



# 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 Eight - India



## Spotlight on India

- Region: Asia
- Population: 1,189,172,906 (July 2011 estimate)
- Second largest population per country in the world

- Life expectancy: total population: 66.8 years
- Urban population: 30% of total population (2010)

## Printable Table Tent

Print the table tent, designed for the India 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.

## Program

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

## Table Prayer

Before grasping this grain, let us consider in our minds the reasons why we should care for and safeguard this body.

This is our prayer, oh God. May we be forever devoted at your feet, offering body, mind, and wealth to the service of truth in the world.

(Prayer from [www.yesmagazine.org](http://www.yesmagazine.org).)



## Story: Lochana

India's forests are home to millions of people. Most are sustenance farmers, living off of the land and fishing in nearby waters. But in recent years, farmers were forced from their land and fields with little-to-no notice.

[Read the full story.](#)

## Local Recipes

Popular foods in India include baked chicken with vegetables and mushrooms, naan (bread) and curry. We recommend [baked chicken and vegetables and mushrooms](#). Find these recipes and more at [www.recipesindian.com](http://www.recipesindian.com).



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## ELCA World Hunger

### Meet Lochana

India's forests are home to millions of people. Most are subsistence farmers, living off of the land and fishing in nearby waters. But in recent years, farmers were forced from their land and fields with little-to-no notice.



Lochana and her 10- and 16-year-old sons lived in one of these forests, far below the poverty line — on less than 40 cents a day. She fed her family by cultivating a one-acre plot of land.

In 2006, India passed the Forest Rights Act, recognizing the rights of forest-dwelling communities. The act allowed for the poorest of the poor to receive additional land, homes and other resources that had been denied to them for years.

But Lochana never heard about this act. In fact, neither did any of her neighbors. That's when the church stepped in to help. Supported by your gifts to ELCA World Hunger, representatives from Lutheran World Service India Trust met with Lochana and her neighbors. They helped her understand her rights and complete applications to governmental programs.

Thanks to their help, Lochana and her family were awarded two acres of their own land. With additional funding, her new home is under construction and her future looks bright. "I am very happy," she says.

## Your Gifts to ELCA World Hunger in Action

Your gifts to ELCA World Hunger support many projects and programs in India, including:

- Shelters
- Health clinics
- Health education
- Vocational training
- Literacy training
- Advocacy



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Support ELCA World Hunger by visiting [www.elca.org/hunger/donate](http://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.



- What spices can you identify in the food prepared for this evening?
- Consider the population of India. How does the population affect the food choices available to the average person in India?
- Have you ever eaten a meal made entirely from food you raised or produced? Share your story.
- ELCA World Hunger and their partners help build self-reliance in disadvantaged areas of the world. How are self-reliance and food related?



# India



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# India

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## ORDER OF SERVICE

### PRAYER:

Take me to the need, Lord. Is there a number to call, a form to fill out, an office to visit where I might be needed? Is there insight to share, a fact, a word of encouragement, a translation called upon? Is there a hand to hold, a face to feed, a car to be driven? A warm meal or bed to offer? Take me to the need, Lord, that I may find you there. Amen.

### READING:

Genesis 13:14-18 (NRSV)

The Lord said to Abram ... “Raise your eyes now, and look from the place where you are, northwards and southwards and eastwards and westwards; for all the land that you see I will give to you and to your offspring—forever. I will make your offspring like the dust of the earth; so that if one can count the dust of the earth, your offspring also can be counted. Rise up, walk through the length and the breadth of the land, for I will give it to you.” So Abram moved his tent, and came and settled by the oaks of Mamre, which are at Hebron; and there he built an altar to the Lord.

### MONOLOGUE: Gagan and Bibek

My name is Gagan. This (put arm around Bibek) is my 10-year-old brother Bibek. And that, (he points in another direction) that is my mother, Lochana, standing near our new home. We move in tomorrow. She is very happy. (smile broadly) All of this, (point out as if surveying land) this is our land. Two acres of land with our name on it. (laugh)

In India, many people are like us. We work the land. We fish the waters. We are sustenance farmers. We live off the land and water far below the poverty line. Bibek, my mother and I got by because we worked hard cultivating a one-acre plot of land. But, in recent years, farmers like us were forced from our land with little notice. We had no voice. We thought we had to go.

But, we had rights we didn't even know about. The Forest Rights Act allowed for poor forest dwelling farmers to receive additional land and even a home — resources that had been denied us for years. We didn't know about any Forest Act. That's when your church stepped in.

Supported by gifts to ELCA World Hunger, representatives from Lutheran World Service India Trust met with our mother and other neighbors. They helped us understand our rights and even helped us fill out our applications.

Now, Bibek and I have a home. A real home. And my mother. She doesn't have to be afraid any more. No one can tell us to move off this land. It's ours. Thanks to the support of ELCA World Hunger, our family has a future!

*continued on back...*

## LITANY:

*Leader:* Everyone needs a place,

***Congregation:* A place to come home to.**

*Leader:* How can we bless our coming in or our going out

***Congregation:* If we have no place from which to leave and return?**

*Leader:* Everyone needs a place,

***Congregation:* A place to come home to.**

*Leader:* I knew a man who had a home with only three walls.

***Congregation:* He locked his front door anyway.**

*Leader:* Everyone needs a place,

***Congregation:* A place to come home to.**

## PRAYER:

You know us so well, Lord. You know our going out and our coming in. Through the ELCA World Hunger program, you provide a door for the homeless and a roof over the displaced that they may find a home in you. Help us see you in their distress and move to put the gospel into action. Amen.



1. How many times have you moved in your life? How long did it take for you to feel settled after your move?
2. The Bible says even Jesus did not have a place to lay his head. How does this fact affect how we see the homeless or the displaced? How did ELCA World Hunger respond to the needs of the displaced family in the lesson shared in this service?
3. What gospel-like actions do you see demonstrated in the story shared during this service? If you have a printed copy of the monologue, look for the phrase "When the church stepped in ... ." What three active verbs follow in that paragraph? Circle them and read them aloud. Listen. What do you notice?



INDIA  
[www.elca.org/hunger](http://www.elca.org/hunger)

## Meet Lochana

India's forests are home to millions of people. Most are subsistence farmers, living off of the land and fishing in nearby waters. But in recent years, farmers were forced from their land and fields with little-to-no notice.

Lochana and her 10- and 16-year-old sons lived in one of these forests, far below the poverty line — on less than 40 cents a day. She fed her family by cultivating a one-acre plot of land.

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Give online with a credit card  
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### 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 \$ \_\_\_\_\_



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