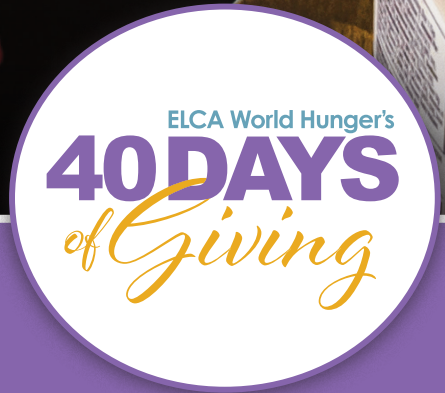


ACTION GUIDE *for* CONGREGATIONS



JOIN ELCA WORLD HUNGER THIS LENT!



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

Photo: Focus on the Family



HOW TO USE THIS GUIDE

As members of the Evangelical Lutheran Church in America (ELCA), we are called to be part of God's work in the world. Through ELCA World Hunger, our church creatively and courageously works toward a just world where all are fed. Together, we can achieve things on a scale and scope we could never do otherwise.


Chances are your congregation is already making a difference in the fight against hunger and poverty by serving your neighbors, raising funds and collecting in-kind donations. First, thank you! This guide is designed to help you continue this good work with some new and popular resources.

FIND

Visit ELCA.org/Hunger to find nearly all the resources you see here and more.

CONNECT

Engage with the latest news and stories from ELCA World Hunger:

 [Facebook.com/ELCAWorldHunger](https://www.facebook.com/ELCAWorldHunger)

 [Twitter.com/ELCAWorldHunger](https://twitter.com/ELCAWorldHunger)

 [Instagram.com/ELCAWorldHunger](https://www.instagram.com/ELCAWorldHunger)

TELL US

Was your activity a success?

Send photos and stories to hunger@elca.org.

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ELCA World Hunger's 40 DAYS *of Giving*

Journey with ELCA World Hunger this Lent as we join together to study, reflect and give during the 40 Days of Giving.

Experience how the grace of Christ moves us to engage in transformative works of love around the world through ELCA World Hunger as God calls us into the ministry of hope, liberation and restoration.

You're invited to participate with a new Lenten devotional calendar filled with ideas for how to engage in the Lenten disciplines, as well as a weekly study with reflections on how your gifts to ELCA World Hunger are at work in the world. Together, we'll connect our Lenten call to serve the neighbor with ELCA World Hunger's work to end hunger and poverty. We invite you to focus your Lenten season by joining us during ELCA World Hunger's 40 Days of Giving — for the love of Christ and for the good of our families, our neighbors and communities around the world.

Visit ELCA.org/40Days for more information, to order resources and to begin planning your congregation's participation and fundraising.

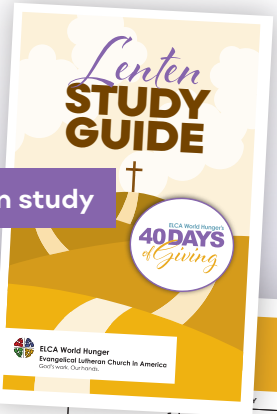
ELCA.org/40Days

The 40 Days of Giving starts March 6, 2019.

40 Days of Giving: Practicing Lent

This Lent, walk with ELCA World Hunger as our church prepares for the ministry God calls us to this season — the ministry of hope, liberation and restoration for our world. The practices of Lent — repentance, prayer and fasting, sacrificial giving and works of love — will guide our own journey through the wilderness to the cross with Christ and back into the world to share the good news with our neighbors.

