



SO THAT ALL MAY FLOURISH

A worship resource for World Food Day



Canadian
Foodgrains
Bank

A Christian Response
to Hunger



CBM



Canadian Foodgrains Bank is a partnership of 15 Canadian churches and church-based agencies working together to end global hunger by:

- Supporting international programs to meet immediate food needs, reduce malnutrition, and achieve sustainable food security;
- Influencing improvements in national and international policies that contribute to ending global hunger
- Increasing and deepening the engagement of Canadians in efforts to end global hunger.

Visit foodgrainsbank.ca for more worship resources, videos, and educational activities on related topics.



ABOUT WORLD FOOD DAY

The Food and Agriculture Organization of the United Nations (FAO) created World Food Day to commemorate its founding in Quebec City, October 16, 1945. The goal of the FAO is to free humanity from hunger and malnutrition, and to effectively manage the global food system. World Food Day events are organized in over 150 countries across the world, making it one of the most celebrated days of the UN calendar. These events promote worldwide awareness and action for those who suffer from hunger and help strengthen the link between agriculture and food security.

Included in this resource are suggested ways for churches to take action

- **PRAY**- a worship service including prayers, songs, and other diverse elements to help you focus your worship time on the issue of hunger.
- **GIVE**- suggestions for making a donation to help people around the world who don't have enough food.
- **LEARN** – information and resources to help your congregation learn more about the role of women farmers in achieving food security
- **ADVOCATE**- ideas on how to get involved by sending a letter to your local candidates and let them know that you care about Canada's role in ending hunger.





PRAY

PRAYERS & WORSHIP RESOURCES

Suggested Scripture Readings

- **Jeremiah 29:1, 4-7** – for in their welfare we will find our welfare.
- **Psalm 66:1-12** – How awesome are Your deeds **OR**
2 Kings 5:1-3, 7-15c – Naaman is healed of leprosy
- **Psalm 111** – Great are the Lord's works
- **2 Timothy 2:8-15** – The appeal renewed
- **Luke 17:11-19** – healing of the 10 lepers

Call to Worship

Shout out to God, all the earth!
Break into joyful songs to the one true God!
Sing of the glory due His name,
and offer the most magnificent praises!

All Your works are wonderful!
The entire earth bows down to worship You,
singing songs of praise and glory to Your name.

Come, let's bless God together!
Let's praise the One who gives us life
who watches over us,
and keeps our feet from stumbling.

— <https://re-worship.blogspot.com/2013/09/call-to-worship-psalm-66.html>

Opening Prayer

The world is filled with the glory of God, and we say,
Thank you!
The hills and valleys are filled with colour, and we say,
Thank you!
The vines and trees are filled with fruit, and we say,
Thank you!
Our tables are overflowing with food, and we say,
Thank you!
Our life is filled with love of family and friends, and we say,
Thank you!
We fill this house of God with our voices, saying,
Thank you!
May the words of our mouths and the meditations of our
hearts
be acceptable to you, O God,
as enter into this service of thanksgiving and praise

— Written by Carol Penner, and posted on *Leading in Worship*.

Litany of Praise : Psalm 111

Praise God!
I thank God with all my heart
in the company of those who do right,
in the congregation of God's people.
How amazing are the works of our God!
They are treasured by all who love and serve Him.

Everything God does reveals His glory and majesty.
His righteousness never fails.
Who can forget the wonders God performs?
How gracious and merciful is our God!

All God does is just and good,
and His commandments are trustworthy.
They are forever true,
to be obeyed faithfully and with integrity.

God has paid a full ransom for His people,
guaranteeing His covenant with them forever.
What a holy, awe-inspiring name God has!

Reverence for God is where true wisdom begins,
and the rewards of wisdom come to all who obey Him.
Praise God's name forever!

Prayer of Confession

O God, so often we take you for granted.
We take for granted that you will answer our prayers,
that you will heal us and make us whole.
We take for granted that you love us.
Forgive us for not appreciating
your grace and presence in our lives.
Help us to be more thankful.
Give us faith to see you in everything
and everyone around us,
so that we may be truly grateful.
In Christ's name we pray. Amen.

