



ELCA World Hunger

Lenten Resources

Lent is a time of prayer, service, and self-examination. During this time, many of us choose to live simpler lives, remembering those who do not have the food, money, or resources to simply live. Here are some resources to help your congregation remember those who are hungry and living in poverty this Lenten season.



Lenten Meal Series

Does your congregation host meals before Lenten services? Why not join together for a meal and help fight hunger at the same time? Enjoy global cuisine while learning about the world and how gifts to ELCA World Hunger are making a difference. Instead of charging for the meal, collect donations to support ELCA World Hunger. Complete plans for six meals are available on the following topics: Bolivia, Cambodia, Colombia, Costa Rica, Egypt, and South America.

COLOMBIA



Spotlight on Colombia

- Population: 46,259,000 (2010)
- Literacy rate: 93%
- Urban population: 75% of total population (2010)

Printable Table Tent

Print the table tent, designed for the Colombia meal. This table tent includes conversation starters and information about your gifts to ELCA World Hunger in action.

Placemats

Print and use different placemats during your Lenten meals to raise awareness about hunger, poverty and related issues. Available in a separate PDF.

Table Prayer

O God, you promise a world where those who now weep will laugh, those who are hungry will feast, and those who are poor and excluded will have your kingdom for their own. Include us in your great feast of life, O Lord. Amen

(Prayer adapted from "Christian Aid," found in Harvest for the World: A Worship Anthology by Geoffrey Duncan, p. 130)

Story: Jency

In Colombia, Jency has a bright future thanks to her mother's hard work and your generosity to ELCA World Hunger. It wasn't long ago that Jency's mother, Aida, and her friends were driven from their villages by guerrilla raids. Now thanks to the support of a loan, the women run a small business.



[Read the full story.](#)

Local Recipes

Popular foods in Colombia include [sancocho](#) (chicken stew), [turmada potatoes](#) and [maduros](#)(plantains). Try these dishes and experience a taste of Colombia.



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Meet Jency

In Quibdo, Colombia, Jency (pictured left) has a bright future thanks to her mother's hard work and your generosity to ELCA World Hunger.

It wasn't so long ago that Jency's mother, Aida, and her friends Jenny and Vianney were driven from their villages by guerrilla raids and made their way to the city.

Through your gifts, the three women learned how to run a small business – and now the customers of their spa, Tesoro de la Selva (Treasure of the

Forest), enjoy the natural products the women make, as well as the flowers they grow.

"Women have to work and care for our families, even with the stigmatism of being displaced," says Jenny. Aida is pleased with the organizing and business training she and her friends received, saying, "This is a huge success. We were helped with personal growth, how to run a business and made aware of our rights as women."

Vianney sums it up: "Our quality of life and the lives of our families improve," she says.

"Without this business and income, life would be very difficult."

The women are constantly improving their products and services. They are also looking forward to certifying their products for sale in mainline supermarkets and stores. Thanks to your gifts to ELCA World Hunger, Jency and children like her can look forward to a more secure future.

COLOMBIA

Your Gifts to ELCA World Hunger in Action

Your gifts to ELCA World Hunger support many projects and programs throughout Colombia, including:

- Supporting displaced people in rural areas
- Providing education to children and healthcare workers
- Helping victims of armed conflict



ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

Support ELCA World Hunger by visiting www.ELCA.org/hunger/donate, calling 800-638-3522, or mailing a check to ELCA World Hunger, P.O. Box 71764, Chicago, IL 60694-1764.



Colombia

SOUTH AMERICA



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- Why are women so important in the fight to end hunger?
- How does the level of peace or violence in a country affect access to food? In what ways are war and hunger connected?
- ELCA World Hunger programs and partners work through a model that empowers people to be self-sufficient. Why approach ending hunger in this way?



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YES! I would like to support ELCA World Hunger.

- I have enclosed my gift of \$100.
- I have enclosed my gift of \$250.
- Other \$ _____

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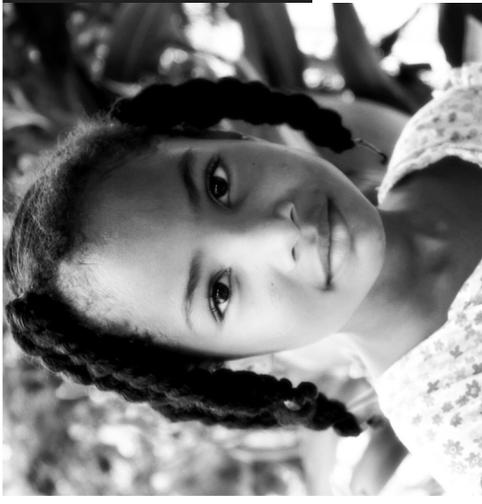
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Mikka McCracken/ELCA

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