



# OPEN HANDS

A worship resource for World Food Day



**PWRDF**  
The Primate's World Relief  
and Development Fund





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and Development Fund

**PWRDF is the Canadian Anglican response for emergency relief, refugees, development and justice, and a proud member of Canadian Foodgrains Bank.**

**Canadian Foodgrains Bank is a partnership of 15 Canadian churches and church agencies working together to end global hunger. Our vision is a world without hunger. We support programs that:**

- Meet emergency food needs in times of crisis.
- Strengthen agriculture and livelihoods to improve access to food in the longer term.
- Improve nutrition, particularly for pregnant and breastfeeding women and young children.

We also advocate for change in public policies that improve access to food for families and communities, and deepen the engagement of Canadians in the work of ending global hunger.

Visit [foodgrainsbank.ca](http://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, a children's feature, 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 how Canadian aid is making a difference, and why it's crucial that people of faith demonstrate their support.
- **ADVOCATE**- ideas on how to get involved by sending a message to the Prime Minister and let him know that you care about Canada's role in ending hunger.







# PRAYERS & WORSHIP RESOURCES

## Suggested Scripture Readings

Amos 5:6-7,10-15  
Psalm 90:12-17  
Mark 10:17-31  
Hebrews 4:12-16

## Call to Worship

Our God, Creator and Sustainer of all life  
**instructs us to give generously and cheerfully.**  
We come, giving the funds, time, and gifts God has given us  
**cheerfully and without hesitation or pressure,**  
Trusting that in our upside-down life of the Gospel,  
**our wealth is measured not by what we have but what we give away.**  
We give joyfully as an act of our faith trusting you great God,  
**to bless your church, your people, and your creation through our giving.**

— Written by Rev. Corey Turnpenny, adapted from Robert Schnase's book *Five Practices of Fruitful Congregations*; <https://getlitworship.wordpress.com>

## Opening Prayer

Good and gracious God, You are gathering this community from across the earth,  
Asking us to pour out our lives on behalf of those who hunger.  
For hope, For justice, for daily bread.  
You are asking us to see the earth as you do,  
So very,very good.  
Trees with fruit, bursting with seed.  
Green plants for food, for humans and for every living creature.  
As a holy place for everything that breathes and to whom you have given life.  
Yet we see the realities before us and it takes our breath away:  
Those whose bellies growl every day.  
Those who consume more than their fair share.

Breathe new life into us....  
As a global community, as local congregations  
Gather us together so that we may remind each other of your intent for this earth.  
Gather us so that we may pour out our lives in Christ's name, as Christ does on behalf of those who hunger.

— Adapted from WFD prayer on [presbyterianmission.org](http://presbyterianmission.org)

## Litany of Praise : Psalm 90

Lord, you have been our shelter and security from generation to generation.  
**You breathed creation into being,**  
**giving shape to mountains and form to the world,**  
**from everlasting to everlasting you are God.**  
You have the power to turn us back to dust;  
a thousand years in your sight are like yesterday to you,

or like a brief moment in the night.

**You sweep us away like a dream,  
like grass which flourishes and grows in the morning,  
but fades and withers in the evening.**

Our frailty is revealed when we trust only in ourselves  
and so fail to number our days wisely.

**Turn to us, O God, for you alone are our hope.**

**Have compassion on us we pray.**

Help us to begin day after day focused on your steadfast love,  
so that each day will be filled with joy and gladness.

**By your mercy and grace, O God,  
transform our afflictions into blessings  
and our wrongful ways into goodness.**

Let your work be so visible among us  
that your glory will be revealed now and for generations to  
come.

**May your grace, O God, enrich our lives  
and give meaning and purpose to our daily activities.**

— Copyright © Moira Laidlaw, posted on her *Liturgies Online* website.  
Visit that site for other great lectionary-based resources

## **Reader's Theatre : Mark 10** **(This 3-voice readers' theatre script draws on verses** **from Mark 10, 12 and 2 Corinthians 9.)**

One: As Jesus started on his way,  
a man ran up to him  
and fell on his knees before him.