— Posted on Waiting for Water: Liturgy for The Easter Journey
2013 [http://storage.cloversites.com/waitingforwater/documents/
Liturgical%20Resources%202013%2010%2018%2012.pdf](http://storage.cloversites.com/waitingforwater/documents/Liturgical%20Resources%202013%2010%2018%2012.pdf)

Words of Assurance: (Psalm 66, 2 Timothy 2, Luke 17)

Give praise to God,
who accompanies us on our journey,
who hears our cries and anguish,
and who remains faithful and answers our prayers.
Give glory to God,
who brings life out of death
and joy out of sorrow!

A Harvest Prayer: God of the Bountiful

God, we thank you for your harvest which feeds us so many times each day We are nourished with your forgiveness and hope we are sustained with your strength and patience we are filled with your grace and compassion

God, we thank you for feeding us with a harvest of plenty We are restored through your generosity and healing we are replenished with your abundance and joy we are reminded of your selfless abandon

God, we thank you for feeding us with the bread of heaven Your gift of Christ sustains our lives His presence restores the promise of your love His life fills our hearts with your everlasting light

God, we thank you too for filling us with the water of life May we drink deeply that our thirst may be quenched may your river continue to flow over us, in us, through us and out into the world you love.

— *God of the Bountiful* written by Christine Sine, and posted on her website Godspace. <http://godspace.wordpress.com/>



Shalom

Children's Feature

Gather the children and read the following, and then lead the Wondering Questions.

Leader:

"Our old testament reading today talks about prosperity which in English means riches or success, but in the Hebrew language the word is a musical word called *Shalom*. *Shalom* is often used as a greeting in the same way we would say "hello" or "good-bye," but it also has a much deeper meaning. *Shalom* means a deep sense of wholeness and well-being that exists when we are at peace with God and others. It also means being complete, healthy, and in harmony with everything and everyone around you. *Shalom* gets translated most often into English as peace. So, peace in our lesson today, doesn't simply mean that there is no fighting or war, but it also means EVERYTHING a person needs for a full, healthy and happy life."

