walk with God.
3. Ideally family members contribute a pre-determined amount (2¢, 5¢, 10¢) at each meal. They may wish to contribute the combined amount at dinner, or whenever the whole family is together. Distribute the **Cents-Ability** banks (PDS #74360-01-322) for each family's use.
4. Whenever the collection is made, it should be a special time. Families may want to share thoughts or feelings about hunger. They may wish to read Biblical passages. Personal prayers and/or table graces may be prayed by the family together. Some suggested table graces and Biblical passages are included in section II and may be copied and distributed. A **Cents-Ability** prayer table tent (PDS #74360-01-325) is available for distribution.
5. Ideally, **Cents-Ability** contributions will come from "living more simply so that others may simply live." Encourage members to consider ways to make their meals more simple and "earth friendly," such as serving less meat or using organic vegetables.

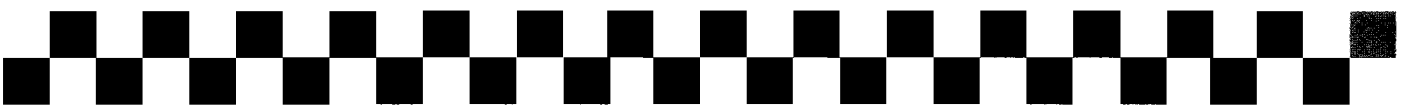
CONGREGATION COLLECTION

1. Designate one Sunday each month (if possible) as the day for the collection of **Cents-Ability** contributions.
2. Use a short "hunger reminder" in the bulletin the Sunday before and on collection day.
3. Design special receptacles (cardboard boxes, milk jugs, bread baskets, goldfish bowls, barrel, pots, pans, etc.) that can be passed down the pews or placed at the front of the church. Remember that coins make a joyful noise when dropped into metal containers! For a quieter offering, you may want to use the **Cents-Ability** offering envelopes (PDS #74360-01-323).
4. Have a member of each family or each contributing person bring the contribution forward at a designated time. If the children are excused from part of your service, be sure to take the **Cents-Ability** collection before they leave worship.





- **5.** If bread baskets, pans or other containers that can be passed are used, a special song could be sung or played while the money is collected — possibly by the young people or the children of the church. (See section II for ideas.)
- **6.** Offer a special prayer of thanksgiving for our many blessings and for the opportunity to share in Christ's name and for His sake. (Ideas available in section II.)
- **7.** The **Cents-Ability** collection is kept separate from the regular Sunday morning offering. Each congregation and/or presbytery determines the distribution of funds. Example: 25% is designated for local mission and 75% is sent to the Presbyterian Hunger Program for national and international mission.
- **8.** Do it your own way. If the above suggestions do not suit your church, you may decide on a better way to collect the **Cents-Ability** monies. Share with your Hunger Action Enabler and the Presbyterian Hunger Program any good ideas you have and any problems you might run into, so other churches can benefit from your experiences.
- **9.** Some churches have suggested recycling their pennies. This means just using the same ones over again at home and writing a check each month for **Cents-Ability**.
- **10.** Use **Cents-Ability** containers at congregational dinners to remind the ones present of the need to share.





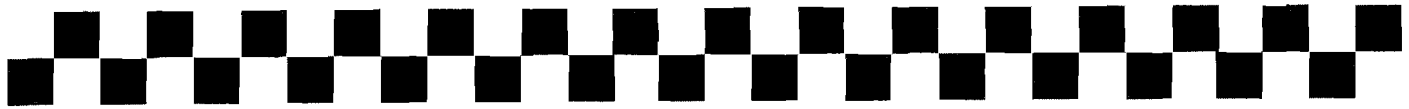
SUSTAINING AND MAINTAINING CENTS-ABILITY

AFTER YOU HAVE LAUNCHED THE CENTS-ABILITY PROGRAM IN YOUR CHURCH, THE QUESTION MOST OFTEN ASKED IS:

HOW DO WE KEEP INTEREST IN AND SUSTAIN THE PARTNERSHIP OF PRAYER, UNDERSTANDING, AND GIFTS?

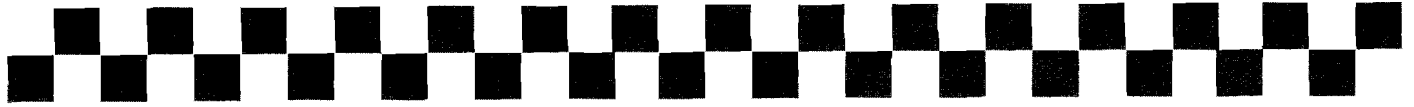
- **1.** Keep your **Cents-Ability** team active and involved in creative brainstorming.
- **2.** Let the regular IN-GATHERING OF GIFTS be a special time. Your **Cents-Ability** team should work closely with your pastor and worship committee.
- **3.** Set a church goal at the beginning of each year and track your progress with a poster or bulletin board. One idea is to draw the outline of a coin and fill it in as money is collected. You could construct a **Cents-Ability** THERMOMETER and show total gifts since you became a part of the **Cents-Ability** ministry or show total gifts for the current year. Put it in the vestibule a few weeks prior to your next in-gathering.
- **4.** Collect the offering at all special church events such as Bible School, Family Night Suppers, Sunday night youth meetings, week night activities or Sunday School Classes.
- **5.** Put **Cents-Ability** banks at all church mealtimes: covered dish suppers, youth pizza nights, even formal parties and receptions. The more often, the better.
- **6.** Have a collection container wherever there is food or drink available in your church. Example — soft drink machines, coffee pots, kitchens, snack machines and areas where people gather for refreshments.
- **7.** Have a variety of groups in the church responsible for collecting the offering. Example — Circles, Men's Group, Youth Group, Scouts, etc.
- **8.** Keep **Cents-Ability** before your congregation and don't forget to introduce new members to **Cents-Ability**.
- **9.** Show the Presbyterian Hunger Program's interpretive video, *'Til The World Is Fed* (PDS #74360-99-323), to the congregation to help tell the story.
- **10.** Have a brief minute during each worship service to emphasize **Cents-Ability**.
- **11.** Mention **Cents-Ability** during the Children's Sermon. Order "A Kid Started It!" from the PHP (PDS #74-360-99-342) for a great children's sermon on giving.
- **12.** Keep your POSTERS up and keep them in visible and eye catching places.





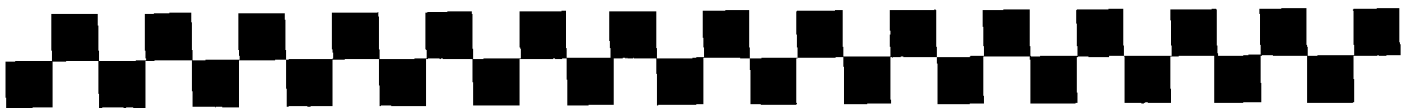
- **13.** Make sure everyone gets a CAN LABEL, BANK or OFFERING ENVELOPE.
- **14.** Promote **Cents-Ability** in your CHURCH NEWSLETTER. Short descriptions of the programs and projects receiving the money are of interest to members. It helps if they can see where their money goes. Contact your Hunger Action Enabler or the PHP for project descriptions.
- **15.** Sing about hunger, use worship aids and service ideas in sections II and III.
- **16.** Use the printed BULLETIN INSERTS.
- **17.** Have the TABLE TENTS with prayers at church suppers.
- **18.** Use **Cents-Ability** stickers on posters, mailers and banks to promote the program.
- **19.** Give a bank and interpretive information to participants in New Members Classes.
- **20.** Share what you are doing with your **Cents-Ability** funds with your Hunger Action Enabler (HAE) and/or the presbytery mission committee.
- **21.** Recruit a group to walk in the Crop Hunger Walk, the Community Hunger Walk or an equivalent.
- **22.** Use the special **Cents-Ability** BANKS (PDS #74-360-01-322) and/or OFFERING ENVELOPES (PDS #74-360-01-323).
- **23.** Encourage church members to VOLUNTEER to work at local food banks or soup kitchens.
- **24.** INVITE your HAE or presbytery mission committee to visit and do a family night or special program for your congregation.
- **25.** Do a presentation on **Cents-Ability** in a Sunday School Class; contact your HAE or the Presbyterian Hunger Program (PHP) for ideas or resources.
- **26.** Invite the director of a local food bank to do a program for your church.
- **27.** Invite a mathematician, math teacher or computer person to come up with interesting statistics. How much could your church give if EVERYONE participated? What about if only half participated? Have fun with it. See the PHP webpage for hunger facts and statistics (www.pcusa.org/hunger).
- **28.** Highlight your **Cents-Ability** program with CERTIFICATES OF APPRECIATION (see section V for examples). This could be part of your Minute for Mission.
- **29.** Make the in-gathering/offering time a special time of PRAYER for the hungry, for local feeding and development programs, and for PHP projects.





- **30.** Send representatives to the Bread for the World (BFW) National Gathering (contact your HAE or the PHP for details).
- **31.** SPECIAL RESEARCH PROJECT — If older children or youth need a project for school or scouts, encourage them to write about hunger or the Presbyterian Hunger Program.
- **32.** Have a Middle and/or High School HUNGER LOCK-IN and give the gifts to **Cents-Ability**. Contact the PHP, your HAE, or the presbytery resource center for a copy of "A Fast That Lasts," a 24- or 30-hour fasting kit produced by the PHP (PDS #74-360-99-326).
- **33.** Announce the amount of your IN-GATHERING/OFFERING in your church bulletin and newsletter.

**SUSTAIN THE PARTNERSHIP OF PRAYER,
UNDERSTANDING, AND GIFTS.**





HUNGER AND JUSTICE IN THE BIBLE

From Genesis to Revelation, the Bible is full of references to God's desire that everyone should have sufficient food. The selected references below give some indication of the breadth of this biblical theme. For a more in-depth treatment of hunger and poverty in the Bible, order the Presbyterian Hunger Program's Bible Study Packet (PDS #253-93-303) from the Presbyterian Distribution Service at 1-800-524-2612. Another very helpful reference is "for they shall be fed, Scripture Readings and Prayers for a Just World," by Ronald J. Sider, Word Publishing, 1997, available at your local religious bookstore.

OLD TESTAMENT

Leviticus 19:9-10

On leaving crops in the field for the poor and the sojourner.

Deuteronomy 15:7-8

Do not be hard-hearted or tight-fisted toward your needy neighbor.

Psalms 41:1-3

God sustains and protects those who give to the poor.

Psalms 82

Justice to the weak and destitute.

Psalms 146:5-8

Happy are those who give food to the poor.

Proverbs 14:20-21

Happy are they who are kind to the poor.

Proverbs 19:17

What you give to the poor is a loan to the Lord.

Proverbs 21:13

Listen to the cry of the poor.

Isaiah 1:17-18

Seek justice; correct oppression.

Isaiah 58:5-10

Pour yourselves out for the hungry.

Jeremiah 22:13-16

To know the Lord is to do justice.

Ezekiel 16:49

To know the Lord is to do justice.

Amos 5:21-24

Let justice roll down like waters.

Micah 6:6-8

Do justice, love kindness, walk humbly with God.





NEW TESTAMENT

Matthew 25:31-46

"I was hungry and you fed me."

Mark 6:30-44

Jesus feeds the multitudes.

Mark 8:1-9

Feeding the multitude.

Luke 3:11

If you have two coats, give one to someone who has none.

Luke 10:25-37

The Good Samaritan.

Luke 14:12-14

Invite the poor to your dinner.

Luke 16:19-31

The rich man and Lazarus.

I Corinthians 16:1-2

Put aside for the needy.

II Corinthians 8:1-15

Sharing surplus with the needy.

Galatians 2:10

Remember the poor.

James 2:14-26

Show your faith by your good works.

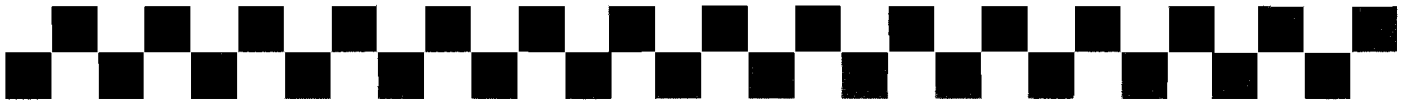
I John 3:16-18

Let us not love in word or speech but in deed and truth.

I John 4:19-21

He who does not love his brother . . . cannot love God.





A LITANY FOR HUNGER

Leader: O Gracious God, who loves us and cares for us in such special ways; You have recognized our needs and listened patiently to our desires, and you have met us with good and perfect gifts. Now grant us one thing more . . .

People: LORD, MAKE US HUNGRY.

Leader: For life, for peace, for the ability to love. . .

People: LORD, MAKE US HUNGRY.

Leader: For freedom and justice in far off lands, and for our neighbors and for ourselves. . .

People: LORD, MAKE US HUNGRY.

Leader: For the Bread of Life and the Light of the Spirit . . .

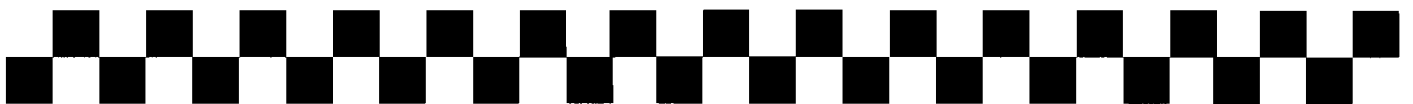
People: LORD, MAKE US HUNGRY.

Leader: And make us sensitive to what others need and how we might share . . .

All: LORD GOD, HEAR US AS WE PRAY FOR ALL WHO ARE YOUR CHILDREN, FOR ALL WHO SUFFER, FOR ALL WHO ARE HANDICAPPED THROUGH NO FAULT OF THEIR OWN. . .

FOR THOSE WHO ARE IN DOUBT, FOR THOSE WHO ARE IN ANGUISH, FOR THOSE WHO FEAR, AND FOR THOSE WHO HAVE GIVEN UP.

GIVE US STRENGTH TO MINISTER TO ALL YOUR CHILDREN AND TO ALL THEIR NEEDS; SPEAK TO OUR HEARTS AND SPEAK THROUGH OUR GIFTS; WE PRAY IN THE NAME OF OUR LORD, JESUS CHRIST. AMEN.





LITANIES

A LITANY OF DEDICATION

Leader: O giver of all good gifts, great and small, we come to you in gratitude for your goodness to us.

People: O GIVER OF LIFE, WE REJOICE IN THE BOUNTY OF THIS EARTH WHICH YOU HAVE PROVIDED.

Leader: We gather to offer these small gifts as a symbol of our commitment to remember those who are not able to partake fully of your bounty.

People: BY THE POWER OF THE HOLY SPIRIT, HELP US FEEL THE BOND OF KINSHIP WITH THE POOR AND HOMELESS IN THE WORLD.

Leader: Open our eyes so we may see the hands of your people reaching out to us with gifts of love.

People: OPEN OUR EARS TO THOSE WHOSE EXPERIENCES ARE DIFFERENT FROM OURS.

Leader: Give us the ability to perceive the real causes of hunger, poverty and oppression.

People: STRENGTHEN IN US THE VISION OF WHAT CAN BE IN THIS WORLD, NOT CLOUDED BY WHAT IS.

Leader: Help us recognize how we may be your instrument in eliminating the causes of hunger.

People: GIVE US YOUR STRENGTH, O LORD, SO WE MAY HAVE THE COURAGE TO SPEAK OUT AGAINST INJUSTICE AND EXPLOITATION.

Leader: Giver of Life, make us hungry for peace.

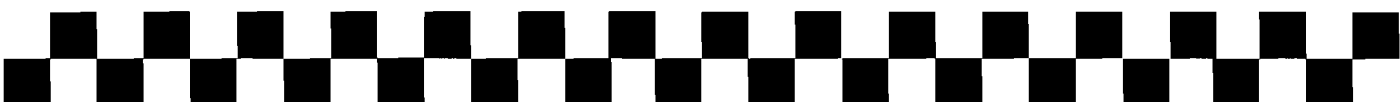
People: GIVER OF LIFE, MAKE US THIRSTY FOR JUSTICE.

Leader: Giver of life, fill us with compassion.

People: HELP US REMEMBER, O GOD, THAT ALL PEOPLE ARE YOUR CHILDREN.

Leader: Bless these coins we offer to advance the coming of your kingdom on earth, and bless us as we seek ever greater understanding of our role as your servants.

All: WE THANK YOU FOR LEADING US INTO NEW WAYS TO SERVE YOU. HELP US SHARE ALL YOUR BOUNTY WITH OTHERS TO YOUR GREATER GLORY. AMEN.





A LITANY OF DEDICATION

Leader: O Giver of all good gifts, great and small, we come with small gifts that have cost us very little.

People: MULTIPLY OUR PENNIES, O GOD. MAKE THEM GROW.

Leader: We come seeking to join hearts and hands across the sea in mutual mission.

People: BY THE POWER OF THE HOLY SPIRIT, HELP US TO FEEL A NEW BOND OF FELLOWSHIP WITH THE POOR AND HOMELESS IN OUR MIDST.

Leader: Our children are mostly healthy. Thank you for the people to whom we can turn for help when they are ill.

People: WE REACH OUT OUR HANDS AND HEARTS TO PARENTS AND CHILDREN WHO HAVE SO LITTLE HOPE.

Leader: Our homes are cool in summer and warm in winter. Thank you for comfort.

People: GIVE US COURAGE TO LEARN FROM YOUR FAITHFUL SERVANTS FOR WHOM COMFORT IS A LUXURY TOO SELDOM EXPERIENCED.

Leader: Giver of life, thank you for jobs to do, food to eat and love to give.

People: OPEN OUR EYES TO SEE THE HANDS OF YOUR PEOPLE REACHING OUT TO US WITH THEIR GIFTS OF LOVE, THEIR LIVES, AND THEIR WILLINGNESS TO SHARE.

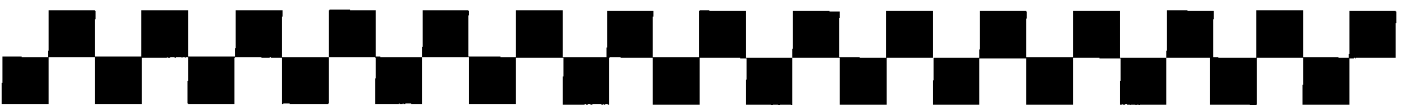
Leader: You have given us your work of truth written in the Bible, living in Christ Jesus, and throbbing in our hearts.

People: OPEN OUR EARS TO HEAR YOUR TRUTH AS IT COMES TO US FROM CHRISTIANS WHO HAVE RECEIVED YOUR WORD THROUGH EXPERIENCES THAT ARE DIFFERENT FROM OUR OWN.

Leader: Faithful God, to us a few coins is no sacrifice at all. In this ministry our problem will be remembering to put the coins in a bank.

People: REMIND US, O GOD, AND BE NEAR OUR NEW FRIENDS FOR WHOM GIVING A FEW COINS WILL BE A GREAT SACRIFICE.

All: WE PRAISE AND THANK YOU, GOD OF GRACE, FOR NEW WAYS IN WHICH TO SERVE YOU AND FOR PEOPLE OF VISION WHO RESPOND TO YOUR CALL IN CHALLENGING US TO SERVICE. WE PRAY IN THE NAME OF JESUS CHRIST. AMEN.





A LITANY OF INTERCESSION

Sing: Someone's crying, Lord, Kum ba yah (three times). O Lord, Kum ba yah.

Leader: Someone's crying Lord, somewhere.
"Some" is millions, "somewhere" is many places.
There are tears of suffering
There are tears of weakness and disappointment,
There are tears of strength and resistance,
There are the tears of the rich and the tears of the poor.

All: SOMEONE'S CRYING, LORD, REDEEM THE TIMES.

Sing: Someone's dying Lord, Kum ba yah (three times). O Lord, Kum ba yah.

Leader: Some are dying of hunger and thirst.
Someone is dying because somebody else is enjoying too many unnecessary and superfluous things.
Someone is dying because people go on exploiting one another.
Some are dying because there are structures and systems which crush the poor and alienate the rich.
Someone's dying, Lord, because we are still not prepared to take sides, to make a choice, to be a witness.

All: SOMEONE'S DYING LORD, REDEEM THE TIMES.

Sing: Someone's shouting Lord, Kum ba yah (three times). Oh Lord, Kum ba yah.

Leader: Someone's shouting out loudly and clearly.
Someone has made a choice.
Someone is ready to stand up against the times.
Some are shouting out, offering their very existence in love and anger to fight death surrounding us,
to wrestle with the evils with which we crucify each other.

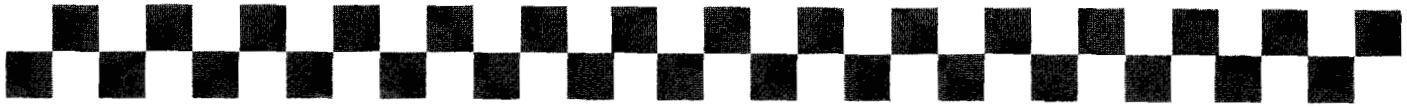
All: SOMEONE'S SHOUTING, LORD, REDEEM THE TIMES.

Sing: Someone's praying Lord, Kum ba yah (three times). O Lord, Kum ba yah.

Leader: Someone's praying, Lord.
We are praying in tears and anger, in frustration and weakness, in strength and endurance.
We are shouting and wrestling, as Jacob wrestled with the angel, and was touched, and was marked,
and became a blessing.

We are praying Lord.
Spur our imagination; sharpen our political will.





Leader: Through Jesus Christ you have let us know where you want us to be.
Help us to be there now; be with us, touch us, mark us, let us be a blessing.
Let your power be present in our weakness.

All: SOMEONE'S PRAYING, LORD, REDEEM THE TIMES.

Sing: Someone's praying Lord, Kum ba yah (three times). O Lord, Kum ba yah.

Adapted from the worship service prepared by Wyoming Conference Hunger Task Force for local church use on All-Conference WHEAT Sunday.





PRAYER SERVICE

"Your Light Shall Break Forth Like the Dawn" is a prayer service that can be adapted to various settings. Study groups can use the prayer service to open or close meetings, church groups and families can incorporate it into special hunger meals, churches can include it as part of a Lenten service on the One Great Hour of Sharing (perhaps combined with an Offering of Letters), or individuals can use it as a guide for personal meditation.

CALL TO WORSHIP

Leader: Let us recall that God is our light and our hope, our refuge and our strength. Let us be attentive to God's presence with us. May we listen with open minds and hearts to the Word.

RESPONSIVE READING (ISAIAH 58:6-11)

Leader: This, says Yahweh, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke;

People: SETTING FREE THE OPPRESSED, BREAKING EVERY YOKE;

Leader: Sharing your bread with the hungry, sheltering the oppressed and the homeless;

People: CLOTHING THE NAKED WHEN YOU SEE THEM, AND NOT TURNING YOUR BACK ON YOUR OWN.

Leader: Then your light shall break forth like the dawn, and your wound shall be healed quickly;

People: YOUR VINDICATION SHALL GO BEFORE YOU. AND THE GLORY OF YAHWEH SHALL BE YOUR REAR GUARD.

