

Reflection: 5 Facts about Hunger

(45 Minutes)

1 of 2

FACE THE FAST

Objective

Through this activity participants will:

- reflect on facts about hunger;
- write prayer intentions to add to the prayer space; and
- consider their role in reducing global hunger

Activity Summary

Through this activity participants will reflect on several facts about global hunger. In pairs, participants will discuss these hunger facts and write prayer intentions to share with the large group. Groups will also develop a sign board describing how, through Food Fast, they are helping to address global hunger.

Materials Needed

- markers
- index cards
- foam or poster board

Procedure

Divide participants into pairs and provide each group with markers and 5 index cards. Through a guided reflection, participants will learn five hunger facts one by one. Pairs will reflect upon the facts and together write a prayer intention inspired by the facts onto their index cards.

Leader Pope Benedict XVI stated during the 2009 U.N. World Summit on Food Security in Rome, *Hunger is the most cruel and concrete sign of poverty. Opulence and waste are no longer acceptable when the tragedy of hunger is assuming ever greater proportions.*

Throughout this reflection, you will hear five different facts about hunger in our world today. I'll give you a few minutes to consider each fact in your pairs, and you will write a prayer intention inspired by your reflections. Your intention should take the form "We pray that..." At the end of the reflection, we'll process to our prayer space to share our intentions.

Hunger Fact #1: More than one billion people, or over one sixth of the planet's population, are suffering from hunger. This number is greater than the populations of the United States, Canada and the European Union combined.

(Pause 5 minutes to allow pairs to reflect and write their intention. During this time you may want to ask a few questions to help focus the reflection, such as: Why do you think so many people go hungry? What are the barriers to people having enough food?)

Hunger Fact #2: Malnutrition and diseases related to hunger cause about six in ten childhood deaths in developing countries, or approximately five million deaths per year.

(Pause 5 minutes to allow pairs to reflect and write their intention. During this time you may want to ask a few questions to help focus the reflection, such as: How can we reduce the number of children who die from preventable causes?)

Hunger Fact #3: The Millennium Development Goals are efforts agreed upon by countries and development organizations to meet the needs of the world's poorest people. The first Millennium Development Goal targets the eradication of extreme poverty and hunger, with the aim of halving the proportion of people suffering from hunger by 2015, but progress has been very slow towards achieving this goal.

Reflection: 5 Facts about Hunger

(45 Minutes)

2 of 2

FACE THE FAST

(Pause 5 minutes to allow pairs to reflect and write their intention. During this time you may want to ask a few questions to help focus the reflection, such as: How can countries work together to reduce global hunger? What role can the United States play?)

Hunger Fact #4: Enough food is produced globally to feed everyone, but many people are hungry because they lack land to grow food or money to purchase it.

(Pause 5 minutes to allow pairs to reflect and write their intention. During this time you may want to ask a few questions to help focus the reflection, such as: What factors limit people's ability to access food?)

Hunger Fact #5: Vitamin and mineral deficiencies have been termed "hidden hunger" which affects health, growth, developmental and educational outcomes.

(Pause 5 minutes to allow pairs to reflect and write their intention. During this time you may want to ask a few questions to help focus the reflection, such as: How might the nutritional value of food be improved?)

Distribute a piece of foam or poster board to each pair and ask them to write a statement about how their participation in Food Fast helps address global hunger. Encourage pairs to think beyond raising money, and consider other ways they are addressing global hunger and poverty. Pairs may decorate their posters with drawings to depict their statements.

When everyone has finished their statements, invite each pair to stand up and explain how they are working to address global hunger and poverty. When the last pair has shared, walk in silence as a large group to the prayer space. Ask each pair to lay their board around the prayer space one at a time. Have the leader read each hunger fact and have the pairs share their intentions with the large group after each fact is read.

Once each pair has shared their intentions allow for a few minutes of quiet reflection.

Close by reading:

The kindly man will be blessed, for he gives of his sustenance to the poor.
Proverbs 22:9