

# UP Events, October 18, 2015

## Hearts to Love, Hands to Serve: Exploring Hunger Issues

Developed by Chris Rogillio and Elise Neal  
using resources indicated

### Overview of Activities

#### Gathering/Opening

- Community Building/Name Games
- A Sharing Experience

#### Movement

- A World Tapestry
- Prayer Makes a Difference

#### Crafts - How do we make a difference?

- Cents-ability Offering Collector
- Dinner Table Prayer Boxes

#### Wrapping It Up

- Food from God
- God said, "Care for the World"
- Jesus said, "You feed them"
- Make collective banner
- Closing Prayer

#### Supplies Needed:

- rag balls
- cardboard for looms
- brown paper bag
- twine
- colorful ribbons
- plastic (clear or blue) strips
- gauze strips
- green paper strips
- electric wire
- newspaper
- baling wire or twine
- old denim strips
- Cube shaped boxes
- newsprint paper
- trail mix
- glue
- scissors
- crayons/markers
- cut outs of meal graces
- magazines with picture of people/or other pictures of people
- 1 work glove per child
- markers/Sharpies
- scissors
- glue
- Labels to fit container that reads "Give Us - All of Us - Our Daily Bread"
- markers
- optional – paint for handprints
- chairs
- music and something to play it with/on
- cups of water

# Background notes:

About 800 million people are hungry in the world. In the US, the richest country in the world, 31 million people, including 12 million children, live in homes that don't always get enough to eat.

## What causes hunger?

- Not enough jobs
- Low pay
- A few rich, many poor: uneven distribution
- Not enough education
- Women sometimes treated unfairly
- Natural disasters
- Injustice

- From **Bread for the World, Teaching Children About Hunger, Grades 4-6**

# Gathering

## Community Building Games –

**1) Names and foods.** Ask participants to think of a food that they like that begins with the first letter of their first name. Then the first person will introduce him/herself by saying “I’m name and I like \_\_\_\_\_”. For example, I’m Susan, and I like scrambled eggs. The person on that the first person’s left, would then repeat what the first person said and add what they are taking. Go around the circle with each repeating previous names and foods and then adding their own. The last person will then have to repeat everyone else’s and add their own.

**2) Group Juggling – need rag balls -** Have players form a circle. As the leader, have 3 soft (or rag/sock) balls available to throw. To set up a pattern, begin with just one ball and you as the leader. The leader begins by calling out another person’s name and tossing the ball to him or her. Now the person who caught the ball tosses the ball to another group member first calling out this person’s name. Continue calling and tossing the ball until everyone has had the ball once and the last person calls out the leader’s name and tosses it back to the leader. Now have group continue practicing their pattern calling out their person’s name. When the group has the pattern going pretty well, add another ball into the mix and then a third. The group should be able to have three balls juggling at once. Call out “Reverse” and see if they can change the direction of the pattern by going backwards.

# A Sharing Experience – 10 minutes

Gather around the table for a snack. Share names and continue with subjective questions: favorite foods, memories of family meals, foods for special events or holidays.

Ask children what food/eating stories they remember from the Bible.

While discussion is happening, one leader will prepare snack - 1/4 cup of trail mix for each person at the table. (There should be no extra trail mix in the bowl.)

## Supplies needed:

- cup of water for each person
- trail mix – ¼ cup for each child, ½ cup for each leader
- paper cups for each person to hold trail mix (could use a napkin instead)

## Snack

- Give each person a cup of water (if you want to provide bottled water, you will need to purchase it).
- Tell the story of the Israelites and the Manna provided by God. This story is found in Exodus 16. You may want to use a children's story Bible for this story.
- Pretend the bowl of trail mix is manna. Pass the bowl and a 1/4 cup measure around the table and allow each person to take 1/4 cup of the trail mix and put it into their cup.
- Make sure leaders are positioned midway at the table and when the bowl comes to the leaders they take a double portion (1/2 cup if two or more leaders, 3/4 cup if one leader.)
- Continue passing the bowl - there will be some children who end up with no snack.
- Discussion: "What is the problem?" "How did that happen?" "How can we solve the problem?"