2019 weekly Lenten study



MARCH

ELCA World Hunger's **40 DAYS of Giving**

Goal amount: _____

3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<p>SELF-EXAMINATION AND REPENTANCE: In repentance, we recognize the ways sin entered our lives and the ways we have sinned. We confess our sins to God and to one another, and we ask for forgiveness. We turn away from our sins and turn toward God and one another.</p> <p>PRAYER AND FASTING: As part of this discipline, use the selected and other scriptures to build the relationship with God and one another, and to share the good news with our neighbors.</p> <p>WORKS OF LOVE: ELCA World Hunger is our church's ministry to and hunger relief ministry to people throughout the world, including the United States. We share God's love by offering relief to those who are hungry, thirsty, and in need of clothing, shelter, and other necessities.</p> <p>SACRIFICIAL GIVING: As you journey through Lent, practice the disciplines of prayer, fasting, and giving. ELCA World Hunger beyond regional boundaries, we are setting a special goal of giving \$250,000 to ELCA World Hunger throughout this collection. See how you can help!</p>					

Lenten devotional calendar

Order our Lenten devotional calendar, which is filled with ideas for daily engagement with the Lenten disciplines of self-examination and repentance, prayer and fasting, sacrificial giving and works of love.



Dive deeper into the content provided in these resources each week during Lent through a weekly email from ELCA World Hunger. Visit ELCA.org/40Days to subscribe.

Even more resources to guide your congregation's Lenten journey

Reproducible Stories 2019

Use these stories in your Sunday bulletin, newsletters, and other communications to highlight the ways you can help ELCA World Hunger. Each story includes a photo and a short paragraph about the person and their story.

40 DAYS of Giving

GIVE TODAY

Reproducible stories

40 Days of Giving jar wrapper



Lenten litany

God of faithfulness, you led Israel through the wilderness to safety with a pillar of cloud by day and a pillar of fire by night. In the Spirit you led Jesus through the wilderness to the cross and empty tomb. God of faithfulness, lead us this holy season

to self-examination and repentance, prayer and fasting, sacrificial giving and works of love — strengthened by the gifts of word and sacrament.

God of love, your Son Jesus longs to gather us as a hen gathers her brood under her wings. God of love, gather your whole church, your whole world, together

to self-examination and repentance, prayer and fasting, sacrificial giving and works of love — strengthened by the gifts of word and sacrament.

God of reconciliation, your Son the gardener cares for the fig tree, protecting and cultivating it, feeding it and giving it more time to bear delicious and valuable fruit. God of reconciliation, cultivate us

to self-examination and repentance, prayer and fasting, sacrificial giving and works of love — strengthened by the gifts of word and sacrament.

God of forgiveness, while the son who had been lost was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. God of forgiveness, draw us into your arms and call us

to self-examination and repentance, prayer and fasting, sacrificial giving and works of love — strengthened by the gifts of word and sacrament.

God of mercy, Mary sat at Jesus' feet, anointed them with costly perfume, and wiped them with her hair. God of mercy, call us to Jesus' feet to spend our lives loving him and call us

to self-examination and repentance, prayer and fasting, sacrificial giving and works of love — strengthened by the gifts of word and sacrament.

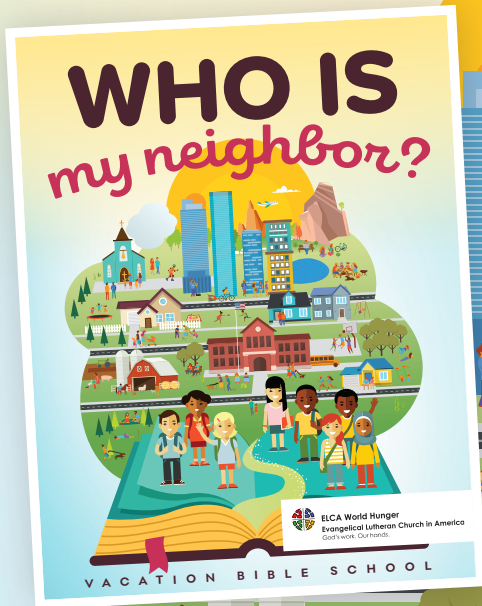
Holy God, lead us and gather us. Cultivate, embrace and call us. Renew us in this holy season through your Son, Christ our Lord.

Amen.

"Who Is My Neighbor?" Vacation Bible School Curriculum

Do you find yourself already daydreaming about summer? If so, we encourage you to take a look at ELCA World Hunger's newest Vacation Bible School (VBS) program, "Who Is My Neighbor?" available for order and download now.