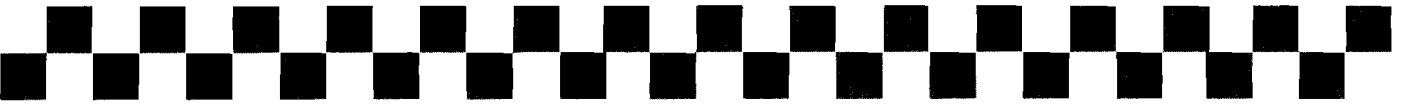
Leader: If you bestow your bread on the hungry and satisfy the afflicted;

People: THEN LIGHT SHALL RISE FOR YOU IN THE DARKNESS, AND THE GLOOM SHALL BECOME FOR YOU LIKE MIDDAY;

Leader: The Creator will renew your strength, and you shall be like a watered garden, like a spring whose water never fails.

READ LUKE 4:16-19





REFLECTION AND SHARING

This could be a time for personal reflection and sharing experiences. Some discussion-starter questions include: When did you respond with care and compassion to poor and hungry people? How could you respond to someone in need? What does God call us to do for those in need?

HYMN

Some hymn suggestions from the 1990 Presbyterian Hymnal are "Here I Am, Lord" (#525), "Jesu, Jesu, Fill Us with Your Love" (#367), "Joyful, Joyful, We Adore Thee" (#464), "Called as Partners in Christ's Service" (#343), "What Does the Lord Require" (#405).

LITANY

Leader: I was hungry and you gave me food . . .

People: LET US ACT JUSTLY, LOVE TENDERLY AND WALK HUMBLY WITH OUR GOD.

Leader: I was thirsty and you gave me drink . . .

People: LET US ACT JUSTLY, LOVE TENDERLY AND WALK HUMBLY WITH OUR GOD.

Leader: I was a stranger and you welcomed me . . .

People: LET US ACT JUSTLY, LOVE TENDERLY AND WALK HUMBLY WITH OUR GOD.

Leader: I was naked and you clothed me . . .

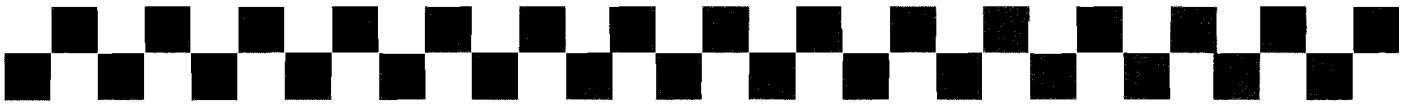
People: LET US ACT JUSTLY, LOVE TENDERLY AND WALK HUMBLY WITH OUR GOD.

Leader: I was ill and you comforted me . . .

People: LET US ACT JUSTLY, LOVE TENDERLY AND WALK HUMBLY WITH OUR GOD.

All: MAY WE BE OPEN TO YOUR SPIRIT THAT WE MAY BE A MEANS OF HEALING, STRENGTH AND PEACE FOR ALL YOUR CHILDREN. WE ASK THIS THROUGH JESUS, YOUR SON AND OUR BROTHER! AMEN.





A RESPONSIVE PRAYER

Leader: Let us not grow weary in well-doing, for in due season we shall reap, if we do not lose heart.
(Galatians 6:9)

People: THE ONE WHO SERVES IS TO DO IT WITH THE STRENGTH PROVIDED BY GOD. (I Peter 4:11)

Leader: God put the stars in the heaven, to divide day from night and to mark the change of seasons.

People: THEN GOD CREATED US AND SET OUR WORK BEFORE US: TO WITNESS TO THE WILL OF GOD IN EVERY LIVING THING.

Leader: When the work of creation was completed, God rested, blessing the time of rest and making it holy.

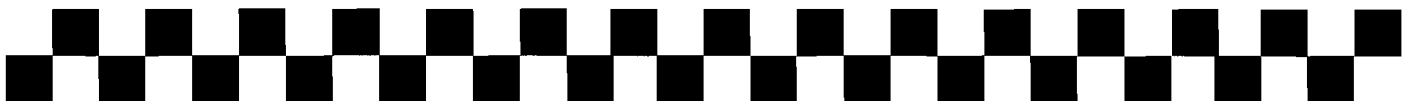
People: "YOU MUST KEEP MY SABBATHS," GOD TOLD OUR ANCESTORS, "FOR THIS IS A SIGN BETWEEN ME AND YOU THROUGHOUT YOUR GENERATIONS, THAT YOU MAY KNOW THAT I, THE LORD, SANCTIFY YOU." (Exodus 31:13)

Leader: "Your Sabbaths — the seventh day of every week — are always days of solemn rest in every home, times for assembling to worship, and for resting from the normal business of the week." (Leviticus 23:3)

People: "THEY WHO WAIT FOR THE LORD SHALL RENEW THEIR STRENGTH; THEY SHALL RUN AND NOT BE WEARY, THEY SHALL WALK AND NOT FAINT." (Isaiah 40:31)

Leader: For thus says the Lord, the holy one of Israel, "In returning and rest, you shall be saved; in quietness and trust shall be your strength." (Isaiah 30:15)

All: FROM THE BEGINNING, LORD, YOU HAVE HELD US RESPONSIBLE FOR WORK AND FOR REST. GIVE US THE STRENGTH TO CARE FOR OUR FAMILIES, TO MAKE THE EARTH FERTILE, TO PROVIDE FOOD FOR THE HUNGRY AND JUSTICE FOR THE OPPRESSED. MAY OUR REST BE A PRAISE OF YOUR PROVIDENCE AND A REMEMBRANCE THAT IN ALL OUR WORK, IT IS YOUR POWER THAT WORKS IN US. WE PRAY IN THE NAME OF OUR GOD WHO IS CREATOR, REDEEMER AND SUSTAINER, AMEN.



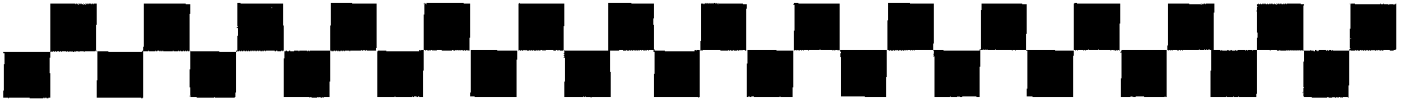


GRACES AND PRAYERS

TABLE GRACES

- Dear God, I gratefully bow my head
to thank you for our daily bread.
And may there be a goodly share
on every table, everywhere. Amen.
- O Creator of all life, bless this food that is before us. Strengthen our commitment to share the gifts
you have given us so that all may have food each day. Amen.
- O God, to those who have hunger give bread;
to those who have bread, give hunger for justice. Amen.
- At our table may there be
love in every heart for Thee.
By thy goodness we are fed,
and we thank Thee for this bread. Amen.
- We thank you Lord, for this our bread,
and all the blessings on us shed.
We pray you fill us with your love,
and guide us to your home above.
- We are the hands and feet of Christ
Serving by grace, each other's need.
We dare to risk and sacrifice
With truthful word and faithful deed.
- Dear God, we have been given so much. Help us to express our thankfulness for this abundance by committing
ourselves to the feeding of all your people. Amen.
- Thanks be to God the Father Almighty. Thanks be to God who gives us bread. Thanks be to God the Father
Eternal. Amen. (*Haiti*)





- Gracious God, we thank you for this food. Let it nourish our bodies to make us strong in your service. Amen.

- In gratitude we bow our heads to thank Thee for our daily bread. And may we use the strength it brings for doing kind and helpful things. Amen. (*Appalachia*)

- God, we thank you for the food we're about to partake. Bless it that we may serve Thee in health and strength. Amen. (*Appalachia*)

- We thank thee, Lord, for happy hearts, for rain and sunny weather. We thank thee, Lord, for this our food, and that we are together. Amen.

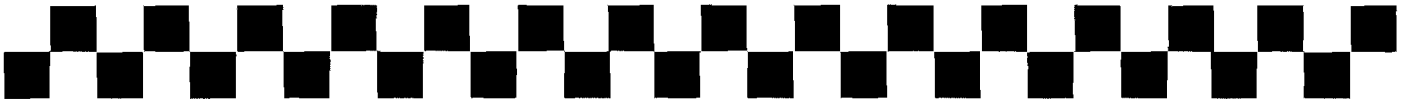
- Come Lord Jesus be our guest. Let thy gifts to us be blest. May there be a goodly share on every table everywhere. Amen.

- We thank you, gracious God,
that we are the guests at your table.
As we have been fed by your gifts of life,
so we will share with the world all that
you give to us in love. (*Australia*)

- Dear Lord, our world is divided into the rich and the poor,
the haves and the have nots, the hungry and the full.
We are truly the rich of this world.
Let us remember those who are hungry today . . .
in our prayers and with our offerings.
In Christ's Name, Amen.

- Oh God, we praise you for your power. Thank you for the bounty which you have given to us, our families and congregation. Your miracles today are as great as when the thousands on the hillside were fed and filled and the disciples found that there was even a surplus. Help us to always be mindful of those who are hungry and to be willing to share a portion of our many blessings with them. In Jesus name . . . Amen.





■ Almighty God, hear us as we pray for those who suffer; for all who are handicapped in the race of life through no fault of their own; for those whose livelihood is insecure, the overworked, the hungry and the destitute; for little children, whose surroundings hide them from love and beauty; for those who are in doubt and anguish of soul, for those who are oversensitive and afraid; for those whose suffering is unrelieved by the knowledge of your love; for those who suffer through their own wrong doings. We pray for a structure in society that will enable every person to belong somewhere. We think of the risen Lord and the Kingdom of life. May it come, beginning with our giving ourselves to humanity. In Christ's name we pray. Amen.

■ This is the real prayer of millions . . .
bread to eat, to keep them alive,
bread to give them strength to work,
bread to share with sister and brother,
bread enough to sleep painlessly.
Give them this day their daily bread.

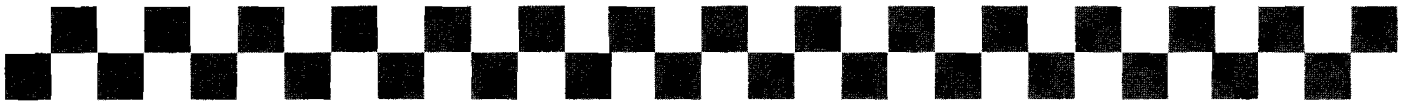
This is the real hope of thousands . . .
bread is knowledge about improving crops,
bread is training in animal care,
bread is having enough to share,
bread is water and soil and sun and skill.
Give them this day their daily bread.

This is the key that unlocks closed doors . . .
bread for all through fair and just distribution,
bread is the vision that makes deserts blossom,
bread cultivates wastelands into blooming hopes.
Give them this day their daily bread.

This is the prayer of thanksgiving . . .
bread is thankfulness for land, seed and harvest,
bread is appreciation for abundant crops,
bread is gratitude for the world's farmers,
bread is enough for all.
Give us thanksgiving for daily bread.

This day is too late for those who starved yesterday.
This day is not enough if tomorrow holds no hope.
This day is for sowing and reaping and preserving.
This day is for planning and acting and sharing.
Give us this day bread for each day.





PRAYERS FROM AROUND THE WORLD

- Dear Lord, I don't complain that I don't have electricity in my home, but I thank you, my Lord, for the moon and the brilliant stars shining over our village.

I don't complain that I cannot go to the movies, but I thank you, my Lord, for the wonderful song of the birds in our forests.

I am not sorry for missing the city with its huge stone buildings, but I thank you, my lord, for the beautiful butterflies playing among the forest flowers.

I don't complain that we do not have the running water in the huts, but I thank you, my Lord, for the running springs and the seasonal rain.

I don't complain that I don't live in a bungalow, but I thank you, my Lord, for the bamboo trees which provide my building material for my hut.

I don't complain that I cannot afford a bed, but I thank you, my Lord, for the soft grass and the swinging hammock.

I don't complain for missing a phone, but I thank you, my Lord, for allowing me time to pray for my friends.

I don't complain that there is no hotel in the jungle, but I thank you, my Lord, for the hospitality of the people in the jungle, always welcoming the traveler.

I don't complain that we don't have politicians around here, but I do thank you, my Lord, that we can have faith in you.

I don't complain that there are no big plans to develop our region, but I thank you, my Lord, that we can trust in you.

I don't complain that we do not have doctors and nursing homes, but I thank you, my Lord, for the healthy life we can live in your nature and that our children will take care of us when we are old and unable to work.

I do not complain that we are poor and uneducated, but I thank you, my Lord, that thou has given us the power to love or neighbor as our brothers. (*Johnson Gnanabaranam, a campesino in Guatemala, reflects the thoughts of campesinos in his own Thanksgiving prayer.*)





■ Almighty God, Lord of heaven and earth,
we humbly pray that your gracious care may
give and preserve the seeds which we plant in
our farms that they may bring forth fruit in good measure;
that we who constantly receive from your
goodness may always give thanks to you,
the giver of all good things;
through Jesus Christ, your Son our Lord. *(Cameroon)*

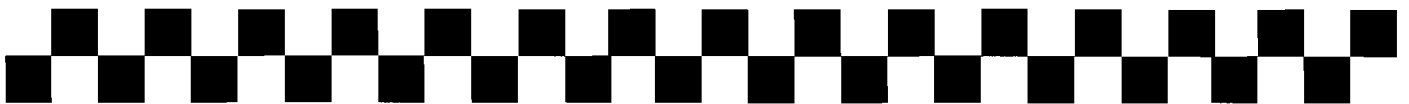
■ Heavenly Father,
You have created the countryside;
its fields and forests, hills and rivers,
birds and animals and fresh, healthy
air to breathe.
We think you for all this goodness and beauty.

Help those for whom rural life is hard and difficult:
those who must travel far to collect
firewood and bring their water from
distant streams: all who live in poor conditions.

Bless the efforts being made to improve
conditions in rural areas, so that people who
work to feed this nation, may themselves enjoy
a higher standard of living. *(Kenya)*

■ Lord, we know that you'll be coming
through the line today.
So Lord, help us to treat you well,
help us to treat you well. *(Prayer of a poor woman before helping on the weekly food line
a mile and a half from the White House)*

■ God, to those who have hunger, give bread.
And to those who have bread, give the hunger for justice. *(Latin America)*





- I saw a child today, Lord, who will not die tonight, hurried into hunger's grave. She was bright and full of life because her parents have a job and feed her, but somewhere, everywhere, 10,000 life-lamps will go out, and not be lit again tomorrow. Lord, teach us the way. (*Africa*)

- Lord, thank you for giddy goats leaping from crags, exploring crannies, seeking strange mountain flowers and mischief. May we be more like them, running towards people instead of away, bounding with life, hearts high with adventure, on top of your world. (*Heifer Project International*)

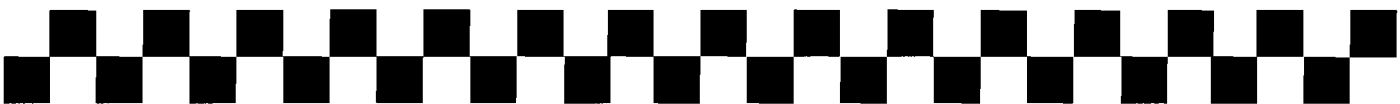
- O God of all youth, we pray to you:
We are young people, and we want to celebrate life!
We cry out against all that kills life;
hunger, poverty, unemployment, sickness,
repression, individualism, injustice.
We want to announce fullness of life;
work, education, health, housing, bread for all.
We want communion, a world renewed.
We hope against hope.
With the Lord of history we want to make all things new. (*A group of Brazilian young people*)

PRAYERS OF THE CHILDREN

- Dear God: On TV I saw some poor little children who were crying for food. Why do I have so much food and they don't have enough food? I don't understand, but I want to help them. In Jesus' name, Amen.

- Thank you for my food. It makes me sad to think about the children who don't have enough food to eat. Help me know how to share what I have with others. In Jesus' name, Amen.

- Dear God: Tonight I get to sleep in a warm bed in my own room. Some children don't have rooms to sleep in and are cold at night. Help me know how I can help these children. In Jesus' name, Amen.





AFFIRMATION OF FAITH

GOD has reached out to those who suffer injustice and taken up the cause of the excluded and the poor.

The Lord is moving toward the time when justice will roll down like waters and righteousness like an ever-flowing stream.

We are persuaded God is at work here and now, when people deal fairly with each other and labor to change customs and structures that enslave and oppress human beings.

We believe God sends us to work with all available allies:
to correct the growing disparity between rich and poor nations;
to make the operation of courts and penal institutions more just and humane;
to root out prejudice and racism from our hearts and institutions;
to stand with men and women of all ages, races, and classes as they struggle for dignity and respect;
and the chance to exercise power for the common good.

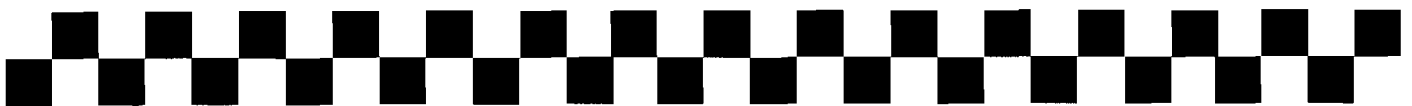
CHARGE TO THE CONGREGATION

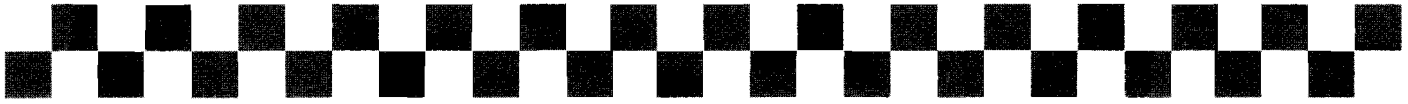
Because the world is poor and starving, go with bread.
Because the world is filled with fear, go with courage.
Because the world is in despair, go with hope.
Because the world is living lies, go with truth.
Because the world is sick with sorrow, go with joy.
Because the world is weary of wars, go with peace.
Because the world is seldom fair, go with justice.
Because the world is under judgement, go with mercy.
And because the world will die without it, go with Christ's love. *(Paraphrase of charge to Louisville Seminary class of 1995 written by faculty)*

"CREDO" FOR A "BREAD" SERVICE

I BELIEVE that bread comes from grain:
that grows in the wind
and the rain
with the farmers' help
far from the eyes of city folk.

I believe that bread comes from love;
the love of the Creator
the love of the farmer
the love of the baker's hands
the love of those who bring it to me.





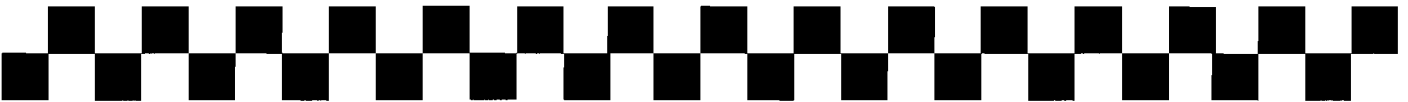
I believe that bread can be and should be;
broken
and shared
and given to all persons
until all have enough
and then some.

I believe that Jesus loved bread;
and took it
and broke it
and blessed it
and fed his disciples
and asked them to feed us forever.

I believe enough in bread;
to want it from Jesus
to want it to nurture me
to want his life through it
to want to give life through it.

I believe that His body as bread
feeds me
and as part of His body
I want to be bread for others.

I believe the Spirit will help me
as will Jesus' people. AMEN





MINUTES FOR MISSION

Use these Minutes For Mission for Sunday worship, the church newsletter, or any opportunity you have to interpret and promote **Cents-Ability**.

A FEW CENTS (2 CENTS, 4 CENTS, A NICKEL, A DIME)

One of the great difficulties we encounter in dealing with problems like hunger is that they are so immense and seem unending; hunger has so many roots and ramifications that we don't know where to begin. We become depressed; we begin to feel that nothing and nobody — even God — can possibly provide solutions to problems like hunger. Trusting in God, we do not need to let our anxiety become despair. Relying on God's guidance, we can look for the "handle" which seems best to fit our hand. Using God's strength, we can begin to cut out the root that is nearest us.

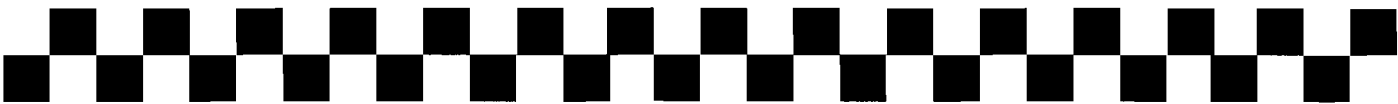
The **Cents-Ability** program is one of the ways we can root out hunger close to us — ____% of the money will be used here in our region to help support programs ministering to the needs of our neighbors. Another ____% will be disbursed nationally and internationally to organizations or agencies evaluated and approved by the Advisory Committee of the Presbyterian Hunger Program.

Remember **Cents-Ability** (2 Cents, 4 Cents, a nickel, a dime) is more than just saving ___ cents per week per person: it is also a program that encourages us to pray for new guidance in our lives as we attempt to minister to the poor in God's name. It also calls for us to learn more about hunger and what we can do about it. God doesn't expect us to have all the answers. God expects us to be faithful to the call of the gospel to feed the hungry and free the oppressed, and to know that by being faithful we are making a BIG difference.

HABITS

So many times habits are the things we'd rather not have — biting our finger nails, eating too much, or piling our clothes on a chair. BUT, putting coins (2 Cents, 4 Cents, a nickel, a dime) into a bank at each meal is one habit we can encourage. How is yours growing?

A few coins (2 Cents, 4 Cents, a nickel, a dime) aren't much by themselves, but as the numbers of people who get the habit increase, so will the results. Here at (insert your church's name) we have collected \$_____ so far this year. Pretty impressive habit, huh? Don't forget to put your **Cents-Ability** donation (2 Cents, 4 Cents, a nickel, a dime) in each time you eat. Also take time each day to thank God for your food and care, to remember those who do not have enough to eat, and to ask that God will reveal to you and your family new ways in which you and all of us can respond to the needs of the poor and hungry, here and around the world.





INVITE SOMEONE TO DINNER

The **Cents-Ability** program doesn't just want your money . . . instead **Cents-Ability** wants to give you an opportunity to invite the world's hungry to the table in your own home.

You do this by keeping a can, bowl, or bank on your table and at every meal dropping in coins, remembering to pray for God's sufficiency for the world's hungry and for you. As the Lord speaks to us, we will understand more fully how God provides for our needs. We become free to see new ways of responding to the needs of others. A few coins isn't much, but it can make a BIG difference when combined with prayer and God's guidance. It could even change your life!

If you'd like to put in your own few cents worth, you can start today. Then join other members of the congregation on the _____ Sunday of each month (or make it a time each quarter) and bring your coins — (or a check for the amount of the coins) — to church. It's a great investment. It's also one way we can follow God's command to invite the poor and other outsiders to our tables. (Luke 14:12-14)

WHAT HAPPENS WHEN THE TINGLE GOES AWAY?

What happens when the tingle goes away? Most newlyweds face this dilemma when the "honeymoon" wears off. We all face it when the first excitement fades from a new challenge at work, home, school, or church, even from our **Cents-Ability** program.

It feels good to help for a while, but what happens if the "tingle" leaves?

God doesn't intend our response to hunger to be a "thing" we do for a while or "perform" once a year around special holidays or offerings, like One Great Hour of Sharing. It is a priority that God builds — inconveniently — into our very lives. It will probably take time for us to recognize God's inconvenient call to faithfulness as good news . . .