Two: Good teacher,  
what must I do to inherit eternal life?  
Three: Why do you call me good?  
No one is good—except God alone.  
You know the commandments:  
‘You shall not murder,  
you shall not commit adultery,  
you shall not steal,  
you shall not give false testimony,  
you shall not defraud,  
honor your father and mother.’”

Two: Teacher,  
all these I have kept since I was a boy.

One: Jesus looked at him and loved him.

Three: One thing you lack.  
Go, sell everything you have  
and give to the poor,  
and you will have treasure in heaven.  
Then come, follow me.

One: At this the man's face fell.  
He went away sad,  
because he had great wealth.  
Jesus sat down near the collection box in the Temple  
and watched as the crowds dropped in their money.  
Many rich people put in large amounts.  
Then a poor widow came  
and dropped in two small coins.  
Jesus called his disciples to him and said,

Three: I tell you the truth,  
this poor widow has given more  
than all the others who are making contributions.  
For they gave a tiny part of their surplus,  
but she, poor as she is,  
has given everything she had to live on.

Two: Remember this:  
Whoever sows sparingly  
will also reap sparingly,  
and whoever sows generously  
will also reap generously.

One: Each of you should give  
what you have decided in your heart to give,  
not reluctantly or under compulsion,  
for God loves a cheerful giver.

Three: And God is able to bless you abundantly,  
so that in all things at all times,  
having all that you need,  
you will abound in every good work.

Two: Now he who supplies seed to the sower  
and bread for food  
will also supply and increase your store of seed  
and will enlarge the harvest of your righteousness.  
You will be enriched in every way  
so that you can be generous on every occasion,  
and through us your generosity will result  
in thanksgiving to God.

— Christine Longhurst, for the Canadian Foodgrains Bank





## Children's Sermon: The Eye of a Needle

**Supplies needed:** Small plastic needle, thick yarn, toy camel?

**Leader:** I brought something to show you today – it's a needle, for sewing. One end is very sharp and the other has a tiny hole in it. We call this hole the "eye" of the needle. (Pass the needle around around) Why do you think it's so small? (Kids answer – Demonstrate threading the needle with yarn.

**Leader:** The eye of a needle is so tiny because the whole thing needs to be small enough to go through the tiny holes in the fabric that you are sewing.

**Leader:** The gospel reading this morning tells the story of a rich man comes to Jesus and asks him how to get into heaven. One of the things Jesus tells him is that he should sell all the things he has and give the money to the poor. The man is shocked by this.

**Leader:** The man goes away upset because he has a lot of special things. After he goes, Jesus explains that it would be easier for a camel to pass through the eye of a needle than for a rich person to enter the kingdom of heaven. Who knows what a camel looks like? I wonder if a big animal like a camel could fit through this tiny hole?

**Leader:** I wonder why Jesus would say something like this? Why would he tell them that it's impossible for a rich person to go to heaven?

**Leader:** Jesus often tells us about how we should behave and treat others, especially people who need our help. Jesus is talking about greed – and reminding us that when we are lucky enough to have money that we should use it for more than ourselves. That doesn't mean that we don't have food to eat, clothes to wear, or a place to live, but that being generous and compassionate to others is more important than having more and more and more things. When you are being generous and compassionate for others you are giving from your heart. Have you ever heard anyone say "giving from the right place"? Its just another way of saying that when you give from your heart, you aren't giving because you are going to get something, but because you actually care about the other person.

Let's pray. Dear God, thank you for blessing us with the things we need in life – and for helping us to remember that sharing these blessings with others is what God wants us to do. Amen

— Copyright 2009, Dr. Dan Wuori. (adapted)

## FUN FACTS FOR EVERYONE ABOUT CAMELS!

**The hump is not used to store water. Even though camels come from hot climates the hump stores fat, which their body converts to food and water, and helps their body stay cooler.**

- Some camels have 2 humps
- The only time you will see a camel without a hump is when they are first born. Once the baby starts eating food, the hump begins to grow.
- Very social, in the wild they travel in groups of up to 30
- The word camel comes from the Arabic word beauty



## Sermon Starters

"It is a rich prescription for a rich man, designed to melt the lump in his throat and the knot in his stomach by dissolving the burden on his back, the hump that keeps banging into the lintel on the doorway to God. It is an invitation to become smaller and more agile by closing his accounts on earth and opening one in heaven so that his treasure is drawing interest inside that tiny gate instead of keeping him outside of it. It is a dare to him to become a new creature, defined in a new way, to trade in all the words that have described him up to now – wealthy, committed, cultured, responsible, educated, powerful, obedient – to trade them all in on one radically different word, which is free" (Barbara Brown Taylor, *The Preaching Life*, Cowley Publications, Cambridge, Massachusetts, p.121-126).

