SUNDAY KIT
HUNGER
Thank you for inviting LWR to your worship

In the Gospel of Luke Jesus says to the disciples, “Blessed are you who are hungry now, for you will be filled.” Since 1945 Lutheran World Relief has shared in this vision of the Kingdom of God, that all shall be filled. We have worked with partners who have the desire, ingenuity and drive to make food available in their communities and have paired their drive with the love and generosity of U.S. Lutherans.

In this LWR Sunday Resource you will find the tools to organize an LWR Sunday to focus on the theme of Hunger. Whether your congregation is celebrating the faithful work that you have done with LWR throughout the years or kicking off your participation in this life-changing work, these activities will affirm and prepare your congregation to work alongside communities who struggle with hunger.

Worshipping God is central to this world-changing work. God creates a central place for us to be claimed, formed and sent out into the world for the sake of those we are called to serve. And you proclaim the Gospel in your community, for the sake of all those in need around the world. Thank you for inviting us to be a part of the worship, mission and ministry of your congregation.
QUICK START GUIDE

1. **RECRUIT A PLANNING TEAM**
   Make sure to involve the worship leaders of your congregation in your preparations. The more people you involve in putting your LWR Sunday together, the more enthusiasm it will generate.

2. **PICK A SUNDAY**
   If your congregation follows the Revised Common Lectionary we have included Sundays that have scripture readings perfect for a focus on hunger and food security. Or you may organize your LWR Sunday for a day that works best in the life of your congregation.

3. **ORGANIZE YOUR LWR SUNDAY**
   In your team, plan the worship, education and fellowship elements your congregation would like to use.
   
   Don’t forget to sign up at lwr.org/sunday and let us know when you are holding your LWR Sunday. When you sign up, you’ll receive a video greeting from LWR President, the Rev. John Nunes, and a PowerPoint slideshow for your Adult Sunday school.

4. **WORSHIP!**
   And celebrate your congregation’s call to work for food security for all God’s children. Included in this resource are options to fit with all shapes and sizes of congregations. Find what fits your congregation best and enjoy your day of worship and service.

5. **STAY CONNECTED**
   Follow up on your congregation’s commitment to the work of food security and poverty alleviation. Be sure to discuss next steps on how to take what you learned on your LWR Sunday and apply it to your ministry.
# Suggested Readings & Sundays

Readings with connections to food and hunger are in *italics*.

## Year A

<table>
<thead>
<tr>
<th>Date</th>
<th>Readings</th>
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<tbody>
<tr>
<td>5th Sunday after Epiphany:</td>
<td>*Isaiah 58: 1-9a (9b-12), Psalm 112:1-9 (10), 1 Corinthians 2:1-12 (13-16), Matthew 5:13-20</td>
</tr>
<tr>
<td>8th Sunday after Epiphany (February 25 – March 1):</td>
<td>*Isaiah 49: 8-16a, Psalm 131, 1 Corinthians 4:1-5, Matthew 6:24-34</td>
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## Year B

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<th>Date</th>
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## Year C

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*Readings with connections to food and hunger are in *italics.*
SUGGESTED READINGS & SUNDAYS - CONT.

14th Sunday after Pentecost (21) (August 28 – September 3):

19th Sunday after Pentecost (26) (September 18 – 24):

Readings for any Sunday
Joel 2:21-27, Psalm 126, 1 Timothy 2:1-7, Matthew 6:25-33
Deuteronomy 26:1-11, Psalm 100, Philippians 4:4-9, John 6:25-35

SAMPLE SUNDAY SCHEDULE
An example of how one congregation might organize their LWR Sunday to help you envision yours!

8:00 am – 9:30 am
Worship
Join in song to worship God and lift up the hungry with the Suggested Hymns.

9:45 am – 10:30 am
Sunday School
Engage your Sunday school in LWR’s work for sustainable development with special activities for children and youth and discussion questions for adults.

10:30 am – 10:45 am
Coffee Break
Serve LWR Fair Trade Coffee and support farmers who are making a difference in their communities.

10:45 am – 12:15 pm
Worship
Bless your congregation’s offering of Mission Quilts. Incorporate stories of LWR’s work overseas into the proclamation of the Gospel.

12:15 pm – 1:15 pm
Congregational Meal
Celebrate your community and the abundance we are called by God to share with the world.

1:15 pm – 2:00 pm
Congregational Activity
Gather around a School Kit and Personal Care Kit assembly or kick off your congregation’s Growing Project.
Go to lwr.org or call 800.597.5972 to order any of these free resources in preparation for your congregation’s LWR Sunday. Please allow 1 – 2 weeks for your order to arrive (resources are subject to availability).

**LWR PEW ENVELOPES**
Make it easy for your congregation to put their financial gifts to work on your LWR Sunday.

**LWR BULLETIN INSERTS AND BROCHURES**
An easy way to provide information about LWR that worshipers can take home with them.

**QUILT & KIT MINISTRY GUIDE**
A must-have for all those involved in putting faith into action through LWR’s Quilt & Kit Ministry. Includes detailed assembly instructions for all Quilts & Kits.

**QUILT & KIT POSTER**
This poster-sized map shows where LWR distributed Quilts and Kits in the past year. Perfect for a bulletin board and a great visual tool to show the global impact of LWR’s Quilt & Kit Ministry! (approx. size 25” tall X 31” long)

**QUILT & KIT SHIPPING FUND BROCHURE**
Tri-fold brochure that explains how the Quilt & Kit Shipping Fund ensures that much-needed funds are available for handling and shipping LWR Quilts and Kits around the world.

**SCHOOL KITS YOUTH LEADER GUIDE**
90 minutes worth of activities, games and Bible studies that go with the assembly of LWR School Kits. Great for middle school through high school youth.
Hunger is a symptom of poverty.

Poverty persists due to a lack of resources needed to provide food.

Joining in the work of Lutheran World Relief, as we worship and gather,
let us open our hearts to God’s call to help our neighbors in need.

Today we will learn how to fight hunger and poverty by lifting up and partnering with poor communities.

Pray for those who hunger our prayers for those who hunger around the world.

Hunger is a symptom of poverty. When people can’t grow or buy the food they need, the lack of nutrition keeps children from learning.

Poverty persists due to a lack of resources needed to provide food.

Adults from working and communities from thriving.

Thank you for standing with LWR!

PRAYER

In the abundant love of Jesus, AMEN.

For you will be filled,
Blessed are you who are hungry now.

Jesus said, “Blessed are you who are hungry now, for you will be filled.” — Luke 6:21

You can make a big difference with Lutheran World Relief.

1. Pray for the people who hunger:
   - Our God is an active God who hears our prayers for those who hunger around the world.

2. Drink Fair Trade Coffee from the LWR Coffee Project.
   - Fair Trade means farmers receive a fair price for their coffee.
   - Communities get money to dig wells and build roads and schools.

3. Make LWR Quilts and Kits.
   - These valuable resources help our partners reach out to families in need.

4. Learn more about God’s Work.
   - Resources for other essential practices.

5. Join the work of Lutheran World Relief as we worship and gather.

6. Thank you for standing with LWR.

700 LIGHT STREET BALTIMORE, MD 21230 800.597.5972 lwr.org
How can I help?

My favorite food is...

A gift that God has given me is...