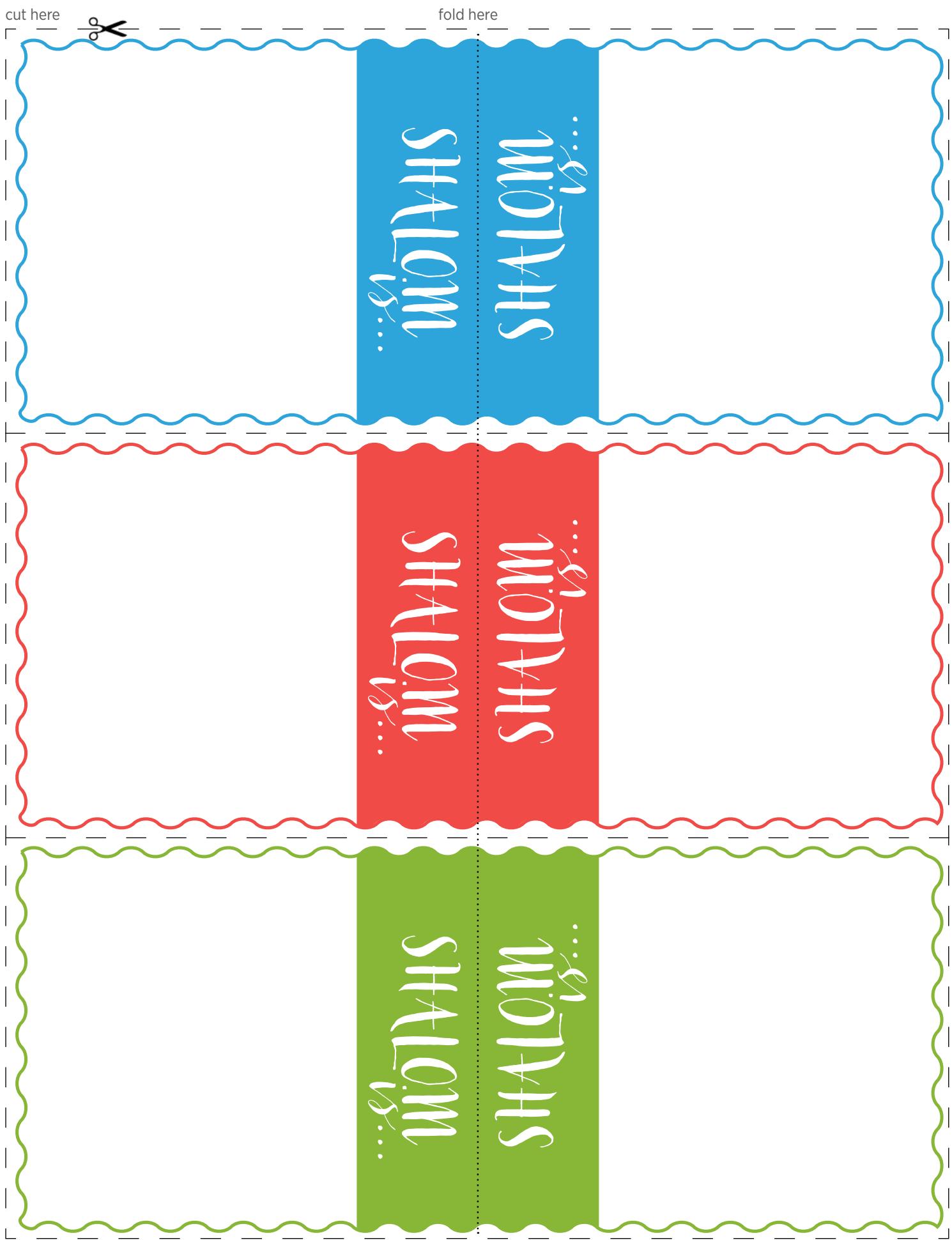
Hand out 2 copies of the colouring page to each child. In a church setting, these can be coloured during class. In a children's feature setting, have the children bring their page back to their seats.

Wondering Questions: These are suggested questions to spark conversation and wondering for the children (and congregation). After each question, allow the children time to respond freely without giving them feedback.

- I wonder what it means to have a full life, to be in harmony with everyone and everything.
- I wonder what people need to be healthy AND happy.
- I wonder what a place where everyone is healthy and happy would look like.
- I wonder what it would feel like to live there.

God our Creator, we thank you for providing for our needs. We know that not everyone has everything they need to be healthy and happy. Please be with them. Bless those who are working to help and inspire us to imagine what to do in our own lives to help. Amen.

Make your own mini prayer flags: On both sides of each flag below, draw a picture, symbol or use words to show something



Sermon Starters for Luke 17:11-19

"In [North] America today, we have so much—arguably more than any other nation in the world, and yet we are so selfish and unthankful. I'm sure that we throw out more food and more possessions in one year than many people in the world will see in a lifetime. And yet, it is the greatest of gifts that we take for granted the most. Martin Luther once said that "The greater God's gifts and works, the less they are regarded." A hungry man is more thankful for his morsel than a rich man for his overflowing table. A lonely woman in a nursing home will appreciate a visit more than a popular woman with a party thrown in her honor.
- https://redeeminggod.com/sermons/luke/luke_17_11-19/

In his commentary, Donovan says: "The suffering of the leper of biblical times was due, in many cases, not so much to the severity of the disease as to the way that the leper was treated by religious society"....You'll have to admit we have better methods of treating skin disease today, but I wonder: Do we still isolate and quarantine those we judge to be unclean?

— Copyright 2007, Philip McLarty <https://www.sermonwriter.com/sermons/luke-1711-19-dont-forget-to-say-thank-you-mclarty/>

"Women are featured more prominently in Luke's gospel. From the birth stories to the resurrection account we see the intentional inclusion of women alongside men. This is made evident through the use of male-female pairings in the narrative and in Jesus's public ministry.....I first learned about this interesting literary structure in the article Gendered Pairs and Parallelism in Luke's Gospel by Marg Mowczko, who suggests that Luke "gender-paired" people, parables, and points in order to highlight an important principle concerning gender."

