

Sharing Bread (Three)

A Learning Resource



Welcome



Will Postma, Executive Director, The Primate's World Relief and Development Fund

Thank you for picking up this learning resource from PWRDF - The Primate's World Relief and Development Fund. Think of it as a friendly resource among all of your life-gardening tools that you can turn to over and over to help tend to important things of life: caring for one another, caring for the Earth and even caring for yourself. It's put together in such a way to choose from among the many Biblical reflections, conversation starters and practical exercises, all of them thematically aligned around the importance of food security and useable as a whole or for single sessions.

The learning resources in *Sharing Bread* (Three) are also action resources, suggesting ways to do more than just discuss together but to also make the link between increased awareness and informed action to promote food security – buying locally, joining a neighbourhood co-operative and looking carefully as to what actually is in the food we eat. This third edition of PWRDF's *Sharing Bread* series helps us to learn about the challenges of food producers and consumers in developing world contexts and then translate that learning into more thoughtful global engagement, support and solidarity. Good food brings people together. However, a discussion about food security, much less food sovereignty, can be difficult. Many of us, myself included, could walk through life without giving much thought to food security, what may seem like an abstract term or simply another way of referring to having enough food to eat.

But food security is very important and the more we can learn about its complexities, particularly its interface with poverty, distribution systems and market forces, the more we will be able to 'share bread' together in lasting ways. Many of us live in a time where we take for granted a relative abundance and availability of food. We don't stop to think about the deep challenges of food security that face billions of people in our world: nutrient depletion in our soils, the high costs of inputs, especially in the 'Two Thirds World,' disproportionately high costs of vegetables and fruit in First Nations communities in Canada and the costly and sometimes very long supply chains that bring food to our local grocery stores. And then there are the many and differential impacts of food insecurity on women and children, those most vulnerable but most critical to a healthy community.

These are all real challenges. This learning resource from PWRDF, Sharing Bread (Three), will help you to dig deeper, walk together and encourage one another on a journey of gratitude and respect. It's a journey that can also draw from the deeper meaning of the Acholi proverb from Uganda: "once the millet sprouts, it is not afraid of the weather." Once we get past the tough parts of demystifying food security, it can be much easier to take small but important steps towards fruitful ends, sharing our resources more equitably together.



Introduction

In his 1998 Massey Lectures titled, “Becoming Human,” Jean Vanier wrote, “The word ‘accompaniment,’ like the word ‘companion,’ comes from the Latin words *cum pane*, which mean ‘with bread.’ It implies sharing together, eating together, nourishing each other, walking together... We human beings need to walk together, encouraging each other to continue the journey of growth and the struggle for liberation...”

In the summer of 2016 PWRDF was excited to collaborate for the third time with the Sorrento Centre, an Anglican retreat and conference centre on the shores of Shuswap Lake, B.C., in a week-long course titled, “Sharing Bread (Three) – A Food Security and Health Learning Exchange.” Facilitated by PWRDF staff members Sheilagh McGlynn and Suzanne Rumsey, the course was designed to explore the complex issues of food security in the lives of participants, their communities, in Canada and globally in dialogue with partners from Bangladesh, food producers from Canada, PWRDF volunteers and other

interested Anglicans. As well, with support from the Canadian government, PWRDF's work on Maternal, Newborn and Child Health continues to grow, and our Bangladeshi partners were also able to share with us their significant experience in this area and explain how food security and health are intimately connected.

The starting point for the course was PWRDF's three-year Food Security Campaign, *Fred Says*, launched in November 2013. Participants explored themes such as faith and farming, community-based food production, the complexities of food aid, food security and food sovereignty, and community-based health care for mothers and babies, among other issues. Presentations, group discussions and activities including a film festival, were complimented by opportunities to "dig a little deeper" on the Sorrento Centre Farm. And of course we worshipped and shared bread and stories about how food shapes our health, our lives and the lives of those PWRDF accompanies throughout the world as we "walk together, encouraging each other to continue the journey of growth and the struggle for liberation."

