

Come to the Feast!

NICKEL-A-MEAL

NICKEL - A - MEAL
5¢

WORKBOOK

**An Aid for Churches in
Establishing or Improving
Hunger Ministries and their
Nickel-a-Meal Program.**






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**HUNGER ACTION ENABLER
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INTRODUCTION

All of us who follow Christ take seriously the words, "***Feed my Sheep,***" in both a spiritual and a literal way. None of us doubt that feeding the hungry is a holy work. Our hearts hurt along with God's heart when we see children who languish from insufficient nutrition and adults who are disabled by their hunger from being productive and whole human persons. Scriptural calls for justice for the poor are numerous and well-known. Many churches are already ministering to the hungry in differing ways, and the Nickel-a-Meal or (NAM) program can support and undergird those programs by educating the congregation further about hunger causes and by providing ongoing funding.

The Nickel-a-Meal or (NAM) offering is only part of the overall strategy of the Presbyterian Hunger Program. The "***Common Affirmation on Global Hunger***" set out five ways to address hunger issues:

-  **Direct Food Relief-** responding with gifts of food to those suffering from chronic or acute hunger in the United States and around the world. Also, grants are made to food pantries, shelters or other ministries of feeding.
-  **Development Assistance-** The old proverb says that "***If you give a person a fish, you feed them for the day; but if you teach them how to fish, you feed them for a lifetime.***" This strategy promotes the self-development of peoples, teaching better and sustainable agricultural practices, nutrition, family planning, and public health.
-  **Public Policy-** Many times hunger can be addressed through changing policies of a government, and also through promoting freedom from oppressive and unjust systems.
-  **Lifestyle Integrity-** "Now you've quit preaching and gone to meddling:" the old saying goes. This aspect of addressing hunger asks us all to be aware of the limited resources of our Earth, and learn to live in ways that conserve, reuse and recycle, and to bring other practices into our lives that help move the world towards a sustainable future. Corporations and churches are challenged as well.
-  **Education and Interpretation-** People need to hear about the root causes of hunger and how even our individual and local efforts make a difference. People who understand are then motivated to take action. The Nickel-a-Meal (NAM) program helps provide funding for programs that feed hungry people, and promoting the offering gives us an opportunity to educate congregations and challenge them to awareness in their lifestyles in a low-key and fulfilling way. It is a family-oriented program that can be done in homes, including children of all ages. In fact, children often have very tender hearts towards those who have less than they do, any may lead the way for their whole family and church in collecting their spare change or nickels, which added together, can help make a difference.

Each congregation can participate in Nickel-a-Meal (NAM) in a unique way tailored to its needs. There are several choices to be made: (1) There are two ways to schedule the offering: a seasonal emphasis, say in the fall with the start of Sunday school through Thanksgiving; or a year-round emphasis with seasonally or monthly scheduled collection times in the worship service. (2) There are two ways of putting the funds collected to work: to pass 100% of the collection along to the Presbytery of Eastern Virginia (PEVA) Hunger Committee's Nickel-a-Meal/NAM fund for dispersal through grants to hunger causes; or to split the funds 50/50 with your congregation's hunger ministries and the PEVA Hunger Committee's Nickel-a-Meal/NAM Fund.

Funds passed along to the Nickel-a-Meal/NAM fund of PEVA are used for grants to local and international ministries that fit the five emphases of the Presbyterian Hunger Program. Grants in the past have been given to:

1. Downtown Hampton Child Development Center
2. First Portsmouth Presbyterian Church's Food Bank
3. FISH
4. Food Bank of the Eastern Shore
5. Franklin Presbyterian Church's Foodbank
6. Glenwood Presbyterian Church's Food Bank
7. HELP (Hampton Ecumenical Lodging and Provisions, INC.)
8. HER Shelter
9. Jeremiah Project
10. Kirkwood Presbyterian Church's Foodbank
11. Loaves and Fishes (Ocean View Presbyterian Church)
12. Menchville House Ministries
13. Oasis Social Ministry
14. P.A.R.C. (Portsmouth Area Resources Coalition)
15. South Eastern Food Bank
16. St. Cloumba
17. The Dwelling Place
18. The Salvation Army-Soup Kitchen Ministry
19. Transitions Family Service
20. Victims Against Crime