God is trying to make us into a new people, fit to be co-workers in the gospel message, fit to be stewards of the planet, fit to share the earth's goodness with all our neighbors in a world God created.

So, what happens when the tingle goes away? It can be replaced by a firm resolve to be faithful to God's call and a long term commitment to help others, each day, each meal when dropping our change into a container.





LOOKING FOR THE PERFECT GIFT?

"I never know what to get my parents for Christmas. They have everything they need and always tell me not to get them anything."

"I would like to get Mary something unique for her birthday."

"John was a very special person to me. I would like to remember him in a special way."

If you are looking for that special gift, honorarium or memorial, consider a contribution to **Cents-Ability**. What a wonderful gift to give to someone who shares your concern for the poor and hungry of our area, and think of how much shopping time you will save!

Just send a check to (include mailing address).

For each contribution, a card will be sent acknowledging the gift. Be sure to include the name(s) and address(es) of those persons you would like to be notified.





CHILDREN'S SERMON

REMEMBERING

Hello, my name is _____ and I'm going to talk with you today about **Cents-Ability**.

Does anybody know anything about **Cents-Ability**?

(Give time for responses — follow up with questions such as: Do you know where the money goes? Have you been in church when the money was taken up? Do any of you give to **Cents-Ability**?)

Good — (church name) participates in **Cents-Ability** and we'll take up the offering today. I know from listening to you that each of you is concerned about hungry people. And let me tell you, the people who are helped by **Cents-Ability** really appreciate the food your gifts buy.

Now let me ask you something, Have any of you ever forgotten anything? Homework? To clean up your room? To brush your teeth?

Well, at our house we forget things all the time. (Name of spouse, children, co-worker, etc.) and I are always forgetting things. In fact, (insert some personal story about forgetting something).

Almost the hardest thing for us to remember is to bring out **Cents-Ability** money to church on the right Sunday. Can you imagine that?

Can you help me with ideas so we won't forget to bring our offering?

(Wait for their answers — Children may need some prompting) Some ways to remember **Cents-Ability** is to ask Mom to put the date of the offering on her calendar. Or put the **Cents-Ability** bank on the dinner table and write the dates on it. Or the age-old remedy, try wrapping a string around your finger!

Even worse than forgetting to bring the money to church, we forget to put our money in this little bank.

(If possible, bring your bank filled with pennies and show it to the children.)

We keep the bank on our table, but it is really hard to remember to put the money in, especially before meals when we are hungry and when we are saying the blessing.

Can you give me some suggestions for remembering to put in the money?

(Wait for their answers) Some ideas might be, keep pennies in a bowl to be put into the bank, let one child be responsible for remembering at each meal for a day, week, etc.





Do any of you have banks on your tables at home?

How about at your church meetings? Could we put banks on the table for church suppers? I'll tell you a secret, I'm going to try to talk the adults around here into making **Cents-Ability** a bigger part of their lives. Can you help me do that?

Thank you for all your help. Now you can take money and put it with yours and with the rest of the offering. This money will be added to the gifts of lots of others and will go to help feed hungry people in our community.

Let us close with a brief prayer:

Dear God,

We thank you for the food we have in our homes and for all our meals. We also thank you that we have money to give at every meal to be used to feed hungry people.

We ask that you help us remember that many children like us need food. We ask that you will bless this offering that it may be used to do Thy will.

In Jesus' name we pray. AMEN.

FEED MY LAMBS

Today I have a dog dish with me. This dish belongs to my dog (Name). Everyday (Name) eats his food out of this bowl. Do any of you have a pet? What kinds of pets do you have?

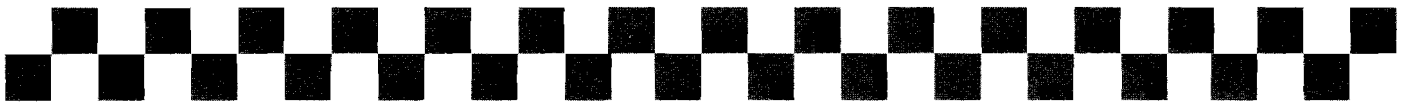
(Wait for reply)

Caring for a pet can be a lot of work. You have to make sure it has plenty of food and water. You sometimes have to clean up after pets; for instance, you may have to clean a bird or hamster cage, a fish bowl, or a litter box. Some pets need to be bathed and brushed or taken for walks. When pets get sick you take them to the vet. All pets need attention.

Yes, pets can be a lot of work. Besides being a lot of work, sometimes pets are quite expensive to take care of, too. Why do you think people bother with them? (Give time for some of the children's answers). We take care of pets because we love them, don't we? When you love something or someone, you want to take care of him or her.

Jesus had a disciple named Peter. One day, after his resurrection, Jesus appeared to the disciples while they were fishing. Jesus asked, "Peter, do you love me?" Peter answered, "Yes, Lord. You know I love you." Then Jesus said to Peter, "Feed my lambs."





What Jesus, the Good Shepherd, meant was, "Take care of my people." If Peter truly loved Jesus, then it was his responsibility and privilege to care for those whom Jesus loved. The same is true today. Jesus asks those who love him to care for others. One of the best ways to show our care for others is to feed those who have no food and who need food everyday to live.

We have a program in our church that does just that. It is called **Cents-Ability**. Every time we eat we put our coins into the special container on our table, and once a month we bring it to the church and it adds up in a big way. Last year all of the churches working together collected over \$_____ to feed hungry people, whom we care for because Jesus cares for them too. I am proud to say that we have been doing this for sometime, and over the years we have given, through the Presbyterian Hunger Program and the One Great Hour of Sharing, millions of dollars to feed the people Jesus wants us to feed. Please continue to bring your coins, so that we can feed the lambs of God.

BIG JOB — GREAT CAUSE

Did any of you not have breakfast this morning? Suppose you didn't. How would that feel? Suppose you didn't have any supper last night. How would that feel? Make believe that for lunch yesterday all you had was a little rice with a few vegetables in it. In addition to that you didn't have any breakfast yesterday, either. How would you feel? Hungry! Really, really hungry, right?

I am surely sorry you are so hungry. Is there anything I can do to help you? Oh, I know! I have this nice loaf of bread here. Let me share this bread with you. (Have the bread already cut and pass it out to the children.) Some of you haven't eaten in a long time. Do you feel better now? Good, I am glad.

But what happens if you don't have any more food today? What will happen tomorrow? You will be hungry again, won't you?

It helped a little bit when I shared my bread with you. It stopped your hunger immediately. But what you really need is a way to stop your hunger on a permanent basis.

Well, you see that is what **Cents-Ability** is all about. Every time I eat a meal and put my coins in this container, I am doing two things. First, I am giving food directly to hungry people who would not have any food unless I gave it to them. The second thing our **Cents-Ability** money does is to help people learn to grow more food and support themselves so they won't have to be hungry any more.

People all over our world are hungry, and we can help first in a small way that really turns out to be a big way, because they won't ever have to be hungry again.

Let us pray:

Good and generous God, you have given us so much: people to love us, food to eat, and a place to live, a church to belong to, a life to enjoy. We want to thank you by helping others. Please use our money to feed hungry people and to help them grow their own food. AMEN.





THE EMPTY PIE PAN

Lee Ann and Bobby were really excited. Thursday was Thanksgiving, and they loved thanksgiving. Grandma and Grandpa would be there. Uncle Steve was coming this year too. They would have a BIG turkey, and mashed potatoes and sweet potatoes, peas and corn, celery sticks and carrot sticks, and PIES! Each year they had three kinds of pies: cherry, apple, and pumpkin. Each year all the grown-ups would always say they were just too full to eat anything, especially pies! But they always did anyway.

Bobby and Lee Ann especially like to help their parents make the dinner. Ever since he could remember, Bobby's job had been grinding up oranges and cranberries to make cranberry relish. Lee Ann especially liked mixing together all the ingredients for the dressing and stuffing it into the turkey. There was always so much that she filled up the turkey and then had to fill up an extra pan full.

Wednesday before supper they put their coins in the **Cents-Ability** bank on the table and prayed. Mama said, "You know we have so much to be thankful for. In fact tomorrow we will have too much."

"Yeah," said Bobby. "Maybe we could not eat so much and put something extra in our **Cents-Ability** bank."

Lee Ann butted in, "All you grown-ups always say you don't want any and pie then you eat it anyway. Why don't we not make pies?"

"Why don't we just make one less pie?" suggested Daddy. So that's what they did! They had a hard time deciding which pie not to make, but they finally decided to give up the cherry one. They figured out how much money they would have spent making it. By the time they added up the cherries, the sugar, the flour and the shortening, they had \$3.25 to put in their **Cents-Ability** bank. The next day at the Thanksgiving table, they put an empty pie pan on the table. When they prayed and put in their regular offering and the \$3.25, they thanked God very much for having so many good things, more than enough to share.

"IN" DOOR OR "OUT" DOOR (to be used on collection Sunday):

Let's meet here at this door. (Choose a door that goes to the outside, if possible). We are all in here — right? How did we get here? (Allow time to answer — walked, drove cars, etc.) Someone may say "through the door" — if not, say something like . . . walked through what to get in? The door — I believe somebody said the door.

This is a door. (Open it and look out — maybe comment on the beauty beyond the door) Look at this door — is it an "in" door or an "out" door? (Hopefully they will answer "both." Merely keep the conversation going so they will see it is both).

Yes, we came in this door or some other door. What did we come in to do? (Worship, sing, pray, praise God, etc.) We came in this door to do all those things. Later we will go out this door (or some other door). What will we go out the door to do? (Eat, talk to people after church, drive home, walk down the hall, etc.) Yes, we will go out this



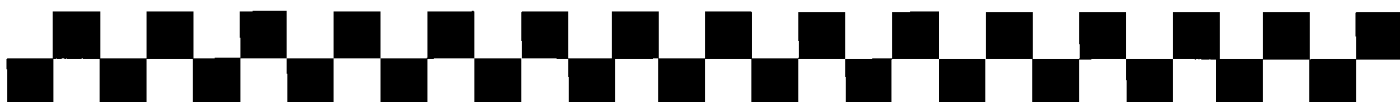
door to eat lunch, to be back out in the world — to share with the outside world things we learned, help people, enjoy fun and fellowship. Even the **Cents-Ability** offering we collected will not stay in these doors. It will also go out the doors to be distributed to those in need — to help the hungry people.

So . . . this door is both an "in" and an "out" door.

Close with a short prayer.

PUTTING IN YOUR TWO CENTS'/NICKELS' WORTH

I wonder how many pennies this can/bank would hold (hold up a **Cents-Ability** can/bank)? Do you think it could hold a dollar? How about five dollars? Maybe fifty dollars? How about \$10,000? No, I don't suppose that this one little can/bank could hold ten thousand dollars in pennies, but in the last year, all of the money that people in Presbyterian Churches around here (name the presbytery or synod) have put in cans and containers like this for the **Cents-Ability** offering have added up to more than \$_____ to help poor people here in our community. That's an awful lot of pennies, isn't it? Sometimes, it doesn't seem like much when we put in our two cents'/nickels' worth, but it adds up when other people care too.





HYMNS

The following are a few of the many hymns that relate to hunger, mission, and justice issues. They can be found in the 1990 PC(USA) Presbyterian Hymnal (the blue book).

- 1. *What Does the Lord Require* — #405
- 2. *Today We All Are Called to Be Disciples* — #434
- 3. *I'm Gonna Live So God Can Use Me* — #369
- 4. *Jesu, Jesu, Fill Us with Your Love* — #367
- 5. *Hope of the World* — #360
- 6. *Christian Women, Christian Men* — #348
- 7. *Called as Partners in Christ's Service* — #343
- 8. *When I Had Not Yet Learned of Jesus* — #410

Another very valuable resource for litanies, prayers, and hymns is Banquet of Praise from Bread for the World, published in 1990. Available from Bread for the World at 202-639-9400.



Hungry God

Contemplatively
Don't Rush

Words and Music by Noelle Damico

The musical score is written in G major and 3/4 time. It consists of two systems. The first system has four measures with chords Em, D/F#, G, and Am. The lyrics are: "When one of Your child - ren is hun - gry; You're one of Your child - ren is suf - fring; You're". The second system has three measures with chords G/B, C, and a first ending with G/D and C/E. The lyrics are: "hun - gry God, You're suf - fring God, You're hun - gry God. When suf - fring God." The piano accompaniment features a steady eighth-note bass line in the left hand and a melody in the right hand.

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'Til The World Is Fed

Broadly

Music and lyrics, Noelle Damico

The musical score is written in G major and 4/4 time. It consists of four systems of music. Each system includes a vocal line with lyrics and a piano accompaniment with guitar chords indicated above the staff.

System 1: Chords: D, Em, D/F#, Asus⁴, A. Lyrics: 'Til the world is fed, 'Til our land is healed, 'Til all peo-ple in our God, Trust - ing

System 2: Chords: D, Em, D/F#, Asus⁴, A. Lyrics: 'til the world is fed, 'til our land is healed, 'til trust - ing peo-ple our God, we will

System 3: Chords: Em, Bm, C, C/B, Asus⁴, A. Lyrics: stand up for jus - tice - we will cry out for peace,

System 4: Chords: D, Em/G, G/A, G/A, D. Lyrics: 'til the world is fed, 'til our land is healed, 'til trust - ing peo-ple our God. God.

The score includes triplets in the piano accompaniment and a first ending (1-3) and a second ending (4) for the final system.

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God Asks Us To Imagine

for children's or youth choir

Micah 6:8

Noelle Damico

With Hope

F C/E B^b B^b/C C

p

The piano introduction consists of four measures in 4/4 time. The right hand plays a steady eighth-note accompaniment, while the left hand plays a simple bass line. The chords are F, C/E, B^b, B^b/C, and C.

Unison: F C/E Dm C

mp

God asks us to im a - gine, God asks us to be - lieve,
We will help bring in canned goods, ex - tra clothes and - shoes.

The first system of the vocal part is a unison line. The piano accompaniment continues with the same eighth-note pattern. The lyrics are: "God asks us to im a - gine, God asks us to be - lieve, We will help bring in canned goods, ex - tra clothes and - shoes."

B^b C B^b/G B^b/C C

in this world there is e - nough to meet all of our needs.
We will love our en - e - mies, al - though it's hard to do.

The second system of the vocal part continues the unison line. The piano accompaniment continues with the same eighth-note pattern. The lyrics are: "in this world there is e - nough to meet all of our needs. We will love our en - e - mies, al - though it's hard to do."

F C/E Dm G

Peo - ple cry 'cause they're hun - gry. Peo - ple cry 'cause they're scared.
We will learn with our fam - ilies how to grow in God's way,

The third system of the vocal part continues the unison line. The piano accompaniment continues with the same eighth-note pattern. The lyrics are: "Peo - ple cry 'cause they're hun - gry. Peo - ple cry 'cause they're scared. We will learn with our fam - ilies how to grow in God's way,"

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B^b F/A B^b/G B^b/C

We can make a dif - fer - ence. We've got a - lot to share. We will
 car - ing for our neigh - bor, ta - king time to pray.

F Gm F/A Csus⁴ C

mf do - jus - tice, lo - ve kind - ness, wa - lk hum - bly with God. We will

F Gm F/A Csus⁴ C

do - jus - tice, lo - ve kind - ness, wa - lk hum - bly with God, *mp* with -

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Lightly

F B^b B^b/C 2 Csus⁴ C Gm

God. God. *mp* We will walk where

F E^b F Gm

God - walks, stretch - ing hands and minds. *cresc.* lis - ten - ing and

F Gm B^b/C Parts: F

shar - ing, work - ing side by side. *f* We will do - jus - tice.

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Chords: Csus⁴ C F Gm

Lyrics: God. Help us do - jus - tice, lo - ve kind - ness,

The first system of music features a vocal line and piano accompaniment. The vocal line starts with a whole note chord of Csus⁴ (C-E-G-A) for the word "God.", followed by a half note chord of C (C-E-G) for "Help us". The piano accompaniment consists of a steady eighth-note bass line in the left hand and a melody in the right hand. The second measure has a half note chord of F (F-A-C) for "do - jus - tice," and the third measure has a half note chord of Gm (G-Bb-D) for "lo - ve kind - ness,". The piano accompaniment continues with a similar rhythmic pattern.

Chords: F/A Csus⁴ C B⁷

Lyrics: wa - lk hum - bly with God, *p* with - God.

The second system continues the vocal line and piano accompaniment. The vocal line has a half note chord of F/A (F-A-C) for "wa - lk", a half note chord of Csus⁴ (C-E-G-A) for "hum - bly with", and a half note chord of C (C-E-G) for "God,". The piano accompaniment features a steady eighth-note bass line and a melody in the right hand. The third measure has a half note chord of B⁷ (B-D-F-A) for "with - God." and includes the dynamic marking *p* (piano).

Chords: B⁷ F/A Gm F

The third system shows the piano accompaniment for the final part of the piece. It features a steady eighth-note bass line in the left hand and a melody in the right hand. The chords are B⁷ (B-D-F-A) for the first measure, F/A (F-A-C) for the second measure, Gm (G-Bb-D) for the third measure, and F (F-A-C) for the fourth measure. The system concludes with a final chord of F.

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I Saw the People Gathered

F C7 Bb C7

1. I saw the peo - ple ga - thered — 'round —
 2. I saw the peo - ple ga - thered — 'round the
 3. I saw the peo - ple ga - thered — to —
 4. I saw the peo - ple ga - thered — the —
 5. I see the mil - lions hun - gry, — tho it

F C7 F F7 Bb Gm C7

fill. And all of them ate — and were sa - tis - fied; all of them
 Word. east. to —
 found. me. For we can all eat — and be sa - tis - fied; we can all

F Dm Gm C7 Bb F

Je - sus — on the hill, with — on - ly five loaves and a
 ta - ble — of the Lord; as they shared — the wine and the
 share the — heav'n - ly feast; there were sis - ters and bro - thers —
 whole wide — world a - round, and — no - bo - dy feared for the
 does not — have to be; but — whe - ther they live or —

F Dm C7 F F7

ate and were sa - tis - fied — When they shared what they had it — was
 eat and be sa - tis - fied — When we share what we have it - 'll be

Bb Gm C7 F Dm C7

cou - ple of fish, five — thou - sand ate — their
 bro - ken bread they were nour - ished by — God's
 black — and white, from the north, west — and
 next — day's bread; no — hun - ger could — be
 whe - ther they die de - pends on you — and

Bb Db F Bb C7 F

mul - ti - plied, and all of them ate and were sa - tis - fied.
 mul - ti - plied, and we will all eat and be sa - tis - fied.

TEXT: Joel Underwood, 1986
 MUSIC: Joel Underwood, 1986

PEOPLE GATHERED
 Irregular

From LAZARUS, Bread for the World's musical on hunger and poverty. Copyright © 1986 Bread for the World.

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HUNGER FACTS AND NEWSLETTER BITS

The following facts and tidbits of knowledge are good inserts for bulletins and newsletters as a reminder of hunger issues and **Cents-Ability**. Churches are encouraged to write their own bulletin inserts. If you are willing to share your ideas, please send copies to your Hunger Action Enabler or to the Presbyterian Hunger Program.

FACTS (from *Bread For The World*)

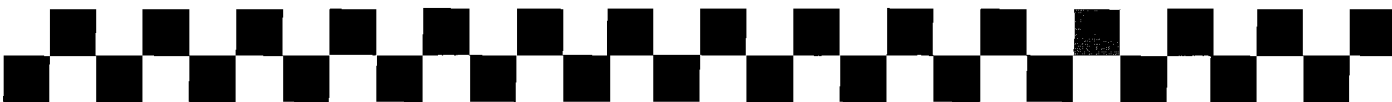
- More than 800 million people in the world go hungry.
- In developing countries, 6 million children die each year, mostly from hunger-related causes.
- In the United States, 12 million children live in households where people have to skip meals or eat less to make ends meet. That means one in ten households in the U.S. are living with hunger or are at risk of hunger.
- We CAN end hunger. We have the means. The financial costs to end hunger are relatively slight. The United Nations Development Program estimates that the basic health and nutrition needs of the world's poorest people could be met for an additional \$13 billion a year. Animal lovers in the United States and Europe spend more than that on pet food each year.
- In the last 50 years, almost 400 million people worldwide have died from hunger and poor sanitation. That's three times the number of people killed in all wars fought in the entire 20th century.
- Virtually every country in the world has the potential of growing sufficient food on a sustainable basis. The Food and Agriculture Organization of the United Nations has set the minimum requirement for caloric intake per person per day at 2350. Worldwide, there are 2720 calories available per person per day. Over 50 countries fall below that requirement, they do not produce enough food to feed their populations, nor are they able to afford to import the necessary commodities to make up the gap. Most of these countries are in sub-Saharan Africa.
- An average six-year old girl in a developing country can expect to attend school for 7.7 years, compared with 9.3 years for a boy.
- Educated girls usually have smaller families, and have healthier pregnancies when they grow up. A 10% increase in girls' primary enrollment can be expected to decrease infant mortality by 4.1 per 1,000 babies.
- The wealthiest fifth of the world's people consumes an astonishing 86% of all goods and services, while the poorest fifth consumes one-percent.
- 880 million people lack access to adequate health services.





MORE FACTS

- In developing countries, one child in 10 dies before his fifth birthday. By comparison, in the United States one child in 165 will die before turning five years old. (UNICEF)
- Almost 800 million people — about one-sixth of the population of the world’s developing nations — are malnourished. 200 million of them are children. (Food and Agriculture Organization of the United Nations)
- Each day in the developing world, 30,500 children die from preventable diseases such as diarrhea, acute respiratory infections or malaria. Malnutrition is associated with over half of those deaths. (UNICEF, World Health Organization)
- Malnutrition can severely affect a child’s intellectual development. Children who have stunted growth due to malnutrition score significantly lower on math and language achievement tests than do healthy children. (UNICEF)
- In 1998 in developing countries, about 130 million eligible children out of a total 625 million did not attend primary school. Seventy three million of those children are girls. (UNICEF)
- Thirty-two percent of the population in the developing world lives below \$1 per day. (WDI)
- 2.6 billion people lack access to basic sanitation. (UNICEF)
- Hunger in the U.S. has remained at the same level between 1995 and 1998, despite a booming economy. (USDA)
- Nearly four percent of U.S. households experience hunger: they frequently skip meals or eat too little, sometimes going without food for a whole day. Nine million people, including more than 3.2 million children, live in these homes. (USDA)
- Between 1995 and 1997, the decline in the number of people receiving food stamps was five times greater than the decline in the number of people living in poverty. (Center on Budget and Policy Priorities)
- Six percent of U.S. households are at risk of hunger: they have lower quality diets or must resort to seeking emergency food because they cannot always afford the food they need. Nearly twenty-two million people, including more than 9.1 million children, live in these homes. (USDA)
- Ten million fewer people received food stamps in 1999 than in 1994, a drop of one-third in program participation. (USDA)
- The U.S. Conference of Mayors reports that in 1999, requests for emergency food assistance in 26 major cities increased for the fifteenth year in a row by an average of 18 percent. This study also found that in 1999 two-thirds of all adults requesting assistance were employed.
- America’s Second Harvest, the nation’s largest network of food banks, reports that 21 million people turned to the agencies they serve in 1997, a 17% increase. Forty percent were from working families.