The course was designed to equip participants to address food security and health issues in their parishes and communities when they returned home. This education resource that you hold, the third in our "Sharing Bread" series, emerged out of that week and brings together the materials developed for the course for use in your local community, be it a Bible study group, youth and/or inter-generational groups, a parish, regional or diocesan gathering.

This resource can be used as a whole or you can simply use a single session. Each session varies in length from approximately 1.5 to 3 hours, but can be shortened or expanded as needed. It includes links to a number of videos and PowerPoint presentations, as well as to blogs, prayers and reflections produced for and by participants during the Sorrento course. If you are unable to access/download the audiovisual materials, a USB key containing the materials is available for \$10. To order please contact: pwrdf@pwrdf.org or phone: 1-866-308-7973 and ask for Suzanne Rumsey at extension 267.

We welcome feedback on this resource. Please contact us if you are planning an event that draws on this resource should you need support and so that we can let others know. And after, tell us how the event went. You can contact us at: srumsey@pwrdf.org or smcglynn@pwrdf.org. If you would like to learn more about the Sorrento Centre go to: www.sorrento-centre.bc.ca.

As PWRDF's Fred Says Food Security Campaign draws to a close in 2017, we would like to take this opportunity to thank all those who have accompanied us and from whom we have learned so much on this "journey of growth and the struggle for liberation." For it is a journey, and we need to continue to accompany one another – both in Canada and globally – knowing, in the words of Catholic bishop, Ken Untener that,

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way,

An opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs.

We are prophets of a future not our own.

In peace,

Sheilagh and Suzanne



Momtaz Begum



Farida Akhter and Fahema (Liza) Khatun

Dedication

This learning resource is dedicated to Momtaz Begum, the mother of Fahema (Liza) Khatun who, together with Farida Akhter, joined us at the Sorrento Centre in July 2016. When asked to describe her mother, Liza wrote that Momtaz was “my mother, friend and well wisher. I have learned the act of sacrifice and patience from her. My mother supported my decision to take up the opportunity to work with PWRDF partner in Bangladesh, UBINIG. I used to share many things with her after returning from the office. Sometimes she used to advise me . . . She encouraged and supported me always like a shadow.” In a country where women’s roles are traditionally gender-defined, Momtaz saw a different future for her daughter. As Farida noted to us, it would be Liza who would choose when and with whom she would marry.

Tragically, Momtaz passed away suddenly while Liza was in Canada last summer. “I never thought that I would never have the chance to talk or meet my mother again . . . I miss my ‘ma’ so much,” Liza wrote.

In memory of Momtaz Begum and all those mothers throughout the world who plant and nurture the seeds of a full life for their daughters.

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Begin this session of Sharing Bread by posting the image from the cover of this resource and reading the biblical quote below.

Then God said . . .

"...Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. (Genesis 1:11-12)

SESSION ONE

Community Building for “Sharing Bread (Three)”

This session is designed to build community and to introduce participants to the theme of food security by reflecting on the role of food in their lives, planting seeds and worshipping together. This session will take 1.5 to 2 hours.

What you will need:

- ❖ As many chairs in a circle as there are participants
- ❖ A small table, perhaps covered with a colourful cloth
- ❖ A newspaper-covered table – or space outside
- ❖ A bag (or two, depending on the size of your group) of potting soil
- ❖ Small plastic or earthenware pots for planting
- ❖ Beans/seeds (enough for five or six each) to plant in the pots
- ❖ A watering can filled with water
- ❖ A computer, speakers and a PowerPoint projector; a screen or wall to project the order of service for worship
- ❖ Sharing Bread, Planting Seeds . . . A Food Security Service of the Word link, listed on page 15 and as Appendix A.

Community Building

(Can be done as an inter-generational activity)



Our Food Stories (Time for this will vary depending on the number of participants)

- ❖ Send a message to all participants ahead of time asking them to bring a symbol/image/story of a personal experience of food that they have had.
- ❖ Invite each participant to introduce himself or herself, to share his or her symbol/image/story and to place the symbol on the table at the centre of the circle.