My favorite thing to share with others is...

A way my family and I can help people who are hungry in the world is...

Matthew 14:16

Jesus said to them, "They need not go away; you give them something to eat."

lwr.org
800.597.5972

Lutheran World Relief
## Suggested Hymns

<table>
<thead>
<tr>
<th>Evangelical Lutheran Worship</th>
<th>Lutheran Book of Worship</th>
<th>Lutheran Service Book</th>
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<tbody>
<tr>
<td>479 – We Come to the Hungry Feast</td>
<td>17 – How Blest Are Those Who Know Their Need of God</td>
<td>845 – Where Charity and Love Prevail</td>
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<tr>
<td>535 – Hallelujah! We Sing Your Praises</td>
<td>283 – O God, Send Heralds</td>
<td>847 – Christ, Our Human Likeness Sharing</td>
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<tr>
<td>679 – For the Fruit of All Creation</td>
<td>409 – Praise and Thanksgiving</td>
<td>848 – Lord, Whose Love Through Humble Service</td>
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<tr>
<td>710 – Let Streams of Living Justice</td>
<td>423 – Lord, Whose Love in Humble Service</td>
<td>892 – Come, Ye Thankful People, Come</td>
</tr>
<tr>
<td>712 – Lord, Whose Love in Humble Service</td>
<td>563 – For the Fruit of All Creation</td>
<td>893 – Sing to the Lord of Harvest</td>
</tr>
<tr>
<td>715 – Christ, Be Our Light</td>
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<td>894 – For the Fruits of His Creation</td>
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<tr>
<td>723 – Canticle of the Turning</td>
<td></td>
<td>895 – Now Thank We All Our God</td>
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<tr>
<td>726 – Light Dawns on a Weary World</td>
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<tr>
<td>728 – Blest Are They</td>
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With One Voice:

- 722 – Hallelujah! We Sing Your Praises
- 764 – Blest Are They
- 766 – We Come to the Hungry Feast
PRAYERS

PRAYERS OF THE DAY

God who sets a feast before us, as you gather your people together to worship we know that many of your children around the world continue to hunger. You form us through your Word and fill us through your Body and Blood so that we may be your hands and feet to all who hunger, through our Lord and Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, Triune God, now and forever. AMEN.

Gracious God our Heavenly Father, you have claimed and redeemed us through Jesus Christ. Form us through your word and your sacrament to be a people who bring food to those who hunger, through our Lord and Savior Jesus Christ who lives and reigns with you and the Holy Spirit, one God, now and forever. AMEN.

PRAYERS OF THE CHURCH

God who moves us from brokenness into mission we pray for your children who hunger around the world, your church that you call into mission, and the people of God you have gifted for the work of greater access to food...

For your good creation through which you offer food to feed your children and strengthen communities, guide us to be good stewards of this gift you have given. Hear us, O God.

Your mercy is great

For brothers and sisters on the continent of Africa for whom lack of clean water and the effects of malaria create greater food insecurity in their communities, send your guiding spirit to those working to improve their lives. Hear us, O God.

Your mercy is great

For brothers and sisters in Latin America, where natural disaster and conflict bring hardship and stifle families and communities, send your peace upon lives in turmoil. Hear us, O God.

Your mercy is great

For brothers and sisters in Asia and the Middle East, where the threat of disaster, conflict and changing landscapes keep families and communities on the brink of poverty, bless the work preparation for future disaster and of rebuilding that promises abundance of food and opportunity. Hear us, O God.

Your mercy is great

For our churches and the people of God around the world who work together for sustainable development and to live into your lasting promise. Hear us, O God.

Your mercy is great

For the gifts and abilities that you have given us in this congregation, that they be used to fill all those who are hungry and make your promise known to all the world. Hear us, O God.

Your mercy is great

For your creation through which you provide food for the hungry, those who live without enough, and the people of God whom you call to serve, we pray in the name of our Lord and Savior Jesus Christ. AMEN.

OFFERTORY PRAYERS

Gracious Father,

we offer these, our gifts given by you, for the work of your kingdom that all may be filled. Use these gifts and our talents to make known to all that you are a God of goodness and abundance, through the lasting promise of our Lord and Savior Jesus Christ.

Good and gracious God,

gather together our gifts in the abundance of your goodness and mercy. Through all we have brought together here, work in us to announce to the world the good news that all will be filled, and continue to work in us for the sake of the one who gave himself for us, Jesus Christ.
Use either of these two children’s sermons to lift up a story from Scripture that highlights how important food is. Children will walk away knowing that one important way we respond to Jesus’ awesome gift on the Cross is sharing food with the hungry.

CHILDREN’S SERMON #1

SCRIPTURE STORY:
Feeding the Five Thousand
(Matthew 14: 13-21)

PREPARATION: Before worship arrange with several members of the congregation to have food items (a loaf of bread, an apple, carrots, etc.) to offer when you call on them. Prepare them to respond and bring their food up to you when you ask for it.

SERMON:
• Introduce the story of Feeding the Five Thousand by retelling or asking children what they remember about the story.

• This is just one of the many places in the Bible that Jesus eats with his friends. Eating together is really important to Jesus. Ask children about who they like to eat with.

• Invite children to have a meal right there with you. But where are you going to get food? As you are asking this, have members of the congregation who have food to come up front and offer it to the children.

• After all of the food has been brought up have children name what they have. Are any of these their favorites and do they eat any of these at home?

• Ask children if we have enough here for everyone to eat. Today in worship and during other activities we will be talking and learning about people around the world who do not have enough to eat and what our church does with Lutheran World Relief to help everyone be a part of our meal.

• Jesus cares that people have enough food to be able to eat together. Because of Jesus’ love and forgiveness we are friends with Jesus and follow his example. How can we follow Jesus’ example and share the food we have with all of our friends around the world?

CLOSING PRAYER

Dear God, thank you for the gift of food to eat. Thank you for the gift of Jesus. As friends of Jesus remind us to always look for ways to share the food we have with people who do not have enough food.
We pray in the name of your Son, Jesus Christ, AMEN!
CHILDREN’S SERMONS

CHILDREN’S SERMON #2

SCRIPTURE:
Bread from Heaven (Exodus 16)

PREPARATION: Before worship have a few members of the congregation prepared to share with children the gifts that God has given them that help provide food for people. These should be tangible things and not “gifts” in the sense of abilities. Examples are tools a farmer might use, kitchen appliances, and tools for serving food that children might recognize from the cafeteria.

SERMON:
• Introduce the story of God providing the Israelites with manna by retelling or asking children what they remember about the story. The important point to lift up is that God hears the people’s cry and gives them what they need.

• This is something that God does a lot in the Bible; giving gifts he knows people will need to live a good life and follow him. In this story God gives food directly to people, but there are lots of gifts God gives us to help provide food. Ask children if they can think of any, and then open the question up to the congregation. At that point have the members of the congregation come up to the front one at a time and share the gifts they have.

• Now that children have seen examples of gifts people have to help others get food, ask the children what gifts they and their family have. God needs everyone’s gifts working together because there are many people in the world who do not have enough to eat. Today in worship and during other activities we will be talking and learning about people around the world who do not have enough to eat and what our church does with Lutheran World Relief to use all of the gifts God gives us.