This booklet will share ideas from churches already involved in Nickel-a-Meal/NAM as well as strategies for getting started and/or updating your Nickel-a-Meal-Nam program. We will update periodically, so please share with us strategies that work well with you! The Hunger Committee is developing a network of hunger correspondents in each congregation, and publishes a yearly newsletter where we can all share ideas that work and tell how Christ is working in our churches. If you are interested in being a hunger correspondent, please contact Alice S Taylor at the Presbytery office.

Getting Started

- 1) The First Step is to choose a committee or task force to plan for the Nickel-a-Meal (NAM) program, educate, oversee its implementation and evaluate. If your congregation does not yet have a person named as hunger advocate, this would be a fine time to choose one. The support of your pastor will be invaluable.
- 2) The committee or task force will want to spend time in prayer before establishing objectives for their efforts and goals for their Nam offering. It may be wise for the committee to educate themselves on hunger issues and become familiar with the denominational program and their own church's strategies regarding hunger (food pantries, homeless shelters, other local community ministries supported by the church). Many materials are available with an emphasis on hunger. The Hunger Action Enabler (HAE) will be glad to meet with the committee or task force.
- 3) Decide among the options in the Introduction; how to conduct the offering and how to disperse the funds.
- 4) Plan for introducing the Nickel-a-Meal (NAM) offering to the congregation. People often feel overwhelmed at the hunger needs in the world and appreciate being shown that even collecting our spare change and nickels and adding them together can make a difference. This is a good opportunity to educate the people about root causes of hunger in this country and the world. Your HAE may be helpful in an initial presentation, and materials are available for all ages for a Church School emphasis or a special night meeting.
- 5) Attractive coverings for the containers, or for containers of your choice, may be made from a page of this workbook that includes designs and logos for duplication. Alternatively, it may be fun to have a contest among the children of the church for a design to become your church's identifying cover. Or you could host a prayer-writing contest for a prayer to go on the containers. It is important to incorporate children in various ministries of the church and this is a perfect way.
- 6) Some churches have had a great deal of fun when the containers are brought in to the church. The coins are collected in large galvanized buckets to take advantage of the sound of coin money! The children are delighted to pour their coins from home into the buckets
- 7) Do an evaluation of what went well and what may be improved for your next offerings. Stay in touch with the efforts of the other churches in PEVA through the Hunger Committee, the HAE, the Hunger Newsletter, or the website. Share the results of your evaluation.

Ideas to place on Collection Containers



NICKEL-A-MEAL COVENANT

Through God's love, we covenant
with other members of the
Presbytery of Eastern Virginia to:

- ◆ Become a partner of the
Nickel-A-Meal program,
- ◆ Enter into this covenant with
prayer, understanding and
gifts,
- ◆ Share concerns of the
world's hungry with my
family and other Christians,
- ◆ Give spare change (or a
nickel) a meal for the
outreach ministries of my
church and Presbytery.

*Lord,
Take this spare change that we give
At every meal each day
And help some hungry people find
Some food to eat, we pray.*

*We pray for homeless people, too
For people who are cold
For people now who need your love
With sorrows yet untold.*

*Take all the little things we do
Take all the prayers we pray
And spread your love like sunshine
Around the world today.*

*Dear God,
I gratefully bow my head, to thank
you for our daily bread. And may
there be a Godly share on every
table, everywhere.*

Amen

*"What does God require of us?
To do justice, love, mercy, and
walk humbly with our God"
Micah 6:8*

*O God, to those who have
hunger give bread; To those
who have bread, give hunger
for justice.
Amen*

*And Jesus said,
"You give them something to eat."
Mark 6:37*

Hunger Games



Coffee Break Game

Type: Simulation

Time: 15-30 minutes

This probably should not be the first item on your agenda. During a hunger study, at an appropriate time, suggest that your group take a coffee break, and then use this exercise without warning the group ahead of time that the break is also a hunger game!