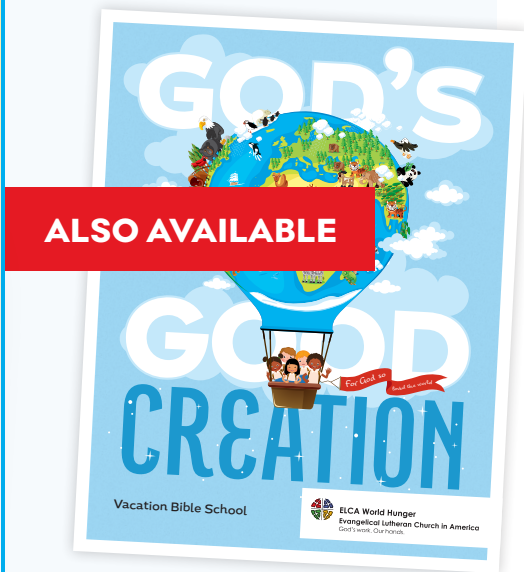
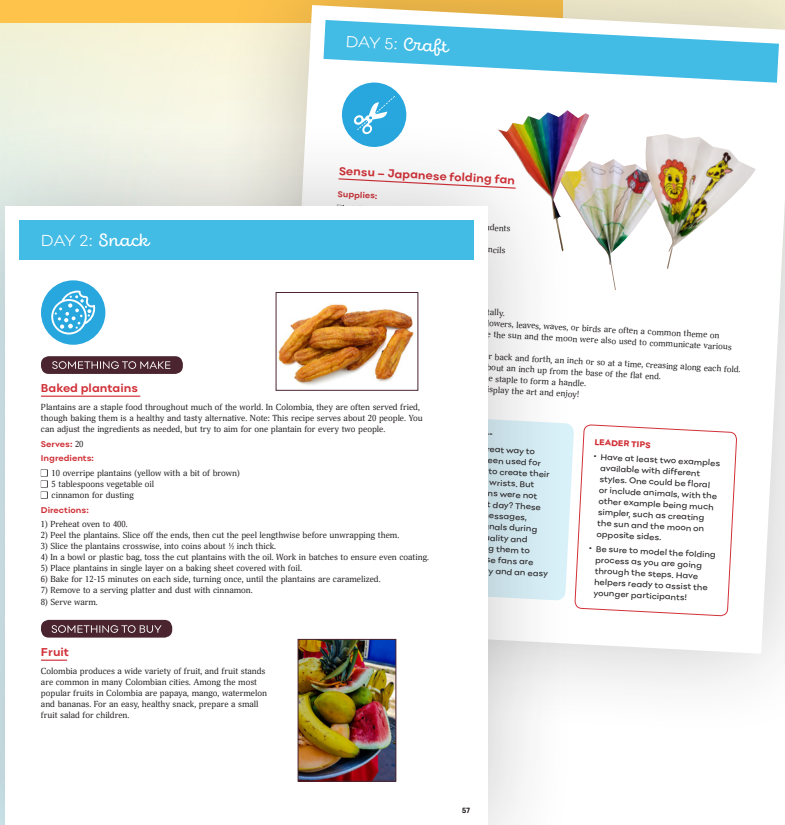
Based on the Good Samaritan story, "Who Is My Neighbor?" engages children in a week of fun, laughter and play while learning about how we are called by God to love and care for our neighbors within our communities and around the world.



**New
program
for 2019!**



Download free promo posters and certificates for participants at ELCA.org/Hunger/Resources under the "Hunger Ed" tab.



Did you know?

"Who Is My Neighbor?" is the second in a series of VBS programs by ELCA World Hunger. The 2018 program, "God's Good Creation," is still available for download. Look for a new VBS program in 2020!

This full, five-day curriculum includes skits, small-group time, games, snacks, crafts and stories that will help participants explore what it means to be a neighbor in Christ by learning about neighbors in five parts of the globe.