- ■ Hunger kills. Every day, 34,000 children under five die of hunger or preventable diseases resulting from hunger. (Bread For The World)
- One in twelve people worldwide is malnourished, including 160 million children under the age of five. (UN Food & Agriculture)
- The Indian subcontinent has nearly half the world's hungry people. Africa and the rest of Asia together have approximately 40%, and the remaining hungry people are found in Latin America and other parts of the world. (Hunger in Global Economy)
- Around the world the most vulnerable to hunger are: children, pregnant and nursing women, single mothers, the elderly, the homeless, the unemployed, ethnic and racial minorities, and the working poor. (UN World Food Program)
- Poverty is the main cause of hunger. Poor people often lack access to land to grow food or inadequate income to buy food. Nearly one in four people, 1.3 billion—a majority of humanity—live on less than \$1 per day, while the world's 358 billionaires have assets exceeding the combined annual incomes of countries with 45% of the world's people. (UNICEF)
- Seventy percent of the world's poor are female. (UNICEF)
- 100 million people are homeless and 2.5 billion people have no access to proper sanitation. (UNICEF)
- 800 million people lack access to basic health care, and 1.2 billion lack access to safe drinking water. (UNICEF)
- Often it takes just a few simple resources for impoverished people to be able to become self-sufficient. These resources include quality seeds, appropriate tools, and access to water. Small improvements in farming techniques and food storage are also helpful. (OXFAM)
- Many hunger experts believe that ultimately the best way to reduce hunger is through education. Educated people are best able to break out of the cycle of poverty that causes hunger. (UNICEF)

Updated information is available at www.bread.org

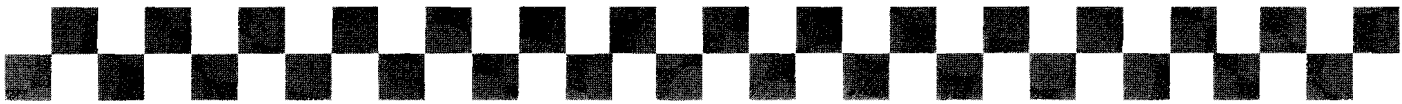




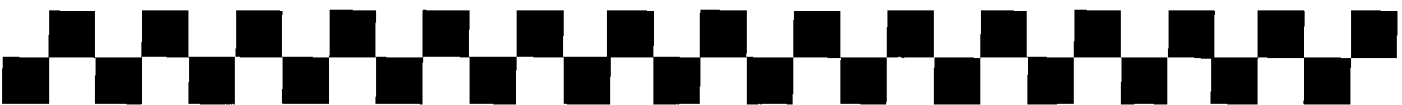
NEWSLETTER BITS

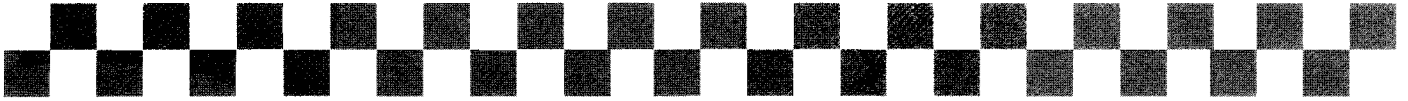
- **Cents-Ability** comes, not from our regular tithes and offerings, but from spending less on ourselves. As St. Paul says, "I am not trying to relieve others by putting a burden on you, but since you have plenty at this time, it is only fair that you should help those who are in need. Then, when you are in need and they have plenty, they will help you. In this way both are treated equally." (II Cor. 8:13-14)
- Peasants harvest strawberries in Mexico, pineapple in the Philippines, and sugar cane in the Dominican Republic for less than \$5.00 a day. James has stern words, "And now, you rich people, listen to me! . . . You have not paid wages to the men who work in your fields. Listen to their complaints! The cries of those who gather in your crops have reached the ears of the Lord Almighty . . . You have condemned and murdered innocent people and they do not resist you." (James 5:1,4,6) Have you ever thought of or explored the human cost it takes for the food on your table?
- Summer is upon us and we're off to much anticipated R & R and carefree days. However, poverty never takes a holiday, so be sure to keep up your **Cents-Ability** contribution even while you are away. We have so much to give!
- "Can you imagine what it's like, to own nothing? To see children hungry, to want to get food for them, and have no way? Can you possibly understand?" asks a Dominican peasant woman.
- "Find out how much God has given you, and from it, take what you need. The remainder which you do not need is needed by others. The superficialities of the rich are the necessities of the poor. Those who retain what is superfluous possess the goods of others." St. Augustine
- In the Dominican Republic 25% of the cultivated land is planted in sugar cane. Peasants earn around \$3.00 a day for cutting 2 tons of sugar cane. People in the U.S. consume an average of 120 pounds of sugar per person per year. All told, we Americans are 2.3 billion pounds overweight. Can your family give up a dessert in order to contribute to **Cents-Ability**?
- A Gallup survey has revealed that poor people give far more money proportionately to churches and charitable organizations than do the rich. The survey found that households whose earnings ranged between \$50,000-\$100,000 gave between 1-2% whereas families who earned less than \$5,000 gave nearly 5% of their income to churches and charities. (Christianity Today, March 18, 1983.)
- "He who is kind to the poor lends to the Lord." Proverbs 18:17
- ". . . He will not forget your work and the love you have shown Him as you have helped His people and continue to help them." Hebrews 6:10
- "From everyone who has been given much, much will be demanded: and from the one who has been entrusted with much, much more will be asked." Luke 12:48b





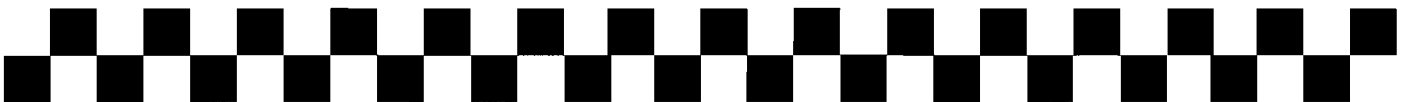
- Think **Cents-Ability** when you are shopping. If we spend less on ourselves, will we not have more to give to others?
- "Junk foods" can be eliminated from your shopping list, and you will save lots more than just a few cents (2, 4, 5, or 10 cents) . . . you might save your waistline. How about giving those few cents to **Cents-Ability**?
- The Affluent Cat: How does the life of a Third World citizen stack up against the life of an average British cat? Not well, reports Worldwire. According to Lloyd Timberlake in his book, *Only One Earth*, the average British cat eats twice as much animal protein every day as the average African citizen and a third more than the average person living in the Third World. Furthermore, the estimated cost of maintaining a British cat is \$260 per year — a figure that is "more than the average annual income of the one billion people who live in the world's 15 poorest nations." I'll bet the U.S. cat is even more affluent than his British cousin! What do you think God thinks about fat cats?
- Thought is a guide to action, not a substitute for it. Don't just think about putting in your **Cents-Ability** offering and praying. DO IT!
- "To allow the hungry to remain hungry would be blasphemy against God and one's neighbor. for what is nearest to God is precisely the need of one's neighbor. It is for the love of Christ, which belongs as much to the hungry as to myself, that I share my bread with them and that I share my dwelling with the homeless. If the hungry do not attain to faith, then the fault falls on those who refused them bread. To provide the hungry with bread is to prepare the way for the coming of grace." Dietrich Bonhoeffer
- Of 4 billion people on earth, one billion drink contaminated water. Water-related disease claims 25 million lives each year. Of these, 15 million are children under five years of age. It would take \$16.5 million a day for ten years to provide clean water and sanitation for every person on earth. Worldwide \$2.3 billion a day is spent on arms. Jesus tells his followers to give the thirsty water and God offers this warning: "Woe to those who rely on horses, who trust in chariots because they are many and in horsemen because they are strong, but do not look to the Holy One of Israel or consult the Lord." Isaiah 31:1
- The Bishop of Assisi once said to St. Francis. "I think your life is too hard, too rough. You don't possess anything in this world." Francis replied, "My Lord, if we had possessions, we would need weapons to defend them." The Bible tells us not to store up treasures that are perishable, but to store up treasures that cannot rot or be stolen. The people in Jesus' day understood this heavenly treasure to mean caring for the needy. What kind of treasures are we storing up?
- On the average, every man, woman, and child in the U.S. consumes 410 soft drinks (12 oz. size) each year. This is forty gallons per year. There are 9.2 teaspoons of sugar per soft drink. Sugar has no nutrition whatsoever, and, in fact, robs the body of other necessary nutrition. Giving up some or all of the soft drinks we usually consume would result in 1) healthier bodies, and 2) more money for our **Cents-Ability** banks.

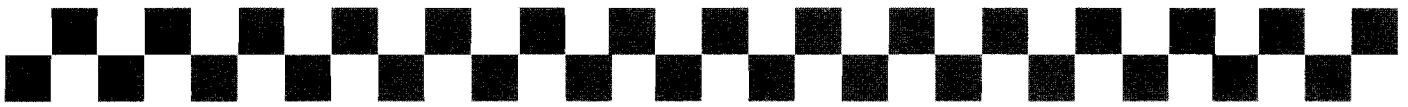




- "Jesus reminded us in a magnificent parable . . . that a man went to hell because he didn't see the poor. His name was Dives. Dives didn't go to hell because he was rich, but because he passed by Lazarus every day and never really saw him." Martin Luther King, Jr.
- Remember that our **Cents-Ability** money is to come from money we save from buying less or less expensively, by "making do" rather than "outdoing." Compare your food spending costs with what the U.S. Department of Agriculture figured families across America needed to spend for food each week. A family of two adults between 20-50 years spends \$63.00 on a thrifty food plan, \$80.30 on a low-cost plan, \$98.90 on a moderate-cost food plan, and \$123.00 on a liberal plan. Families over 50 spend \$59.20, \$77.30, \$95.40, and \$114.20. A family of four with two elementary school children spends \$105.80, \$136.20, \$169.80, and \$204.60. This plan assumes that all food is eaten or prepared at home, and is well-balanced. It does not include soap, paper goods, pet food, etc. What could you do to lower your food costs in order to have more for **Cents-Ability**?
- American citizens in a recent year spent about 8 times as much on alcoholic beverages and 5 times as much on tobacco products than was spent for all official economic assistance by the U.S. Government!

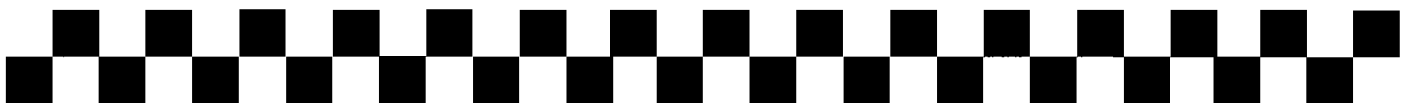
Do you have questions about federal nutrition programs such as Food Stamps or WIC? You'll find answers at www.frac.org





SEASONAL IDEAS FOR NEWSLETTERS

- At this time of year we get many requests for once a year donations to help the needy during the Christmas season. **Cents-Ability** is there all year round for people who would otherwise be hungry at all seasons. Please do not forget your **Cents-Ability** offering next Sunday.
- Hopefully we did not wait until Lent to start saving our coins to help alleviate hunger in our community. Thank you from those who will eat better during Lent because of your caring and sharing through **Cents-Ability**.
- Rally September, Montreat Retreat in October, Thanksgiving Breakfast in November, Christmas Eve Services in December — these are some high points of our life together as a church family. **Cents-Ability** is a small way we can acknowledge our membership in the family of mankind as we share our abundance with our brothers and sisters in the broader community. Don't forget your money this Sunday.
- We hope one of your New Year's resolution was not to forget to be thankful for each meal the Lord provides you — at least a few cents' worth of thankfulness. A Happy New Year's wish and thank you from those that benefit from your **Cents-Ability** offering.
- During the 12th century a famous rabbi outlined Eight Steps of duty of charity. These ranged from Step 1: "He who gives grudgingly, reluctantly, or with regret" to Step 8: "The most meritorious of all is to anticipate charity by preventing poverty . . ." Until we learn how to do that, the hungry still need our **Cents-Ability** offering, hopefully not given grudgingly. Please remember your money.
- "Speak up for people who cannot speak for themselves. Protect the rights of all who are helpless. Speak for them and be a righteous judge. Protect the rights of the poor and needy." (Proverbs 31:8-9) The **Cents-Ability** effort is only a whisper, but maybe if we all whispered at once it would become audible. Don't forget your offering next Sunday.
- Spring seems especially beautiful this year, making it harder than ever to believe that in some of the homes behind those flowers there are hungry people. And with children at home during the summer missing their lunch at school, there will be more mouths to feed and even more need for our **Cents-Ability** contributions. Please help by putting your **Cents-Ability** offering in the baskets as they are passed by.
- Two cents a meal equals six cents a day, forty-two cents a week and \$1.86 a month. A nickel a meal equals fifteen cents a day, \$1.05 a week and \$4.20 a month. That is from one church member. Multiply that by our membership, put it in the hands of our Presbytery's Hunger Committee along with the offering from the other church members in the presbytery, pass it on to one of the projects or programs we support, and like the "loaves and fishes" it seems to multiply to feed many, many people in our community and around the world in the name of Christ. But it all begins with just a few coins each meal. The baskets will be passed out next Sunday for your offering.





WHAT CAN CHURCHES DO TO FIGHT HUNGER?

RAISE AWARENESS IN YOUR CONGREGATION

- **1.** Sponsor a **CHURCH-WIDE DINNER** to raise awareness of hunger issues and how individuals can get involved. Try a "Soup & Bread Meal" or an "Equality Dinner" and invite a speaker from a local feeding agency, your presbytery, or your Hunger Action Enabler to present the program. Videos and skits (some in the back of this section) are available from the Presbyterian Hunger Program (PHP), as are "Soup & Bread" placemats, table tent prayers, etc. For menu suggestions and program ideas, contact your Presbytery's Hunger Action Enabler or the PHP.

PROVIDE SPIRITUAL DIRECTION FOR ACTION

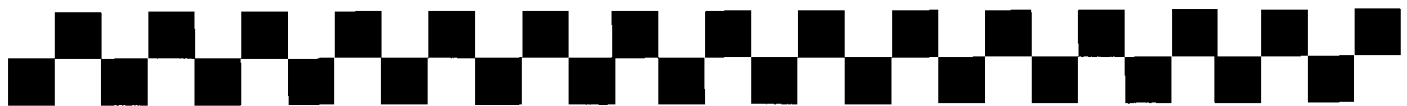
- **1.** Encourage Bible studies that seek to discover ways of responding to our calling as Christians to care for one another. See section II for biblical passages. The Presbyterian Hunger Program has Bible studies available.
- **2.** Form study groups during Sunday School, Sunday Evening or Week Night Fellowships, Small Group studies, Session Retreats, Deacon Training, Mission Committees, Women's Circles, Men's Groups, Youth Group meetings, or other times of study in your congregation.
- **3.** For additional resources, contact your Hunger Action Enabler or see the Presbyterian Hunger Program Resource Guide.

PROVIDE OPPORTUNITIES FOR SERVICE

- **1.** **COLLECT Cents-Ability** offerings on a regular basis to help your presbytery and the Presbyterian Hunger Program provide grants to help eliminate hunger and alleviate its causes.
- **2.** Hold a **FOOD DRIVE** on a regular basis (monthly, seasonally, at each church dinner, etc.) for your local food distribution program. Encourage small groups within your congregation to help sort and stock the food.
- **3.** Participate in **SOUPER BOWL SUNDAY** by collecting cans of food and \$1.00 per person on the day of the Super Bowl football game. Donate the canned goods to your local food bank and the money to a local feeding agency. A full program guide is available from the Souper Bowl of Caring by contacting 1-800-358-SOUP (7687) or www.souperbowl.org.
- **4.** Encourage individuals to **GET INVOLVED** in hunger issues through **SERVICE** at a soup kitchen or food bank, **POLICY-CHANGING** in our government, **LIFESTYLE INTEGRITY** and **COMMITMENT** to **PRAYER** for those in need.



- **5.** Seek ways to ENCOURAGE SIMPLER LIFESTYLES through Alternative Christmas and Easter celebrations, sponsoring an Alternative Gift Market (to help artists and craftspeople in developing countries), co-operative gardens, clothing "swaps," and simple dinners.
- **6.** Participate in the "Presbyterian Coffee Project" that makes Fair Trade coffee available to congregations. Encourage congregation members to learn more about fair trade policies — and to contribute to the **Cents-Ability** bank by the coffee pot. Order a Presbyterian Coffee Project brochure (PDS #74360-01-316) or check www.pcusa.org/coffee.
- **7.** For additional ideas and resources, contact your Hunger Action Enabler or the Presbyterian Hunger Program.





WHAT FAMILIES CAN DO TO FIGHT HUNGER

LEARN ABOUT HUNGER ISSUES

- 1. Check your presbytery Resource Center or ask your Hunger Action Enabler for resource materials, contact the Presbyterian Hunger Program (PHP) and ask for their extensive list of resources, and check out the PHP website (www.pcusa.org/hunger) and its links for hunger facts.

Good resources to check out:

- Grace At The Table — Ending Hunger in God's World by David Beckmann & Arthur Simon, Bread for the World, 1999. A comprehensive look at hunger and its root causes and how action is necessary to eliminate this injustice.
- "Hunger Has A Cure" — CD Rom for High School Youth from the Presbyterian Hunger Program. An interactive CD Rom with music, drama and study for action.
- Shelter Folks by Virginia Kross, Eerdmans Pub. Com; 1995 (for ages 4-12). A child who must live in a shelter discovers love and happiness in a most unusual way.
- A Rose For Abby by Donna Guthrie, Abingdon Press, 1988 (for ages 5-8). How a little girl makes a difference in the lives of the street people in her community.
- Benjamin Brody's Backyard Bag by Phyllis Vos-Wezeman, Brethren Press, 1991. How a little boy learns about street people through a simple brown paper bag.

STUDY GOD'S WORD ON HUNGER AND JUSTICE ISSUES

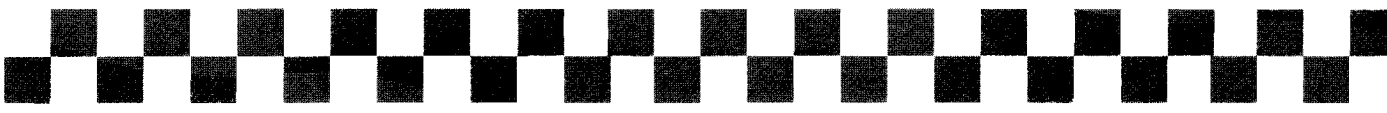
- 1. See section II of this notebook for a listing of Biblical passages on hunger and justice. As a family, read one of the passages from your family Bible.

Use some of the following questions as discussion starters:

- What is this passage saying about the poor and hungry in Bible times?
- What is this passage saying about the poor and hungry in our time?
- What does God want us to do about the poor and hungry today?

SHARE IN A FAMILY DEVOTION TIME

- 1. Explore some of the following questions as a family:
 - How many meals does your family consume in a week?
 - How much of your family budget goes to buy food?
 - How much food is wasted on a monthly basis?
 - How would you feel if you could eat only one meal a day? What if that meal consisted of beans and rice only?
 - What could you "do without" for one month in order to donate that money to someone who is hungry? Let each family member choose one food/beverage item (a soft drink a day, candy bar, etc.)

- 
- If each person in your family contributed a set amount of money per meal (2 cents, 4 cents, a nickel, a dime) for one month, how much money would that be?
 - What are some ways your family can give service to help feed the hungry? Raise money, donate food, walk in a hunger walk, make posters for a food drive, volunteer to help sort and stock food at a local food bank, serve a meal at a shelter or feeding program. Find a feeding agency near to where you live and volunteer a block of family time during the next month.

Close with a prayer for those who don't have enough to eat today.

GET INVOLVED IN YOUR COMMUNITY & WORLD

- **1.** Participate in the **Cents-Ability** offering each time you eat. Donate your offerings to feeding programs in your community, to your church or presbytery hunger funds, or to the Presbyterian Hunger Program Hunger Fund to support national and international hunger projects.
- **2.** Look for ways to simplify your lifestyle and conserve resources that are shared by all.
- **3.** Look for ways to help those who are trapped by injustice and poverty.
- **4.** Volunteer as a family to help a food bank or feeding agency in your community.
- **5.** Use the "Sharing Is Caring Calendar" for one month to help you remember those in need. (The calendar is in the back of this section.)



WHAT ADULTS CAN DO TO FIGHT HUNGER

LEARN ABOUT HUNGER ISSUES

- **1.** Check your presbytery Resource Center or ask your Hunger Action Enabler for resource materials, contact the Presbyterian Hunger Program (PHP) and ask for their extensive list of resources, and check out the PHP website (www.pcusa.org/hunger) and its links for hunger facts. Start by showing the PHP video, *'Til The World Is Fed*, (PDS #74360-99-323.)

HOLD A BIBLE STUDY

- **1.** Learn about what the Bible says about our calling as Christians. See the list HUNGER AND JUSTICE IN THE BIBLE in section II for Biblical passages to read and study. After reading one or more of the passages, ask: How does God encourage us to treat those who live among us who are in need? Are we following God's commands?

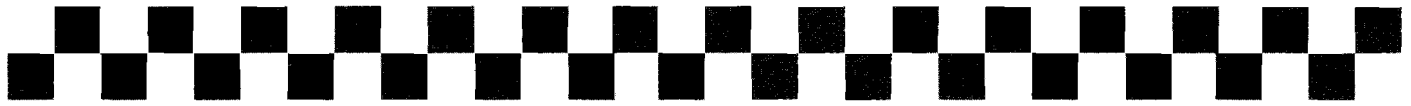
Participate in a GROUP STUDY that explores ways of responding to God's call to care for one another.

Some good resources to use:

- Presbyterian Hunger Program Bible Study Packet, PDS #253-93-303
- Isaiah's Challenge to People of God: Bible Study on Isaiah 58:6-12, PDS #74360-33-305
- Joining Hands Against Hunger Bible Study/Worship Resource, PDS #74360-3-00-330
- Grace At The Table: Ending Hunger in God's World, PDS #74360-99-328
- Whose Birthday Is It Anyway?, PDS #74360-02-302
- "Lazarus," a video presentation of Bread for the World's musical based on the Lazarus parable, PDS #74360-96-314, \$10.

GET INVOLVED IN THE FIGHT AGAINST HUNGER

- **1.** Set aside coins for every meal you eat and contribute it to the **Cents-Ability** offering.
- **2.** Pray for those who are hungry. Pray for those who are in a position to help.
- **3.** Donate food to your local food bank. Better yet, organize the food drive!
- **4.** Volunteer your time at a soup kitchen, feeding agency, or food bank. They depend on volunteers to help sort and stock food, cook and serve meals, and clean up. Get your family or peer group to help.
- **5.** Get involved in helping to change public policies and laws that discriminate against those who cannot help themselves. Find out what organizations in your area are working to help balance the system.

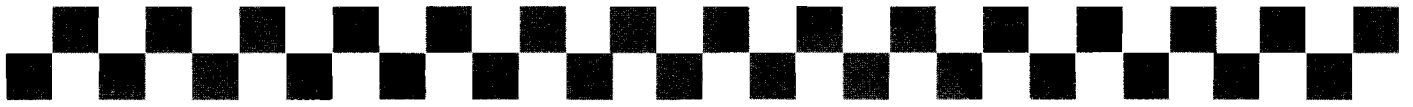


- **6.** Look for ways to simplify your lifestyle and reduce waste. Look for ways to make holidays and special occasions meaningful through relationships rather than "stuff." For more information and helps, contact your Hunger Action Enabler, the Presbyterian Hunger Program at 800-334-0434 or Alternatives for Simple Living at 712-274-8875.