Sample Story: Feeding a Growing Life

I don't have any children, so my experiences of maternal and newborn health are pretty limited. In fact, it's really only when I think about the connections between food and maternal health that I have any meaningful experience at all. I was on the leadership team for a youth leadership program a few years ago, and as part of my work I spent a lot of time in the kitchen. The participants and other members of the leadership team all helped with preparing and serving meals. This became an important part of developing a community during the program. We talked about this as servant ministry - caring for and nourishing one another by making sure there was healthy food for them to eat at every meal. A close friend was also on the leadership team, and she was about five months pregnant during the program, so she ate A LOT. It was an incredible gift to be able to feed her as part of this community, and to know that in feeding her we were also helping to grow a whole new life.

By Allie Colp, PWRDF Youth Council

❖ **Planting of beans/seeds:**

- Say a word of introduction about planting seeds and sprouting beans as symbols of hope for our time together. . . something to take home. . .
- Gather participants around a table with a large bag (or a couple of bags, depending on numbers) of potting soil and a bowl of beans.
- Provide each participant with a small pot and invite them to fill their pots with

soil and plant 5 or 6 beans/seeds.

- Pass around a small watering can for participants to water their beans/seeds.
- If you are doing all the sessions in this resource over a defined period of time – a week or a month – and have the space and capacity to “tend” the plants, invite people to label the pots with their names and to return to observe their sprouting and growth over the course of the sessions. Otherwise, they could be blessed and sent home with participants to tend themselves.

Worship – Adapted from a worship service designed by PWRDF for World Food Day 2016, entitled “Sharing Bread, Planting Seeds...”

This resource is a service of the word and can be found here: http://pwrdf.org/uploads/479/2016sharing_bread___service_of_the_word.docx

For other worship resources developed by PWRDF for World Food Day and other occasions go to: <http://pwrdf.org/resources/worship/>

To read about the participants’ experience of the Sharing Bread (Three) Course at Sorrento in July, 2016 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Suzanne Rumsey, PWRDF’s Public Engagement Coordinator and is titled, “But Where Do You Put the Patients?” It can be found at: <http://pwrdf.org/2016/but-where-do-you-put-the-patients/>



Begin this session of Sharing Bread by posting the image from the cover of this resource and reading the biblical quote below.

“As long as the earth endures...

*Seedtime and harvest, cold and heat,
summer and winter, day and night
shall not cease.” (Genesis 8:22)*

SESSION TWO

Theme: Finding God in the Garden (and Introducing the 5 A's of Food Security)

This session is designed to give participants a first-hand encounter with a faith-based food producer and that producer's garden/farm, as well as introducing the first of the "5 A's of Food Security." Time for this session will vary depending on the activity/ies chosen.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer, speakers and a PowerPoint projector; a screen or wall
- ❖ The PWRDF Fred Says 5A's of Food Security video, "Availability" (see link below). Make sure the volume is high enough for participants to hear. A brief description of the "5 A's" appears at the bottom of this list.
- ❖ A farmer/food producer if possible, if not the Sorrento Centre Farm website offers information on Faith and Farming, Sharing the Abundance and other related themes: <http://www.sorrento-centre.bc.ca/landg-farm.html> Farm Manager, Clay Foard can be contacted through the website. OR if it's winter. . .
- ❖ Ingredients for a 100-Mile Meal that participants could be invited to bring. These could be prepared dishes or ingredients to prepare a meal together
- ❖ A kitchen!
- ❖ Newsprint and felt pens.



The 5 A's of Food Security: People experience food security when their food needs meet the first four criteria and when they have “agency” (a voice) in local food-related policies:

Availability
Accessibility
Acceptability
Appropriateness
Agency

Reflecting theologically on the previous session/day – If you are using more than one session over a period of days, consider using the following questions as a guide to reflect together as a group on the previous day. You might ask a member(s) in your group to offer some initial reflections and then invite others in the group to respond. If you wish, note key points on newsprint to refer to later in the session or in subsequent sessions. These questions were prepared and facilitated at Sorrento by Allie Colp, PWRDF Youth Council member, and Michael Shapcott, Sharing Bread (Three) course participant:

1. Where did you see or hear about ABUNDANCE in the previous session?
2. What in our previous session made you feel close to God? Why?

