



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.

Meal Twelve - Ethiopia



Spotlight on Ethiopia

- Region: Africa
- Population: 90,873,739 (July 2011 estimate)
- Literacy Rate: total population: 42.7%

- Urban Population: 17% of total population (2010)

Printable Table Tent

Print the table tent, designed for the Ethiopia. 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.

Program

This 30-minute program, specifically designed for the Ethiopia meal, contains a reading, litany, monologue, prayers and discussion questions.

Table Prayer

Lord Jesus, we thank you for the food which is prepared for us and we kindly ask you to bless it for us. Amen.

We thank you, Jesus, for you gave us this food, and we pray that you help us share the heavenly table.

(Prayers from [Food for Life: Recipes and Stories on the Right to Food.](#))

Story: Luku

Farming is the primary way to make a living in the Abaya district of



Eastern Ethiopia. It's always been a challenge for crop production to support the entire community, but in recent years, unpredictable weather and changing rainfall patterns have led to extreme drought and food shortage...

[Read the full story.](#)

Local Recipes

Popular foods in Ethiopia include [injera](#) (Ethiopian bread), [doro wat](#) (chicken stew with hard-boiled eggs), [alecha](#) (vegetable stew), [dabo kolo](#) (fried cookies) and coffee. Find more recipes at <http://www.africa.upenn.edu/Cookbook/Ethiopia.html>.



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

ELCA World Hunger

Meet Luku

Laxmi was only six years old when she told a GoodWeave inspector that she had to work to survive.



After a landslide wiped out her family's home in rural Nepal, the family moved to the capital where her parents could find work in a carpet factory. But her mother fell ill and her father turned to drink, so Laxmi was left with no other option but to work on the loom herself.

When the inspector found Laxmi, GoodWeave stepped in to help. Laxmi was freed from the loom and enrolled in school. She was eager to learn and grateful for a second chance at life. Today she is doing well in one of the best universities in Nepal.

Your gifts to ELCA World Hunger support GoodWeave, an organization that works to end illegal child labor in the carpet industry of South Asia. The organization sponsors schools for former

“carpet kids,” along with child care and other services for adult weavers and their families.

Each rescued child receives literacy and math training before entering a formal education process which includes language training, social studies and science. Over 9,000 children have been rescued from the looms and given the opportunity to embark on a new path in life.

Ethiopia

Your Gifts to ELCA World Hunger in Action

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

- Agricultural development
- Safe water access
- Empowerment of women
- Response to HIV and AIDS
- Refugee assistance
- Food security



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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.

Ethiopia



- Ethiopian meals do not require utensils. Instead, people tear off pieces of bread (injera) and use it to scoop food. How comfortable would you be eating without utensils for all meals?
- Ethiopia is plagued by chronic food insecurity mostly due to drought and environmental degradation. If the United States were to be hit by a drought, how would we weather it? Why is it hard for people in Ethiopia to have a fall-back plan?
- ELCA World Hunger and their partners in Ethiopia support programs that affect sustainable development. What does the word "sustainable" mean? What would it take to give the gift of sustainability to Ethiopia?



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Luku Elema, a 36-year-old mother of seven, knows this all too well. For the last several years, her harvest of coffee and grain has only produced enough for her family to sustain themselves for part of the year. They have gone two months or more with hardly anything to eat.

The Lutheran World Federation, supported by your gifts to ELCA World Hunger, is working to make a difference.

In July 2010, Luku received a gift of three goats. The goats are hardy, surviving in even the driest, hottest climates—all the while providing Luku and her children with fresh, nutritious milk to drink and sell in the market. She uses the manure from the goats to fertilize her fields, and help grow a larger harvest than ever before.

Within five months, the three goats had already multiplied into seven. "When there is a lack of food, I can sell a goat," she says. With enough income to sustain her family, even in times of drought, she is one step closer to breaking the cycle of poverty for good.

Your gifts to ELCA World Hunger support this program and others like it in more than 60 countries around the world. A gift of just \$50 could provide a goat to a family in need. Will you help with your gift today?

YES! I would like to support ELCA World Hunger.

- I have enclosed my gift of \$50.
 I have enclosed my gift of \$100.
 Other \$ _____

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Ethiopia



ORDER OF SERVICE

PRAYER:

Pour out upon us your holy presence. Restore to us the joy of your salvation, and sustain in us a willing spirit. Amen.

READING:

Isaiah 63:5a, 9 (NRSV)

I looked, but there was no helper;
I stared, but there was no one to sustain me;
It was no messenger or angel
but his presence that saved them;
in his love and in his pity he redeemed them;
he lifted them up and carried them all the days of old.

MONOLOGUE: Luku Elema

In my area of Ethiopia, most of us are farmers. Every year it was the same. What our farms produced did not sustain us for the year. (shake head) We worked to grow coffee and grain, but before the next harvest we would go without. (pause) I have seven children. There is nothing harder than to watch your own child grow hungry because you did not provide for them. (look away as if remembering)

But then last July, a miracle happened to me. A loud, noisy, stubborn, milk-producing miracle that changed our lives. My family was given three goats by The Lutheran World Federation. The Lutheran World Federation is just one partner of many partners supported by your gifts to ELCA World Hunger. Did you know that?

Did you know your gifts go to buy goats? Goats are hardy and survive even in the driest, hottest climates. It is hot in Ethiopia and dry, but our goats don't mind. They provide the children with fresh, nutritious milk to drink and enough left over for us to sell in the market. I use the manure from the goats to fertilize my fields and help grow a larger harvest than ever before. (throw hands up in surprise)

Within five months, our three goats had already multiplied into seven. In times of drought, when there is a lack of food, I can sell a goat. While we don't have a lot, we now have enough. We can sustain ourselves even through the hard times. God is good. We are thankful for our three goats. We are thankful for you. Your gifts to ELCA World Hunger support this program and others like it in more than 60 countries around the world. In Ethiopia, your gifts are making a difference. I should know. Just look at my children. (hands out/ smile broadly)

continued on back...

LITANY:

Leader: It is no messenger or angel but God's presence that saves us;

***Women:* In God's love and in God's pity God redeems us;**

***Men:* God lifts us up and carries us all the days of old.**

Leader: Sustain us, good Lord,

***Congregation:* It was not a messenger or angel that saved this woman.**

Leader: It was not a program or offering that saved her.

***Congregation:* It was the Lord.**

Leader: Sustain us, good Lord, that the world may be fed.

***Women:* Amen**

***Men:* Amen**

***All:* Amen**

PRAYER:

How grateful we are to be sustained in God's love. How grateful to rest in God's presence, to feel the moving of God's Spirit and step into the updraft. How grateful to say "This mountain shall be moved" and to watch it move. How grateful we are to the Spirit that lifts, carries and sustains us all of our days. Amen.



1. Discuss how the word "sustain" was used throughout this service. Where did it first appear? How did Luku use the word in her lesson? Share a time when God's love sustained you.
2. God, who once appeared as a burning bush, in this lesson appears as a goat! Discuss how God used the ELCA World Hunger program to make God known.
3. How did gratitude play into the service this evening?

