



# 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 Five - Tanzania



## Spotlight on Tanzania

- Region: Africa
- Population: 41,892,895
- Life expectancy at birth: 52.49 years
- Population below poverty line: 69.4%
- Literacy rate: 36%

## Printable Table Tent

Print the table tent, designed for the Tanzania 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 Tanzania meal, contains a reading, litany, monologue, prayers and discussion questions.

## Table Prayer

Come Father be our guest. Bless this food as we eat so we get energy to serve you well. Amen. This table blessing from Tanzania is taught to children and sung together before meals. (From [Food for Life: Recipes and Stories on the Right to Food.](#))

Our Father, we praise you. You provide to us every day. Bless our food so we can commune with Jesus Forever. Amen. This table blessing from Tanzania is taught to students starting in nursery school. Children sing it together as a short liturgy before a meal. (From [Food for Life: Recipes and Stories on the Right to Food.](#))

## Story: Baracka

Last year drought struck in East Africa; villages across the region faced tough times. Many families lost their livestock to disease and lack of food and struggled to find enough for their children to eat. Two-year-old Baracka lost his mother to the





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drought...

[Read the full story.](#)

### Local Recipes

Popular foods in Tanzania include beef stew, pilau (rice) and ugali (polenta). Find these recipes and more at

<http://tasteoftanzania.com>.



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### Meet Baracka

Last year drought struck in East Africa; villages across the region faced tough times. Many families lost their livestock to disease and lack of food and struggled to find enough for their children to eat. Two-year-old Baracka lost his mother to the drought. His grandmother cares for him now.

Without his mother's milk, baby Baracka became severely malnourished. In his weakened state, Baracka developed tuberculosis. At two years old, he weighed only 10 pounds. Praying for a miracle, and with no other option for medical care, Baracka's grandmother walked a full day to bring Baracka to the rural health clinic where Dr. Steven Friberg works.

At the health clinic Baracka received medicine to treat the tuberculosis. With access to medical care and supplemental nutrition, he is gaining weight. Thanks to Dr. Friberg, an ELCA missionary supported by your gifts to ELCA World Hunger, Baracka has been able to return home.

### Your Gifts to ELCA World Hunger in Action

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

- **47 secondary schools**, as well as schools for the deaf and those with special needs, teachers' and nurses' training, vocational training and Bible schools
- **Health care**, including HIV and AIDS and malaria prevention and education
- **A dairy cow program** to provide families with milk, meat and fertilizer to fight hunger
- **Refugee assistance**
- **Business management training and vocational skills classes** for women
- **Water projects** to improve farmers' access to water for agricultural use
- **Agricultural training** to improve crop sales and generate income



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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.

### CONVERSATION STARTERS

- The people of Tanzania eat a diet that is typical of sub-Saharan African, based on cassava, cornmeal, coconut, bananas, rice and a variety of vegetables. Some areas of the country have a strong Arabic influence in cooking. How is this meal different from what you might otherwise be having for dinner tonight?
- Review the reverse side of this table tent. How do educational programs help people escape hunger and poverty?
- Discuss what you know about the root causes of hunger.



# Tanzania

A F R I C A



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# Tanzania

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## ORDER OF SERVICE

### PRAYER:

Teach us to pray. Then, teach us to walk. Feed us with your word and direct our path that those who see any good works may give praise to you, our Lord and our Redeemer. Amen.

### READING: Psalm 11:14,15,17,18 (NRSV)

“... let your compassion come speedily to meet us, for we are brought very low. Why should the nations say, “Where is their God?” (Selah\*)

(\*Selah: Sit and think about it for awhile ...)

### MONOLOGUE: Baracka

Grandmother Speaks

(Enter wrapping a sari around shoulder)

My name is not important. Only the name of my grandson, Baracka. (She looks over her shoulder.) We must be quiet now for he is sleeping. He is gaining his strength. (She sits.) I, too, am gaining my strength. Since his mother died, I care for Baracka. He has not been well.

Last year drought struck our villages. Our livestock died due to disease and lack of food. It is the same for people. Baracka’s mother died as well and with her his mother’s milk. I could not help him. He was so thin. He became weak. (She pauses, heavy at heart.) He developed tuberculosis. At 2 years old, he weighed only 10 pounds. How much is 10 pounds? Not enough for a little boy. (She shakes her head sadly.)

(She stands now, gathering courage.)

But one cannot just sit and wait. I prayed. And I walked. I walked for a full day to the rural health clinic. There I met Dr. Steven Friberg, an ELCA missionary. ELCA World Hunger supports his work. You help support ELCA World Hunger. I know this. I thank you. I thank you again and again. Dr. Friberg’s work saved Baracka.

At the clinic, Baracka was given the food and care he needed. And now, (She smiles.) now he is sleeping, but not for long. He is growing every day. He is a strong, healthy boy. For that I thank God and ELCA World Hunger.

(She stands with hands lifted up.)

I will give thanks to you forever; from generation to generation I will recount your praise, O Lord my rock and my redeemer!

*continued on back...*

## LITANY:

*Leader:* Let us hear the voices of our brothers and sisters in poverty and despair as they say,

***Congregation:* “Let your compassion come speedily to meet us, for we are brought very low.”**

*Leader:* Let no one be left to ask, “Where is your God?”

***Congregation:* Let us hear the groans of the prisoners.**

*Leader:* And in Jesus’ name help preserve those doomed to die.

***Congregation:* For they shall see God’s love made manifest in ministry.**

*Leader:* Then we your people will give thanks to you forever;

***All:* From generation to generation we will recount your praise.**

## PRAYER:

Teach us to pray. Then teach us to walk. That no child should go without milk.

That no grandparent be left hopeless. Fill us with your hope, Lord. Let compassion find a home in the work of ELCA World Hunger. Invite us in so that we may make you visible through word and action.



1. St. Francis said, “Always be prepared to share the gospel. If necessary, use words.” How does this quote relate to the work of Dr. Steven Friberg or any ministry done in Jesus’ name?
2. What part of the grandmother’s story resonates with you the most? Where in the story did you hear God’s invitation to you to help make God known through action?
3. How might the work of ELCA World Hunger affect generation to generation on both sides of the ocean?





Jennifer Barger/ELCA

# Meet Baraka

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

Last year drought struck in East Africa; villages across the region faced tough times. Many families lost their livestock to disease and lack of food and struggled to find enough for their children to eat.

Two-year-old Baraka lost his mother to the drought. His grandmother cares for him now.

Without his mother's milk, baby Baraka became severely malnourished. In his weakened state, Baraka developed tuberculosis. At two years old, he weighed

only 10 pounds. Praying for a miracle, and with no other option for medical care, Baraka's grandmother walked a full day to bring Baraka to the rural health clinic where Dr. Steven Friberg works.

At the health clinic Baraka received medicine to treat the tuberculosis. With access to medical care and supplemental nutrition, he is gaining weight. Thanks to Dr. Friberg, an ELCA missionary supported by your gifts to ELCA World Hunger, Baraka has been able to return home.



Your gifts to ELCA World Hunger support doctors, clinics and health ministries that can save lives put at risk by diseases intensified by poverty, such as tuberculosis, malaria, and HIV and AIDS. Will you give today?

**YES!** I would like to support ELCA World Hunger.

- \$140 provides a year's supply of life saving medicines for someone living with HIV.
- \$10 provides a mosquito net to prevent malaria.
- \$100 provides a doctor's salary for one day.
- Other \$ \_\_\_\_\_



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