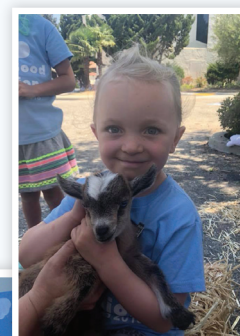
We pray that the children in your VBS will see the ways God has blessed them and their neighbors – and the role they can play in God's promise of a just world where all are fed.

The full "Who Is My Neighbor?" VBS curriculum is available now.



Visit Resources.ELCA.org to order free printed copies.

Download the full program at ELCA.org/Resources/ELCA-World-Hunger under the "Hunger Ed" tab.



Mount Cross Lutheran Church
Camarillo, Calif.



Hunger Catechisms

ELCA World Hunger is excited to announce the completion of our confirmation lesson series, "Hunger Catechisms." These sessions encourage understanding of the Small and Large catechisms as they relate to our faith, our personal life and our public life for confirmation, high school youth groups and mentoring programs.

Each lesson begins with Martin Luther's teachings in both the Small and Large catechisms and discusses their spiritual implications and social applications. At the end of each lesson is an example of how the ELCA is working alongside neighbors within the U.S. and around the world through the ministry of ELCA World Hunger.

Each lesson focuses on a specific topic related to our call to justice:

- Economic justice (1st Commandment)
- Food insecurity (5th Commandment)
- Wage theft (7th Commandment)
- Immigration rights (8th Commandment)
- Gender equality (9th + 10th commandments)
- Environmental justice (1st Article of the Creed)
- Food waste (Daily Bread)

Use these sessions as discussion guides for youth groups, supplemental curriculum during confirmation lessons, in adult forums, mentor conversations and more.



Hunger Catechism: Fifth Commandment

BIG IDEA: The first step | **Reading:** James 2:15-17

Purpose
This lesson discusses the Fifth Commandment, Martin Luther's interpretation, and how we can live out this commandment with our neighbor. It also introduces ways that this commandment calls people of faith to respond.

Commandment and focus
FIFTH COMMANDMENT: You shall not...
FOCUS QUESTION: What does it mean...

Luther's lens (Small Catechism)
"We should fear and love God so that we harm our neighbor, but help and support his physical need."

Going further
Martin Luther understood God's commandment what we should not do—and grace—what God's people. When thinking about the Fifth Commandment, it also means we are called to help others. It also means we are called to help others meet their needs when some to basic necessities (healthy food, clean water to live, etc.).
Luther was very serious about this commandment in our lives as we try to be good neighbors. Whenever we have a chance to help someone, Luther wrote, "If you see anyone who is suffering..."

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Hunger Catechism: Daily Bread

BIG IDEA: "Give us this day our daily bread": A world of abundance | **Reading:** John 6:32-35

Purpose
This lesson discusses the Fourth Petition of the Lord's Prayer, Martin Luther's interpretation, and how we can live out this statement with our neighbor. It also covers how hunger and poverty directly relate to the Lord's Prayer, as well as how we are called to create communities where all are fed.

Commandment and focus
FOURTH PETITION OF THE LORD'S PRAYER: Give us this day our daily bread.
FOCUS QUESTION: How are we called to live, as people of faith, in a world of abundance?

Luther's lens (Small Catechism)
"God certainly gives daily bread to everyone without our prayers, even to all evil people, but we pray in this petition that God would lead us to realize this and to receive our daily bread with thanksgiving."

Luther's explanation (Large Catechism)
"God certainly gives daily bread to everyone with the support and needs of the body, such as food, drink, clothing, shoes, house, home, land, animals, money, goods, a devoted husband or wife, devoted children, devoted workers, devoted and faithful rulers, good government, good weather, peace, health, self-control, good reputation, good friends, faithful neighbors, and the like."