Preparation Beforehand: Make nametags in 3 colors or in 3 shapes. According to the size of your group, use the following ratios:

- ◆ 1 in Group One (First World)
- ◆ 3 in Group Two (Second World)
- ◆ 6 in Group Three (Third World)

Distribute these tags when participants come into the room, without making any statement about their being different. If anyone asks why he or she are different, merely say casually you'll tell them later.

Procedure: Announce the coffee break. Tell each person to go to the coffee break area represented by his/her nametag. (You might color code tables, dangle appropriate shapes above them to match nametags, or merely point them out.) Ask them to go to the designated areas and remain within them during the entire break.

The First World should have an elaborate area with choices of coffee, tea, cocoa or punch, cream, sugar, lemon, cookies or cake, spoons, and more than enough chairs. You might even use a lace cloth and silver, flowers, etc. to provide a setting of luxury.

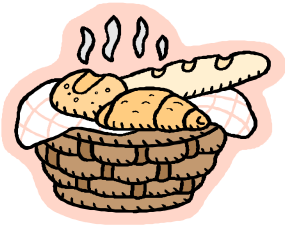
The Second World should have an adequate setting, with coffee or tea, cream and sugar, not quite enough spoons and just enough chairs. Serve them in mugs or paper cups, and use a plain cloth, if any.

The Third World (with the most people) should have inadequate supplies. They should have lukewarm water, a few teabags or about three spoonfuls of instant coffee, no cream or sugar, no spoons and only one or two chairs. No tablecloth, of course!

There should be some separation between groups, but they should be visible to one another. Permit them to eat for 5-10 minutes, watching dynamics for later discussion. Then call the group together.

Ask: How did you feel about being where you were? About the other two groups? Why did you think you were put in the group you were? What happened-was there sharing? Stealing? You might point out two less obvious parallels between this game and the real world: a) people have no control over the "world" they are assigned to at birth, and (b) each world is fully visible to the other two.

You may, of course, decide to end the break by permitting everyone to have a "real" (i.e. First World) break, or you may ask the group to make that decision.



Famine - Feast

Type: Simulation

Time: Mealtime

This is a mealtime version of the Coffee Break Game. It is most appropriate for a church night supper, church luncheon, or workshop meal.

Preparation Beforehand: Make name tags in 3 colors or in 3 shapes. According to the size of your group, use the following ratios:

- 1 in Group One (First World)
- 3 in Group Two (Second World)
- 6 in Group Three (Third World)

Distribute these tags when participants enter the room, without making any statement about their being different. If anyone asks why they are different, be as casual as you can, so as not to arouse suspicion.

Procedure: Announce the meal. As persons go through the serving line, servers give them a meal that corresponds to their name tags.

- First Worlders Get: Meat Salad * Rice Bread and Butter * A Vegetable * Dessert
- Second Worlders Get: Rice Salad * A Vegetable
- Third Worlders Get: A small portion of rice (perhaps with some beans)

As they leave the serving line, First Worlders are directed to a table lavishly set with flowers, lace cloth, perhaps silver. Second Worlders are sent to a table with a rough or paper cloth, paper cups, no flowers. Third Worlders are sent to a bare table off in one corner of the room with only a couple of chairs around it.

Observe the group during the meal for dynamics. When they have been eating for about 5 minutes, stop the game for an announcement. "May I have your attention, please? First Worlders, we just want to tell you that there's a lot of food in the kitchen, and you are entitled to all you want. Please go back for as much as you will. That's all. Thanks." Be sure to use the phrase "You are entitled to all you want." because the catch here is that they can get any they want not only for themselves, but also for anyone else! But don't say that . . . see if they figure it out.