I don't know if your money has the ability to make you sick. I don't know if you are longing for something more. And maybe to most of you, this doesn't sound like good news. This idea that Jesus has his eye on our wallets and pocketbooks, looking at and watching what we do with them. But maybe, just maybe, the sheer fact that Jesus is looking at us at all is the good news. Maybe what it says is that God actually cares about this life. Your life. And God actually cares about what you do with it. Which means what you do matters. And what you do with your money matters. It matters to God and it matters to the world. Remember that this week each time you hand over cash or credit card to buy something. Not because God looks upon you as a judge, but because God looks at you, and loves you. Wishing for you not good behavior and a hefty bank account. But a whole heart. And a full life.

— Based on a sermon by David Lose.  
<https://jdshankles.wordpress.com/2012/10/15/sunday-october-14-2012-sermon-on-mark-1017-31/>

## Opportunities for response / bulletin or oral announcement

(Note: See advocacy section of this resource for more details in ordering postcards)

Be generous with your voice! Many Canadians who support the work of Canadian Foodgrains Bank do so generously—and they expect their country to do the same. But Canadian aid is declining as a share of its national income. We are all being invited to sign and send a postcard to the Prime Minister of Canada letting him know we support Canada playing a larger role in helping to end world hunger and extreme poverty. The causes of hunger are complex but ways for Christians to take action don't have to be. We as the church can show that we care. Postcards are available (in your bulletin, in the pew, at the entryway). Please sign a postcard and deposit it \_\_\_\_\_/ give it to \_\_\_\_\_. Remember to include your postal code.

## Prayer of Confession: Mark 10

God, You heap your love upon us  
like a parent providing for a family's needs,  
embracing a child with tenderness.

Forgive us  
when, like spoiled children,  
we treat Your generosity as our right,  
or hug it possessively to ourselves.

Give us enough trust to live secure in Your love  
and to share it freely with others  
in open-handed confidence  
that Your grace will never run out.  
Amen.

— Copyright © Jan Berry, England, in *Bread of Tomorrow: Prayer for the Church Year*, ed. Janet Morley (Maryknoll, New York: Orbis Books, 1992), p. 147

## Words of Assurance: Hebrews 4

Jesus, the Son of God, was tempted in every way that we are,  
and is now at the throne of grace  
presenting to God our case for mercy.  
Therefore, we can approach God's throne in confidence.

Sisters and Brothers,  
your sins are forgiven;  
be at peace.

— Copyright © 2000 Nathan Nettleton

## Prayer: God we thank you (Amos 5)

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.**

— Written by Christine Sine, and posted on her website [Godspace](#).

## Prayer of Commitment: The Call of Compassion

If we're honest,  
compassion does not come easy to us, God;  
We see others who struggle;  
those without homes, or food;  
those dying from curable diseases, simply because  
they can't get access to the medicine they need;  
those who have lost loved ones through death or  
circumstance,  
and long for human companionship;  
those who are persecuted and judged because of their  
difference;  
those who are facing the awful consequences  
of bad choices they have made;  
and those who must live with the consequences  
of choices that others make that impact their lives;  
It all just feels like it's too much, and there's nothing we can do.

But, we know that's not true –  
we know that compassion is enough;  
that when we allow ourselves to feel,  
compassion will lead us to do what we can,  
and that this will make a difference.

And so, we pray first for ourselves:  
that you would soften our hearts,  
and still our fears,  
and lead us into those acts of compassion  
that we are capable of doing.

And then we pray for all of these others  
whose lives can be changed  
through small, simple acts of care;  
that you would disturb us, and others like us,  
until we finally step up and play our part  
in the saving of your world;  
and that enough of us would answer your call,  
that the needs of the hurting ones  
may be met.

In Jesus' Name,  
Amen.