• God cares that we use these gifts well and that everyone is fed. Because of Jesus’ love and forgiveness we are friends with Jesus and follow his example. How can we follow Jesus’ example and share the food we have with all of our friends around the world?

CLOSING PRAYER

Dear God, thank you for all the gifts you give us to gather and share food. Thank you for the gift of Jesus. As friends of Jesus remind us to always look for ways to use our gifts wisely so that others may have food. We pray in the name of your Son, Jesus Christ, AMEN!
In the Horn of Africa, we saw firsthand the devastating impact of widespread hunger. In 2011, drought, conflict and severe food shortages drove millions of East Africans, mostly Somalis, from their homes in search of relief. Ambiya was one of them.

Just one day after giving birth to her son, Hamza, this 20-year old fled Somalia, bound for the overflowing Dadaab refugee camps in Kenya. Dadaab — a cluster of several refugee camps — was only designed to house 90,000 refugees. By the end of 2011, it was home to half a million.

Their journeys are harrowing. Some arrived having left family members behind. Mothers buried their children along the way. Those who did arrive were weak, weary and in desperate need of help.

Ambiya feared for Hamza’s life as she made her way to Dadaab. “The chance of him dying along the way was very real,” she says.

Lutheran World Relief and its partner, the Lutheran World Federation (LWF), work together in Dadaab to ensure vulnerable refugee families get the services they need. When the influx of refugees started arriving, LWR and LWF ramped up their activities in Kenya and Ethiopia, providing water, food and other important items to people in need.

When Ambiya arrived to Dadaab she was given food rations and an LWR Baby Care Kit for her son. She appreciates the welcome she received.

As the people of East Africa work toward recovery, LWR is staying with them, looking out for the “least of these” among Dadaab’s ranks and helping farmers rebuild their livelihoods.

Emerita’s son Carlos didn’t want to eat, was too tired to go to play or go to school and too sick to get the nutrients he needed. In short, he was malnourished.

This news came as a surprise to his mother, who learned Carlos was both underweight and malnourished at a school meeting on malnutrition.

People in Peru’s rural communities don’t always have access to enough nutritious foods. As a result, hunger and child malnutrition are quite common.

Lutheran World Relief and its local partner worked together to reach 300 families like Emerita’s to decrease malnutrition. They educated parents on the importance of a varied diet and taught them how to prepare more nutritious food. The children started a garden and also learned the importance of healthy eating.

As a result of this work, Carlos is doing better and so are many other children in his community. In just one year the childhood malnutrition rate dropped from 52 percent of school children to just 19. Emerita reports that Carlos is now healthy.
Bahamuni lives in Bihar, the poorest state in India. Like many tribal families, she owns a small plot of land that she uses to grow food for her family to eat and sell.

But she wasn’t growing very much food because she didn’t know how to use her land effectively.

Sadly, because of her extreme poverty, Bahamuni lost two of her children to diarrhea because she couldn’t afford to get them to a doctor. Even sadder, the level of poverty Bahamuni and her family live in is the norm, not the exception.

Lutheran World Relief and its local partner are helping women like Bahamuni improve their lives by forming women’s self-help groups.

In these groups women find support and learn new skills to improve their lives, like how to select seeds, what kind of fertilizer to use to grow crops and how to care for livestock. Women can also receive livestock to raise. Once their animals give birth, they pass on the baby animals so another woman has an opportunity to improve her life.

LWR and its partner are working with 135 women’s self-help groups comprised of 2,199 women from 82 villages.

Through her group, Bahamuni has learned to grow a variety of vegetables to feed her family and she is also able to sell them for income. She says her life has improved a lot since joining her group.

“I thank LWR for giving me these new skills,” she says. “I never dreamed I could produce such different types of foods and I no longer worry about feeding my family.”
HUNGER | WORSHIP RESOURCES

OFFERING SUGGESTIONS

Hold a special offering during your LWR Sunday worship service for our brothers and sisters who hunger around the world. With your gifts, you’ll help small-scale farmers grow food, increase their incomes and live better lives.

Help make sure the people who feed the world can feed their own families. Thanks for your support!

GIVE GLOBAL

Take your offering global by cutting a slot in the top of a globe and using it to collect your LWR offering. Use markers or pins to highlight the areas where your support of LWR will make a difference.

“NOISY” OFFERING

Set out a metal bin (galvanized tubs work well) and ask members to offer whatever change is in their pockets to help fight hunger with LWR. It’s a great way to make a contribution and get rid of those pesky pennies! Your congregation will also enjoy hearing the clink of their “noisy offering” as they raise funds for global food programs.

FAMILY OFFERING

Encourage families in your congregation to offer the cost of one typical family meal to help families in need around the world.

Submitting Offering to LWR: Individual checks made out to “Lutheran World Relief” can be bundled and submitted. Please deposit any currency offered and write one check payable to “Lutheran World Relief.” Please note “LWR Sunday” on your check or bundle. Thank you for not mailing any loose currency.

Checks should be mailed to:
Lutheran World Relief
PO Box 17061
Baltimore, MD 21297-1061
QUILT & KIT BLESSINGS

Your congregation’s Mission Quilts and Kits make a major impact in communities living in poverty and experiencing hunger all around the world. Offer blessings for these gifts of grace and mercy during your worship service.

QUILT BLESSINGS

*Isaiah 40:1 – “Comfort, O comfort my people, says your God.”*

**LEADER:** God of grace...

**PEOPLE:** ...we dedicate to you the gift of these Mission Quilts. May your Spirit go with these quilts to communities where poverty and hunger persist.

**LEADER:** God of mercy...

**PEOPLE:** ...we praise you for the hands that crafted these Quilts. Through the abilities you have given this community we offer these Quilts to bring comfort and hope in lives that are marked by hunger and need.

**LEADER:** God of abundance...

**PEOPLE:** ...we give you thanks for all that you have given us to care for as stewards of your creation. In each stitch of these Quilts we see your promise. May your ever present love comfort the poor and hungry hearts.

**LEADER:** We send around the world with Godspeed these gifts of grace, mercy and abundance in the name of the Father, Son and Holy Spirit.

**PEOPLE:** AMEN!

SCHOOL KIT BLESSINGS

**SCHOOL KITS**

*Hebrews 10:23*

God of Promise...

we ask for your blessing upon these School Kits. Living in the joy of your resurrection you give us the opportunity to deliver promise to the hungry around the world. Bless those who use these Kits to study and give guidance to those who teach so that your lasting promise may be a reality for all. All this we ask in the name of your Son, Jesus Christ. Amen.

**BACKPACKS**

*Matthew 11:28-30*

God of Peace...

we ask for your blessing upon these backpacks. You know the heavy burdens that many of your children bear in the midst of hunger. May these backpacks help to lighten the load for those who study for a brighter future.

**CRAYONS & PENCIL SHARPENERS**

*Genesis 9:16*

God of Abundance...

we ask for your blessing upon these crayons and pencil sharpeners. As the colors of the rainbow remind us of your promises, may the colors of these crayons inspire lasting promise in the lives of the students that use them.
NOTEBOOKS
Proverbs 7:1-3
God of Grace...
we ask for your blessing upon these notebooks. May the words that fill these pages inspire stronger futures for communities that hunger, and hope in the lives of children around the world.