When the meal is over, it is essential to call the group together to discuss what happened and how members of each world felt. You might use such questions as:

- How did you feel when you saw what your nametag meant?
- Did you think this game was "fair"? Why or why not?
- How did you feel about your world? About those in the other two?
- How did our group deal with the situation? What are some other ways we might have dealt with it?
- As a member of the real First World, how do you react to this game



Poverty Meals

Type: Simulation

Time: Mealtime

Persons concerned about hunger have devised several menus and settings for meals, which permit participants to actually experience identification with the world's hungry while contributing to hunger relief. The usual procedure is to provide a very simple menu (which has been announced ahead of time) for which a regular price is charged. Partakers understand ahead of time that the difference between the actual cost of their meal and the cost of the regular meal will be sent to a pre-determined hunger cause.

Suggested Menus:

- Brown rice, unsweetened tea
- Cooked dried beans, unsweetened tea
- Peanut butter sandwich (no jelly), milk (the milk and peanut butter make a complete protein)
- Simple soup, cornbread, fruit, beverage

Please consider your participation in the Nickel-a-Meal (Nickel-A-Meal) Hunger program of the Presbytery of Eastern Virginia. This offering is an important component in our work together to address the problem of hunger in our community and around the world. We hope the following information will help your congregation to make participation in Nickel-a-Meal (NAM) a fulfilling, fun and meaningful experience. Please feel free to call the Hunger Committee of the Hunger Action Enabler, Alice S. Taylor with questions or suggestions.

The Nickel-a-Meal hunger program:

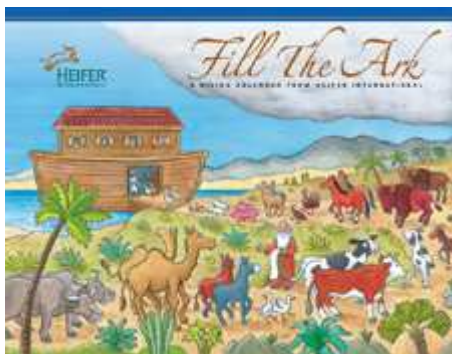
- ◆ Raises awareness of hunger and its surrounding issues
- ◆ Helps make hearts sensitive
- ◆ Fosters a global awareness of people and church
- ◆ Teaches giving and stewardship
- ◆ Encourages our connectionalism
- ◆ Actually raises a surprising amount of money
- ◆ Enables local congregations to begin hunger programs
- ◆ Supports the work of the Hunger Committee
- ◆ In the communities of the Presbytery
- ◆ Helps families work together
- ◆ Helps congregations work together
- ◆ Helps whole churches work together
- ◆ Help Presbyteries work together
- ◆ Helps the world of believers work together
- ◆ Is theology and faith in action
- ◆ Is enacted prayer
- ◆ Is practical spirituality

WELCOME TO THE NICKEL-A-MEAL HUNGER PROGRAM!

Facts About Hunger

- **More than 800 million people in the world are chronically undernourished (1 in 7)**
- **In developing countries one child in 10 dies before his or her fifth birthday.**
- **Six million children die each year from malnutrition and hunger related causes. That's over 16,000 a day.**
- **In the U.S. 12 million children live in households where there is not enough to eat.**
- **One in ten households in the U.S. are living with hunger.**
- **The wealthiest fifth of the world's people consume an astonishing 86% of all goods and services, while the poorest fifth consumes 1%.**
- **32% of the population in the developing world lives on less than \$1 per day.**
- **21 million people turned to America's Second Harvest foodbanks in 1997-40% were from working families.**
- **In nearly 25% of all rural counties, 1 in 5 people have been living below the poverty level for at least four decades.**
- **About 2.5% of the federal budget is spent on food assistance**

A Presbyterian project, linking congregations with small farmers and their families through Fair Trade of Coffee.



"Join the Presbytery Challenge, Let's Join Together to Float an Ark" Heifer International

Self Development of People SDOP