— Written by John van de Laar, and posted on Sacredise.com.  
<http://sacredise.com/>

## Prayer for the Offering

God of Justice and mercy,  
The gifts we bring are so small in comparison  
To the vast needs in our world-  
Nowhere near enough to save the  
Thousands who are dying of  
Starvation or malnutrition,  
Or even to meet the needs of the  
Hungry and homeless in our city.  
Yet we come with open hands,  
Bringing what we can.  
As you once multiplied  
The five loaves and two fish,  
Multiply these gifts as well, so that, once again,  
The hungry may receive all they need,  
And more, Amen.

## Litany at the Table: What do you bring

What do you bring to Christ's table?  
We bring bread, made by many people's work  
from an unjust world where some have plenty  
and many go hungry.

At this table, all are fed  
and no one turned away.  
Thanks be to God.

What do you bring to Christ's table?  
We bring wine, made by many people's work  
from an unjust world where some have leisure  
and many struggle to survive.

At this table, all share the cup  
of pain and celebration  
And no one is denied.  
Thanks be to God.

These gifts shall be for us  
the body and blood of Christ,  
Our witness against hunger,  
our cry against injustice,  
And our hope for a world  
where God is fully known  
And every child is fed.  
Thanks be to God.

— By Brian Wren, from *Bread of Tomorrow*, ed. Janet Morley, *Christian Aid/SPCK* 1992. Posted on the Monthly Prayers page of the *Christian Aid* website. <http://www.christianaid.org.uk/>





## Prayer of Intercession

Compassionate God,  
You have compassion enough for all.  
Lord in your mercy,  
Have compassion for us.

Jesus, out of your compassion for us,  
you invite us to come away with you  
to a place of rest and quiet.  
Help us to say yes and then  
to be able to come away with you.  
Lord in your mercy,  
Have compassion for us.

Lord, out of your compassion you care for  
Those who are harassed, helpless, and  
Lost. Sometimes we feel that way ourselves  
Lord in your mercy,  
Have compassion for us.

Lord in your compassion teach us to follow you,  
to trust you, to love you and to love as you love.  
Lord in your compassion feed us who are hungry;  
Physically, emotionally, and spiritually.  
Lord in your compassion heal us in the places we need healed.  
Lord in your mercy,  
Have compassion for us.

And Lord in your having compassion for us  
Teach us to have compassion for others as you do.  
Help us to show compassion in action the way you did.  
And remind us when it is time to come away with you  
for quiet and rest.  
Lord in your mercy,  
Have compassion for us.

— Written by Rev. Abi and posted on her Long and Winding Road  
blog. <http://vicarofwadley.blogspot.ca/>

## Benediction: Mark 10

Go now and invest your lives in the works of faith.  
Make a name for yourselves for generosity and compassion.  
Fulfill God's holy law  
by putting love into action as eagerly for others  
as you would for yourselves.  
And may God be your defender and provider;  
May Christ Jesus dispel all that disturbs or immobilizes you;  
and may the Holy Spirit make you rich in faith  
and loving and merciful in action.  
We go in peace to love and serve the Lord,  
In the name of Christ. Amen.

— Copyright © 2003 [Nathan Nettleton](#)

# SONG SUGGESTIONS

## By Our Love

by Christy Nockels

<https://foodgrainsbank.ca/product/new-song-by-our-love/>

## Heaven's Coming Down

by Sean Hall

<https://foodgrainsbank.ca/product/jesus-speaks-the-voice-of-justice/>



Did you use this resource? We'd love to hear about it. [Click here to let us know.](#)  
or send an email to [foodjustice@foodgrainsbank.ca](mailto:foodjustice@foodgrainsbank.ca).



**Nachai Loparinga set out in the cool of the evening for the two-day walk to get food for her family. Her journey to the food distribution site was long and difficult, but without the food relief, she says members of her family would have died.**

The food rations are given to her elderly mother-in-law who is blind and malnourished, as well as the smallest of her 10 children. They only last four days. They have a few acres of land to farm sorghum but nothing has grown during the drought. Three of her children are in school, while others stay home and work on the farm, watching the cattle. Two are grown and married.

