



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, Columbia, Costa Rica, Egypt, and South America.

CAMBODIA



Spotlight on Cambodia

- Population: 14,138,000 (2010)
- Literacy rate: 78%
- Urban population: 20% of total population (2010)

Printable Table Tent

Print the table tent, designed for the Cambodia 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

Most Buddhist monks eat only once or twice a day and bless their food with this chant: Wisely reflecting, I use this food not for fun, not for pleasure, not for fattening, not for beautification, but only for the maintenance and nourishment of this body, for keeping it healthy, for helping with the Spiritual Life. (Prayer from <http://spiritualityhealth.com/articles/saying-grace-mealtime-blessings-around-world>)

Story: Pong

Pong and her husband scrimped and saved to buy a bit of farmland. Filled with hope, they planted

eggplants, cucumbers, string beans and radishes. But their first crops were a disappointment. What could be wrong?

Then Pong joined The Lutheran World Federation's Farmer Field School, made possible by your generosity to ELCA World Hunger.

[Read the full story.](#)

Local Recipes

Popular foods in Cambodia include [char kroeung](#) (stir fry), [noom pachok](#) (chicken recipe) and [salor kor-ko sap](#) (khmer vegetarian stew). Try these dishes and experience a taste of Cambodia.





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

ELCA World Hunger



Pong Bouch and her husband Pheng Rin scrimped and saved to buy a bit of farmland to help support their seven children – and at last they bought their one-acre dream. Filled with hope, they planted eggplants, cucumbers, string beans and radishes. But their first crops were a disappointment. What could be wrong?

Pong joined The Lutheran World Federation's Farmer Field School, made possible by your generosity to ELCA World Hunger, and paid close attention. The next spring, she spent \$7 to buy

radish seeds. She and Pheng prepared the soil as she had learned in the workshops and planted their crop. And their new learning paid off – they harvested 2.5 tons of radishes, earning \$366!

"The new techniques really work," says Pong, showing off her second crop of radishes. "I can hardly believe it!" Her husband Pheng chimes in, "Thank you very much for teaching us how to grow crops."

Farmer Field School is a part of an integrated approach in Cambodia – including not only agricultural training, but also water and sanitation projects, primary education, health education, work for human rights and advocacy. With your help, ELCA World Hunger works to attack the issues of hunger and poverty from all angles – making a sustainable future possible.

CAMBODIA

Your Gifts to ELCA World Hunger in Action

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

- Strengthening local leadership within rural communities and supporting self-sufficiency
- Building awareness of education in healthcare
- Leadership, risk management and disaster preparedness training



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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.



Cambodia

S O U T H E A S T A S I A



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- What difference can good agricultural techniques make in helping to end hunger?
- How would your life be different if you had to spend the majority of your time growing and preparing food, as well as gathering clean water?
- What are some of the different strategies ELCA World Hunger takes to tackle the issues of hunger and poverty?



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CAMBODIA
www.ELCA.org/hunger

Farming techniques bring big change

Poung Bouch (pictured right) and her husband Pheng Rin scrimped and saved to buy a bit of farmland to help support their seven children – and at last they bought their one-acre dream. Filled with hope, they planted eggplants, cucumbers, string beans and radishes. But their first crops were a disappointment. What could be wrong?

Poung joined The Lutheran World Federation's Farmer Field School, made possible by your generosity to ELCA World Hunger, and paid close attention. The next spring, she spent \$7 to buy radish seeds. She and Pheng prepared the soil as she had learned in the workshops and planted their crop. And their new learning paid off – they harvested 2.5 tons of radishes, earning \$366!

Your gifts to ELCA World Hunger support innovative solutions that fight hunger and poverty in nearly 50 countries around the world, including the United States. Will you help with your gift today?

YES! I would like to support ELCA World Hunger.

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



Ratna Leak/LWF Cambodia

“The new techniques really work,” says Poung, showing off her second crop of radishes. “I can hardly believe it!” Her husband Pheng chimes in, “Thank you very much for teaching us how to grow crops.”

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