



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.

COSTA RICA



Spotlight on Costa Rica

- Population: 4,659,000 (2010)
- Literacy rate: 96%
- Urban population: 64% of total population (2010)

Printable Table Tent

Print the table tent, designed for the Costa Rica 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

Bless us, O Lord and these thy gifts which we are about to receive from thy bounty. Through Christ our Lord. Amen.

(Prayer from www.ourcatholicprayers.com/mealtime-prayers)

Story: Flor

Most people in El Jardin, Costa Rica, work in the banana and pineapple plantations that surround the village. But not Flor. Thanks to ELCA World Hunger, Flor and her neighbors learn about soil fertility, crop rotation and plants.

[Read the full story.](#)



Local Recipes

Popular foods in Costa Rica include [arroz con pollo](#) (chicken and rice), [bean stuffed bell peppers](#) and [olla de carne](#) (Costa Rican beef stew). Try these dishes and experience a taste of Costa Rica.



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

ELCA World Hunger

Meet Flor

Most people in El Jardin, Costa Rica, work in the banana and pineapple plantations that surround the village. The work is hard, the wages are low, and over the generations, the villagers have lost their knowledge about growing other crops.

Recognizing the need for more food, income and sources of employment, the Lutheran church in El Jardin, supported by your gifts to ELCA World Hunger, uses its land for an ecological agriculture program. Flor and her neighbors learn about soil

fertility, crop rotation and plants. They're growing vegetables to eat and also plants that can be turned into products like shampoo and insect repellent.



Flor says she didn't know anything about rose hips when they started; now she grows them and uses them to make drinks and jam. "It's nice not to have to buy so many things now, and to be able to make them instead," Flor smiles. She has also become treasurer of the group. Eventually, they hope to sell their products in shops beyond their own village.

Flor's new skills and knowledge have made her very hopeful about the future. But Nehemias, the program's manager, says the changes are much bigger than that. With so many in the village involved — including the children — there is a new sense of community, pride and mutual support that will bring benefits for years to come.

Your gifts to ELCA World Hunger support programs and projects that help change lives in more than 60 countries around the world. Will you help with your gift today?

COSTA RICA

Your Gifts to ELCA World Hunger in Action

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

- Agricultural training for farmers
- Grassroots farmer cooperatives
- Community development



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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.



Costa Rica

CENTRAL AMERICA



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- Why share these meals together during the season of Lent? What does it mean for how you experience this time before Easter?
- How difficult would it be for you to grow some of your own food? What produce would you grow?
- If you could grow your own food, what would you do with all the food you couldn't use?



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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 \$ _____



Nancy Michaelis/ELCA

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