— Gail Wallace, <https://juniproject.com/male-female-equality-gospel-of-luke/>

Opportunities for Response / Bulletin or Oral announcement

Canadian Foodgrains Bank is inviting people of faith to use their voice in person, via email or on social media, and remind candidates that Canadians care about international aid particularly for woman small-scale farmers around the world. Find the candidates in your riding and tag them in a Facebook post or tweet and visit www.foodgrainsbank.ca for sample tweets and posts.

Prayer of Commitment:

For a renewed commitment to service for and with others, we pray....
God, help us work for the common good of all.

For the grace to continue to work for and with the hungry and to learn from those who are hungry, poor and in need, we pray....
God, help us work for the common good of all.

For an end to the war and violence in all the troubled parts of our world
and for a genuine respect for human rights, we pray....
God, help us work for the common good of all.

For those in the poorest regions of our world,
for people who are landless, and those who do not have enough to eat
or adequate shelter to live in, we pray....
God, help us work for the common good of all.

For all those who face prejudice, inequality and gender disparities,
and for us to see and face discrimination in all the many forms it may take, we pray
God, help us work for the common good of all.

For all those who are living examples of how you value all of creation,
May we see that we are equal partners in the stewardship of your Creation, we pray
God, help us work for the common good of all.

For a spirit of openness to the needs and concerns of all, we pray...
God, transform our hearts, help us work for the common good of all, the love and grace of all people.
In Jesus' Name,
Amen.

— Adapted from the Center of Concern website. And <https://godspacelight.com/2019/03/07/a-franciscan-prayer-for-international-womens-day-2/>

Prayer for the Offering

We bless you, God of Seed and Harvest,
and we bless each other,
that the beauty of this world,
and the love that created it,
might be expressed through our lives,
and be a blessing to others, now and always.
Amen.

— Offering Prayer from the Third Space website. <http://third-space.org.uk>

Prayer at the Table: The Earth is the Lord's

The earth is the Lord's and everything in it,
and the Lord's glory covers the earth
as the waters over the sea.

The trees of the field clap their hands,
the birds of the air sing songs of praise
And if we should fail to express our worship,
even the rocks and stones would cry out!

And so, we lift up our hearts,
and we lift up our voices
and we offer thanksgiving and adoration to You,
the Creator of all.

Blessed are you, Sovereign of the Universe,
for from seeds sown into the earth
you have given us the gift of bread to feed and nourish us.
And at Jesus' last meal with his friends,
before facing the cross,
Our Lord took bread,
blessed it and broke it.
Then he passed it among them saying:
This is my body, broken for you.
Take and eat, and do this to remember me.
(The bread is broken in the sight of the people.)

Blessed are you, Sovereign of the Universe,
for from grapes which grow ripe and sweet on the vine,
you have given us the gift of wine to refresh and heal us.
And at Jesus' last meal with his friends
before facing the cross,
Our Lord took the cup of wine and blessed it.
Then he passed it among them saying:
This is my blood shed for you.
Take and drink, and do this to remember me.
(The cup of wine is held up in the sight of the people.)

And now we come to your table again, Jesus,
Mindful of how you laid your life down,
so that we and creation could be born anew;
Mindful of how you took your life up again,
so that we and creation
could be filled with the life abundant;
Mindful that we cannot earn or purchase this privilege,
but that it is your grace which beckons us,
and your grace which ensures
that all creation may be one and whole.
May your Spirit work in these fruits of earth,
so that they may become for us
a sharing in Christ's body and blood.
May your Spirit work in we,
who are children of earth,
so that we may be transformed into Christ's body,
carrying his life, his care,
and his salvation to all creation. Amen.

— Written by John van de Laar, in "A Liturgy of Creation and Communion" and posted on [Sacredise.com](http://sacredise.com/).

Prayer of Intercession

Let us pray for the poor, hungry, and neglected
all over the world, that their cries for daily bread may inspire
works of compassion and mercy among those to whom much
has been given.
Lord, in your mercy, hear our prayer.