Nachai was one of thousands who participated in a food distribution project led by PWRDF in rural areas of South Sudan in October, November and December of 2017. The project was financed through PWRDF's equity in Canadian Foodgrains Bank, a 4:1 match from Global Affairs Canada and a contribution of \$100,000 from the United Church of Canada.

The budget of \$375,000 allowed the purchase of 201 tonnes of sorghum (used for porridge), 26 tonnes of beans, 16 tonnes of cooking oil, four tonnes of salt, transportation and staff support. Adventist Development and Relief Agency (ADRA) South Sudan was the partner on the ground providing food assistance.

Food was provided to 1,799 households and 8,960 individuals in the seven districts of Kapoeta North County. This is one amazing example of how Canadian churches are truly working together to end global hunger.

**To enable people like Nachai to have better access to food, visit [www.foodgrainsbank.ca](http://www.foodgrainsbank.ca), click the Donate button and select Primate's World Relief & Development Fund (Anglican Church of Canada).**

*Image: Nachai Loparinga attends a food distribution in Kapoeta, South Sudan (Photo Credit: Matthew Sawatzky)*





## Canadian Aid makes a difference for millions of people!

Canada's international assistance, or aid, reduces hunger and poverty around the world. Real progress on reducing global hunger has been made, thanks to international cooperation.

Over the years Canadian aid has helped to improve the lives of people around the world by:

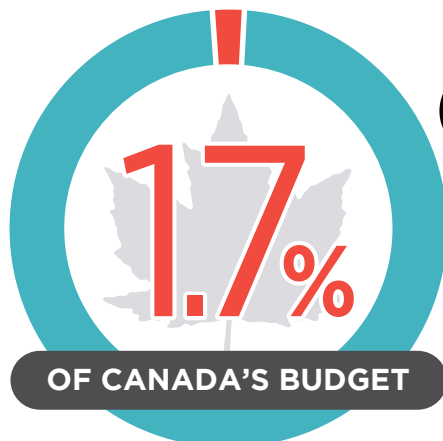
- Providing immediate assistance in times of crises and food emergencies,
- Supporting health, education, and economic opportunities for people who are marginalized, especially women,
- Helping to strengthen local governments to better serve the needs of their citizens;
- Growing community resiliency in the face of increased disasters linked to climate change.

**But! Canadian aid as a share of our national income is declining. In fact, it is almost at an historic low. Canada could play a bigger role in helping to fight poverty and hunger.**

