



# 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 Four - Bangladesh



## Spotlight on Bangladesh

- Region: Asia
- Population: 158,065,841
- Life expectancy at birth: 60.63 years
- Population below poverty line: 36.3%
- Literacy rate: 47.9%

## Printable Table Tent

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

## Table Prayer

Try this traditional prayer from Bangladesh before or during the meal: In the name of God in its beginning and end.

After the meal: All praise is for God who fed me this and provided it for me without any might or power from myself.

## Story: Salma



Eight years ago, Salma and her husband, Ali, didn't have enough money to feed their children and still put a little aside as savings. In fact, they were frequently hungry...

[Read the full story.](#)

## Local Recipes

Popular foods in Bangladesh include [tandoori chicken](#), [paratha](#) (bread) and [melon curry](#). Find these recipes and more at [www.justfoodrecipes.com/bangladesh\\_recipes.html](http://www.justfoodrecipes.com/bangladesh_recipes.html).



## ELCA World Hunger



### Meet Salma

Eight years ago, Salma and her husband, Ali, didn't have enough money to feed their children and still put a little aside as savings. In fact, they were frequently hungry.

Salma's two cows make a big difference.

Salma sells milk from the cows and raises a few other animals as well. Within a couple of years she has saved enough to buy a small plot of farmland where the family grows rice. Now they always have enough to eat and each of her children is enrolled in school. "I hope my son will pass [master's degree coursework]...so that we can live better in the future," Salma says.

Salma is now thinking about running for a seat on her village council because she wants to help people in her community who are still struggling with hunger.



# Meet Salma

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

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A program of the Lutheran World Federation—supported by your gifts to ELCA World Hunger—helped Salma begin raising livestock. **A gift of \$500 may provide a cow to help a family out of poverty.** Will you make a gift to help someone like Salma? Please give today.

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

- I have included my gift of \$500.  
 Other \$ \_\_\_\_\_



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Make your check payable to "ELCA World Hunger." Place your gift in your congregation's offering plate or mail it to: ELCA World Hunger, P.O. Box 71764, Chicago, IL 60694. To give online with a credit card, please visit [www.elca.org/hungerdonate](http://www.elca.org/hungerdonate).

## Bangladesh

### Your Gifts to ELCA World Hunger in Action

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

- **Health care**
- **Microloans for women**
- **Water sources for clean, safe drinking water**
- **Disaster relief and preparedness**
- **Primary education and vocational training**
- **HIV and AIDS prevention and education**
- **Agricultural training**



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## Bangladesh

### CONVERSATION STARTERS

- How is this meal different from what you might otherwise be having for dinner tonight?
- Your gifts to ELCA World Hunger help provide microloans to women in Bangladesh to help them start their own small businesses. Many agree that women play an especially important role in ending hunger and poverty. Why do you think this is?
- Can we hope for hunger to end? What can we do in the midst of waiting?



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# Bangladesh

A S I A



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# Bangladesh

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## ORDER OF SERVICE

### PRAYER:

Help me not to underestimate, to be in a rush to call things “insignificant,” proclaim them not enough and walk away. Two fish, two cows, two-by-two into the ark. Two. Can it make a difference? “Wherever two or more are gathered in my name,” you say, Lord. Me and you. That makes two. Help me not to underestimate. Amen.

### READING:

Luke 14:48 (NRSV)

“From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded.”

### MONOLOGUE: Meet Salma

My name is Salma. (put head covering on head) Tonight we have eaten the food from my country, Bangladash. Tonight our stomachs are full. Our bodies are strong. It has not always been like that for my family. Often we, like many in my country, were hungry. But not any more.

Why, you ask? The answer: two cows. Two cows given to me with funds from ELCA World Hunger. Two cows made all this difference. With two cows I was able to sell milk. With the money from the milk, I was able to save and buy this property. (Move arm across body with palm up) With the property, we now raise rice. We are never hungry now. My children go to school. My son is working on his master’s degree. (laughs) The cows are very proud of him. So is his mother!

(She pauses.)

But I have not forgotten the gift. “To much that has been given, much is expected.” Do you know this verse? It is written on my heart. Through God’s blessing — through the work of ELCA World Hunger — I have been given much. But it is not all for me.

With a full stomach, I now have a full voice. I hope to run for a seat on my village council. There are many here who could use two cows. Perhaps, I can help them. Perhaps you could, too.

*continued on back...*



## LITANY:

*Leader:* Two men are walking. One says to the other, “If you had 1,000 cows would you give 100 to the Lord?”

***Congregation:* “I’m sure I would,” the man replied.**

*Leader:* What if you had 100 cows? Would you give 10 to the Lord?

***Congregation:* Of course, the man said again without hesitation.**

*Leader:* What if you had two cows? Would you share one with another?

***Congregation:* The man paused. How can you ask me that?**

*Leader:* For you know I have two cows.

## PRAYER:

Forgive us our many cows, Lord. Forgive us when we speculate, educate, ruminate, contemplate but fail to actuate. Why must I have two cows when one another has none? Am I afraid that I won’t have enough? It comes down to trust, Lord. Do I trust you enough to hand over the rope and give to your other children what you first gave me? Amen.



1. Go back and discuss the litany. Many people laugh when they first read it and say, “Yes, that’s just like us!” Move past that first response. Listen. Is something stirring? Take time to let it speak. What do you hear?
2. Where in the story did you find the “give back?” Where does Salma’s story enlarge and expand to include others? What made it possible for Salma to start giving back?
3. How connected do you feel to your contributions to ELCA World Hunger? Giving financially is only part of the gift. What’s the other part?