Let us pray for the farmers with limited or marginal land
throughout the world,
for those who lack access to water and other resources,
and for the light of research and support services to shine in
the lives of all God's people.
Lord, in your mercy, hear our prayer.

Let us pray for an end to pandemic disease
throughout the world, particularly those exacerbated
by lack of nutritious food and outright hunger; that plagues of
death may no longer fuel poverty,
destabilize nations, and inhibit reconciliation and restoration
throughout the world.
Lord, in your mercy, hear our prayer.

Let us pray for an end to the waste and desecration of God's
creation,
for access to the fruits of creation to be shared equally among
all people,
and for communities and nations to find sustenance in the
fruits of the earth and the water God has given us.
Lord, in your mercy, hear our prayer.

Let us pray for all nations and people who already enjoy the
abundance of creation
and the blessings of prosperity, that their hearts may be lifted
up
to the needs of the poor and afflicted, and partnerships
between rich and poor
for the reconciliation of the world may flourish and grow.
Lord, in your mercy, hear our prayer.
Amen.

— Excerpted from a longer prayer on the National Catholic Rural Life Conference website.

Benediction:

God, the Holy Spirit,
You are the restless wind of love that sweeps through the
world.
You blow where you will, breaking down barriers,
Stirring hearts to change, making all things possible.
As we go out from here, tend within us restless desire for
change
– even change that seems impossible.

Come, Spirit of God,
Sweep through our world bringing great change.
May the harvest of your goodness bring justice and hope.
And, for us, transformation in our praying and living,
So all may share in the harvest of your blessings.
We go in peace to love and serve the Lord,
In the name of Christ. Amen.

— Posted on the Third Space website. <http://third-space.org.uk/blog>

SONG SUGGESTIONS

A Grateful Heart

A grateful heart is what I bring;
a song of praise, my offering.
Among the saints I lift my voice;
in You, O God, I will rejoice.
Your name is known in all the lands.
You feed the poor with gentle hands.
Your word is true, Your works are just;
in You, O God, the faithful trust.
With saving love You set us free,
and still You dwell in mystery
with wisdom none can comprehend.
Your praise, O God, will never end.

— Text copyright © 2009 David Gambrell. Permission granted for use in worship or family gatherings. You can access a PDF of the music on the Presbyterian Church USA [website here](#).

Tune suggestion:

O WALY, WALY/GIFT OF LOVE (“The water is wide”)

Praise God for the harvest of orchard and field,
praise God for the people who gather their yield,
the long hours of labor, the skills of a team,
the patience of science, the power of machine.

Praise God for the harvest that comes from afar,
from market and harbor, the sea and the shore:
foods packed and transported, and gathered and grown
by God-given neighbors, unseen and unknown.

Praise God for the harvest that's quarried and mined,
selected and smelted, or shaped and refined:
for oil and iron, for copper and coal,
praise God, who in love has provided them all.

Praise God for the harvest of science and skill,
the urge to discover, create, and fulfill:
for plans and inventions that promise to gain
a future more hopeful, a world more humane.

Praise God for the harvest of mercy and love
from leaders and peoples who struggle and serve
with patience and kindness, that all may be led
to freedom and justice, and all may be fed.

— Words Brian Wren © 1974, 1996 Hope Publishing Company, 380 S Main Pl, Carol Stream, IL 6018



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or send an email to foodjustice@foodgrainsbank.ca.



GIVE

If working 40 hours a week is considered full-time work, then Grace Awachangoen carries two full-time jobs. "I began from 5 a.m. working all day collecting water, washing dishes, cooking," says the 30-year-old Ugandan farmer.

In Grace's community in northern Uganda, many households depend on farming to make a living. And farm labour and housekeeping tasks are seen as a woman's job. "I would get water in a jerry can and follow my husband into the garden to start harvesting cassava. My husband wouldn't help me, he'd just look at me," says Grace.

When a Foodgrains Bank member began working in Grace's community with a local partner organization, they identified three major causes of hunger: unhealthy soil, lack of access to seeds, tools and other agricultural inputs, and little cooperation between men and women on the farm.