God provided food - meat, vegetables, fruits, nuts, seeds at creation. God promised enough for everyone. People need to learn to share, not to be greedy, and to care for others.

Offer a blessing and enjoy the snack.

# Movement

## 1) Musical Chairs – 15 minutes

### Objective

This activity builds on *Getting a Fair Share: A Distribution Exercise*. In this game, however, students are encouraged to work together to share increasingly scarce resources. This cooperation is designed to foster discussion about sharing and how people treat one another.

**Supplies needed:** Chairs; music; a way to play music.

### Overview

Begin by playing traditional musical chairs. Form a circle of chairs, one less than the number of students participating. Begin the music, and have students move around the chairs in a circle. Each time the music is stopped, the student left standing is eliminated, and another chair is removed. When this game is finished, start the game over. This time, however, each time the music stops, only a chair is eliminated; all students continue playing. More and more people must find a way to sit on fewer and fewer chairs, until finally, everyone must sit on the one remaining chair. Once the commotion dies down, ask everyone to sit down and think about how they acted toward one another in each of the games.

### Discussion

- When were you trying to beat someone else?
- When were you trying to work together?
- How did you feel about the first game?
- How did you feel about the second? How did it feel to have enough chairs, then slowly lose them until there wasn't enough room for everyone?
- What would it be like if this was the amount of food you had to eat, instead of the number of chairs you had to sit on? How would this affect your life?

### Scripture

God said, "See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, everything that has the breath of life, I have given green plant for food." And it was so. God saw everything that He had made, and indeed, it was very good. And there was evening and there was morning, the sixth day. *Genesis 1:29-31*

### Prayer

God, thank you for this wonderful world and all the blessings of our lives. Teach us how to share with one another so everyone has enough. Amen.

## 2) True & False Facts – 10 minutes

### Instructions

Designate one corner true, another corner false. Read the statement. Participants move to the corner they believe the statements falls into. After participants choose, give answer and explanation.

### True or False?

- **There are hungry people in the United States.**  
True. More than one in 10 people in the United States live in households that cannot always afford the food they need.
- **Only homeless people are hungry.**  
False. Many people who are not homeless are hungry. In fact, low wages and high housing costs often mean some poor people must choose between buying food and paying rent.
- **There isn't enough food for everyone in the world.**  
False. Hunger is not caused by a lack of food or resources, but by the unfair distribution of food, and by poverty.
- **Children who go to school hungry have trouble learning.**  
True. Children who go to school hungry are tired, unable to concentrate and more likely to fall asleep in class.
- **Jesus said we should feed people.**  
True. Jesus said, "Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food." Matthew 25:34-35. Jesus calls us to care for those who are hungry.
- **Kids can't do anything to help end hunger.**  
False. Kids can do LOTS of things to help end hunger. You can organize a food drive, or write a letter to your member of Congress, asking him or her to pass laws that will help hungry people.

- **Not very much food is wasted in the United States.**

False. More than one-fourth of all the food produced in the US is wasted, sometimes by stores, other times in our homes or in restaurants.

- **There are fewer hungry people in the world today than there were 30 years ago.**

True. The number of hungry people has declined in many parts of the world in the past 30 years.

- **Hunger isn't really a big problem.**

False. Hunger is still a big problem for a lot of people around the world. There are 800 million people in the developing world who face hunger regularly - and 31 million people in the United States live in homes that struggle with hunger.

- **More people are hungry in the United States than any other rich country.**

True. The United States is the only rich country in the world to put up with widespread hunger within its borders. The percent of children in poverty in the United States is triple the average for other rich nations.

- **God cares about hungry people - and how we help them.**

True. Throughout the Bible we are reminded that God loves us and wants us to love our neighbors! God also wants us to not only meet people's immediate needs by feeding those who are hungry, but also to pay attention to unfair laws and injustice in our world and work to fix it so no one will be hungry again.