SCISSORS
Isaiah 1:17
God of Goodness...
we ask for your blessing upon these scissors. In the midst of emptiness around the world may these gifts help to bring shape to a future of hope and sustainability.

RULERS
Proverbs 3:5-6
God of Justice...
we ask for your blessing upon these rulers. May they be a tool to make straight the paths for students around the world who work to break free from poverty and hunger.

PENS & PENCILS
Revelation 21: 5-6
God of Mercy...
we ask for your blessing upon these pens and pencils. Your word is the bread of life. May words of peace flow forth from them as students grow into leaders for their communities.

PERSONAL CARE KITS
Hebrews 10:23
God of Promise...
we ask for your blessing upon these Personal Care Kits. You have given us the opportunity to deliver your promise to others around the world. Bless those who use these as they strive for dignity. Give strength to those who work in the midst of hunger so that they can realize your lasting promise. All this we ask in the name of your Son, Jesus Christ. Amen.

BARS OF SOAP
Isaiah 57:19
God of Peace...
we ask for your blessing upon these bars of soap. As we reach out to our sisters and brothers around the world may these gifts be a witness to your abundance.

BATH TOWELS
Psalm 18:30
God of Grace...
we ask for your blessing upon these bath towels. May these gifts offer refuge for those living through hunger and poverty.

TOOTHBRUSHES
2 Corinthians 1:20
God of Mercy...
we ask for your blessing upon these toothbrushes. May your grace travel with them as those affected by drought, hunger, and poverty work to build a better life.

COMBS
Psalm 12:6
God of Justice...
we ask for your blessing upon these combs. May your promises travel with these combs to bring hope to those around the world affected by poverty, hunger, and natural disaster.

NAIL CLIPPERS
Joshua 21:45
God of Abundance...
we ask for your blessing upon these nail clippers. May these clippers play their role in the lives of those who work for hope and dignity throughout the world.
God’s Banquet Table

These activities will teach younger students about God’s desire for everyone to have food to eat and the importance of eating as an act of fellowship.

Prep Time: 5 minutes
Activity Duration: 15 minutes

OBJECTIVES

Students will:
• Connect the elements of their favorite meal to fellowship and God’s call to love one another
• Learn about people around the world who need help having enough food to eat
• Understand God’s call to pray for and help hungry people

SUPPLIES
• Long table
• Chairs
• Butcher paper
• Crayons
• Disposable cups
• Profiles of international children

ACTIVITY

Place a sheet of butcher paper over a table with enough space for all children to have a space of their own. This will serve as your banquet table. Depending on your class size, you may need several tables to accommodate everyone.

Set aside the head of the table for Jesus, who invites us to this awesome banquet. Also, create places at the table for each of the children profiled below who represent children in countries where LWR works.

Draw rectangles as a placemat for each child. Place cups of crayons around the table and ask children to draw their favorite family meal on their placemat.

Go around the table and have each child describe their meal. If time allows, prompt them to tell you why the meal is special (Who eats this meal with them? Is it grandma’s secret recipe?).

Close the activity with a prayer of thanks for the gift of family meals.

INTERNATIONAL CHILDREN

LATIN AMERICA
• Name: Carlos
• Country: Peru
• Food he eats: Potatoes, fish and corn
• Enjoys: His school started a garden with an LWR program

ASIA & MIDDLE EAST
• Name: Olin
• Country: Indonesia
• Food she eats: Noodles with grilled fish in a peanut sauce
• Enjoys: Helping her grandmother with the corn and peanut harvest

AFRICA
• Name: Hassan
• Country: Somalia, but he now lives in a refugee camp in Kenya
• Food he eats: What’s available at the refugee camp; cornmeal porridge or a plate of wheat bulgur and beans
• Enjoys: Learning English in school
ACTIVITIES FOR YOUTH SUNDAY SCHOOL
Younger Elementary: K- grade 3

Planting God’s Gifts
Nourishing food is a gift from God and agriculture is one important way LWR shares God’s gifts with our brothers and sisters in need around the world. Use this simple growing activity to teach young children the joy and rewards of caring for God’s creation.

**Prep Time:** 10 minutes

**Activity Duration:** 15 minutes for 2-3 Sundays

**OBJECTIVES**
Students will:
- Learn about the process of growing food, from seed to sprout to plant
- Understand that caring for God’s creation is important, especially when it comes to growing food and having enough to eat
- Develop their calling to reach out to people who are hungry through prayer and action

**SUPPLIES**
- Disposable cups
- Disposable dessert-sized plates
- Herb seeds
- Potting soil
- Water
- Note cards

**ACTIVITY**
When you start this project, let parents know that the class is starting a small growing project and that eventually each child will bring home a plant.

Give each child a cup and help them poke holes in the bottom; then place the cups on the plates. Fill the cups with potting soil and give each child a seed to plant (follow the recommended planting recommendations on the seed packet for soil amounts, etc.).

As you plant, talk to the children about how God, through His magnificent creation, provides for all our needs. Explain that the wonder of God can be seen in the fact that one teeny, tiny seed can turn into enough food to feed a family.

Keep your planters in a sunny spot in the Sunday school classroom or ask for a designated spot in the church. Make sure each child labels their plant with their name.

Over the next three classes have the children water their plants and observe changes to them (you can give them index cards to use as observation journals).

When the plants begin to sprout, they can go home with students. If you are using the same kind of seed for each student, conduct a lesson on how the mature plant can be used (pesto sauce for basil, mint in lemonade, etc.). Talk to the children about how growing food is important to our brothers and sisters around the world. They can feed their families and, when they grow enough, they can also sell the food to earn money to pay for school, food, medicine and more.

Before sending children home with their plants, write a prayer on the notecards for them to take home for their family. Send the children home with basic instructions on how to care for their plant.
ACTIVITIES FOR YOUTH SUNDAY SCHOOL
Older Elementary: Grades 3 – 6

Prayer Collages
This activity shows children that there are people in the world who don’t have enough food to eat and helps them understand that helping those in need is part of following Jesus.

**Prep Time:** 30 minutes

**Activity Duration:** 30 minutes

**OBJECTIVES**

- Learn about other countries
- Become more aware of the factors that contribute to poverty
- Understand God’s call to love and care for people in need
- Learn an expressive new way to pray

**SUPPLIES**
- Construction paper
- Scissors
- Glue
- Magazines, newspapers (make sure they are internationally and ethnically diverse)
- Information/photos from lwr.org.
  Go to lwr.org/ourwork to find the most up-to-date information on countries where LWR is working and how we are working there.

**ACTIVITY**

Have the class divide into groups and assign each group a country in which LWR works.

Ask the class to research (either on computers, in books or with the LWR information you provide) each country and ask them to identify one main problem faced by the people in the country.

Using the printed photos, magazine clippings, newspapers, etc., ask each group to make a prayer collage that visually represents their prayer for the people of that country.

Have groups present their collages and explain to their fellow classmates the problem they identified and the prayer they have for people in need. Invite parents to the presentation — or even present to the congregation.

Hang your prayers prominently in your classroom or in a public area of the church to remind members to keep the people with whom LWR works in their prayers.
Promise Garden
This activity shows children that there are people in the world who don’t have enough food to eat and helps them understand that helping those in need is part of following Jesus.