Grace participated in a training where she learned new farming techniques and about the benefits of sharing workloads among husbands and wives. She went home and shared what she had learned with her husband, who replied and said, "I cannot look foolish doing women's work."

But after seeing changes in the homes of their neighbours, Grace's husband began to see what could happen if they worked together. He said: "I think I have to begin helping. I see you are tired and fed up with the work."

After that, Grace would go to pick the green vegetables and realize that he's already picked them. She'll go to cook a meal for their children, and he's already peeled the cassava for her. He also carries water now, a task that is largely seen as something women do.

"Without this training, I wouldn't see any true change in my house. Now I miss him, I think about him when I'm not with him," she says. "Now we love each other."

By working together, Grace and her husband have increased the productivity on their farm thus increasing the amount of food they have for their two children. Their family went beyond basic survival to purchase household items and grow their farm. They used to sit on papyrus mats, now they have chairs. They never had animals, but now they have goats.

Grace's family is just one of 420 that are benefitting from the Foodgrains Bank-supported project. The annual average food available to farm families in their community increased from six months at the start of the project to nine months at the end of four years. That is a 50% increase! With additional income of selling surplus crops and participating in communal savings and loans groups, families filled the three-month hunger gap.

This is just one example of the many ways Canadian churches are working together to end global hunger through the Foodgrains Bank. Visit foodgrainsbank.ca to learn more about our work and to support women farmers like Grace. Your gift plays an important role in creating lasting change for communities worldwide.



How can women farmers prosper in the face of the many barriers to equality?

Of the approximately 821 million people today who don't have regular access to enough nutritious food to live healthy and active lives, most of them depend on farming. 79% of women in least developed countries earn their livelihood from agriculture yet have less access than men to the necessary resources (such as credit, tools or training) that would allow them to farm to their fullest potential.

Not surprisingly women in most countries are more likely than men to face food insecurity.

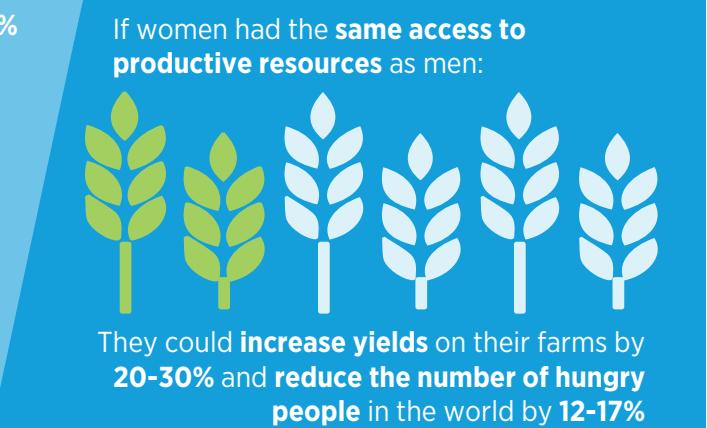
In addition to the heavy workload required to plant and grow crops by hand on their small farms, women around the world shoulder the majority of household responsibilities. Women walk long distances to collect water or gather firewood for cooking and caring for children. These are all important, yet time consuming activities that threaten a farmer's ability to cope with declining access to water, soil erosion, and the increasing unpredictability of the weather.

In many places women lack secure access to land they can call their own, and existing cultural practices dictate imbalanced gender roles. These ideas shape who does what on the farm, often

leaving women to do most, if not all of the labour. This divide is worsened by the greater freedom of mobility that most men enjoy compared to women, and their ability to migrate out of rural areas in search of paid work.

A first step is to make sure all farmers can produce enough food to feed their families, have enough left over to save seeds, and sell the rest and pay for other necessities. Once the basics are covered, there is room to look at balancing the scales when it comes to decision-making power, time and leadership in the household. Due in part to their central role in childcare and meal preparation, women invest in what matters most, when they have the freedom to do so. They select diverse, nutritious foods to grow and feed to their families, pay to send their children to school, and receive medical care, or improve the infrastructure of the family home.