Going further
We recite this line every week at church, "Give us this day our daily bread." But what is "daily bread?" As you can see in Luther's explanation, we are fed by more than just physical food.
QUESTION: What unexpected things does Luther include in his list of "daily bread?" Why are each of these important for our daily lives?
When we pray for our "daily bread," we trust that God has provided everything we need and that God has given us enough for everyone. One way to think about this is as "God's abundance." Abundance means more than enough. Often, it's easy to think that there isn't enough for everyone and that if one person gains another person must lose. This is called scarcity. As Christians, we are called to respond to claims of scarcity by preaching God's abundance.

READING JOHN 6:32-35
"Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'" Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

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Visit [ELCA.org/Hunger/Resources](https://www.elca.org/Hunger/Resources) and click on the "Hunger Ed" tab to download all seven sessions today.

Global Farm Challenge

Youth and adults from across the ELCA joined together in Houston last summer to celebrate Jesus' life, death and resurrection and to state boldly, "This Changes Everything!" At the ELCA Youth Gathering, we had the chance to be part of that change in the lives of smallholder farmers through ELCA World Hunger's Global Farm Challenge, our yearlong, youth-driven fundraising challenge to support the agriculture-related programs of ELCA World Hunger.

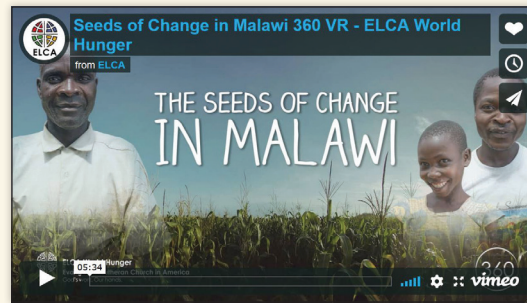
Together, our church raised more than \$1.2 million to provide animals, seeds, tools, training and more to our farming neighbors around the world. Thank you!

At the Youth Gathering, youth and young adults participated in an unforgettable experience designed to immerse them in what it's like to be a smallholder farmer around the world. Today, you can bring this experience home to your congregation with these new resources.



The Global Farm Challenge Do-it-Yourself Field Experience track

The "Field Experience," a do-it-yourself track, gives youth and adults the chance to walk through one season as smallholder farmers and to learn about the challenges — and opportunities — they face.



Seeds of Change in Malawi: A 360-degree video experience

In Malawi, more than 70 percent of the population live on less than \$1.90. Most families rely on their farms for food and income. In "Seeds of Change in Malawi," you will meet one such family — the Nkhoma family — in a new 360-degree immersive video experience. See how gifts to ELCA World Hunger can help families like the Nkhomas as they uncover new opportunities for more secure, healthier lives. "Seeds of Change in Malawi" can be viewed online at YouTube.com/ELCA or downloaded and experienced in a virtual reality headset.



Visit ELCA.org/GlobalFarmChallenge to view and download these resources today.


Engage members of all ages in supporting the Global Farm Challenge with these fun resources:



Visit Resources.ELCA.org to order free coin boxes and sticker sheets.

Educate, engage, inspire

Visit ELCA World Hunger's Vimeo channel to find a series of short videos you can share with your congregation during worship, temple talks, youth lessons, Bible studies and more. Choose from a variety of videos designed to connect your congregation to people and communities whose lives are changed through your gifts to ELCA World Hunger here and in more than 60 countries around the world.

 Check out all of ELCA World Hunger's videos at Vimeo.com/Channels/ELCAWorldHunger or on the ELCA World Hunger playlist at YouTube.com/ELCA.



East Boston Community Soup Kitchen



Rebecca's Story



Holistic Ministries



Until All Are Fed



Global Farm Challenge: We did it!



Robyn's Story



Kanchan's Story



DIKO Marie's Story



Kenneth's Story



The Kafley Family's Story



Virginia Quispe's Story



The Lingson Family's Story



Global Garden Reminds Refugees of Home

ELCA World Hunger bulletin insert

Include this new, expanded ELCA World Hunger insert in your worship bulletin or use it as a brochure on a resource table. Learn more about how your gifts are making an impact and get an overview of our church's response to hunger and poverty.