**Prep Time:** 20 minutes

**Activity Duration:** 15 - 30 minutes

**OBJECTIVES**

**Students will:**
- Learn about the process of growing food, from seed to sprout to plant
- Understand that caring for God’s creation is important, especially when it comes to growing food and having enough to eat
- Learn how they can work with others to make food more accessible to those who hunger

**SUPPLIES**

- Disposable cups
- Dessert-sized disposable plates
- Seeds (if doing a year or semester-long project, choose slower maturing seeds)
- Potting soil
- Water
- Index cards

*If you wish to make this a year-long project, ask parents to donate:*

- A larger container suitable for growing plants
- More potting soil
- Compost
- Gardening tools

**ACTIVITY**

When you start this project, let parents know that the class is starting a small growing project and that eventually each child will bring home a plant.

Give each child a cup and instruct them to poke holes in the bottom and then place the cups on the plates. Fill the cups with potting soil and give each child a seed to plant (follow the recommended planting recommendations on the seed packet for soil amounts, etc.). Have children water their plants.

As you plant, talk to the children about how God, through His magnificent creation, provides for all our needs. Explain that the wonder of God can be seen in the fact that one teeny, tiny seed can turn into enough food to feed a family.

Keep your planters in a sunny spot in the Sunday school classroom or ask for a designated spot in the church. Make sure each child labels their plant with their name.
Promise Garden – Continued

YEAR- OR SEMESTER-LONG GROWING PROJECT

When seedlings are mature enough, transfer them to a larger container and continue to care for them according to the seed instructions.

Have the class keep an observation journal to record the changes in their plants and thoughts about how the garden is coming along. Are they eager for the plant to grow and produce vegetables or herbs? Also, challenge them with questions related to the challenges of farmers abroad. What do they think would happen to their plant if there was no water to give it? What if these plants supplied the only food their families could eat? How do they suppose they’d feed their families if their plants didn’t grow?

As the plants begin to produce vegetables or herbs, lead the class in researching ways to use what they grew. Allow children to copy recipes onto index cards. If the yield from your garden permits, allow each child to go home with a vegetable or some herbs. If not, consider leading a class where you prepare a simple dish to use what you grew.
SUNDAY SCHOOL RESOURCES

ACTIVITIES FOR YOUTH SUNDAY SCHOOL
Middle School & High School

LWR School Kit Assembly

**Prep Time:** 30 minutes  
**Activity Duration:** 90 minutes

**OBJECTIVES**

**Students will learn:**
- That poverty is the underlying cause of hunger
- There are many ways to help hungry people, including fighting poverty
- That God has given us each unique gifts to share with the world and that those gifts can help work toward a world where “all will be filled”

**SUPPLIES**

See the LWR School Kit supply list included with the LWR Sunday Kit at [lwr.org/getinvolved/schoolkits](http://lwr.org/getinvolved/schoolkits). You can also call 800.597.5972 to request a free copy of LWR’s School Kits Youth Leader Guide, which provides games, activities, a Bible study and more.

**ACTIVITY**

Gather youth during your congregation’s post-worship activities, during Sunday school hour or at another time convenient to you and your students.

Organize supplies according to the suggestions in the LWR School Kits Youth Leader Guide and lead them in assembling LWR School Kits to send around the world to people in need. Feel free to invite the wider congregation to participate!

Prepare students by explaining how LWR School Kits help fight poverty, the underlying cause of hunger. Here is some information to help you explain this to your students.

**School Kits Impact Hunger!**

In Mauritania, on the western coast of the continent of Africa, Lutheran World Relief’s partner, the Lutheran World Federation is supporting refugees from the ongoing conflict in neighboring Mali. In 2011, LWR sent 3,400 School Kits to Mauritania, providing school supplies for the children of families whose income is already limited and lessening the need to choose between money spent on food and money spent on education. With your gift of School Kits our partners are also free to direct more of their funds towards the dietary needs of refugees.

Our partners in Haiti shared this with us about LWR School Kits:

“Schools in Haiti are lacking significantly in supplies and these are no exception. Therefore ... the provision of school supplies is a God send. They enable our students to participate in their own learning process, rather than simply to listen. Similarly, because the families [were displaced] after the earthquake and were left without homes or their own personal belongings, the receipt of these personal care products help them to feel a strong sense of personal dignity, and they are tremendously grateful that people outside of Haiti are thinking about them and care for them.”

In a long-term sustainable approach to ending hunger, providing these essential educational resources are crucial. It gives the next generation the tools they need to put their gifts into action and make their communities stronger!
HUNGER | SUNDAY SCHOOL RESOURCES

SCRIPT FOR ADULT SUNDAY SCHOOL POWER POINT

Go to lwr.org/sunday and click “Let us know about your LWR Sunday plans” to download the LWR Sunday Power Point for your adult Sunday school. The presentation includes images of LWR’s work around the world and the people we serve.

OBJECTIVES
Display SLIDE 1 as your class gathers and you introduce them to your time together. At the end of this presentation you and your Sunday school class will be able to:

1. Express Lutheran World Relief’s approach to hunger and how it connects to LWR’s Values and our shared faith.
2. Describe specific examples of LWR’s work in the world.
3. Express ways that they believe themselves to be called to live out their faith in the work to end hunger around the world and begin to define some actions that they can take.

SLIDE 2
LWR’s work has many focuses, including water and responding to emergencies. Today we’re going to learn specifically about hunger around the world, Lutheran World Relief’s approach to fighting hunger and our call as God’s people to reach out to those who hunger. I’d like to start off by sharing LWR’s mission and vision statements.

SLIDE 3
LWR’s work is guided by five core values. We’ll discuss those values later, but for now, will five of you take turns reading these aloud?

SLIDE 4
Hunger is a widespread global problem. More than 925 million* people around the world are considered food insecure. That means they don’t have enough food to eat but also don’t have access to those things needed to get food: things like money, resources, and social stability.

* Food and Agricultural Organization of the United Nations, 2010

SLIDE 5
When we think of food aid, we often think of food distributions, or, getting food from a country with lots of food to people in countries with very little food.

SLIDE 6
In reality, that way of working isn’t always effective and can sometimes do more harm than good. For example, sending food into another country can undermine existing local markets in the receiving country, making farmers and food producers unable to sell their crops.

Especially in communities struggling with food insecurity, we want to be careful to allow the markets to flourish. By doing so, we promote local food production which is a far more sustainable solution to hunger. Also, the food choices that are appropriate in the country sending the aid may be inappropriate for the cultural or dietary needs of the country receiving the aid.

Go to lwr.org/sunday and click “Let us know about your LWR Sunday plans” to download the LWR Sunday Power Point for your adult Sunday school.
While there are some situations that require us to send food to our brothers and sisters in need, LWR believes a far more effective long-term solution to hunger is to increase a community’s food security. LWR defines food security as the human right to sufficient, nutritious, culturally appropriate food for all people at all times to help them live free from hunger and lead healthy and productive lives.

**SLIDE 7**
Increasing food security requires that several groups of people work together to find the underlying cause of hunger in a community and work toward a long-lasting, sustainable solution. These groups include LWR staff, their partners in the local community, the people living in that community and, of course, us — Lutherans living in the U.S. Each of us has a role in this important work.