“The Sorrento Centre Farm will help people deepen and strengthen their experience of God being present in their lives and in their world. The Sorrento Centre Farm seeks to create a just relationship between people and Earth by growing, sharing and learning about food, and by sharing the abundance with those most in need.” (Sorrento Centre Farm Vision statement)

Note that this session will take two different shapes and two different lengths of time depending upon whether a “field” trip (literally!) is involved or not.

Before departing for the farm, or beginning your meal preparation, invite participants to look at: Fred Says 5 A's of Food Security video, “Availability”

- ❖ Preview the video you will be using ahead of time to facilitate some introductory comments. Make sure your volume is turned up as some of the dialogue in the videos is quiet.
- ❖ Introduce and show the video:
<https://www.youtube.com/watch?v=Gy06yXV0Ldw>
- ❖ Note that the video describes the work of returned refugee women's organization, Madre Tierra (Mother Earth), which trains women in agricultural practices that will increase the availability of food for their families in rural Guatemala.

Visit to a farm, food producing garden or other growing project (two to three hours, depending on travel time; can be done as an inter-generational activity)

- Consult ahead of time with the farmer/food producer about numbers and age range of the group coming, and ensure participants know what to bring for the visit (i.e.: rubber boots, sunscreen, insect repellent, hat, etc.).
- Invite the farmer/food producer to describe the farm to the group, their philosophy and/or rationale as to why they are growing food, and then tour the farm/garden. Ideally – and especially if you have children in the group – have participants identify the various fruits and vegetables they are seeing, and harvest a few items. If there are animals on the farm, with permission, invite participants to touch or engage with the animals in some way.
- With the farmer/food producer or as a group following the visit, consider ways in which you might want to “find God in the garden,” be it by returning to the farm to help with the harvest (if that is an option; at Sorrento



it was!), supporting a farmer/food producer by signing up for a share in a CSA (Community Shared/Supported Agriculture) initiative, visiting a Farmers' Market on a regular basis, or best of all planting your own garden in your backyard or on your balcony.

100-Mile Meal (one to two hours depending on amount of food preparation; also a good inter-generational activity)

- If it is winter, this activity can take the place of a farm/garden visit. In the summer, it can take place in addition to the visit. Invite a farmer/food producer to join you in the preparation and/or sharing of the meal.
- Invite people to bring ingredients for a dish/meal that have been produced within a 100-mile (140-km) radius of your community. Depending upon the time of year, the ingredients will be more or less varied. Invite a discussion about what is available locally; what our eating habits were like in the past and how they have changed. Invite the farmer/food producer to talk about why he/she chose growing food as a vocation. Continue that discussion as together you prepare and share the meal.
- There are many good graces available to pray over a meal or you can invite a favourite family grace from a participant or from your community. Opposite is a grace adapted from a prayer in "Off the Grid: Just Food!" a PWRDF resource exploring food justice. This can be found at <http://pwrdf.org/resources/educational>

One: For the rain and sun and insects to pollinate crops;
for farmers who work with nature and preserve
the beauty and diversity of God's Creation.

All: We give thanks, O God...

One: For growing awareness that we all depend on
the Earth for our daily food and fuel and for the
increasing number of people who want to eat
local food and have closer links with farmers.

All: We give thanks, O God...

One: For grace to recognize we are part of God's
Creation with responsibilities to care for God's earth
and our fellow creatures.

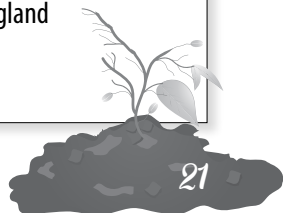
All: We give thanks, O God...

Following the meal:

One: Send us out into the world, in service to God's
creatures, as disciples of Jesus who blessed bread and
wine at the Last Supper – bread that Earth has given
and human hands have made, and wine of the vine and
work of human hands.

All: Lord, send forth your Spirit

From the Farming Community Network, England



Concluding prayer at the farm or after the 100-Mile Meal – Adapted from the closing prayer offered by PWRDF Board of Directors member Lynne Taylor

Creator of the cosmos, we give you thanks for this world that sustains us.