- **7.** Support local hunger walks and CROP Walks to help raise money for hunger.

- **8.** Check out websites that are working to end hunger in our world (see web listings in this section).





WHAT CAN YOUTH DO TO FIGHT HUNGER?

LEARN ABOUT HUNGER ISSUES

- **1.** Check your presbytery Resource Center or ask your Hunger Action Enabler for resource materials, contact the Presbyterian Hunger Program (PHP) and ask for their extensive list of resources, and check out the PHP website (www.pcusa.org/hunger) and its links for hunger facts.

HOLD A BIBLE STUDY

- **1.** Learn about what the Bible says about our calling as Christians. See the list HUNGER AND JUSTICE IN THE BIBLE in section II for Biblical passages to read and study. After choosing one or more of the passages to look at and discuss, ask: How does God encourage us to treat those among us in need? Are we following God's commands?
- **2.** Need a good resource for your study? Try *a day in the life*. Through exploration of a typical day, young people are exposed to the lives of others around the world: a young woman from a hill tribe in Thailand, an 11-year-old-boy from El Salvador, a high school student in Uganda, and a Muslim in Bosnia. *a day in the life* may be used as a four-part series of learning units or adapted to a weekend retreat setting. This resource includes a leader's guide, posters, and reproducible materials for your group. Order from the PHP, PDS #74360-00-316, \$5.
- **3.** *Get Connected* is the companion video to *a day in the life*. Filmed on-site at the Heifer Project Global Village, this 17-minute, action-packed video charts the trials, tribulations, and learning experiences of 20 youth from across the United States. Their mission: to experience a day in the life of their global brothers and sisters and to spend the night in one of three villages — Guatemalan, African, or urban barrio. With limited supplies of food and water, the youth discover an array of surprising solutions to end hunger and poverty worldwide. The video includes a study guide for teachers and youth group leaders. Order PDS #74360-00-317, \$10.

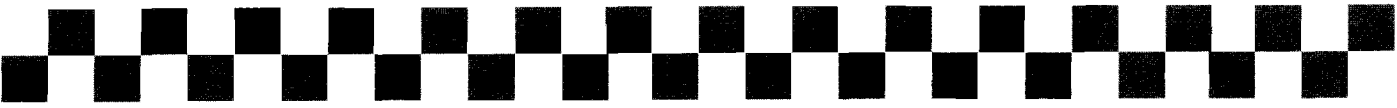
FASTING

- **1.** Participate in a "Fasting Lock-In" to feel the effects of being hungry while learning about those who are hungry all the time.

Check out:

"A Fast That Lasts" — A kit full of ideas and resources to help your group hold a 24-or-36 hour fast that will make a difference. The kit includes "Hunger Has A Cure" CD-ROM, a three segment video, Bible study, games, activities, and a detailed planning guide. (Order from the Presbyterian Hunger Program (PHP), PDS #74360-99-326, \$20 — refundable from funds raised for PHP projects).



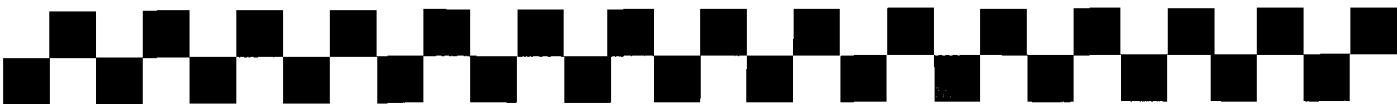


GET INVOLVED IN THE FIGHT AGAINST HUNGER:

- 1. Set aside coins for each meal you eat and donate the money to the **Cents-Ability** offering.
- 2. Pray for those who are hungry. Pray for those who are in a position to help.
- 3. Sponsor a food drive for a local food bank.
- 4. Participate in a gleaning project to help gather food for people who are hungry. Contact your Hunger Action Enabler for a list of gleaning projects. If no projects are available, contact a local farmer and start your own.
- 5. Help sort and stock food at a food pantry in your community.
- 6. Help serve a meal at a local feeding agency.
- 7. Check out "15 Things You Can Do" on the Hunger Has A Cure CD-Rom, PDS #74360-97-315, \$12.

HELP GET OTHER PEOPLE INVOLVED

- 1. Sponsor a "Soup and Bread Meal" for your congregation. Plan and prepare the meal and organize the program. A Soup and Bread placemat and accompanying program ideas and recipe is available, PDS #74360-96-311.
- 2. Create a "Hunger Awareness Site" at your church. Make posters to raise awareness of hunger issues in your community. Set up a regular food collection receptacle (a basket, a decorated box, a barrel or even an old food cart borrowed from the grocery store).
- 3. Volunteer to collect the **Cents-Ability** offering on a regular basis (weekly, monthly, etc.) Remind people a week in advance, supply the collection tools (baskets, large jar, bucket, etc.) and count the money donated.
- 4. Sponsor a "Souper Bowl Sunday" to collect cans of soup and dollars for local hunger projects. Take the "Souper Bowl Challenge" and turn your collection into a month-long event culminating on Super Bowl Sunday. Contact the Souper Bowl of Caring for ideas and materials at 800-358-SOUP (7687) or www.souperbowl.org.
- 5. Sponsor a food drive in your church, school, or community. Be creative! Create a contest or hold a food scavenger hunt or come up with your own ideas of how to raise awareness of hunger issues and collect food for hungry people.
- 6. Volunteer to create a **Cents-Ability** web page for your congregation's web site. Be sure to link it to the PHP site at www.pcusa.org/hunger.





WHAT CAN CHILDREN DO TO FIGHT HUNGER?

LEARN ABOUT HUNGER ISSUES AND SHARING

- **1.** Read and discuss one of these books and talk about how the children feel:
 - Shelter Folks by Virginia Dross
 - A Rose for Abby by Donna Guthrie
 - Benjamin Brody's Backyard Bag by Phyllis Vox-Wezeman
 - Stone Soup a Russian folktale

- **2.** Ask your church's Christian Educator or Church School Director to use one or more of the following resources in your church to teach about hunger:
 - "Is There Enough?: A Children's Curriculum on Hunger" Interactive and biblically based, presents a balanced world where there is enough for all God's children. Five stand-alone sessions for grades K-5. (PDS #74360-99-324)
 - "A Kid Started It!" A children's sermon based on the John 6 telling of the Feeding of the Five Thousand, this resource encourages young people to consider how they can share in Jesus' work of feeding the hungry, and it comes with temporary tattoos! (PDS #74360-99-342, \$5)
 - "A Kid Started It! A Children's Educational Hunger Kit" includes not only "Is There Enough?" but children's curriculum from Bread for the World, Church World Service, Heifer Project International, and World Food Day. (PDS # 74360-02-309, \$20)

GET INVOLVED IN THE FIGHT AGAINST HUNGER

- **1.** Make a **Cents-Ability** bank for your family (if you don't already have a **Cents-Ability** bank). Set aside coins for every meal you eat.

- **2.** Pray every day for those who do not have food.

- **3.** Give up one treat each week and donate the money to help feed hungry people.

- **4.** Choose one food each week to donate to your local food collection.

- **5.** Help decorate a box for your church's food collection.

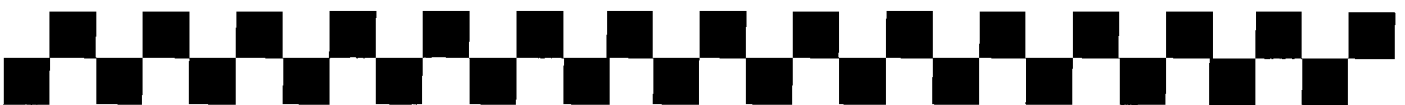
- **6.** Make a poster reminding people to set aside coins for each meal they eat.

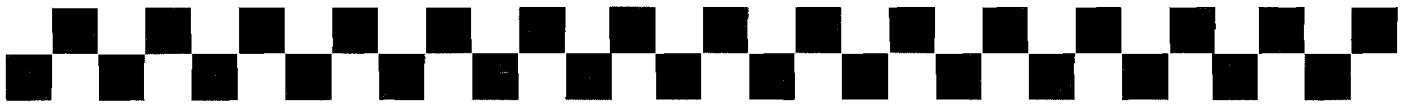
- **7.** Use the "Sharing Is Caring Calendar" for one month with your family to help you remember those who are in need. (The calendar is in the back of this section.)

- **8.** Help sort food at your local food bank with your family or church group.



- **9.** Do the puzzles included to learn more about where hungry people live (In the back of this section.)
- **10.** Order “A Kid Started It!” T-Shirts for your children’s choir to wear. (PDS #74360-99-339, \$10)
- **11.** Ask your children’s choir director to have the group sing “God Asks Us To Imagine” (in section II.)





HUNGER ACTIVITIES FOR CHILDREN

HOLD A DISCUSSION ABOUT HUNGER

Possible questions:

- Have you ever been hungry?
- How did you feel?
- Have you ever been so hungry that you couldn't think about anything except eating?
- What are some ways that you can help people who are hungry?

SHARE THE STORY OF "STONE SOUP"

This Russian fable has taken many forms in children's books and storytelling, but the message remains the same — everyone can be happy and fed if we all share!

Obtain your own copy of the story and read it to the group or tell it using props such as a pot, a stone, plastic vegetables and bread. Let the group act out the story as you tell it. Then use this story as a discussion starter on sharing.

Discuss how the children can share what they have with others who are hungry. (Food drives, **Cents-Ability** offerings, working at a food pantry, serving at a feeding agency, fighting to change laws and rules that make it hard for poor people to break the cycle, etc.)

STONE REMINDER CARDS

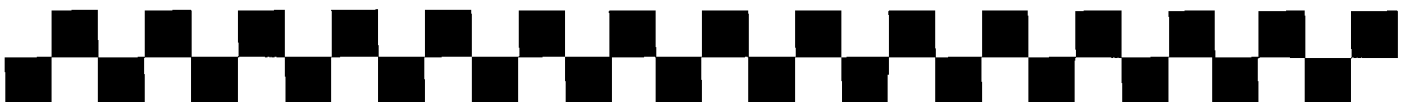
Decorate stones and attach a message to help people remember to share their food with the hungry.

CENTS-ABILITY BOOKMARKS

Make and decorate a bookmark to share with others to help them join the fight against hunger in your community.

CENTS-ABILITY BANKS

There are banks available as part of the **Cents-Ability** resources, or you can make your own. If you decide to make banks as a project, use empty, clean soup or vegetable cans to collect the **Cents-Ability** offering in your congregation. Use the available **Cents-Ability** can wrappers or make your own. You could even hold a contest for the most unusual bank. (Suggestions might include tennis ball cans, film canisters, jars, 20 oz. plastic beverage containers, etc.)





WORK THE PUZZLES ON THE ACTIVITY SHEETS

In this section are pages of puzzles and questions that will help raise awareness of hunger issues around the world. Feel free to copy them as needed. (In the back of this section.)

DECORATE FOOD COLLECTION BAGS

Using brown grocery bags, decorate them with pictures of food and/or people to send home and be filled with non-perishable food for your next food drive.

CREATE A FOOD COLLECTION CENTER AT YOUR CHURCH

Choose a well visited spot and set up a collection station for food goods and **Cents-Ability** offerings. You could use baskets, decorated boxes, a shopping cart, bulleting boards, posters, etc. Create an attractive area that people won't miss when coming and going at your church. Make the area bright and attractive and encourage people to donate food and/or money each time they pass it.

MORE IDEAS

For more ideas, contact your presbytery or synod Hunger Action Enabler, also check out your Resource Center or contact the Presbyterian Hunger Program at 800-334-0436 or at www.pcusa.org/hunger.

ONE MORE VBS MISSION PROJECT YOU CAN DO — PENNY POWER

How much power does a penny have? Why not collect some and find out!

- 14 pennies will provide 1 pound of food from Second Harvest Food Bank
- 69 pennies will buy a can of soup to feed 2 people a hot meal
- 150 pennies will provide 1 child a hot meal through the Kid's Café Feeding Program
- 2000 pennies will provide a bag of food to feed a family of 4 with meals for 3 days

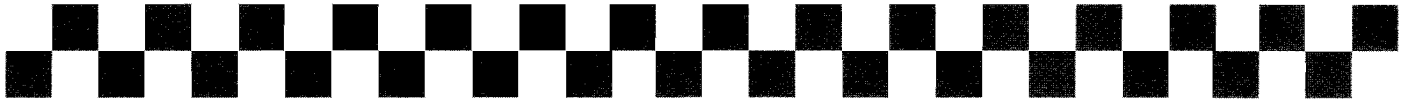
Try these ideas for your collection:

- Set up a clear container (pickle jar, water bottle, etc.) for EACH CLASS and challenge them to "fill their jar" first.
- Tape each penny to a strip of adding machine tape and see "how far the pennies go" by measuring the length of tape each day.
- Set up one large, clear container for your entire VBS and watch it fill up.

Here's a project your entire VBS can get involved with!

- Collect your pennies (nickels, dimes & quarters will work too) all week.
- Say a prayer each day for the people that are in need in your community.
- Count and roll the pennies into coin rollers and turn in your offering to your church treasurer.
- Send a check for the amount of your offering to your presbytery, through your normal receiving site or to Central Receiving Service, Section 300, Louisville, Kentucky 40289-0300. Mark your check H000107.



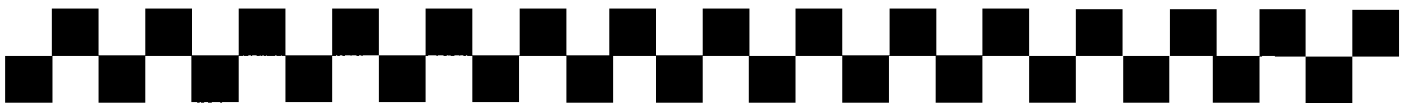


OTHER VALUABLE RESOURCES

The Presbyterian Hunger Program Resource List (PDS #74360-00-300) contains numerous resources that you may find valuable in your quest to learn about hunger and justice issues.

- 1.** Hunger: Understanding the Crisis through Games, Dramas, & Songs; Patricia Houck Sprinkle (out of print, but available from the PHP at 800-334-0434.)
- 2.** A Kid Started It!: Hunger Education Kit from the Presbyterian Hunger Program, PDS #74360-02-309.
- 3.** Is There Enough? A Children's Curriculum on Hunger from the Presbyterian Hunger Program, PDS #74360-99-324.
- 4.** We Can Do That! Hunger Awareness Activities That Work from Church World Service, P.O. Box 968, Elkhart, Indiana 46515, 219-264-3102.

The Presbyterian Hunger Program Resource List (PDS #74360-00-300) contains numerous resources that you may find valuable in your quest to learn about hunger and justice issues.







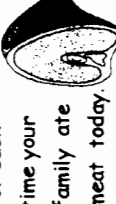


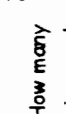
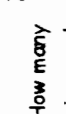







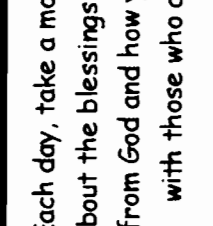
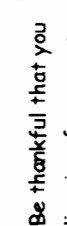
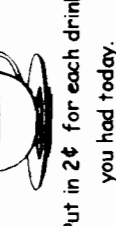
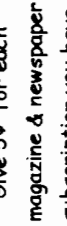
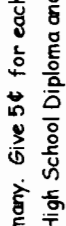
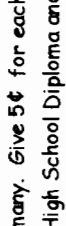
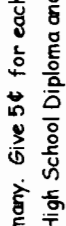
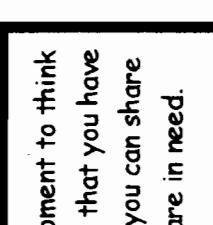

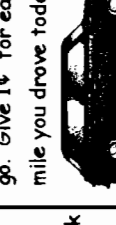
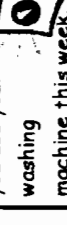
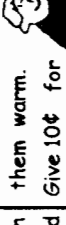
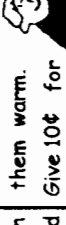
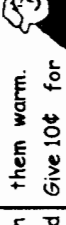
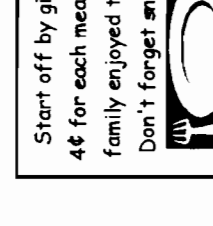
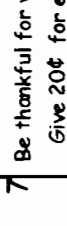
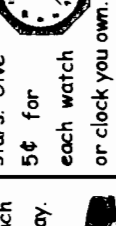
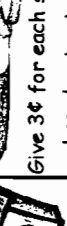





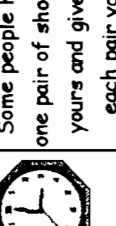
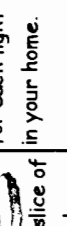
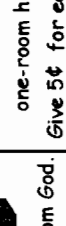
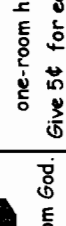
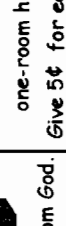
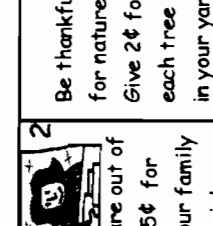
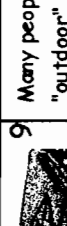
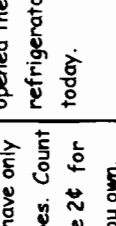
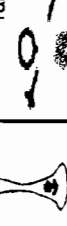
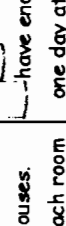
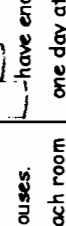
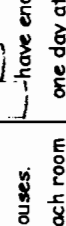
WEBSITES WORTH LOOKING INTO!

The following websites offer insight and information on hunger and hunger related issues.

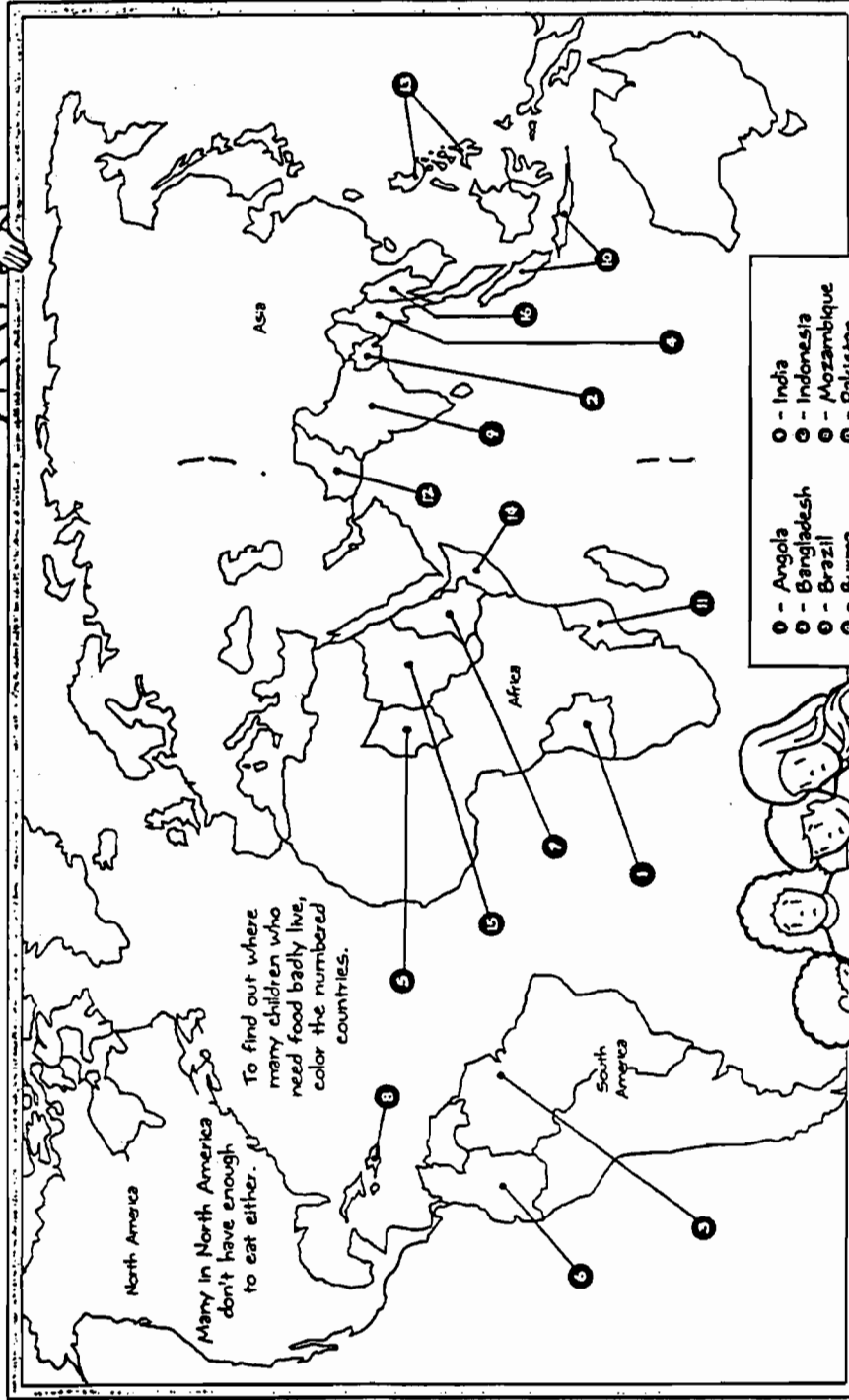
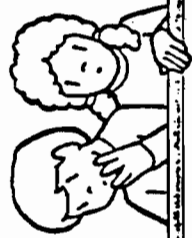
- Presbyterian Hunger Program (PHP) — www.pcusa.org/hunger
- Alternatives — www.SimpleLiving.org
- Bread for the World (BFW) — www.bread.org
- Children's Defense Fund (CDF) — www.childrensdefensefund.org
- Church World Service (CWS) — www.churchworldservice.org
- Congressional Hunger Center — www.hungercenter.org
- Food and Agricultural Organization (FAO) — www.FAO.org
- Food Research and Action Center (FRAC) — www.frac.org
- Heifer Project International (HPI) — www.heifer.org
- The Hunger Site — www.thehungersite.org
- kids can make a difference — www.kids.maine.org
- Second Harvest Food Banks — www.secondharvest.org
- Souper Bowl of Caring — www.souperbowl.org
- United Nations International Children's Emergency Fund (UNICEF) — www.unicef.org
- World Hunger Education Service (WHES) — www.worldhunger.org



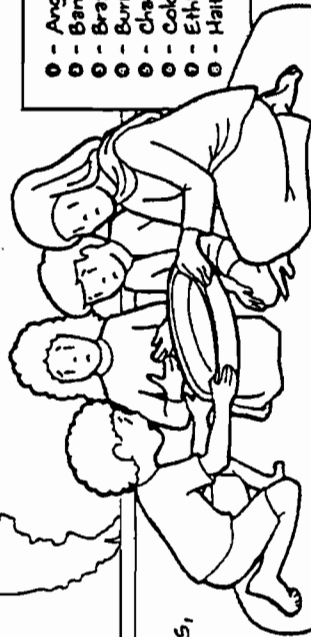
"SHARING IS CARING" Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Each day, take a moment to think about the blessings that you have from God and how you can share with those who are in need.</p>	 <p>Some people never have the chance to learn to read. Give 2¢ for each book you own.</p>	 <p>Many people have no meat to eat. Give 10¢ for each time your family ate meat today.</p>	 <p>Sing praises to God. Put in 5¢ for each musical instrument you have. Don't forget your voice!</p>	 <p>How many Bibles are in your home? Give 10¢ for each one. Give 5¢ for each time you open one today.</p>	 <p>How many Bibles are in your home? Give 10¢ for each one. Give 5¢ for each time you open one today.</p>	 <p>How many Bibles are in your home? Give 10¢ for each one. Give 5¢ for each time you open one today.</p>
 <p>5</p>	 <p>6</p>	 <p>7</p>	 <p>8</p>	 <p>9</p>	 <p>10</p>	 <p>11</p>
 <p>1</p>	 <p>2</p>	 <p>3</p>	 <p>4</p>	 <p>5</p>	 <p>6</p>	 <p>7</p>
 <p>8</p>	 <p>9</p>	 <p>10</p>	 <p>11</p>	 <p>12</p>	 <p>13</p>	 <p>14</p>
 <p>15</p>	 <p>16</p>	 <p>17</p>	 <p>18</p>	 <p>19</p>	 <p>20</p>	 <p>21</p>
 <p>22</p>	 <p>23</p>	 <p>24</p>	 <p>25</p>	 <p>26</p>	 <p>27</p>	 <p>28</p>
 <p>29</p>	 <p>30</p>	 <p>31</p>	 <p>32</p>	 <p>33</p>	 <p>34</p>	 <p>35</p>

Many children all over the world DON'T HAVE ENOUGH FOOD.