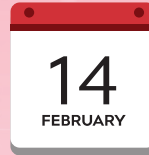
ELCA World Hunger posters

Display our 14"x22" posters in a prominent place to show your congregation's support for ELCA World Hunger.



Visit Resources.ELCA.org to order free bulletin inserts and posters today.

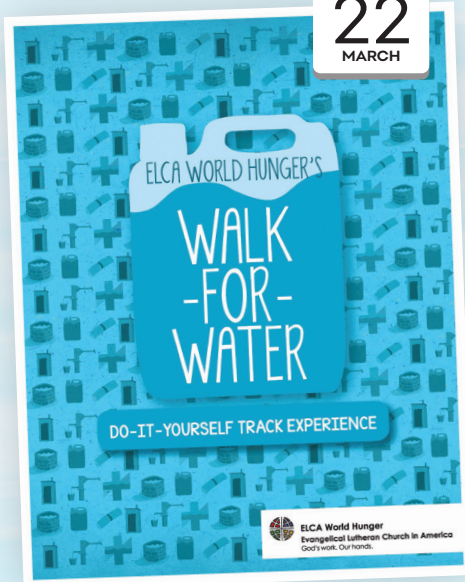
Get ready for Valentine's Day



On the Sunday before Valentine's Day, spread the love to ELCA World Hunger's ministries throughout the world with ELCA Good Gifts grams and children's color-your-own valentines. ELCA Good Gifts grams may be purchased in honor of your friend, child or significant other to celebrate Valentine's Day. Take a donation for these ELCA Good Gifts grams prior to Valentine's Day before or after worship as a special way to celebrate the holiday while giving to ELCA World Hunger. Special coloring sheets are also available for kids of all ages – check out samples on the next two pages of this guide!



Visit Resources.ELCA.org to order your Valentine's Day grams today. Coloring sheets are available for download at ELCA.org/Hunger/Resources under the "General" tab.