**SLIDE 8**
LWR employs local staff in each of the regions where it works: Latin America, Africa and Asia and the Middle East. These staff members know their respective regions well and communicate directly with our partners and the communities we seek to serve. LWR’s U.S.-based staff helps to keep an eye on the bigger picture and to make sure that the organization is truly working toward its mission.

As we hear in LWR’s values, LWR works with and through partners. By partners we mean local organizations that are reaching out to rural communities living in poverty. LWR’s local partners know the regions, have access to the people we wish to serve and have resources that complement LWR’s expertise.

The communities themselves are also an extremely important partner. We must not think of the people we serve simply as recipients of aid but as active participants in the improvement of their lives and communities. As Lutherans, we believe God blesses each person with a vocation in the world.

The last part of that equation, as I said before, is us. Each of us — LWR, its partners, us as Lutherans in the U.S. and the people we seek to serve abroad — plays an important part in working together to eradicate poverty and hunger.

We’ll talk about our role in this work in a moment.

**SLIDE 9**
Simply put, hunger is a symptom of poverty. In order to truly address the global problem of hunger, you must address the poverty that causes it. That’s why LWR practices a sustainable development approach to hunger, working with partners and the people we serve to find the underlying causes of their poverty and work toward long-term solutions. Doing this improves lives overall but also creates food security by equipping people with the resources they need to provide food for themselves and their families. Let’s look at some examples of this type of work in action.

**SLIDE 10**
For farmers around the world, access to credit is crucial. Before the harvest comes farmers need to be able to buy seeds, tools, pay for labor and cover the many, many costs of planting and harvesting crops. The same is true in the countries where LWR works.
Except, many farmers in these countries don’t have easy access to credit. Unlike in the US, there are no formal systems to guide them through the process of establishing a line of credit and their remote locations, coupled with their poverty, often make poor, rural farmers a lending risk.

Because of this, farmers are extremely vulnerable to external factors. If the rains are lighter than usual or don’t come at all or if their crop yield is low, farmers earn less money to support themselves. When it comes time to plant the next season, many farmers have to borrow money from informal lenders at high interest rates and with unfavorable terms. And if that crop fails, they have to borrow again. And again. And again. It’s a vicious cycle that can drive farmers deep into poverty.

Fatuma is one such farmer from Uganda. She once struggled to grow corn to support her family. But she couldn’t afford to buy the seeds, tools and other supplies she needed to plant.

Lutheran World Relief is helping farmers like Fatuma through a financing model called the *triptate model*. The concept is simple and it really works. LWR works with local financial institutions to help farmers get loans. By guaranteeing the loan, LWR makes the loan less risky for the financial institution. By working with farmers’ groups to improve their crop production, LWR helps ensure that farmers earn enough income to repay their loans.

Fatuma’s life is much better now thanks to the tripartite model. With training, she’s gone from barely growing enough crops for her family to eat, to growing enough to eat and sell. The money she earns is helping her family a lot.

When LWR staff asked Fatuma what she was going to do with the income she was earning, this is what she said, “I’m using the money to pay back my loan, reinvest in three acres of maize and pay school fees for my children and grandchildren.”

Malnutrition is a different form of hunger. When people are malnourished it isn’t always because they don’t have food to eat. Sometimes they are malnourished because they aren’t able to eat a variety of nutritious foods.

Such was the case for Emerita. Her son Carlos didn’t want to eat, and was too tired to go to school or even play. When Emerita attended a training at Carlos’ school about malnutrition she was surprised to learn her son was both malnourished and underweight.

In Emerita’s community, Lutheran World Relief and its local partner worked together to help 300 families decrease their levels of malnutrition. They talked to parents about the importance of eating a variety of healthy foods and taught them how to prepare those foods. The children started a garden at their school and also learned about healthy eating.

As a result of this work, Carlos is doing better and so are many other children in his community. In just one year the childhood malnutrition rate dropped from 52 percent of school children to just 19. Emerita reports that Carlos is now a healthy eater — in more ways than one.
One thing LWR and others involved in development work realize is that to effectively fight hunger in families, it’s important to make sure women are involved in the process. In many countries, women don’t have a say in decisions that affect their families’ ability to provide food. They also tend to have fewer resources which result in less income to support the family.

This is Bahamuni. She lives in Bihar, the poorest state in India. Like many tribal families, she owns a small plot of land that she uses to grow food for her family to eat and sell.

But she wasn’t growing very much food because she didn’t know how to use her land effectively.

Sadly, because of her extreme poverty, Bahamuni lost two of her children to diarrhea because she couldn’t afford to get them to a doctor. Even sadder, the level of poverty Bahamuni and her family face is the norm in this region, not the exception.

Lutheran World Relief and its local partner are helping women like Bahamuni improve their lives by forming women’s self-help groups.


Bahamuni is a member of the Dalit class in India, the lowest social class. Dalits already experience extreme discrimination and lack of opportunity. For women it’s worse. Dalit women are truly “the least of these” in India. They have few, if any, opportunities to get an education or improve their lives. The challenges they face in earning income also means that they don’t always get a lot of respect within their own communities.

Working with 2,199 women in 82 villages, LWR formed 135 of these women’s self-help groups. Within the group, women found support and they also learned the skills they needed to improve their lives. How to select seeds, what kind of fertilizer to use, how to take care of livestock — these are all things the women learned through their groups. Some women received livestock like pigs or goats. Pigs are helpful because they don’t require much land to raise. Goats provide milk to drink and to sell for income and when a woman’s goat had a kid, they passed it on to another woman so she could benefit too.

Bahamuni’s life has improved a lot as a result of the self-help group. She grows a variety of vegetables to feed her family and to sell. When LWR spoke to her about the impact this project had on her life she said, “I thank LWR for giving me these new skills. I never dreamed I could produce such different types of food, and I no longer worry about feeding my family.”

In each of these examples you’ll notice a couple of things which are hallmarks of the way LWR works to fight hunger.

First, hunger was not the underlying problem. Hunger was a result of the vulnerability created by poverty. Working with partners and the community, LWR sought to address the factors that led to poverty, which promoted food security, which works against hunger.

Second, in each instance, LWR walked alongside communities, drawing on their strengths and
assets to carry out work. The people LWR serves, sometimes called “project participants” were involved at each stage of the process.

Third, each of these projects was designed to have a long-lasting impact. Farmers like Fatuma, in Uganda, have not only established relationships with banks that can give them credit, but their farmers’ associations are stronger and better able to support them. Now they’ll be able to grow more and better crops.

In Peru, families now know the importance of variety in their diets. The children know it from learning it in school and the adults know it both from training and, as parents of young learners can attest, from the kids themselves. Along with help growing more nutritious food and finding ways to integrate it into local and cultural diet, the work to raise awareness has helped drastically reduce childhood malnutrition.

And in India, self-help groups reach out to the “least of these” in India, giving Dalit women a space to come together and learn, share ideas and build up livelihoods for themselves. Training ensures they manage their money, businesses and vocations well while small loans give them the start they need. And the ability to pay their loan back at a low interest rate, and help lift another woman out of poverty, is very meaningful.

SLIDE 14
Let’s discuss how each of these projects relates to the LWR core values we learned about earlier.