Many in North America don't have enough to eat either. To find out where many children who need food badly live, color the numbered countries.



In most countries, there are people who don't have enough food.

- 1 - Angola
- 2 - Bangladesh
- 3 - Brazil
- 4 - Burma
- 5 - Chad
- 6 - Colombia
- 7 - Ethiopia
- 8 - Haiti
- 9 - India
- 10 - Indonesia
- 11 - Mozambique
- 12 - Pakistan
- 13 - Philippines
- 14 - Somalia
- 15 - Sudan
- 16 - Thailand

Use the secret code to find some of the

CAUSES OF WORLD HUNGER

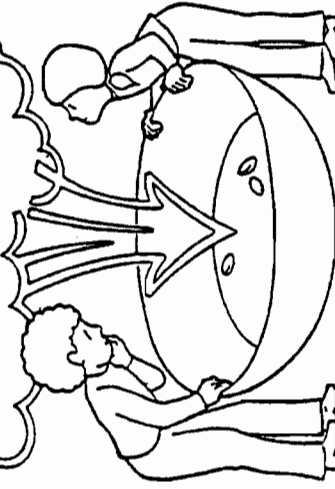
1 OSE

2 TDWCENU

because many people are too poor to buy or grow food.

3 People with food who VDY'N ISEC

about others.



SECRET CODE

C = e I = c S = a V = d
D = o N = t T = p W = v
E = r O = w U = y Y = n

Which one do you think is the BIGGEST cause of world hunger?

JESUS TEACHES US TO SHARE

what we have with people who need help.



- ☞ = wisely
- ☞ = God's
- ☞ = use
- ☞ = your
- ☞ = hunger
- ☞ = gifts
- ☞ = a
- ☞ = church
- ☞ = make
- ☞ = help
- ☞ = bank
- ☞ = The answers are on page 7.

Save some of your allowance or snack money in a can or jar. Give the money you've saved to your church's fund to help the hungry.

That means not wasting food, energy or water, so that these gifts from God can be shared by everyone.

Offer to help when your church has activities to aid people who need food.

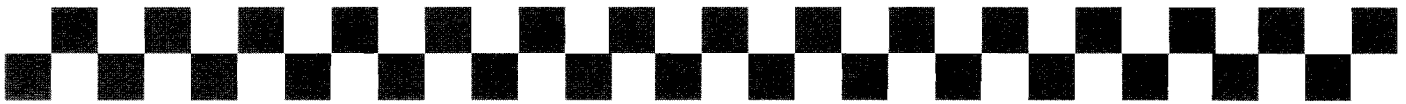
ANSWERS

- 1 - We.
- 2 - Poverty, because many people are too poor to buy or grow food
- 3 - People with food who don't care about others.

POVERTY is the biggest cause of world hunger.

- Make a hunger bank.
- Use God's gifts wisely.
- Help your church.

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PROMOTION

Also see — Minutes for Mission in section II and Ideas for Newsletters in section III.

JOIN NOW . . . NEW PRESBYTERIAN DIET PROGRAM JUST (2, 4, 5 CENTS, ETC.) A MEAL

There is a new Presbyterian way to diet. The **Cents-Ability** program can help you eliminate hunger and reduce the level of poverty in the world. The **Cents-Ability** program is simple and requires no registration fee or supplements. The **Cents-Ability** program has three basic components: COMMITMENT, EXERCISE and COUNTING.

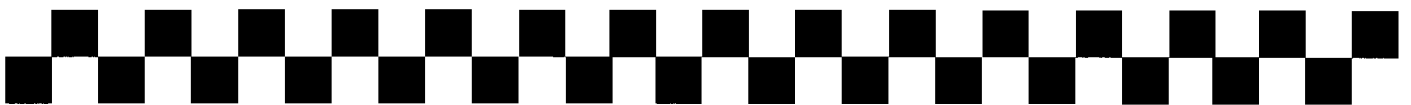
- **COMMITMENT** — You, your family or your group need to make a commitment to the **Cents-Ability** program. Commit to a specific time frame of a year, month, week or a season. Start anytime, the program runs year-around.
- **EXERCISE** — What program would be complete without exercise and with exercise there is always a focus on discipline. Be consistent! The **Cents-Ability** program is a spiritual discipline and probably the only program where you can exercise when you sit down. Each time you or your group sits down to a meal, exercise your faith connection to others by having each person place coins in a "bank" for that meal. Remembering those who do not have enough to eat, giving thanks for the food set before you and to be good stewards of this meal — take only what you can eat and try not to waste.
- **COUNTING** — All you will need are coins and a **Cents-Ability** bank. Every coin counts and a little goes a long way.

*Place information here about your Presbytery mission program and how the **Cents-Ability** offering will be used. Let people know where to send their offering and how to get additional information if required.*

CAN DO (A canned food drive to help feed hungry people.)

Hold a canned food drive to help stock your local food pantry. Try one of the following ideas for your collection:

- **1.** Assign each class, group, or family a "type" of food to collect. (ie. 4 year old class — canned fruit)
- **2.** Use an old grocery cart (most food stores will loan or give you one) and fill it with food donations on a regular schedule (each Sunday, first Sunday of the month, etc.)
- **3.** Set up a "Garden Display" with varieties of vegetables set up in rows as if they were growing in the garden (corn, carrots, peas, green beans, etc.) Assign a specific vegetable to each group, class, etc. and see which row grows fastest!

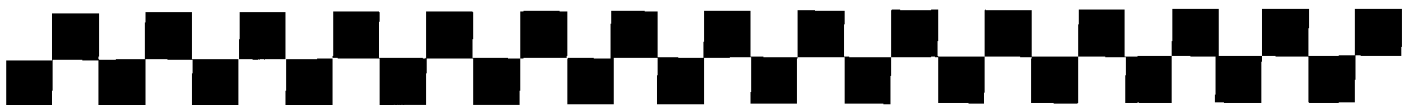




PENNY POWER

How much power does a penny have? Why not collect some and find out!

- 14 pennies will provide 1 pound of food from Second Harvest Food Bank
 - 69 pennies will buy a can of soup to feed 2 people a hot meal
 - 150 pennies will provide 1 child a hot meal through the Kid's Café Feeding Program.
 - 2000 pennies will provide a bag of food to feed a family of 4 with meals for 3 days.
- **1.** Try these ideas for your collection:
- Set up a clear container (pickle jar, water bottle, etc.) for each class or group and challenge them to "fill their jar" first!
 - Tape each penny to a strip of adding machine tape and see "how far the pennies go" by measuring the length of tape each day. (Incidentally, there are 84,480 pennies in a mile.)
 - Set up one large, clear container for your entire congregation and watch it fill up!
- **2.** Here's a project your Church School or VBS can get involved with:
- Collect your pennies (nickels, dimes, and quarters will work too) for a specified period of time.
 - Say a prayer each day for the people that are in need in your community.
 - Count and roll the coins into coin rollers and turn in your offering to your **Cents-Ability** co-ordinator or church treasurer.





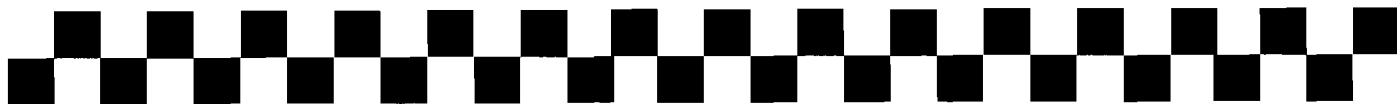
FILL THE BAG!

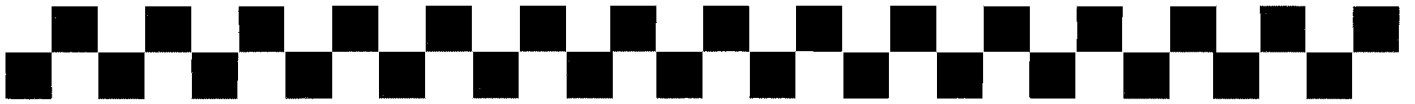
Challenge people to fill a bag of groceries to help feed a family in your community.

- **1.** Give each person or family a brown grocery bag with the following instructions attached:



- **2.** Each day, offer a prayer for the families that will be helped through your efforts.
- **3.** When all the bags have been returned, have a Dedication Prayer to bless the food, those who will receive it and those who gave it.





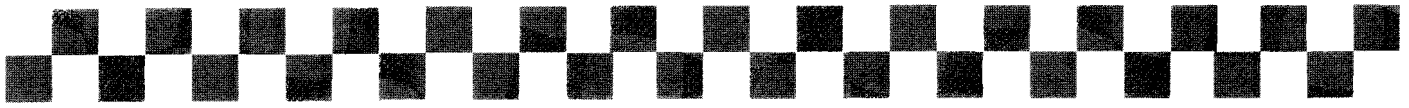
IDEAS FOR BOOSTING CENTS-ABILITY ENTHUSIASM

- **1. HAVE A SPUR-OF-THE-MOMENT "EMPTY YOUR POCKETS" DAY**
Making it a fun activity at Coffee Hour, have youngsters circulate through the congregation with gallon cans where coins will make a good sound when people drop their change in the can.
- **2. REMIND PEOPLE THE WEEK BEFORE YOU RECEIVE THE CENTS-ABILITY OFFERING**
Alert folks the Sunday before the offering will be received. Place an announcement in the bulletin or have a town crier make the announcement.
- **3. MAKE COVENANT AGREEMENTS**
Remember, this is an AWARENESS program. In the bulletin, make a slip such as:

<p>YOUR CHURCH NAME</p> <p>For the next ____ weeks I agree to be part of the Cents-Ability program and I will try my best to remember to pray about the hunger in the world as I sit down to my meals.</p> <p>Name _____</p>

- **4. MINUTE FOR MISSION**
This may be "gimmicky" but it is effective: place a large metal bowl near a microphone and as statistics about hunger problems are read, make a noticeable noise as a handful of coins are dropped in the metal bowl.
- **5. INVITE YOUR HUNGER ACTION ENABLER TO DO YOUR MINUTE FOR MISSION**
This resource person has lots of printed materials, is a fine speaker with enthusiasm and is a real sales person. The HAE could also do a Sunday School class or plan something for the children.





6. MAKE A GRAPH CHART WHICH COVERS A SIX MONTH PERIOD

Estimating the number in your membership, add up the amount you could receive if EVERY member did 2 cents, a nickel, or a dime per meal every day. See if there is an increase as people become more aware of the possibilities.

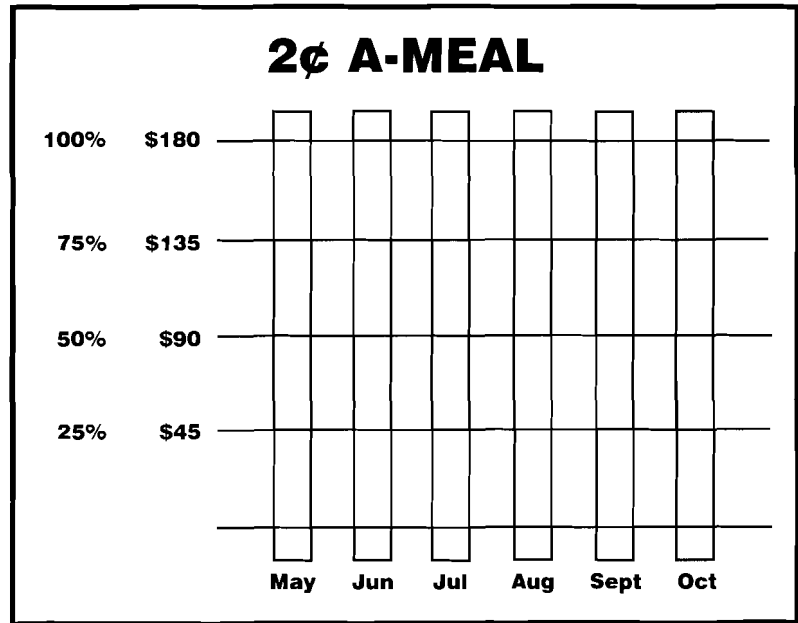
6 cents per day X 30 days = \$1.80 per member/month

100 members X \$1.80 = \$180.00

50 participants = \$90

25 participants = \$45

Of course, some people put more than 2 cents per meal into the offering, but at least a chart shows potential of what 100% could do and perhaps your church will build toward that!



7. DISTRIBUTE A NEW FLYER

There are brochures which describe the program. Uplift **Cents-Ability** at a Minute for Mission during the morning worship and pass out the story again. Or, perhaps your **Cents-Ability** chairperson could produce an awareness flyer applicable to your church.

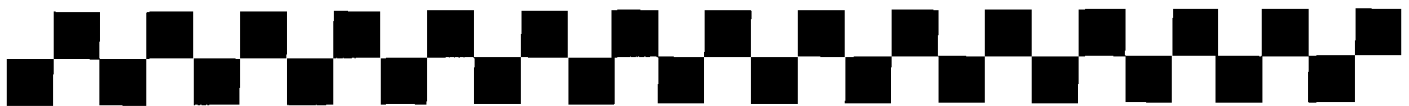
8. DEVELOP PUBLIC COIN COUNTING CENTER

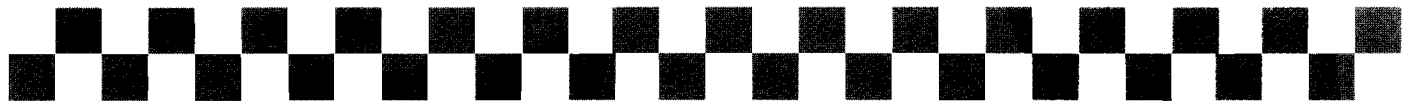
At Coffee Hour, have a cadre of people, young and older, at a table putting the change through a coin counter. There is no person in the room who won't at least know what is being done, and may become more aware of this important program.

9. NEW WAYS OF COLLECTING THE CENTS-ABILITY CONTRIBUTIONS

Change the ways that the gifts are received.

- Have a family member approach the Communion Table with the family monthly gift at invitation of the worship leader.
- Inspire a Sunday School class to become involved with the **Cents-Ability** program and collect their coins in a large glass jar. When this jar is taken forward at offering time, the general congregation becomes impressed and becomes more aware.
- Have people (children, teenagers, and others) placed at the exits with collection receptacles. A person with a basket is much more inviting than a can on a table. Before the end of the service, make sure the congregants know someone will be at the door.





■ **10. DISPLAY A HUNGER BANNER**

Display a banner in the sanctuary at the time a Minute for Mission is done and awareness can not be missed. Your committee doesn't have a banner — make one! Or better yet, organize a small group to work on a banner together. Make the banner bright and bold so that no one can miss seeing it.

■ **11. PLAN A SKIT**

Youngsters are clever at acting and a two minute skit at a Minute for Mission during morning worship is a marvelous awareness vehicle. With the help of a Sunday School teacher and a jingle writer, along with a bit of costuming, the skit can pack a wallop.

■ **12. MAKE A NEW DISPLAY**

When an idea needs attraction, a marketing scheme needs to be devised. Anything above eye level and heads will catch an eye and turn a head. Place a sign high on a stick or find a way of making something move (fan on streamers, moveable sign such as seen in grocery store displays, etc.). A "C" clamp on a table can hold a block of wood which can support a stick for a sign. Let your imagination run wild.

■ **13. SERIES OF POSTERS ARE AVAILABLE**

There are several posters available from the Presbyterian Hunger Program (PHP). In addition to the **Cents-Ability** poster, there is a Fish and Loaf poster, and a series of interpretative posters emphasizing the five areas of work done by the PHP. All are available in the PHP Resource List (PDS #74360-00-300).

■ **14. SET A GOAL**

Set a reasonable goal for a six month collection and plan a way of reporting how it is progressing.

- One church had a place to stretch a wire across the room and a suspended airplane moved along the wire approaching the goal that was anticipated.
- Use a thermometer poster that can have color added to the tube as the "temperature rises."
- Build a Tree of Life or a Garden and add fruit or vegetables as your offering increases.





CHURCH DINNERS YOU CAN HOST

BEFORE YOUR MEAL

1. Decide as a group what your menu will be, what your program will be and where the money raised will be spent.
2. See the Simple Meals on the back of this page for menu suggestions.
3. Order the **Cents-Ability** placemats (PDS #74360-01-324).
4. Your Hunger Action Enabler (HAE) has ideas for speakers, videos, skits, etc. If you don't have an HAE, contact the Presbyterian Hunger Program at 800-334-0434 for resources.
5. PUBLICIZE your event. Don't surprise people with the menu — let them know ahead of time that it will be a "simple meal that will provide for their nutritional needs." You will have much better success when people come prepared.

DURING YOUR MEAL

1. ENCOURAGE PARTICIPATION from all ages — but be flexible! Children may participate with their parents as one unit to encourage family support and security.
2. TAKE PHOTOS of your event. Everyone will want to remember this special time, and your presbytery would like to share the news. Call your local newspaper/radio/TV reporter for "complete coverage" of your event.
3. COLLECT AN OFFERING. You may "charge" for your meal as well as put out collection containers for donations.
4. PRESENT A PROGRAM as part of your meal to help raise awareness of hunger issues and encourage action. Your Hunger Action Enabler can help you with program ideas, videos, speakers, etc. Consider inviting a speaker from your local feeding agency to share about ministry in your own community.



SIMPLE MEALS

■ 1. Soup ‘N Bread Meal (Presbyterian Hunger Program)

Sharing a simple meal of soup and bread can help your group focus on hunger in your community and around the world. Hearty soup, substantial bread, and a piece of fresh fruit provide sufficient nutrition while raising the issue of sufficiency. The meal can be built around the Russian legend of "Stone Soup" which reminds us of the miracles that happen when we share. Soup ‘N Bread placemats (PDS #74360-96-311) with program suggestions and the video, *'Til The World Is Fed* (PDS #74360-99-323) are available from the Presbyterian Hunger Program.

■ 2. Hunger Restaurant (Church World Service)

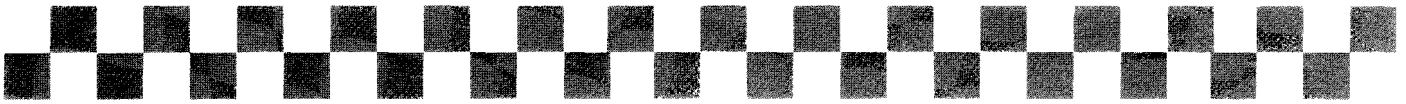
Set up tables as in a restaurant. Use tablecloths, candles and menus to set the atmosphere. Volunteers serve as hosts and table waiters. Everyone orders from the menu, but regardless of what they order, they receive a cup of cooked rice and a cup of tea. (Menu option: bean soup and rice with bread or crackers). After dinner, guests are presented with bills for what they ordered from the menu and are encouraged to pay all or part of the bill to help end hunger. They may also add a gratuity.

■ 3. Unlucky Potluck (Church World Service)

Set up a self-service buffet line with a large variety of prepared foods. (You could do this as a potluck.) The last three dishes on the buffet table would be potatoes, beans, and rice. Tables are set up as follows: 1/5 very elegantly adorned, 3/5 simply adorned, 1/5 bare. The guests draw individual meal tickets from a hat. (Young children may draw with their parents as one unit.) Tickets indicate the order in which they may go through the line, what foods they can take and where they sit:

- HAVE's (1/5 of group) — can take as much food as they want from total buffet selection and are seated at the most elegant tables with the best view and location in the room.
- ENOUGH's (3/5 of group) — can take from one dish plus as much as they want of the last three dishes — beans, rice & potatoes. They are seated at the simply adorned tables.
- HAVE NOT's (1/5 of group) — can only take one of the last three items — beans, rice and potatoes. They are seated at bare tables or on the floor near the kitchen or hallway.

Discussion questions and program ideas for this meal are available from Church World Service www.churchworldservice.org or 1-888-297-2767 or from the Presbyterian Hunger Program.



HUNGER PRESENTATIONS/SERMONS/SKITS

THE TALE OF HENNY-2-PENNY OR THE TWO CENTS A MEAL OFFERING

NOTE: Henny-2-Penny can be adapted to your offering amount (eg. Henny-4-Penny, Henny-5-Penny, etc.)

Once upon a time, not so very long ago. Not so far away. There lived a chicken named Henny-2-Penny. Henny-2-Penny enjoyed a comfortable life. She did not have too little. She did not have too much. She had enough for her needs and enough to share with others.

Henny-2-Penny was quite involved in her church, Barnyard Presbyterian Church. She took part in all the programs, and being a good Presbyterian, she sat in the back pews every Sunday morning.

One week, Barnyard Presbyterian Church had a guest preacher from their Presbytery, a Hunger Action Enabler. Henny had always been concerned that others were hungry, so she made a point of arriving for worship early to learn what kind of a creature this Hunger Action Enabler might be and what would be said.

The Hunger Action Enabler talked about how many people are hungry in our country and around the world. Henny was reminded how hunger is a problem of faith; how we meet Christ in everyone we meet, including people who are hungry, and how God creates us for relationships with each other: to live together, caring for each other.

Then came the most important part. The Hunger Action Enabler talked about what Barnyard Presbyterian Church and its members could do, and Henny gained some ideas of how to act on her concern for people who are hungry.

Henny-2-Penny learned that ending hunger will take the efforts of a lot of people working in a lot of ways. None of us can do everything. All of us can do something, and there are a lot of somethings that can be done.

