



# GO AND... *Be Church*

## FEEDING THE HUNGRY:

Ways you can help to fight hunger in your community and around the world.

More than 820 million people (more than one in 10) can't access the food they need to live active, healthy lives. YIKES! That means, more than likely someone you know is hungry! This month, we are talking about what it means to Go and Be Church. Being church can mean a lot of things, but one of the ways we can be church is by meeting our neighbor's needs. Scripture reminds us "For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me" Matthew 25:35

Hunger isn't a problem we can solve on our own, but when we work together, we can meet our neighbor's needs. Here are some ways to fight hunger globally and locally. Some are easy. Some are bigger commitments. I encourage you to prayerfully consider how you might BE church by joining the fight against hunger. If you need help with any of these ideas or would like to network with others who are passionate about fighting hunger, please reach out to [gretchen@nebraskasynod.org](mailto:gretchen@nebraskasynod.org).

### Fighting Hunger Globally:

This year the ELCA is recognizing 50 years of World Hunger Ministry. Participating in this ministry is a way we can "be church" around the world.

- Download the action guide for congregations [HERE](#): and discuss what action steps your congregation can take.
- As a family, or an individual, shop the ELCA Good Gifts catalog. Instead of giving someone a gift for a special occasion, buy a pig, a cow, some honeybees, or chicks in their honor for a family in need in another country. Or, work together as a family to save allowance and salary money each week to raise enough for one of these good gifts. You can browse the catalog and come up with a plan [HERE](https://goodgifts.elca.org/): <https://goodgifts.elca.org/>

### **Fighting Hunger Locally:**

- **Stock a Little Free Pantry in your neighborhood.** These are small free pantries in public places. No forms need to be filled out and there are no requirements. These pantries are based on the principle of “Take what you need, give what you can”. You can simply grab a couple extra shelf stable foods when you are at the grocery store and place them in a little free pantry near you. Click [HERE](#) to find a pantry your neighborhood.
- **Incorporate food security into your family’s fun events.** For a birthday party, ask everyone to bring a canned good for the food pantry. If you are having a neighborhood barbeque, invite everyone to bring something for the food pantry. When you invite someone over for dinner and they ask, “what can we bring?”, tell them that you have dinner covered but it would be awesome if they could bring something for your family’s collection for the local food pantry.

### **Feeling the need to do more?**

If you and your family are feeling passionate about ending hunger and you want to do more, the sky is the limit. Brainstorm and come up with an idea. Maybe you want to start a backpack food ministry at the elementary school or maybe you want to cook and deliver a meal for seniors in the community once a month. Do you want to start a community garden?

The Nebraska Synod offers One Another grants each spring and fall that are designed to support hunger ministries in congregations and communities across the state. You can work with others in your congregation and your community leaders to develop the project and apply for a grant. This spring 16 ministries were awarded \$1000 each for their programs dedicated to ending hunger in communities. You can learn more and apply for a grant [HERE](#).

Remember, anyone can work to end hunger. If you need some inspiration, this story highlights 10 young activists who were passionate about ending hunger in their communities and globally. Find the story [HERE](#).

We’d LOVE to hear what you are doing! How are you being the church and feeding the hungry? Send you stories and pictures to [gretchen@nebraskasynod.org](mailto:gretchen@nebraskasynod.org) and she will collect and share them so we can learn from each other and pray for each other.