For the work of ending hunger to be truly effective greater investments in agriculture are required, using sustainable development practices that incorporate the knowledge, talents and participation of everyone. When women and men work together on their farms, share household work, and make decisions together, women farmers will prosper, and their families will flourish. Lasting change is best achieved by creating equal space for everyone at the table – for women and men alike to have their voices heard and be active in building a food secure future for their household, family and broader community.





ADVOCATE

What Can You Do?

Use your voice! As Christians, we are called to love our neighbours, and to speak out on their behalf.

Canadians will go to the polls in October. There are many important issues at stake in this federal election, and as people of faith we can inform ourselves about which candidates best reflect our values and priorities for our ourselves and our neighbours, both at home and abroad.

At Canadian Foodgrains Bank, we are concerned about how Canada's international aid and development policies affect the poorest and most vulnerable people in the developing world.

We encourage you to ask your candidates about this by calling, writing or meeting them in person. This is an effective way of letting them know what matters to you, and that Canadians expect their parties to take action. Here are 3 key questions you can ask candidates in your riding to find out where they stand - and to convey your own interests:

Increasing Commitment to effective international aid

1) As a member of parliament, how will you work to reverse the decline in Canada's aid budget, in order to help developing countries overcome poverty and promote sustainable development?

Canada's aid budget plays a central role in directly supporting the work of ending global poverty and hunger. In the past, Canada has been a leader in responding to the needs of people in the developing world. While Canada's economy continues to prosper, our contribution of Official Development Assistance (ODA) has declined. We're less generous as a country than we used to be. In 2018, Canada only contributed 0.28% of Canada's Gross National Income (GNI) to helping the world's poorest citizens – below what similar countries give (0.52%) and well below the accepted global target of 0.7% of GNI.



2) As a member of parliament, would you commit to an increase in funding that would provide greater support to small-scale farmers in developing countries?

Within the overall aid budget, Canada's support for some sectors such as emergency response and health has remained strong while support for other sectors has fallen dramatically. Support for agriculture has declined by 35% since 2010. Investments in agricultural development are an important way Canada can improve the lives of women and men, while also meeting other international development priorities. Canada's investments in women in particular can address many of the barriers to equality that women farmers face, by improving access to resources, strengthening farmers' voices, enabling agricultural innovation, and helping them adapt to a changing climate.

3) What will your party do to assist the millions of people in developing countries who are already feeling the effects of climate change?

The number of extreme weather events in the world has doubled over the past 30 years, with links to a changing climate. Small-scale farmers in developing countries are experiencing changes in their growing season, and increased droughts and floods, making it harder to grow enough food. The greatest impact is felt by women and children. Canada has committed to work with other countries, in doing its fair share to financially help developing countries adapt to climate change.

Amplify Your Voice through Social Media

- Visit elections.ca and consult the Voter Information service to find out who the candidates are in your district.
- Reach out to the candidates in your riding as well as your friends and family on Facebook, Twitter or Instagram. You can let people know why it is important to increase Canadian spending on international development and encourage them to get involved.
- Don't forget to tag the candidates in your post, and use the key Hashtags: **#MoreAid4Ag** An overarching hashtag used across the sector to express support for increasing Canadian aid in general

To learn more visit
foodgrainsbank.ca/icare

Example Posts:



Twitter: As Canadians we aspire to be compassionate and generous/ An increased aid budget will enable Canada to achieve its ambitious development goals, esp for women and children. We can and should do more to help end global poverty & hunger! **@candidate #MoreAid4Ag**



Facebook: Did you know that globally, extreme poverty has been cut in half since 1990? At the same time billions of people have also gained access to basic water and sanitation services! Canadian aid has contributed to positive change for millions of people, especially women and girls around the world. I'm proud to live in a country that cares about the world's most vulnerable people. If you agree, like, share or comment on this post to let **@Candidate** know! **#More Aid4ag @CanadianFoodgrainsBank**



Instagram: As Canadians we aspire to be compassionate and generous/ An increased aid budget will enable Canada to achieve its ambitious development goals, esp for women and children. We can and should do more to help end global poverty & hunger! **@candidate #MoreAid4Ag @Foodgrains**

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