

Simple Supper for Global Hunger

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

MATERIALS NEEDED

- Recipe supplies and cookware—or already prepared meals.
- Table decorations.
- Silverware, napkins, etc.
- Rice bowls.
 - Order at: [crsricebowl.org/order](https://www.crsricebowl.org/order).
- World map—find one on campus or print an online version from the internet.
- Optional: Integrate photos and videos from the CRS Rice Bowl Stories of Hope.
 - Find photos and videos at: <https://www.crsricebowl.org/about/mediakit>.

RECOMMENDED SET UP

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

- **Food:** CRS Rice Bowl offers simple, meatless meals from various countries where CRS works. Visit [crsricebowl.org/recipe](https://www.crsricebowl.org/recipe) for recipes and encourage students to make one of the meals before you gather for the prayer service.
 - If gathering in-person, consider inviting participants to a potluck-style dinner of simple meals from around the world.
- **Tables:** Set up enough tables for all participants to have a place. Put a rice bowl on each table, or at different places along a single table.
- **Map:** Tape the map to a wall in the communal space.
- **Advocacy:** Be prepared to lead others through completing an advocacy letter to Congress. Review the “Advocacy Preparation Directions” at the end of this document in advance of the event.
- **PowerPoint:** You may choose to create a PowerPoint to guide your event by adding the prayers, photos from the CRS Rice Bowl Stories of Hope and the advocacy instructions you choose.
- **Space:** Review more information about global hunger at [crs.org/act](https://www.crs.org/act) and display posters with stories and information or images from CRS’ work around the world.

PROGRAM

Opening Prayer

Almighty and ever-living God,

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

Amen

Introduction

LEADER: Consistent access to sufficient nutritious food is necessary for good physical and mental health, and for honoring the dignity of each person. We must work to end global hunger by both responding to immediate hunger emergencies and addressing the root causes. Today we will hear stories of communities around the world who have been impacted by hunger and who are responding in innovative ways to ensure they have access to good nutrition. We invite you to reflect on how we as a community can act in accordance with our faith to be prophetic advocates against this global injustice.

Stories of Global Hunger

READER ONE: Amina Bukar is a well-respected leader in Muna Moforo, Nigeria. She supports mothers in her village to lead healthy lives, teaching skills like how to prepare nutrient-rich porridge for their children.

Amina and her family used to live in their hometown of Marte. But in 2014, violence forced them to flee their village. After arriving in Muna Moforo, Amina and her family had to start life all over again. Amina joined a Catholic Relief Services program that provided food and cooking supplies, enabling her family to eat healthy meals as they worked to rebuild their lives and find employment.

Amina eventually started a food grinding business and sold specialty foods in the market, earning enough money to support her family's needs. Now, she helps other women start their own businesses.

Because of her caring nature, Amina was nominated to be a lead mother in her village. She is helping her community overcome the challenges of hunger so they can thrive!

READER TWO: Ana Belén and José have four children and a baby on the way. They live in Santa María Chiquimula, a region of Guatemala where malnutrition affects over half of the population.

Almost five years ago, when the COVID-19 pandemic started, José lost his job. This created serious challenges for the family. Food prices went up and, often, Ana Belén didn't have enough money to buy even the basics. "Sometimes I would cry because I didn't have anything to give my children," she recalls.

Now the family participates in a Catholic Relief Services project that helps fight hunger. Through the project, Ana Belén goes to her children's school to receive food such as corn, beans, rice, vegetable oil and eggs. She also takes her children for health check-ups.

Having enough nutritious food is very important to help children grow healthy and gives them the energy they need to learn and play, just like Francisco, who loves playing ball with his cousins and at school.

READER THREE: Shahadat is a successful vegetable farmer in Bangladesh. He grows beans, pumpkins, tomatoes and eggplants, providing nutritious food for his family and extra produce he can sell at the market.

A few years ago, Shahadat's family struggled to pay for basic household expenses like food and school fees. It was difficult to farm because the intense rainy season often caused flooding and destroyed crops.

Then Shahadat and his mother joined a CRS project where they learned new farming skills, like how to protect their crops from floodwaters by planting on raised beds. In just one year, they boosted their vegetable harvest. Soon, Shahadat could afford to pay for his college tuition and for the education of his brothers.

"With the CRS training, my family can grow vegetables with less money. The vegetables I sell at the market help me to provide financially for my family," Shahadat says.

Shahadat's dream is to help other families in his community grow successful crops, too.

READER ONE: These three stories show how communities around the world—with support from CRS—are addressing global hunger and malnutrition. I now invite anyone else gathered here to share how they have encountered hunger either globally or locally. Taking turns, go to the world map and tell a story of solidarity. It could simply be the name of someone you would like to pray for, a profound experience you had or something else you want to call to mind.

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

If you brought a dish, you may also wish to tell a story or share information regarding CRS programming in the country from which your recipe originated.

READER TWO: Now that we have heard stories of global solidarity, touchstones in other countries, cultures and traditions, we will provide space to respond with concrete action so that we can directly contribute to creating a world in which all people have access to the food they need to thrive.

Advocacy

See the “Advocacy Preparation Directions” section at the end of this resource for more details on how to lead participants through an advocacy action.

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

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

Note: Lead the group in their advocacy action. Be sure to remind them to personalize their message.

Closing Prayer

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

ADVOCACY PREPARATION DIRECTIONS

- Instruct participants to navigate to the online letter by texting **HUNGER to 677-68**. Participants will receive a direct link to the letter in response.
- Encourage participants to personalize their letters to make them 10 times more impactful.
- Visit the CRS Action Center at crs.org/act for more resources and tools on how to write an effective letter to your members of Congress.

Give us a Hunger for Justice, Lord

God of abundance,
You gave us the earth to be enjoyed by all
creatures,
to be our common home.
You blessed us with the sun, water and
bountiful land
so that all might be nourished.
How can we ask you to eliminate hunger
when you have already given us the tools to
prevent it?

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

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

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

May we help each person secure what they
need
not only to survive, but to thrive.
Most of all, help us to be conscious that our
common home
belongs not only to us,
but to all future generations,
and that it is our responsibility to preserve it.

You call us to respond to the immediate needs
of our brothers and sisters
while also working toward just and lasting
solutions to hunger.
Give us your strength to lead the way
and persevere in our mission to build a more
just world.

You call us to make decisions that help all
people, not just ourselves.
Give us your strength not to waver in our effort
to lift up the cry of the earth and the cry of the
poor.

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

Lord, give us a hunger for justice.

Amen