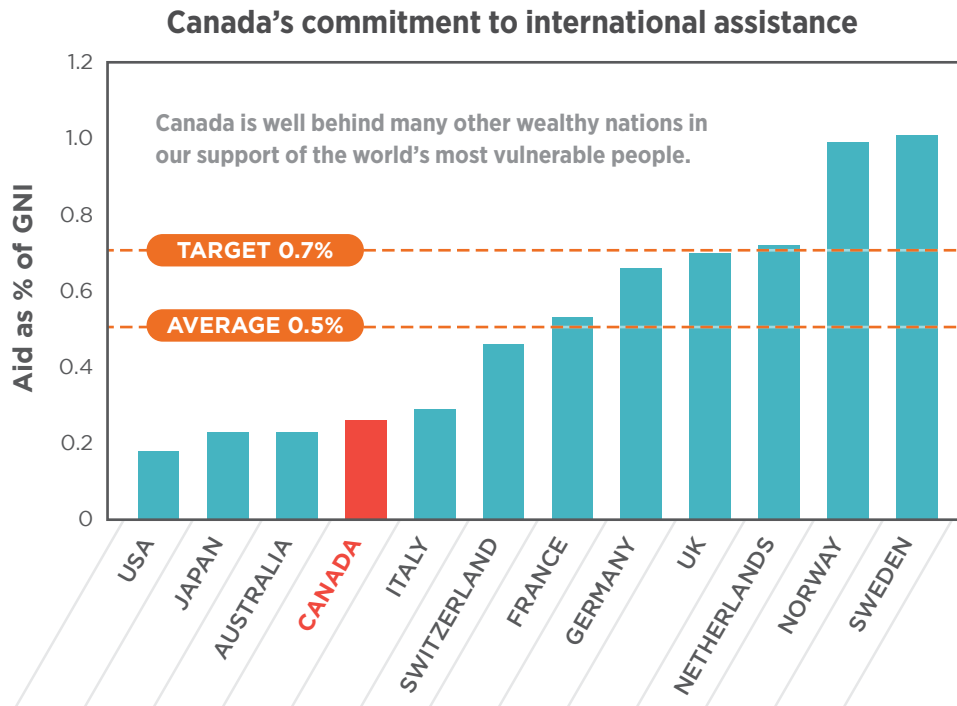
**Here's why:**

- Canada is a wealthy country, with much to share. Canada currently provides about \$5 billion a year toward helping to address world poverty. That's about 0.26 percent of our national income. It sounds like a lot of money—and it is. But think of it this way: Canada's defence budget is about \$20 billion a year. We spend \$6.5 billion on our pets every year. And we spend \$22 billion on alcohol each year.

**What does  
Canada spend  
on helping to  
address world  
poverty?**



- Canada can demonstrate global leadership by increasing the amount it spends on international aid. Canada is behind our peer countries in development spending.



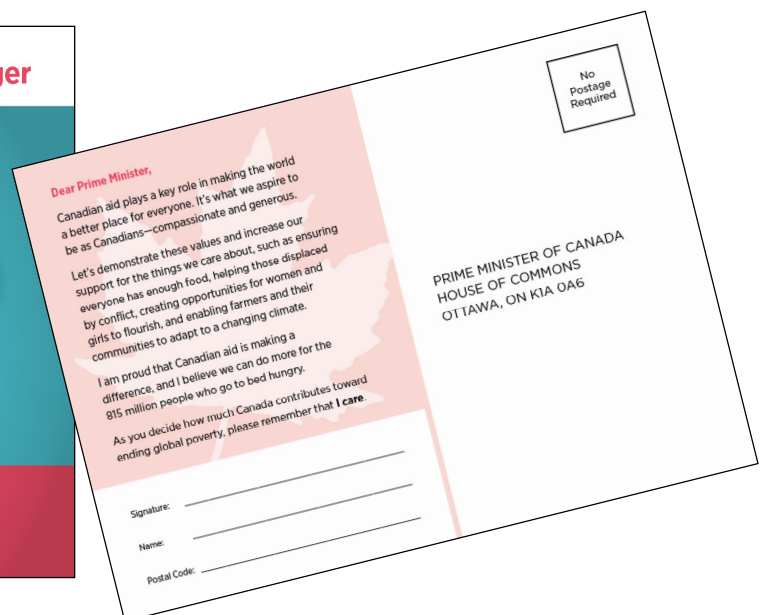
- For people of faith, it's what we're called to do. In scripture, we are called to love our neighbours. For when I was hungry, you gave me something to eat...Matthew 25:35. It's also what we aspire to be as Canadians—compassionate and generous.

## Here's What You Can Do!

### Sign the Postcard!

We want as many Canadians as possible to send one of our postcards to the Prime Minister letting him know that when it comes to ending global poverty and hunger, they care! Let us know if you, and/or your church/community group sent postcards.

Order postcards for your parish or community group by visiting [www.foodgrainsbank.ca/icare](http://www.foodgrainsbank.ca/icare) or by contacting PWRDF directly at 1-866-308-7973.





## Amplify Your Voice through Social Media

- Reach out to elected officials (who use social media regularly) 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.
- Always tag an elected official of the Canadian government, Prime Minister Justin Trudeau @JustinTrudeau, International Development Minister Marie-Claude Bibeau @mclauddebibeau, Environment and Climate Change Minister Catherine McKenna @cathmckenna, Finance Minister Bill Morneau @Bill\_Morneau.
- AND be sure to include a message of support for increased Canadian aid and/or increased support for agricultural development.
- Don't forget the key hashtags: #MoreCanada: An overarching hashtag used across the sector to express support for increasing Canadian aid in general. #MoreAid4Ag: A specific hashtag used to express increased support for agricultural development, which is a focus of the Foodgrains Bank.

## 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! @JustinTrudeau #MoreCanada #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/we're 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 @JustinPJTrudeau know! #MoreCanada #MoreAid4Ag @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! @JustinTrudeau #MoreCanada #MoreAid4Ag @Foodgrains