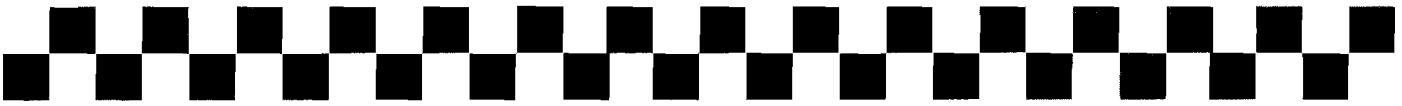
Hunger will end as opportunities are created for people to provide for themselves, to become independent. Through jobs, access to medical care, education, and training, people are empowered to care for themselves. They can move from the poverty which causes hunger to supporting themselves. Henny was struck by the continual challenge to seek ways to provide people with opportunity.

Henny-2-Penny learned that as we call for and work for such opportunities for all people, there are ways we can care for people who hunger. We can pray. Prayer is the basis of living as Christ's people. We pray for people who hunger. Pray for government officials who establish policies that affect people who hunger. Pray for herself and others that they might reach out to people who hunger.

Henny was reminded of the importance of education. Education helps us understand the problem of hunger and its causes. It helps us understand what we can do.

Henny learned about direct relief: providing people with food through a pantry or a meal program. Such efforts will not end hunger, but they will keep people alive while other programs are designed.





She learned about development work: helping people help themselves, and helping people move from poverty to support themselves. She learned about helping them learn the things they need to know to get and keep work. She was reminded of the importance of talking about the need to work to end hunger in this way.

She also learned of the importance of public policy. Government decisions have a great effect upon people who hunger. By writing letters and making phone calls, people of faith can influence laws and decisions and make a difference in the lives of others. She heard about Bread for the World and other organizations which help Christians become involved in public policy questions.

Henny was challenged to consider her lifestyle. How we live does make a difference to how other people can live. She had many questions to ponder. Was she being wasteful? Was she doing things which might be harmful to others? How could she change?

The Hunger Action Enabler spoke of the need for giving. Our offerings support a variety of ministries which address hunger. They can help in all the areas in which we work. For example, through the One Great Hour of Sharing, we support the Presbyterian Hunger Program which has projects in our country and around the world. The One Great Hour of Sharing also supports the work of Self Development of People which helps people help themselves and Presbyterian Disaster Assistance which helps with refugees, people who have to leave their homes.

Henny left the service determined to become more involved in efforts addressing hunger. She would pray. She would learn. She would volunteer at the meal program run by Duck Pond Presbyterian Church down the road. She would learn more about Bread for the World. She would look at her lifestyle and see what change might be needed, and she would plan a generous gift for the One Great Hour of Sharing.

Henny was glad that she had learned so much. She looked forward to the things she would do.

But the next day, as she took part in her favorite hobby of gravel scratching, Henny felt that something was missing. She felt a need for something that would serve as a daily reminder, a daily reminder of the hunger of her sisters and brothers, a daily reminder of her commitment to work to end hunger.

She sat down to think about this in a shady spot, and she thought, and she thought.

Fortunately, Henny was nobody's fool. Unlike some whose stories you might remember, the sky did not need to fall on Henny-2-Penny.

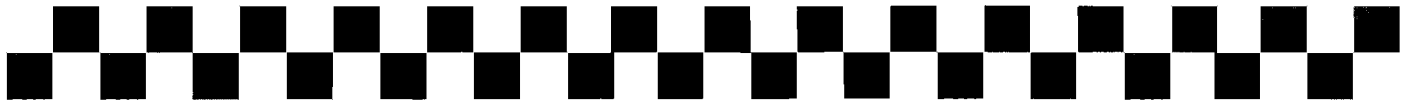
All at once, it came to her. She jumped up and yelled "Two pennies. Two pennies."

The others in the barnyard stepped back.

Henny-2-Penny ran around in excitement. She called everyone to her and explained her idea.

"I wanted to find a way to remember that people are hungry every day. I need to remember to do what I can to help end their hunger. And I've thought of it: two pennies."





"Two pennies," scoffed another chicken. "You can't feed anyone with two pennies."

"No, no," replied Henny-2-Penny. "Feeding people isn't the point. It's a reminder. Each time I eat, I will put two cents in a can. It will remind me that people are hungry and that I can be working to end their hunger. And every so often I will give the money to the church to support programs which address hunger."

"Two pennies," said a puppy. "I can do that, too."

"That's right," said Henny-2-Penny. "Most everyone can afford two cents at each meal."

"You know," said a wise, old sheep. "If we all collected two cents a meal, and if we did it at every meal at church, and at coffee hour, why, we'd collect all sorts of money. We'd be surprised at how quickly it would add up."

"Other churches could do the same," chimed in a cow. "Think of all the churches in the Presbytery."

"That's true," said Henny-2-Penny. "And that money would be important. But just as important would be all those people. Every day they would think about people who are hungry, and every day, they would think about how they could help."

All her friends agreed to collect two cents each time they ate. The Session at Barnyard Presbyterian Church agreed to collect two cents a person at every Church-sponsored meal.

The Session asked the Presbytery Hunger Committee if they would take the money that was collected and find places that could put it to use. The Presbytery Hunger Committee thought this an excellent idea. They agreed to put the money to work, and they asked the Presbytery to encourage other churches to take part in this program of collecting two pennies at each meal, and the Presbytery did.

The idea grew, and the idea flourished, and so it is that now we can take part in the **Cents-Ability** Offering.

Each time we put in our two pennies, whether it is at home or at church, we remember our sisters and brothers who are hungry. We think about the ways we can work to end their hunger, and we rejoice that we do so together with Christians in churches throughout our Presbytery and our country. For what we do together, we give thanks to God. In our work to end the hunger of God's children, may God guide us. Amen.

The Tale of Henny-2-Penny may be used as a sermon resource, an educational presentation, a children's sermon or in any other way appropriate to your setting.





CABBAGES TO COWS: 'TIL THE WORLD IS FED

There's a little-noticed blockbuster line in the Gospel story about Jesus feeding the 5,000. Jesus was teaching in a deserted place. When it grew late, the disciples suggested that he send the folks away to buy bread in the surrounding country. Jesus' answer is startling: "You give them something to eat." (Mark 6:37) Their response is sarcastic: "Are we to go and buy 200 denari worth of bread, and give it to them to eat?" He checks out how much they do actually have—not much, just five loaves and two fishes. Never mind what happened next. The ending is not as interesting as why Jesus said, "You give them something to eat."

We have to see this story in the frame of one of Mark's themes in this section of his Gospel. In 4:35-41, Jesus had been asleep in the boat during a fierce storm in which the boat was swamping. The disciples wake him in terror; he stills the storm and then challenges them, "Why are you afraid? Have you still no faith?" What kind of faith did he want? Had he expected them to still the storm and let him sleep? But they had never seen him do such a thing, and didn't know it was possible.

"Have you still no faith?" "You give them something to eat." Both are attempts to get the disciples to find within themselves the divine powers that God had placed there for them to exercise.

Today we are faced with overwhelming need and minuscule resources. Jesus is saying to us, "You give them something to eat," and our response may be like the disciples' — "Oh, yeah, you want a miracle already?" The answer is, apparently so.

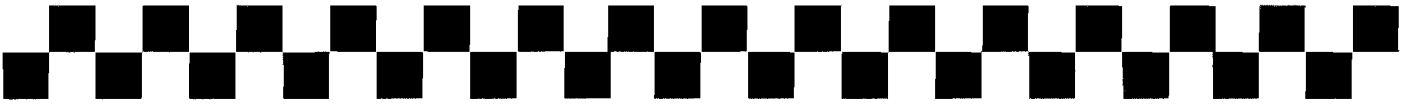
The Hopi Indians of the American Southwest say that they were led to settle in the arid and fruitless desert so that they could only survive if they lived by prayer, that is, by trust in the Great Spirit. We should live by the same creed.

How minuscule are our resources? Have you ever thought about how much of the earth actually provides food for people and animals? Let me demonstrate how much . . . (Earth Apple Activity)

Does that frighten you? Can we possibly survive, even by faith? **YES!** All the research from world food organizations and seed banks like ECHO, and our own experience in the Presbyterian church feeding people around the world, say, YES. There are enough resources to feed the world; the problem is distribution, and who controls it. If we produce grain and ship it to a hungry nation where a corrupt dictator decides to let the food rot, we cannot distribute that food. So what can we do? Is it hopeless?

Absolutely not! There are many fine Christian and secular organizations who are giving the people something to eat despite corrupt leadership. You're probably familiar with Heifer Project International, which provides hungry families animals for food and income, and with Bread for the World, the lobbying organization which works to change those laws which affect the feeding of hungry people. This congregation supports **Cents-Ability** (Two Cents A Meal, Nickels for Hunger, etc.), which supports _____ (list the projects and programs supported by this offering).





A friend told me about the "Hunger Site." Perhaps you've heard of it, too. It is on the internet at www.thehungersite.com. Click on a button, and you've donated food somewhere in the world to a hungry person. This costs you nothing. It is free. Corporate sponsors donate all the resources. The internet user clicks on The Hunger Site and a sponsor donates cups, pounds, or tons of food daily. It is one of the latest, greatest uses of internet technology, and it is supported by the Presbyterian Hunger Program.

Then there's Jubilee USA, the campaign to end the crushing debt of poor countries owed to the World Bank. It is based on the Biblical principal of a fifty year jubilee described in Leviticus where debts are canceled, slaves freed, and land returned to the original owner. Many of these debt-laden countries can't feed their people because crops are grown to pay off the governmental debt. It is an issue of faith and compassion to agree to forgive these debts. This, too, is a program supported by the Presbyterian Hunger Program.

(This would be a good place to insert information about Enough For Everyone! — also supported by the Presbyterian Hunger Program.)

Now perhaps you're saying to yourself, "Who is this Presbyterian Hunger Program?" "I think I've heard of them, but how do they fit in, or are different from, all the hundreds of other organizations supported by our church?" What good timing for your question!

We are now in the Lenten season, the traditional time for receiving the One Great Hour of Sharing Offering. Do you remember from the Minutes for Mission delivered on Sunday mornings what the three program areas are of the OGHS? Presbyterian Disaster Assistance, Self-Development of People, and the Presbyterian Hunger Program.

It was actually Presbyterian Women who appeared on the front lines in the fight against hunger in the 1970's. In 1973, the PCUS Women's Birthday Offering of \$308,000 funded a hunger action program and created the Hunger Action Enabler network. That year, fourteen lay and clergy leaders were selected to begin developing congregational hunger programs, linking them with ecumenical agencies and the poor in their own communities. Today in the year 200_, about 110 HAE's are serving the church all across the country. Thank you, Presbyterian Women, for your vision and commitment to world hunger relief!

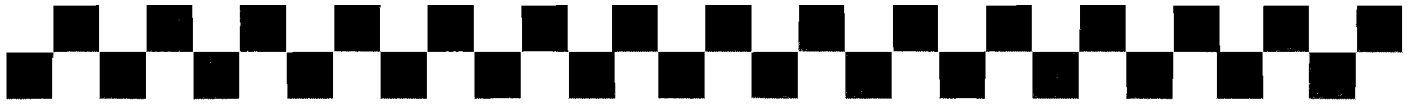
HAE's commit to a covenant each year to support the five program areas of the Presbyterian Hunger Program:
1) Direct Food Relief, 2) Development Assistance, 3) Hunger Education, 4) Public Policy Advocacy, and
5) Lifestyle Integrity.

In a moment, we'll watch a short video describing the work of the Presbyterian Hunger Program and how we, as Presbyterians, give the hungry "something to eat" through the One Great Hour of Sharing Offering.

Remember that both the Old and New Testaments make clear that concern for the hungry and poor is not an optional activity for the people of God. It is at the heart of what it means to be the Church. We are assured that we are called by God. The world our children and grandchildren inherit will depend on the steps we take today and tomorrow.

One thing will remain true: Presbyterians will still be seeking a faithful response to the challenge, "You give them something to eat."





After the video, I have a closing passage to read, and I'll be available to answer any questions. (Show *'Til the World Is Fed* video, available from the Presbyterian Hunger Program)

"Hunger, in its stark and highly visible forms, touches a chord in us because our own bodies, our own experiences, enable us to relate in some way to the hungry. Our experience of God's goodness in our own lives, and in so much that we know of [God's] goodness to others, equally convinces us that we are not doomed to sit by helplessly while we watch our hungry sisters and brothers die. Hunger, like the poverty which causes it, is not inevitable. We can make a difference. We can know a joy God intends for us — that of being both host and guest at the banquet of life." (A Guide to Prayer For All God's People.)

Sources:

Walter Wink, *Bread for the World*, May 1997.

Earth Apple activity, *The Land Stewardship Project*.

Presbyterian Hunger Program video, 1999, *'Til The World Is Fed*.

Reuben Job, *A Guide To Prayer For All God's People*, Upper Room, 1990.





PUPPET SHOW FOR HUNGER

SCENE 1: JESUS FEEDS 5000 (based on John 6:3-13)

CHARACTERS: GRAMPS
GRANNY (with a large picnic basket)
JESUS
ANDREW
FAITH (a girl with a small lunch bag)
NARRATOR

SETTING: Jesus and Andrew are talking on one side of the stage. Gramps, Granny and Faith are on the opposite side.

NARRATOR: (from offstage) As Jesus went across Lake Galilee, a large crowd followed him because they had seen his miracles of healing the sick. Jesus went up a hill and sat down with his disciples. Jesus looked around and saw that a large crowd was coming to him, so he asked his disciples how they could feed all the people. Knowing that they did not have enough money to feed all the people on the hillside that day, the disciples began asking the people to share their food with the crowd.

(Andrew leaves Jesus and goes over to Granny and pantomimes asking her for food. Granny shakes her head "NO" and Andrew moves back to Jesus)

GRANNY: Did you hear what that young man just asked us?

GRAMPS: Now, Granny, you know that I don't hear so well these days.

GRANNY: Well, let me tell you! That young man, I think that he's a friend of Jesus, just came up and asked if we would share our lunch with all these people!

GRAMPS: (Chuckles) He must have seen you this morning packing all that food! You know you packed enough for 5,000 people in that basket. Whom did you think was going to join us? The entire town!

GRANNY: Now get on, Gramps. You never know how much food you'll need for an outing such as this. I didn't know how long we'd be sitting on this hillside. You know me, always prepared.

GRAMPS: Well, did you tell the nice young man that we could share some of our food?





GRANNY: Have you gone mad? If I give our food away, then I might not have enough for us. After all, you don't know how long we'll be sitting here. Besides, why didn't all these people plan their lunch like I did. Didn't they know that they would get hungry? I just can't be responsible for everyone.

GRAMPS: Well, maybe you're right. Everyone has to take care of themselves.

FAITH: Excuse me, ma'am. Did I hear you say that Jesus was looking for food to share?

GRANNY: Yes, they are asking well-prepared people to give up their own food to take care of the people who did not look ahead and prepare their own lunch for themselves.

FAITH: Well, I don't have much, but my mom did pack me five loaves of barley bread and two fish. Do you think that Jesus would want that?

GRANNY: Now that's a nice thought, dear, but your mom packed that lunch for you. She wouldn't want you to be hungry because you gave your food away. Now why don't you sit down here with us and I'll make sure those young men with Jesus don't bother you anymore.

FAITH: Thank you, ma'am, but I think that I'll offer what I can to Jesus. I'm sure I won't go hungry. Jesus will be fair.

GRAMPS: I think that's a very nice thought young lady. Why don't you take my share of this lunch with you? Every little bit will help.

GRANNY: Oh no you don't, Gramps. You're not going to give my good food away.

FAITH: Excuse me, I think I'll go find that man who was asking for food.

(Faith goes over to Andrew and offers him her lunch. Andrew takes Faith to Jesus).

NARRATOR: Jesus took the bread, gave thanks to God, and distributed it to the people who were sitting there. He did the same with the fish, and they all had as much as they wanted.

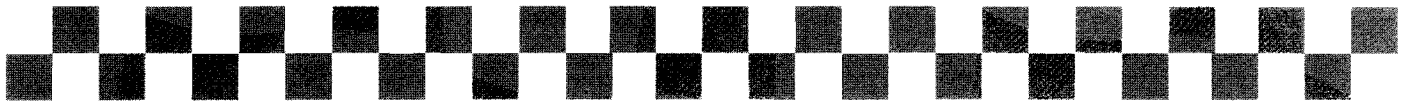
SCENE 2: 2 CENTS-A-MEAL GOES A LONG WAY

CHARACTERS: BEAUREGARD (a young boy)
FAITH (a young girl)

PROPS: A jar of pennies off to the side

SETTING: Faith enters humming a tune. Beauregard enters right behind her.





BEAUREGARD: Hey, Faith, you want to go to McDonald's with me? They're having a "2 Quarter-Pounders for 2 Bucks" sale, and I just happen to have two bucks! I'll even treat you if you'll spring for the french fries.

FAITH: I'd love to, Beauregard, but I don't know if I have enough money. Here, let me check. (Faith looks down as if she's searching for money in a drawer or purse)

BEAUREGARD: Hey, Faith, here's a whole jar full of money!

FAITH: Naw, that's my 2-cents-a-meal money.

BEAUREGARD: You know where you can get a meal for two cents?

FAITH: Beauregard, that's my offering for the church. We have a special offering that we take up once a quarter to help fight world hunger. We call it 2-cents-a-meal because we are supposed to put two pennies in the jar for each meal we eat. I keep that jar out on the counter so it will remind me to help contribute to those who don't have enough to eat.

BEAUREGARD: But I'm one of those who doesn't have enough to eat, and if you don't find any more money, what's it gonna hurt if you take some of those pennies. It's not like anybody is actually counting how much you give.

FAITH: I'm counting! Besides, that's my small way of helping. Two cents per meal is not very much, but when my two cents are added to someone else's two cents and that is added to someone else's two cents, then it can really make a difference.

BEAUREGARD: Yeah, like adding your money to mine so that we can go to McDonald's! I'm hungry.

FAITH: Beauregard, when did you last eat?

BEAUREGARD: About . . . uh . . . 15 . . . no 20 minutes ago. Hey, know wonder I'm hungry; all I had were two candy bars a whole 20 minutes ago!

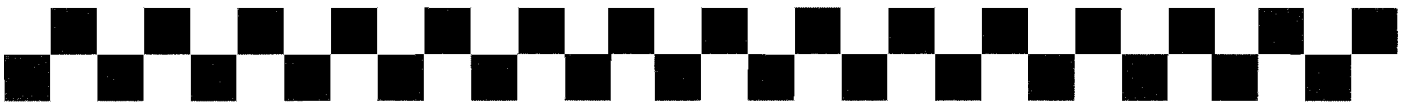
FAITH: Beauregard, you ate two candy bars just 20 minutes ago and you're hungry again for a full meal at McDonald's? Did you know that in one year alone, about 30 million people die of starvation? That's as many people as live in New York City, London and Tokyo combined! You're worried about one lunch at McDonald's!

BEAUREGARD: Thirty million people you say?

FAITH: Thirty million people.

BEAUREGARD: Well, your little jar of pennies isn't going to save 30 million people you know.





FAITH: No, my little jar of pennies won't, but last year the two-cents-a-meal offering in our Presbytery amounted to more than \$115,000! Now that's enough to help a few people who are hungry, and besides, every little bit helps, even two pennies a meal.

BEAUREGARD: Well, I guess that means, no McDonald's for lunch!

FAITH: I've got a good idea! Why don't I make us a peanut butter and jelly sandwich, and you donate your two bucks for the 2-cents-a-meal offering?

BEAUREGARD: Two bucks, now let me see . . . at 2 cents per meal, 2 dollars would account for 100 meals and that would take me . . .

FAITH: If you ate three meals a day, that would amount to 33 and 1/3 days' worth.

BEAUREGARD: Three meals a day? Who eats three meals a day? Try eight meals a day!

FAITH: Oh, Beauregard, what am I going to do with you?

(Both exit)

SCENE 3: COLLECTING FOOD

CHARACTERS: BEAUREGARD
FAITH
GRAMPS
GRANNY

PROPS: Grocery Bag
Can of food (empty will be more manageable)

SETTING: Faith is humming to herself as Beauregard enters.

FAITH: Hi, Beauregard. Would you like to come along and help me with this month's canned food drive?

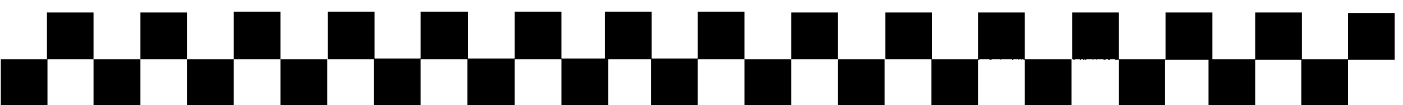
BEAUREGARD: Do we get food to eat?

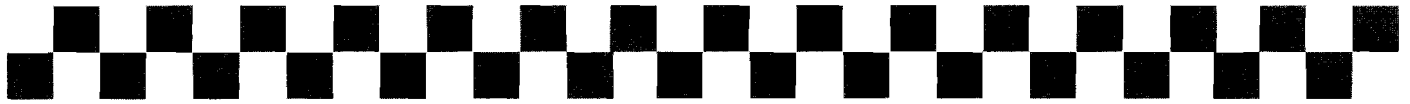
FAITH: Sure, we will be collecting canned and boxed foods for our local food bank distribution.

BEAUREGARD: No, I asked if WE get food to eat.

FAITH: Oh, no, Beauregard, this is collecting food for the hungry.

BEAUREGARD: But I'm hungry.





— FAITH: Beauregard, you're always hungry! But seriously, don't you know that every Saturday, our local food bank distributes more than 140 bags of groceries to people in our community who don't have enough to eat?

BEAUREGARD: 140 bags! Do you have to collect that much? Besides, don't these people have food stamps or something to buy their groceries with like everybody else?

FAITH: Sure, some of them do get food stamps, but food stamps don't go very far when you have a whole family to feed.

BEAUREGARD: 140 bags. That sure is a lot of food. How much are you going to collect today?

FAITH: Well, I thought that I would just go door to door until I had two or three bags full of food. I know it's not much, but it's the least I can do. Look. I already started the first bag with a contribution of my own.

BEAUREGARD: Soup, green beans, dried beans, carrots...wow, you sure do have a lot of cans in there.

FAITH: Well, I want to make a difference in the world and what better place to start than in my own community. Now, come on if you want to help.

BEAUREGARD: Count me in. I can sniff out food from a mile away.

— (Faith and Beauregard go to Granny's house)

(Doorbell rings and Granny appears)

GRANNY: Well, hello, kids. What can I do for you today?

FAITH: We are going around the neighborhood asking people to donate canned goods to our local food bank ministry. Would you be willing to donate a few cans?

GRANNY: Food for the food bank you say? Well, let's see . . . I have some old dented cans of turnip greens that I don't really like; they were on sale in the "reject bin," and I picked them up . . . sure, you can have them.

(Granny disappears to get cans)

BEAUREGARD: Turnip greens! Rejects! Hey, this is not much fun.

FAITH: Maybe we'll do better at the next house.

(Granny returns)





GRANNY: Here's one can. They don't need all that much, so you can give them this one. I'm using the others to hold down the newspaper that the paperboy wet this morning. I don't know why he can't throw it on the porch instead of the mud puddle.

FAITH: Well . . . uh . . . thank you. We'll add it to the rest.

GRANNY: Yes, you do that, and I hope that they appreciate the free hand out. I can't believe that they have a child out collecting food! (Her voice trails off and Granny disappears)

BEAUREGARD: Wow, I didn't know that people could be so insensitive. Why, she didn't even care about the people that she was helping! They didn't ask to be hungry, and I'm sure that they are not proud of it! One can of dented greens . . .