We give you thanks for our sisters in Bangladesh who are utilizing their corner of your world to provide for their families and neighbours.

We ask that your blessings would continue to be upon them as they use your creation to make food available.

We pray for the world, for the greatness of creation, for the potential in the tiny.

We pray for the bio-diversity in the soil, the potential in the seeds, the opportunity to use the soil to create our own nourishment.

May we be amazed at the vast possibilities in our own corner of the cosmos, inspired by the potential of what lays before us to make your bounty available to all.

Gracious God, you did not divide the world when you made it; you created all to be shared by all.

Help us to see the world not as land to be 'owned', and instead as your Garden to be nurtured and sustained by all.

Help us to use your land that its abundance might be shared by all.

Amen.

(From Lent 2016, a PWRDF resource, with grateful thanks to the author, Rev. Laura Marie Piotrowicz)

To read about the participants' experience of the Sharing Bread (Three) Course at Sorrento in July, 2016 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Lynne Taylor, PWRDF Board of Directors member. It can be found here: <http://pwrdf.org/2016/gratitude-for-a-centre-that-feels-like-home/>



Begin this session of Sharing Bread by posting the image from the cover of this resource and reading the biblical quote below.

Lord, you were favourable to your land...

Steadfast love and faithfulness will meet; righteousness and peace will kiss each other.

Faithfulness will spring up from the ground, and righteousness will look down from the sky.

The Lord will give what is good, and our land will yield its increase.

Righteousness will go before him, and will make a path for his steps. (Psalm 85:1, 10-13)

SESSION THREE

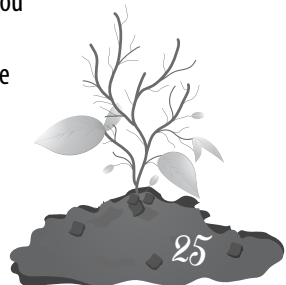
Theme: Life on Mars

- A Film Festival Addressing Food Security and Health

Through a “film festival,” this session is designed to help participants understand the three distinct, but interconnected concepts of food aid, food security and food sovereignty, and to begin to explore the links between food security and health. It also examines what food security on Mars might look like, providing opportunity to explore where on Earth the “Mars” exist in our communities and in the Global South. This session will take up to three hours.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer, speakers and a PowerPoint projector; a screen or wall
- ❖ Five videos (See links below and make sure the volume is high enough for participants to hear. Make sure you preview all the videos/movie clips ahead-of-time):
 - The PWRDF Fred Says 5 A's of Food Security video, “Accessibility”
 - PWRDF Home Movie, “Food Security – Digging Deeper,” featuring Naba Gurung, PWRDF's Humanitarian Response Coordinator
 - The Martian, (2015), starring Matt Damon (Legal stuff: You will need to purchase or rent a copy of The Martian and ensure that your church/organization has the appropriate copyright licence to view the movie with a group of people)



- PWRDF Home Movie, “Maternal, Newborn and Child Health 101”
 - PWRDF video, “Maternal Care.”
- ❖ If you or someone in your group is feeling creative, create a “red carpet” for the film festival using a long piece of newsprint or butcher paper (see photo below).
 - ❖ Sticky notes, markers and newsprint
 - ❖ Popcorn and movie snacks (Red Twizzlers are a good choice!)
 - ❖ Homework: In a message to participants before your event/workshop, ask them to research what food aid, food security and food sovereignty look like in their communities and who is engaged in those initiatives. Ask that they bring that information with them.

Reflecting theologically on the previous session/day – If you are using more than one session over a period of days, consider using the following questions as a guide to reflect together as a group on the previous day. You might ask a member(s) in your group to offer some initial reflections and then invite others in the group to respond. If you wish, note key points on newsprint to refer to later in the session or in subsequent sessions. These questions were prepared and facilitated at Sorrento by Allie Colp, PWRDF Youth Council member, and Michael Shapcott, Sharing Bread (Three) course participant:



1. Where did you see or hear about ABUNDANCE in the previous session?
2. What in our previous session made you feel close to God? Why?
3. What is the spiritual dimension of the relationship between seeds/land and food producers?