# Learning Activities

## 1) A World Tapestry – 20 minutes -

*from Hunger Ideas for Children ELCA, Division for Congregational Life*

### Objective

Help children realize the interrelationship between people in all countries, especially regarding their basic needs such as food, water, and shelter. Provide a variety of materials that could be used to make a weaving that represents the different people and the different aspects of hunger around the world.

### Supplies & What They Represent

- cardboard for looms, notched on each long end
- brown paper bag strips for housing
- twine for war
- colorful ribbons for children
- plastic (clear or blue) strips for water
- gauze strips for healthcare
- green paper strips for money
- electric wire for energy
- strips of newspaper for literacy
- baling twine/wire for farm crisis
- old denim strips for employment

**Advanced Preparation** — Using yarn or string, make a loom on the cardboard. Knot the yarn and put the knot under one notch, then run the yarn to the other end of the cardboard and knot it under the notch on that end. Cut off. Repeat so that a piece of string goes end to end, notch to notch.

### Instructions -

Prepare for the weaving by notching cardboard and tying a base with yarn. Instruct children to weave materials onto the boards. Stress that the woven strips can represent issues that can both contribute to and lead to solutions to hunger:

- having no home vs living in a home
- war times vs peace times
- too many children vs. the number of children that can be cared for
- dirty/unsanitary water vs clean safe water
- poor health/healthcare vs good health and access to doctors
- money vs no money
- no job vs paying employment/inadequate jobs
- farm crisis vs good growing years
- no access to energy vs plenty of oil, gas, and electricity
- illiterate/poor schools vs literate/access to good schools



## 2) Prayer Makes a Difference – 10 minutes

Objective: encourage children to pray for those who are hungry around the world.

Prayer should be our first action when the problem of world hunger is tackled, not our last resort. There are many ways to remind ourselves of the need to pray. Children can choose each finger to represent one country with a hunger problem, and pray for a different country and its people each day. (May need to have 5 countries and some specific facts for the children to use. Mexico, Haiti, New Guinea, Ethiopia, Nigeria, et al).

### Supplies

- 1 work glove per child (not provided)
- markers/Sharpies

**Advance Preparation** – you may want to identify several countries with particular hunger facts. You can find some resources here:

<http://documents.wfp.org/stellent/groups/public/documents/communications/wfp275057.pdf>;

<http://www.bread.org/where-does-hunger-exist>

### Instructions

- On each finger of the glove write the name of one country.
- Decorate the glove.
- Take the glove home to help to remember which country to pray for each day.

# Crafts – How Do We Make a Difference

(Suggest you do one or the other of these similar activities)

## 1) Blessing Box – 15 minutes

Objective: for each participant to prepare a cube shaped box to use for family graces

### Supplies

- Cube shaped boxes –provided
- glue
- scissors
- crayons/markers
- cut outs of meal graces
- picture of people if decide to adapt this to “Prayer Makes a Difference” idea below

### Instructions

- Close the box flaps.
- Let children decorate the sides (all 6) of the box. Abstract designs work best.
- Cut out blessing prayers and glue one to each side of the cube.

Some ideas for meal graces/blessing prayers might be:

Thank you for the food we eat,  
Thank you for the world so sweet,  
Thank you for the birds that sing,  
Thank you God for everything.

God is great, God is good.  
Let us thank him for our food.  
By his hands, we are fed.  
Let us thank him for our bread.

Father, we thank thee for this food,  
For health and strength and all things good.  
May others all these blessings share,  
And hearts be grateful everywhere.

Give us grateful hearts, O Father,  
for all thy mercies, and  
make us mindful of the needs of others;  
through Jesus Christ our Lord. Amen.

We thank Thee Lord, for happy hearts,  
For rain and sunny weather.  
We thank Thee, Lord, for this our food,  
And that we are together. Amen. Emilie Fendall Johnson

For what we are about to receive,  
may the lord make us truly thankful.  
And may we always be mindful of the needs of others,  
for Jesus sake, Amen.

Thank you, Lord, for this food which is set before us.  
May we use it to nourish our bodies, and thee to nourish our souls.  
Make us ever more mindful of the needs of others, and the needs of our planet.  
Through Christ Our Lord, Amen.