Each of these projects embodies LWR’s value of **gratitude**. Where do you see gratitude in the three projects we discussed?

**Examples:**

- **In India,** we give thanks to God for the gift of community found in the self-help groups that lift up women like Bahamuni.
- **In Uganda,** we give thanks for the cooperation of lending institutions and farmers’ cooperatives that come together to make the tripartite model work for farmers like Fatuma.
- **In Peru,** we give thanks for God’s good creation that gives nourishing food to children like Carlos.

• And, as Lutherans in the U.S., we give thanks for the opportunity to carry out God’s work through this ministry.

Each of these projects embodies LWR’s value of **calling.** Where do you see callings being lived out in the three projects we discussed?

**Examples:**

- **In India,** self-help groups give mothers like Bahamuni the skills to better live out their calling to care for their children.
- **In Uganda,** the tripartite model gives Fatuma and other farmers the resources they need to live out their calling as stewards of the land.
- **In Peru,** the nutrition classes give children like Carlos the skills they need to grow into the callings God has for them.
- **And in the U.S.,** we Lutherans live out our calling to help the least of these around the world with LWR.
Each of these projects embodies LWR’s value of **accompaniment**, or walking and working with partners. Where do you see accompaniment in the three projects we discussed?

**Examples:**

- **In Uganda**, we connect farmers like Fatuma with local banks so that they can continue to work together to better their community.

- **In India**, we connect women like Bahamuni with other women who will continue to support one another.

- **In Peru**, nutrition skills are passed along to parent and child that will continue to benefit the community into the future.

- And **in the U.S.**, we Lutherans are connected with LWR to the partners that will make the most difference in communities in the most need.

Each of these projects embodies LWR’s value of **stewardship**. Where do you see stewardship in the three projects we discussed?

**Examples:**

- **In Uganda**, we work for more secure futures for farmers by making sure they can borrow responsibly to plant their harvest and that they grow good crops to sell to support their families, repay their loans and establish good credit.

- **In Peru**, we recognize that to truly change the future of a community, we must invest in its children.

- **In India**, we make good use of God’s gifts by teaching women income-earning skills and give them and their families a head start toward financial independence.

- And **in the U.S.**, we Lutherans are good stewards of the resources God gives us by investing in work that will make a real and lasting difference.

And each of these projects embodies LWR’s value of **innovation**. Where do you see innovation in the work of the three projects we discussed?

**Examples:**

- **In Uganda**, the tripartite model makes innovative use of existing structures in a community.

- **In India**, we work to help marginalized women overcome social systems that hold them down. Because of this work, they can now envision futures for their families that they never before thought possible.

- **In Peru**, we recognize that to make a difference in the future of a community we must make an impact with the youngest.

- And **in the U.S.**, we are constantly looking to find new and exciting ways to connect the bold faith of Lutherans with those in most need around the world. As long as our vision remains unachieved, we are restless.
As I’ve mentioned a few times, our congregations and all of us as followers of Christ are important to the process too. We’ll spend the remainder of our time together discussing God’s call to us, our role in fighting hunger and our relationship with one another and our neighbors in need.

Let me leave you with three important ways that LWR encourages to be involved in this work with communities in poverty overseas.

First, give. With the gifts we give to LWR, we show a great deal of trust in their work, which is why gratitude and stewardship are central to how LWR works. One way LWR works in the spirit of gratitude and stewardship is by working to fight the poverty that causes hunger through long-term work that uses sustainable development principles. By supporting this work, we support an end to hunger and poverty and fulfill God’s call to love and serve our neighbor in need.

Second, through the work of your hands.

(If your congregation participates in the LWR Quilt & Kit Ministry)
Our congregation is already involved in LWR’s Quilt & Kit Ministry. If you would like to learn more or get involved please speak to (the name of the person in charge of your Quilt & Kit Ministry). These valuable gifts of faith and love are treasured by many of LWR’s partners around the world and by all who receive them.

(If your congregation is not involved in the LWR Quilt & Kit Ministry)
LWR’s Quilt & Kit Ministry brings together the work of U.S. Lutherans to provide warmth, comfort, education and skill training for sisters and brothers around the world. We have more information available on how to get involved here this Sunday, or visit lwr.org for instructions on how you can get started.

And third, pray. The work of LWR is grounded in the grace that God has shown us and the entire world through Jesus Christ. Along with the hands on and financial support of Lutherans, the faith that we share strengthens the work of LWR. By lifting up those who hunger and all those who work to end hunger in your daily prayers and the prayers of our congregation a real impact is made in the world.

Thank you for taking time this morning to learn more about what we can work alongside Lutheran World Relief to end hunger in the world. We now have a few discussion questions to explore what we have learned this morning.
QUESTIONS FOR FURTHER DISCUSSION

Following the LWR Sunday Power Point, use these questions to discuss what your congregation has learned.

1. What did you hear in this presentation about LWR’s work that made you feel a sense of gratitude? How does a sense of gratitude like that found in Psalm 136 help form us and our congregation into disciples that can do something about hunger and food insecurity in the world?

2. We heard in this presentation that LWR’s work is driven by the fact that all people have a calling from God. Because we believe that all people are made in the image of God (Genesis 1:26) God calls us to work for dignity for all. The work of fighting hunger and food insecurity calls upon all of us to live out our God given vocations. How do you see the calling you find yourself in right now playing a role in this work? What skills, gifts and abilities has God placed in your life that is important to the work of ending hunger and food insecurity around the world? How might you put these into action with our congregation?

3. Have someone in your class read aloud the Walk to Emmaus (Luke 24: 13-35). How does this story of Jesus after his resurrection connect with the stories of accompaniment that we heard in the presentation? How can we as a congregation most faithfully and effectively walk with communities overseas that are working to end hunger and food insecurity?

4. What did you learn from the projects we discussed about the importance of good stewardship of God’s creation in the struggle against hunger and food insecurity? How can we practice good stewardship with the resources God has given us as a congregation to work with those who are hungry and food insecure? Psalm 24 begins, “The earth is the Lord’s and all that is in it,”; how does this shape our calling as a congregation and as followers of Jesus to work for those who are hungry and food insecure?

5. As we heard in this presentation, when possible, issues of hunger and food security are often best answered locally. Being innovative and wise, and making the most of our time (Ephesians 5:15-16) is important when we work to address problems like hunger. Did anything surprise you about how LWR, partners and communities work together? Along with our desire to reach out to our brothers and sisters overseas who struggle with hunger and food security, how can our congregation best address these issues locally? What are we already doing and how can our faith lead us to be innovative in our community when it comes to issues of hunger and food security? What organizations are being innovative in our community and how can we as a congregation best support them along with our support of LWR?
Lutheran World Relief has promoted the use of Fair Trade coffee amongst Lutherans in the U.S. since 1997. And all around the world farmers and communities have benefited from Lutherans gathered around a coffee pot on Sunday morning.

Whether you have been serving Fair Trade coffee for years at your congregation or have just started, be sure to highlight the use of Fair Trade coffee during your LWR Sunday.

Here are some ways drinking Fair Trade coffee from the LWR Coffee Project helps fight hunger:

- **Fair Trade = Fair Prices.** That means the farmers that grew your coffee have a real opportunity to earn income to feed and support their families.