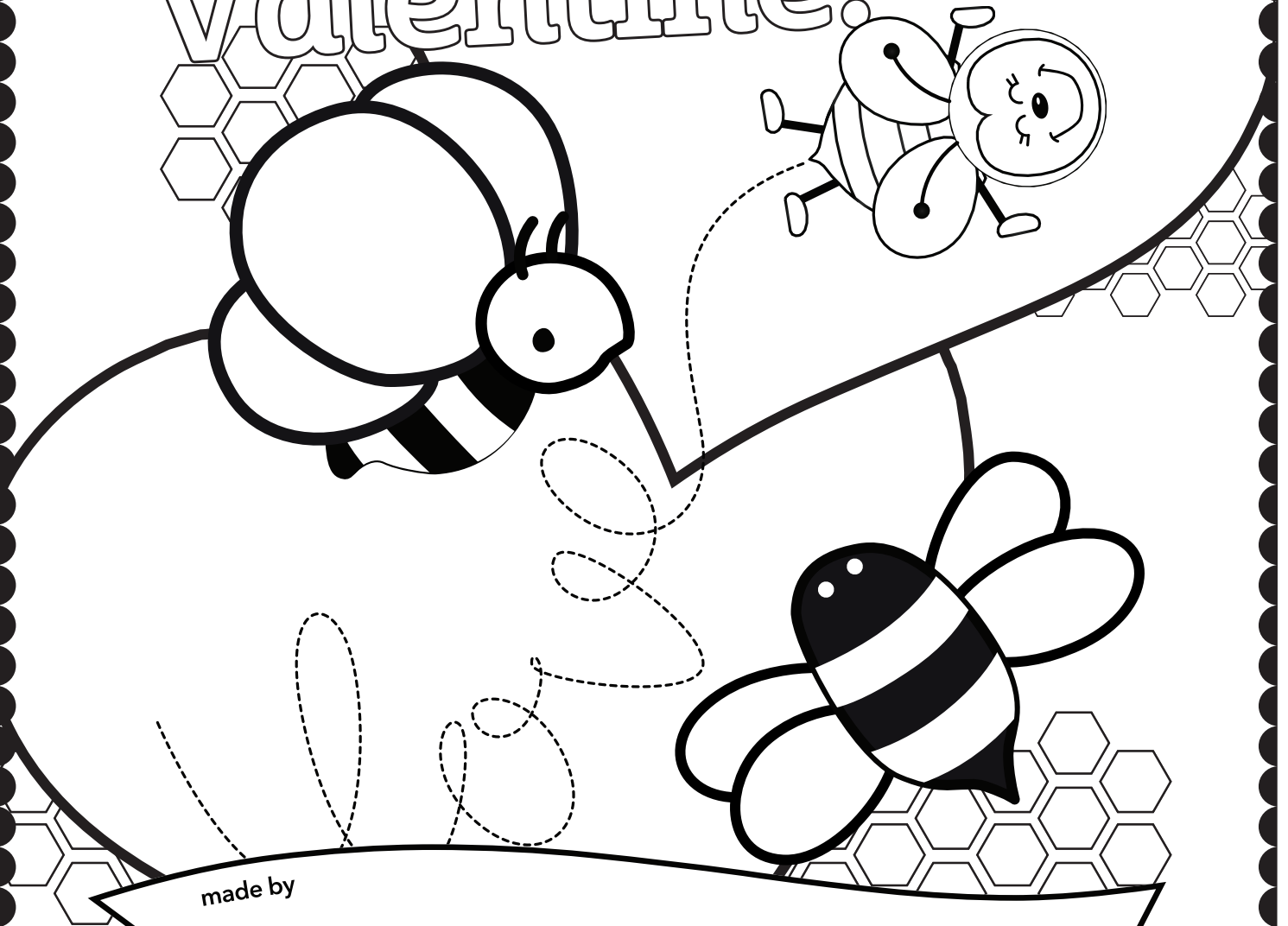
World Water Day

For World Water Day 2019, bring the ELCA World Hunger Walk for Water experience to your congregation. The do-it-yourself program gives you step-by-step instructions on how your group can experience what it's like to carry a 5-gallon jug of water (41.5 pounds) through a simulated water collection experience. Throughout the simulation, each person follows one of five "stories" to guide them along the track. Along the way, participants will confront different obstacles that help them realize some of the struggles those walking for water may encounter.



Download this guide for free at ELCA.org/Hunger/Resources under the "General" tab.

BEE MINE, Valentine!