For food in a world where many walk in hunger;  
For faith in a world where many walk in fear;  
For friends in a world where many walk alone;  
We give you thanks, O Lord. Amen.

For all we eat, and all we wear,  
For daily bread, and nightly care,  
we thank thee heavenly Father. Amen.

For what we are about to receive,  
may the Lord make us truly thankful. Amen

Our Heavenly Father, kind and good,  
we thank Thee for our daily food.  
We thank Thee for Thy love and care.  
Be with us Lord, and hear our prayer.  
Amen.

We thank Thee, Heavenly Provider,  
for every earthly good:  
for life and health and family,  
and for our daily food. Amen.

[http://home.pcisys.net/~tbc/mealpryr.htm#prayer11\\_11](http://home.pcisys.net/~tbc/mealpryr.htm#prayer11_11)

You may also want to encourage the children to write their own prayer on a piece of paper and glue it on instead of one of the pre-printed ones.

Have the children take the boxes home and encourage them to lead grace at the table. Child may roll the cube like a dice or just select a favorite grace.

*Could also adapt this to 'Prayer Makes a Difference' by gluing pictures of people/sad situations with the names of countries suffering hunger to pray for at meal times.*

## **2) CentsAbility Box/Can - 15 minutes**

When we pray the prayer that Jesus taught, we pray that we will be given our daily bread.

Objective: for each child to make a container to take home to collect their family's CentsAbility offering that reminds them of the Jesus' prayer as well as the need to provide for others in need.

### **Supplies**

- Cube boxes
- magazines with people pictures
- scissors
- glue
- Label to fit container that reads "Give Us - All of Us - Our Daily Bread".

### **Instructions**

Invite the children to cover the container with pictures of all kinds of people. Remind the children to vary ages, gender, and ethnicities - All God's People.

As the children work, encourage the children to take their boxes/cans home and put them on the table where their family eats together. The idea is to put coins in the box/can at each meal as a way of giving thanks for the food they and their family have. At the end of each month (or when their church receives it), then they can take their Centsability Offering to their church to join with

Overlay the label. (Note: the label could be made out of slips of white paper with the words written or typed on them, or white labels with the words on them. Size may vary but the people pictures should show.)

# Wrapping It Up

## Closing Thoughts – 5 minutes

- Food from God: Help children see God’s provision of food in Bible times and today. Remember stories such as the manna and quails God sent to the Israelites in the desert, or the story of Elijah and the ravens, or the little boy who shared his lunch.
- The children may wonder why God doesn’t send food to people today. Read God’s charge to us to care for and nourish the world God has given us in Genesis 1:26-30:
  - <sup>26</sup> Then God said, “Let us make humankind<sup>[a]</sup> in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth,<sup>[b]</sup> and over every creeping thing that creeps upon the earth.”
  - <sup>27</sup> So God created humankind<sup>[c]</sup> in his image, in the image of God he created them;<sup>[d]</sup> male and female he created them.
  - <sup>28</sup> God blessed them, and God said to them, “Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.”<sup>29</sup> God said, “See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. <sup>30</sup> And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so.

When people are greedy and misuse the land or don’t share, the earth is not cared for and some people suffer. But people who share with no thought for their reward are like manna to the hungry.

## **Activity – Banner – 10 minutes**

### **Supplies needed:**

- newsprint or white banner/butcher paper
- marker/paint to write title
- optional - paint for handprints – 3-4 different colors (paint is not provided)

Make a banner that summarizes our part in loving and caring for God's people. Along the top, write/paint "Hearts to Love", along the bottom "Hands to Serve". Have the children put their handprints on the banner by drawing around their hands with a marker (preferably washable) or by painting their hands and putting paint on the banner. Use 3-4 different colors of paint.

## **Closing Prayer**

Loving God, you created a world with enough food for everyone. Help us to know how we can bring fairness into the world so that each person has enough to eat. We pray that you would be with people all over the world who are hungry today and be with us as we learn to make a difference in your name. Amen.

*From Bread for the World*