- Fair Trade fights poverty, which is the underlying cause of hunger. Coffee growing cooperatives receive a guaranteed minimum price for their coffee, ensuring income; they also receive a premium, money they can use to dig wells, build schools, construct roads and make other vital improvements.

- Fair Trade celebrates dignity, a gift God gives all people. Through Fair Trade, you give farmers the opportunity to live healthy and productive lives and build promising futures.

Here are some ideas to promote Fair Trade as a part of your LWR Sunday:

- Display LWR Fair Trade table tents and brochures alongside your Fair Trade coffee to show your members the faces of the people behind the products. Call 800.597.5972 to order.

- Hold a raffle for an LWR Coffee Project gift basket. Ask members to enter by guessing a hunger trivia fact (for instance, ask how many people in the world face food insecurity. Answer: 925 million). You can order Fair Trade Coffee from the LWR Project by calling 774.776.7366 or by visiting lwr.org/coffee.

- Give members the opportunity to take Fair Trade home! Display the LWR Coffee Project catalog and organize a bulk order to be delivered to the church.
CONGREGATIONAL MEAL

Fellowship was an important part of Jesus’ ministry and can be a vital part of your LWR Sunday. On this day, when your congregation has learned about and prayed for hungry people around the world, what better way to end the day than to give thanks to God and share a meal together?

Whether you engage members of various ages to cook a meal or hold a potluck, your congregational meal following your LWR Sunday can be a time for fun, fellowship, reflection and even service. Here are some ideas to get you started.

Blessings for the Meal

Good and gracious God, we thank you for the blessings of this meal you have gathered us around today. Through the food that we eat and the community we enjoy keep us ever mindful of those around the world who go without and the gifts that we have to make a difference in their lives. All of this we ask in the name of your Son, Jesus Christ. AMEN.

Holy and merciful Father, the blessings of food you place before us in this meal are a reminder that so many of your children go without. Fill us with your Spirit to go out from this time together as a community to share in your abundance. We ask all of this in the name of our Lord and Savior Jesus Christ. AMEN.

LWR Trivia

LWR works in Africa, Latin America and Asia & the Middle East to fight poverty, injustice and human suffering. But how much does your congregation know about the countries where LWR works? Pull together some trivia facts to test your knowledge and have some fun. Here’s how:

• Visit lwr.org and click the “Our Work” tab. Click each region to access pages where you will find facts about each country that you can use to create trivia questions.

• Organize players into teams and place trivia questions at each table and see which group can come up with the correct answer.

• Or fashion your game like the popular NPR show “Wait, Wait...Don’t Tell Me!,” Jeopardy or even Family Feud.

• Ask each table a trivia question before they take their turn to go through the line for food.
CONGREGATIONAL MEAL

LWR Gifts Silent Auction

Another way to support LWR’s work to fight global poverty is through LWR Gifts. The concept of LWR Gifts is simple: your friend or loved one gets a unique gift and a person around the world gets the opportunity to change their life for the better. By hosting an LWR Gifts silent auction you can accomplish two things: supporting the work of LWR and letting others know about this great way to give gifts! Here’s how to do it.

• Visit lwrgifts.org to browse the selections and choose gifts at various levels to auction.

• Display stuffed animals and pictures to represent the LWR Gifts available in the catalog.

• Don’t list a cost, simply give people the ability to bid on the items.

• The highest bidder at the end of the meal gets the prize — an LWR Gift, which serves as a donation in their name.

• If the final bid for an item is lower than the cost of the LWR Gift, let the winner know and give the opportunity for a bid adjustment OR you can tell the winner that their donation will be used to buy a gift with a price matching their bid.

LWR Kit Assembly

Designate a small area near the site of your congregational meal to hold an LWR Kit assembly. Encourage people who have finished their meals to visit the assembly area to help. By the time the meal ends, all attendees will be working together in service to their global neighbors!

LWR Kits fight hunger by helping to fight the poverty that fuels it. Each Kit contains items vital to staying healthy, attending school and living productive lives.

Here are some tips to set up an LWR Kit assembly at your congregational meal:

• Visit lwr.org/kits or call 800.597.5972 to request a copy of the LWR Quilt and Kit Ministry Guide. It has all the guidelines for LWR Kits. It’s important that Kits are assembled according to LWR’s guidelines to ensure they truly help people in need.

• Assign a person or team to help guide attendees through the process of assembling an LWR Kit.

• Don’t forget to celebrate when you’re finished! Encourage the LWR Kit assembly after the meal but before dessert. Once all Kits have been assembled, celebrate with a sweet treat.
Celebrate a Fair Trade Sweet Treat

After your lunch and Kit assembly, share some Fair Trade Divine Chocolate. From the cocoa farms of Kuapa Kokoo cooperative in Ghana, Divine delivers great chocolate to your congregation and makes a direct difference in the lives of farmers.

As Fair Trade participants, Kuapa Kokoo’s 45,000 members use environmentally responsible farming techniques and oppose child labor. They receive a fair price on their cocoa beans and spread the wealth by investing in their communities. By doing so, they set a good example and are a source of knowledge for other farmers.

Kuapa Kokoo is part owner of Divine, making it the first-ever farmer-owned brand of chocolate. They invest a share of the chocolate profits in community projects such as:

- Building wells
- Funding schools
- Providing mobile medical clinics

All of these investments mean sustainable development in these communities and the lasting promise that all will be filled.

To order Divine Chocolate for your congregation to taste during your LWR Sunday, go to lwr.org/chocolate or call 888.294.9660.

Kick Off an LWR Growing Project

An LWR Growing Project is a great, hands-on way to get your congregation active in the fight against global poverty.

Whether your congregation is urban, suburban or rural, you can run a successful LWR Growing Project by starting a garden, raising crops, selling them and donating to support the fight against hunger. Visit lwr.org/frb to learn more about LWR Growing Projects or call 800.597.5972 for more information.

If your congregation decides to take on a growing project, hold your kick-off at your LWR Sunday congregational meal by doing a ground-breaking blessing on your garden site, seeds and other supplies.
HUNGER

THANK YOU!

Thank you for leading an LWR Sunday at your congregation! We hope it was an educational, engaging and, most importantly, worshipful experience for your congregation. We would love to hear stories, see pictures, and get feedback from you and your congregation.

To share feedback email lwr@lwr.org or call 800.597.5972.

Share stories and pictures on our Facebook page, facebook.com/LuthWorldRelief, our Twitter feed, @LuthWorldRelief, or by emailing lwr@lwr.org.

STAY INVOLVED

After celebrating God’s lasting promise on your LWR Sunday, keep your congregation involved in Lutheran World Relief’s work of sustainable development.

**Quilts & Kits**
LWR Mission Quilts and LWR Kits send gifts of Christ’s love to people in need around the world.
lwr.org/getinvolved

**Eco-Palms**
Protect the forest, local jobs and sustainable livelihoods for palm harvesting communities in Guatemala and Mexico.
lwr.org/palms

**Fair Trade**
Fair Trade products help farmers and producers around the world support their families.
lwr.org/fairtrade

**Lutheran Malaria Initiative**
Help end malaria deaths in Africa by 2015.
lutheranmalaria.org

**LWR Gifts**
Your loved one gets a unique gift, and a person in need gets the chance to change their life.
lwrgifts.org