made by

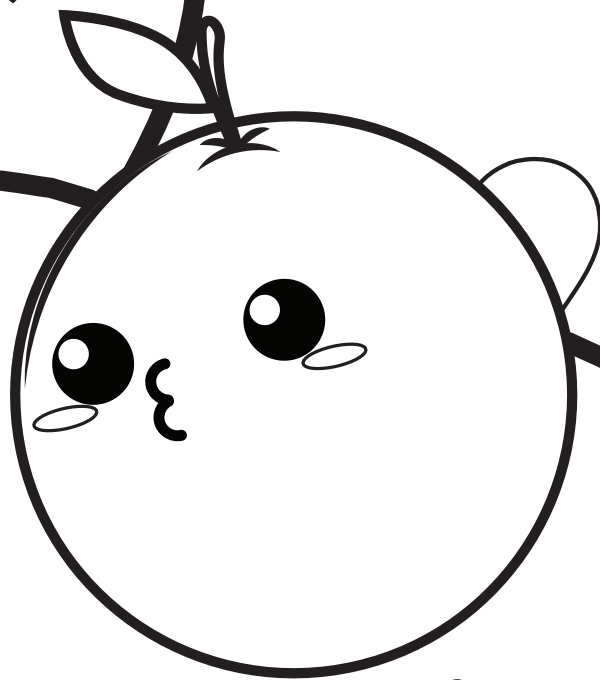
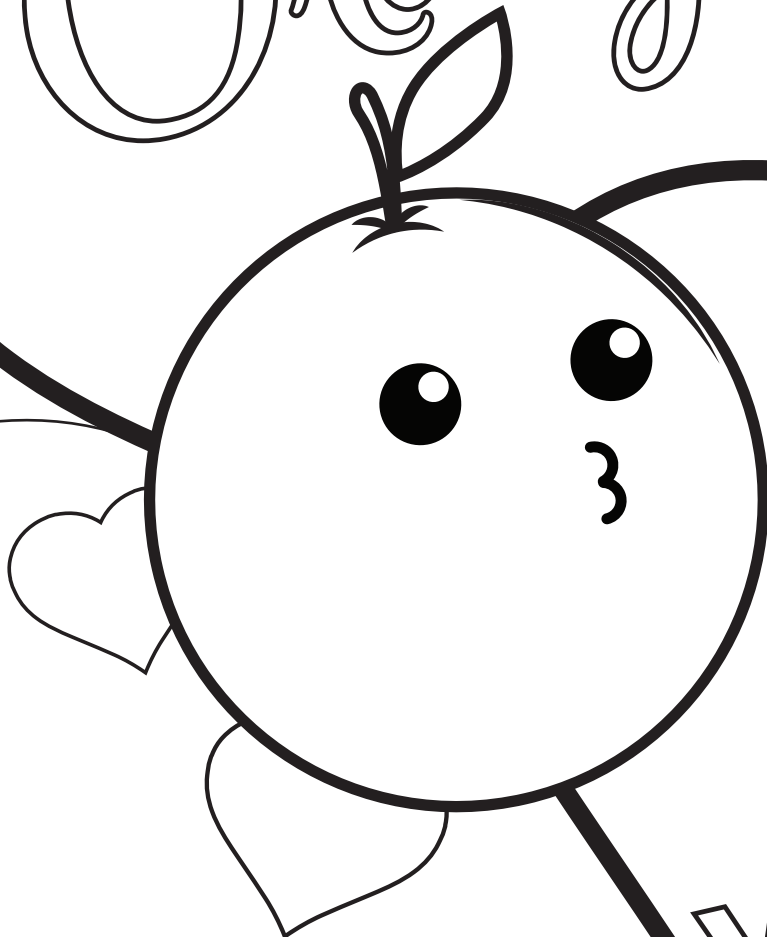


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What's the buzz about bees? Beeswax is used to make handcrafted soaps and candles, and honey and pollen can be sold at the market. But that's not all — their mere presence on a farm means they are pollinating plants and boosting crop growth throughout the wider community. Bees, hives and training in beekeeping can go a long way for a family in need.

www.ELCA.org/goodgifts

Orange you glad



you're my
Valentine?

made by

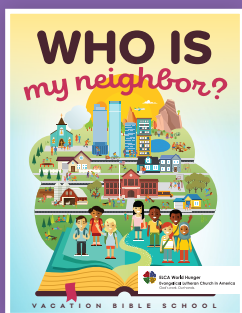


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Not long after being planted, a fruit-tree provides nutritious fruit to help children and families stay healthy and free from hunger, year after year. These trees are especially valuable in countries with dry climates. Certain citrus varieties, like tangerine trees, thrive in the driest conditions and help families survive drought.

www.ELCA.org/goodgifts

Learn more about new resources inside!



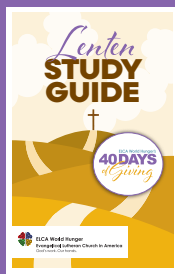
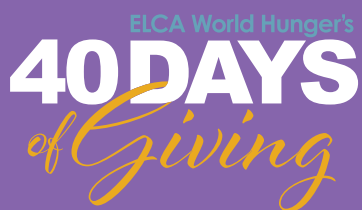
Vacation Bible School program



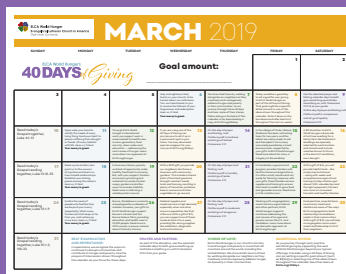
Global Farm DIY track experience



Global Farm 360 video



Lenten Study Guide



40 Days of Giving calendar



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