FAITH: Beauregard, we can't judge people and their motives; we just have to move on and do the best we can. Here's another house, let's try it.

(Doorbell rings and Gramps appears)

GRAMPS: Well, look who's on my doorstep. Why, it's a pretty little girl and a very important looking young man.

BEAUREGARD: Yes, sir, and we are on a very important mission. We are collecting canned food for the local food bank ministry and would like to add your donation to our bag.

GRAMPS: What a wonderful ministry that two such fine looking missionaries would be involved in! As it so happens, I just came home from the grocery store, and my pantry is too full to hold it all. Let me go and see what I can find that the people would enjoy eating!

(Gramps disappears)

BEAUREGARD: See, Faith, it just takes the right kind of approach to get people to see the need.

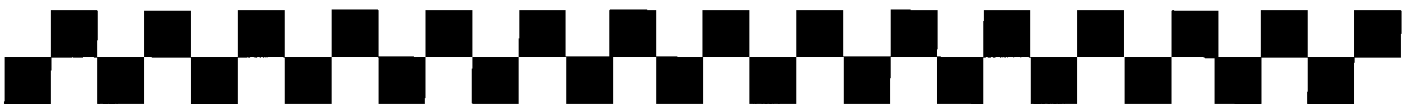
FAITH: Maybe it just takes the right kind of person.

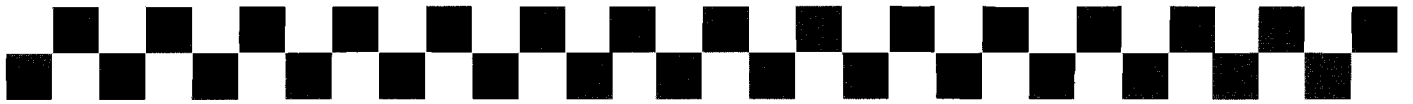
BEAUREGARD: Well, it helps to notice what kinds of "upstanding young people" are doing the asking, too!

FAITH: Oh, Beauregard, give it a break!

(Gramps returns with a full grocery bag)

GRAMPS: Here you go. I couldn't decide which they would like better, so I just decided to fill up a bag of my favorites. Do you think that would be okay?





BEAUREGARD: I think that would be great! The food bank will be excited to see so many CHOICE selections! Look, Faith, the cans aren't even dented!

GRAMPS: What?

FAITH: Never mind. Thank you, sir, for being so generous.

GRAMPS: Maybe I could do more.

BEAUREGARD: All right! Two bags! And at my first house!

GRAMPS: Actually, I was thinking that I could help you take this bag to the food bank and even help with the distribution.

FAITH: That would be great; they are always needing extra "baggers" and "carriers" to help on Saturdays. We would love your help with this heavy bag.

GRAMPS: It's settled then; let me get my coat.

BEAUREGARD: Say, Faith, this has turned out to be a wonderful day! We're helping to fight hunger in our community and meeting some pretty terrific people in the process!

(All exit together)

SONG: "O LORD, I THANK YOU"





ANIMALS CAN MAKE A DIFFERENCE

CHARACTERS: PIG
COW
SHEEP
FISH
RABBIT

SETTING: The pig enters first and is joined by the other animals one by one as their lines come up.

PIG: "You can make a difference,"
They told me to say.
So off to Mexico
I went one day.

And settled there
In a brand-new home.
With lots of mud
For me to roam.

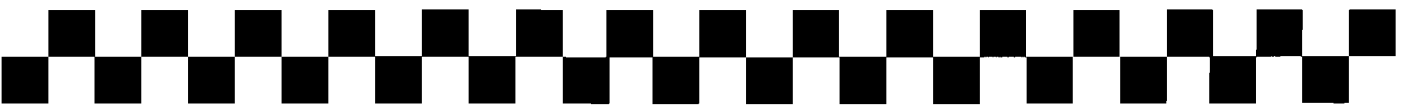
My little piglets
Were born down there.
All pink and wrinkled
With not much hair.

Up for adoption
My piglets all went,
To wait for the day
When they all could be sent.

They were raised by a youth club
Until full grown.
Sows and boars
Having families of their own.

COW: You can make a difference
You'll hear me say
Feeding hungry people
A thousand miles away.

You can make a difference
I'm here to tell
Giving cows like me
With milk to sell.





We graze and graze
And get really fat,
With plenty of milk
Now how about that!

So I moved away
To Cameroon
Where my little calf
Would be coming soon.

For each new spring
I've a calf to share.
And now and again
I've even a pair.
The cycle goes on
For now you see
Calves grow up
Into cows like me.

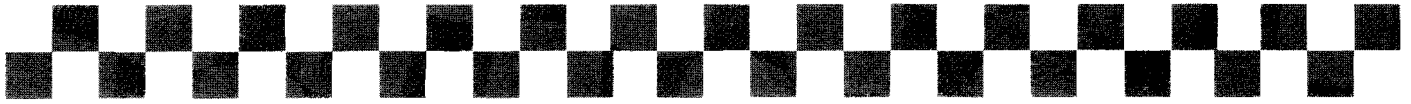
Giving milk and beef
For the hungry to eat,
Makes a big difference
For the ones we meet.
You can make a difference,
You'll hear me say.
Feeding hungry people,
A thousand miles away.

SHEEP: You can make a difference,
They tell us sheep.
Make wool blankets
So all can sleep.

So off to the mountains
I went one day.
To graze and grow
While my little ones play.

My lambs grow quickly
And outgrow me,
With nice thick coats
For all to see.





One lamb's wool
Goes a long, long way
Making several ponchos
For a cold winter's day.

And as for me,
Well I feel really proud.
So I'll stand up tall
And BA-AH really loud.

You can make a difference,
You'll hear me say
Helping hungry people,
A thousand miles away.

FISH:

You can make a difference
Swimming here and there.
Stocking ponds and rivers
For people who care.

All my little fish-ies
Swim to and fro
Laughing and playing
And starting to grow.

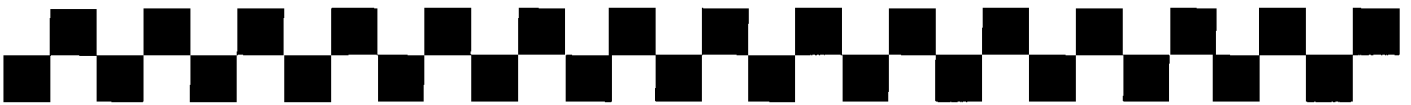
Looking for some minnows
Or maybe some plant food
Going off to school
In a great big brood.

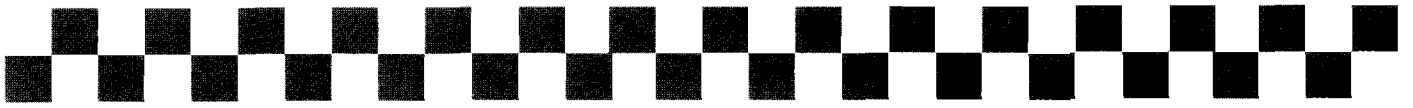
Feeding lots of hungry folk
Is what we do best
Giving them nutrition
For work and play and rest.

You can make a difference
You'll hear me say
Helping hungry people
A thousand miles away.

RABBIT:

You can make a difference
They want me to tell
Selling pelts for fur coats
It works quite well.





Hipping and a-hoppin
And wiggling our nose
Making baby bunnies
For a market we suppose.

It only takes us ten weeks
To grow up big and strong
So we can have our own kids
In not so very long.

Filling up the hutches
With lots of little ones
So there'll be lots of fur
When market time comes.

RAP:

"SERVING GOD IS A SNAP!"
Serving God is a snap* *
Serving God is a snap* *
There's really nothing to it,
Even we can do it.
Serving God is a snap* *
Yes, serving God is a snap* *

There are people in the land who need a helping hand
Jesus said to, "Help them," that was his command.

(sing) Feed the hungry, clothe the naked,
Fa-la-la-la-la, La-la-la-la.

Picking up the canned goods, packing up the food,
Helping out the hungry is what we gotta do.

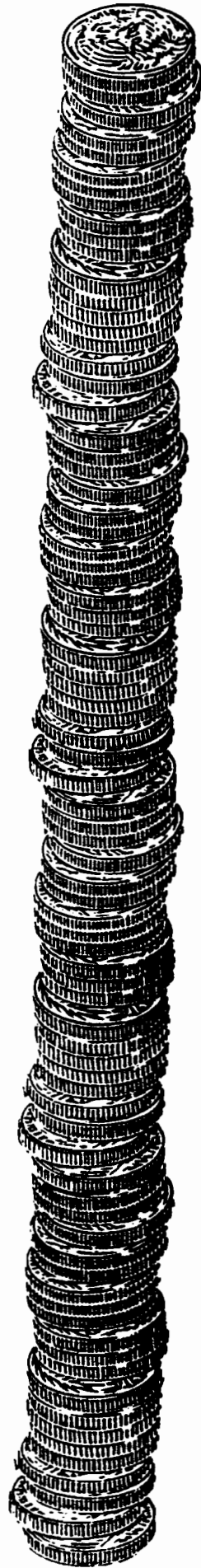
Trying very hard to get everything done,
Makes us feel good to serve God's Son.

Serving God is a snap* *
Serving God is a snap* *
There's really nothing to it,
Even we can do it.
Serving God is a snap* *
Yes, serving God is a snap* *

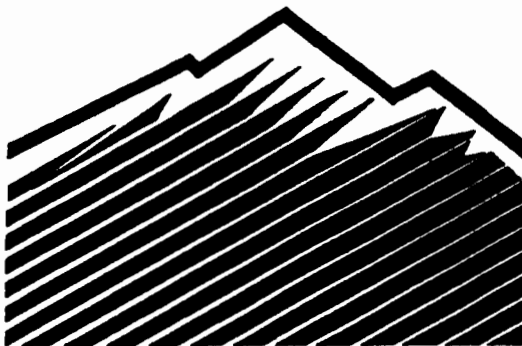
Serving God is easy, of that there is no doubt,
And when we save our pennies, it's the poor we're helping out.



\$1,000,000 in stacked pennies
is 500,000 feet tall.



Mt. Everest is 29,000 feet.



The Mississippi River
is 1300 miles.

\$1,000,000 in pennies
laid side to side is 1185 miles.





SAMPLE FORMS

RESOLUTION ESTABLISHING A PRESBYTERY CENTS-ABILITY PROGRAM

WHEREAS, the Presbytery, affirms:

Every creature on the earth has been promised by God enough food to eat and to live. In our generation, the global hunger crisis has threatened to deny that promise to over a quarter of God’s children. This tragedy impels us to a new understanding of God’s covenant granting us dominion over all the earth. The need is of immediate and highest priority.

In Jesus Christ, God has called us into partnership that the poor and the oppressed may be given justice and hope: justice because so much of the tragedy of world hunger is the result of greed and tyranny; hope because it is their God-given right to be free from hunger.

WHEREAS, just as there are many root causes of hunger in the world, there is need for a variety of approaches to alleviate that hunger. These include Direct Relief, Development Assistance, Education, Public Policy and Life-style Integrity; and

WHEREAS, the Presbyterian Church (U.S.A.) affirms in its understanding of ministry, the connectional nature of the Church leading to a partnership of local congregation, Presbytery, and General Assembly necessary in addressing hunger; and

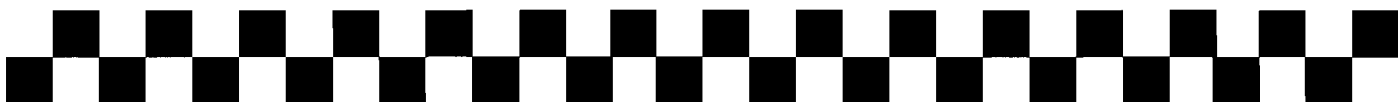
WHEREAS, awareness and funds are needed at each of these levels to fulfill this commitment,

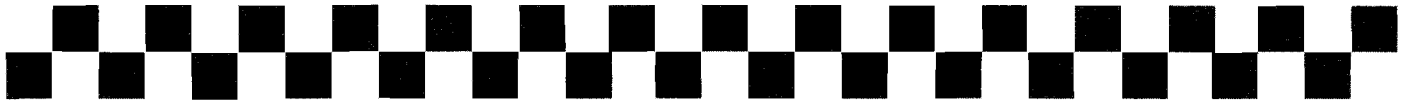
THEREFORE, we resolve that the Presbytery of _____ implement a Cents-Ability program.

This program will be coordinated by _____ with the assistance of local congregation representatives.

It is further resolved that proceeds from this program be used in a partnership model of (list percentages, projects funded, etc.) _____

_____ with evaluation on an annual basis.





**SAMPLE LETTER FROM THE PRESBYTERY CENTS-ABILITY PROGRAM
TO CLERKS OF SESSIONS**

TO: Clerks of Sessions
Session Members

FROM: _____

RE: Participation in **Cents-Ability**

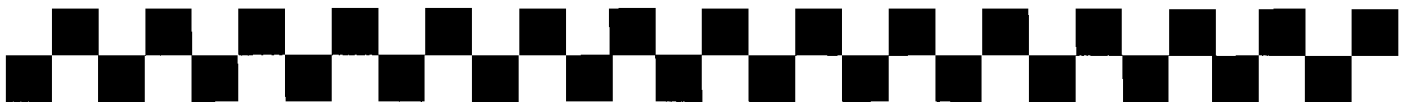
Realizing that the needs of the poor and hungry are great and hearing the clear call of God through scripture to feed the hungry and speak up for the poor and needy (Matthew 25; Mark 6:30-44; Proverbs 31:8-9), The HUNGER TASK FORCE (Mission Committee, or what is appropriate) of the Presbytery of _____ is seeking to "breathe new life" into the **Cents-Ability** (Two Cents A Meal, Nickels for Hunger, etc.) program that was adopted by our presbytery in _____.

This packet contains a description of this mission program as well as resources for participation in this ministry of our presbytery. You are asked to review the enclosed materials and prayerfully consider your church's involvement. (Contact your Hunger Action Enabler or the Presbyterian Hunger Program for resource materials needed).

Please place this item on your next Session's agenda and invite your congregation to join in as a "participating congregation." If you are already a "participating congregation," please consider this a time to "boost" your own participation in this ministry.

After the session votes to invite the congregation to join in this ministry, the Clerk of Session is asked to fill out the Congregation Covenant (see section V) in the packet and return it to _____ (HAE, Presbytery Mission Committee, or whoever is responsible for **Cents-Ability** in your presbytery). You are free to use any of the packet materials in the promotion of the ministry within your congregation. Make as many copies as you like and feel free to "rearrange" items to suit your own needs. If you need additional ideas or resources, contact _____ or the Presbyterian Hunger Program (800-334-0434).

Thank you for your prayerful consideration of this vital ministry within our presbytery and denomination.





SAMPLE FOR A "THANK YOU"

NAME (ie. Presbyterian Women, Youth Group, etc.)

Thank You

for your 2002 Contributions of

\$ _____ to **Cents-Ability**.

Your contributions helps to support the following:

Presbyterian Hunger Program

HAE Name

Presbytery Name

INSTRUCTIONS TO HAES AND CENTS-ABILITY CO-ORDINATORS:

Buy some specialty paper with a fancy border or create your own on the computer. Use your computer's word processor to print out your "thank you." This can be done annually to recognize contributors to **Cents-Ability**. Most churches like to post them on their bulletin boards.



SAMPLE CONGREGATIONAL COVENANT

(as part of the Presbytery Cents-Ability program)

. . . A partnership program of Christian faith and compassion demonstrated through prayers, understanding, and gifts.

FROM: The _____ Presbyterian Church of _____

TO: Presbytery of _____
Address _____

We, the Session of the _____ have reviewed the **Cents-Ability** program.

Realizing that the needs of the poor and hungry are great and hearing the call of Christ to feed the hunger (Matthew 25; Mark 6:30-44),

WE NOW COVENANT:

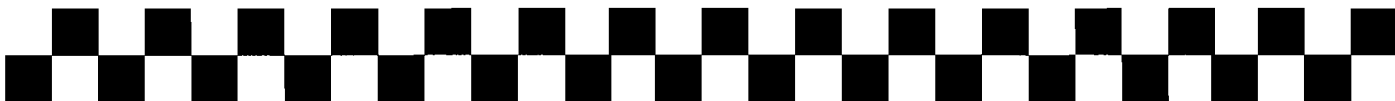
- To (continue in/enter into) this Partnership of Prayer, Understanding, Gifts.
- To present the **Cents-Ability** Partnership to the congregation and to challenge each family to become a part of the Presbyterian answer to hunger.
- To remit the **Cents-Ability** Offerings to the Presbytery on a _____ basis with the understanding that the funds are to be distributed as specified in the resolution establishing the **Cents-Ability** program in this presbytery.
- To enter this partnership for one year, subject to an end-of-the-year review and evaluation by the session, and if the review is positive, to renew this Covenant partnership.

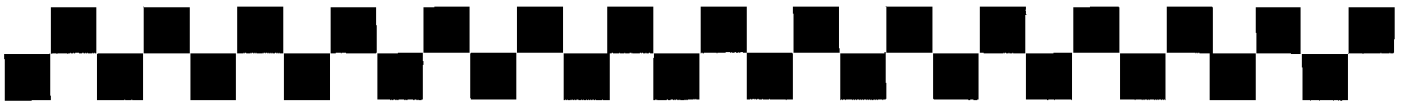
Session Moderator _____

Cents-Ability Chairperson _____

Date _____

When your Session has renewed the Covenant Partnership, please have your Moderator and your **Cents-Ability** Chairperson sign the Covenant and return to _____





SAMPLE FORM FOR HONOR & MEMORIAL GIFTS

You will find enclosed \$ _____ as a:
(please check type of gift and print all information)

HONOR GIFT in honor of:

Name of Living Person _____

Address _____

City _____ State _____ ZIP _____

Occasion of Honor Gift: Anniversary Birthday Christmas Graduation

Other _____

MEMORIAL GIFT in memory of:

Name of Deceased Person _____

Kindly send Memorial Card to:
(enclose a list of any additional names and addresses)

Name _____

Address _____

City _____ State _____ ZIP _____

Relationship between deceased and person being notified _____

Given by _____

Address _____

City _____ State _____ ZIP _____

Church _____

(Name)

(City)

This gift will be used to fight the root causes of hunger by supporting a variety of agricultural, nutritional and educational projects both in the United States and around the world.





SAMPLE CENTS-ABILITY REMITTANCE FORM

Amount received for the ___ quarter	\$ _____
Amount retained for local use	\$ _____
Amount remitted to Presbytery	\$ _____

Church _____

Address _____

City _____ State _____ ZIP _____

Signed _____

Address _____

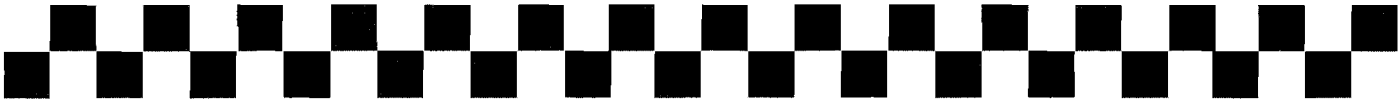
City _____ State _____ ZIP _____

Phone _____ Date _____

Submit this form to: (Presbytery information)

Local funds were used to support: _____





ASSESSING YOUR CHURCH'S HUNGER MINISTRY

In the spaces provided to the left, enter either a plus or minus sign to indicate the level of involvement of your church. Leave blank if not applicable.

___ 1. Does your church have a hunger committee or task force?

LOCAL HUNGER

___ 2. Has your church, or a group in your church, ever tried to determine who is hungry in your community, or in a neighboring community?

___ 3. Does your church conduct or participate in a local feeding program?

___ 4. Does your church, or group within your church, assist with Meals on Wheels?

___ 5. Does your church provide financial support to any other local hunger effort?

___ 6. Do most people in your church know what happens when a hungry person comes to the church door?

FINANCIAL ASSISTANCE

___ 7. How often does your church receive an offering for hungry people?

___ 8. Does your church provide other financial support to the Presbyterian Hunger Program?

___ 9. Does your church participate in the One Great Hour of Sharing Offering?

___ 10. Do most people in your church know how denominational hunger funds are spent?

___ 11. Does your church budget include funds for assisting poor and hungry people?

___ 12. Do the people in your church participate in **Cents-Ability** (Two Cents A Meal, Nickels for Hunger, Penny Power) or any other similar program?

___ 13. Are offerings for hunger encouraged at church suppers?

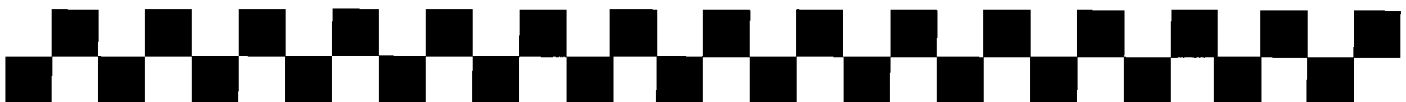
WORSHIP

___ 14. Has your church observed a special Hunger Sunday in the past year?

___ 15. Are there special services and/or regular prayers for hungry people in your church's worship calendar?

___ 16. Does your church have banners or other displays reflecting hunger concerns?

___ 17. Are concerns for hungry people frequently lifted up in sermons? (If less than four times in the past year, enter a minus)





EDUCATION

- 18. Has your church, or a group in your church, offered a special presentation on hunger (film, video, guest speaker, etc.) in the past six months?
- 19. Has a study course on hunger been offered during the past year?
- 20. Is hunger education included in regular church school classes?
- 21. Has your church, or a group in your church, conducted a fast with a focus on the needs of hungry people during the past year?
- 22. Does your church library or resource table contain books and pamphlets on hunger?

ADVOCACY

- 23. Do the members of your church understand citizen advocacy as an important response to hunger? (If your estimate is less than 25%, enter a minus)
- 24. How many people in your church are members of Bread for the World? (If less than 5%, enter a minus)
- 25. Has your church conducted a BFW Offering of Letters?
- 26. Has your church sponsored or participated in a voter registration drive or a get-out-the-vote campaign at election time?
- 27. Has your church played host to a local BFW group meeting or event?
- 28. Is your pastor a member of Bread for the World?
- 29. Has membership in Bread for the World ever been encouraged in your church, either from the pulpit or by distribution of BFW brochures?
- 30. Is your church a Bread for the World Covenant Church?
- 31. Does your church, or a group in your church, participate in any other advocacy activity on behalf of hungry people on a regular basis?

A glance at the column at the left should give you and your committee a reasonably good idea of the strengths and weaknesses of your church's hunger ministry. Which of the five categories has the most pluses? Which has the most minuses? Are there other areas not addressed by the assessment sheet which need considering?

A careful study of the assessment sheet should indicate the areas upon which your planning needs to concentrate. Consider what resources are available for each of the five areas to assist you in your planning (e.g. the Presbyterian Hunger Program, local hunger ministries, Bread for the World, other national agencies).

Contact your Hunger Action Enabler, the Presbytery Resource Center, or the Presbyterian Hunger Program for program ideas, hunger materials and resources. Inquire especially for information on special appeals for hunger relief and "second-mile giving" projects and programs.

NOTE: This assessment sheet can be used again for purposes of evaluation. Toward the end of the year, run through the check-list again to see where progress has occurred and what needs to be worked on again next year.