PWRDF Home Movie and International Film Festival

- ❖ Show Fred Says 5 A's of Food Security video, "Accessibility" – <https://www.youtube.com/watch?v=Axl7WVJynvM>
The video describes the work of EHALE, the Association of Community Health, in Mozambique. EHALE makes nutritious food accessible to those living with HIV and AIDS, building up their strength and enabling them to take their medications. EHALE also trains those now healthier people to become better farmers, able to grow and make food accessible for themselves and their families.
- ❖ Show the PWRDF Home Movie, "Food Security – Digging Deeper," featuring Naba Gurung, PWRDF's Humanitarian Response Coordinator, who explains the three inter-connected, but distinct concepts of food aid, food security and food sovereignty, offering an example of each from the work of PWRDF partners. The video (we call it a "movie") is available here: <https://www.youtube.com/watch?v=ILkQoVK3wZA>
- ❖ After showing the video, divide participants into small groups. Have participants discuss what food aid, food security and food sovereignty look like in their communities; list on sticky notes or newsprint and present back to the full group.

TAKE A HEALTH BREAK

- ❖ Show "The Martian." See Appendix B for an introduction to the movie and times/clips for showing indicated.
- ❖ Show the PWRDF Home Movie, "Maternal, Newborn and Child Health 101," featuring Zaida Bastos, Director, Development Partnership Program. Explain that the movie



describes the concepts and programs behind the term “MNCH.” The movie can be found here: <https://www.youtube.com/watch?v=YaC9NAmcVjs>

- ❖ Show the PWRDF video, “Maternal Care.” Explain that the video describes how maternal, newborn and child health care have been fundamental to the development of great women and men who have changed our world. The video can be found at: <https://www.youtube.com/watch?v=Z6HMIArFkrg>
- ❖ Final Group discussion, popcorn of ideas, key questions - Invite the group to react to the videos: what struck them, what is something they learned that they didn’t know before, what questions are they left with?
- ❖ Write up key points and questions on newsprint. If there are questions that you can’t answer, feel free to contact Sheilagh McGlynn (smcglynn@pwrdf.org) or Suzanne Rumsey (srumsey@pwrdf.org) or encourage participants to do so.

Concluding prayer – Adapted from the closing prayer offered by PWRDF Diocesan Representative, Elizabeth Grew (Diocese of Ontario)

Let us pray,

Dear Lord, thank you for this day, and the beautiful weather we are enjoying;

We thank you for bringing us together as a community to learn about food and where it comes from;

We give thanks for the **[name of]** Farm and for those who look after it and tend it;

We are also thankful for. . . **[invite participants to name food, people or other things for which they are thankful];**

Lord our God, all this abundance comes from your hand and belongs to you.

We also honour the fact that we are presently in the traditional territory of the **[name the First Nation on whose territory you are located]** and we also offer a prayer from the First Nations:

We come with thanksgiving

For our very breath, the warmth of sun, and the sustaining waters

*For life all around us; the plants, soft grasses, and sheltering trees
For the ones that crawl, those that swim, and those that fly
For the four legged and the two legged
All of our relations
We celebrate the diversity in creation as reflected in the four winds from the four directions.
We especially honour the many peoples with their many gifts for understanding our shared
life on earth.*

Rev. Stan McKay, Cree Holy Man

Great Spirit...Help us to understand that we are as much alive as we keep the earth alive.
Chief Dan George

Amen.

(With thanks to PWRDF Diocesan Representative, Chris Pharo
(Diocese of Nova Scotia/PEI)

To read about the participants' experience of the Sharing Bread (Three) Course at Sorrento in July, 2016 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by course participant, Michael Shapcott, Diocese of Toronto, who has worked for many years on homelessness and housing issues: <http://pwrdf.org/2016/ending-hunger-you-just-start/>



Begin this session of Sharing Bread by posting the image from the cover of this resource and reading the biblical quote below.

“For there shall be a sowing of peace;

the vine shall yield its fruit, the ground shall give its produce, and the skies shall give their dew; and I will cause the remnant of this people to possess all these things... Do not be afraid, but let your hands be strong. (Zechariah 8:12-13)

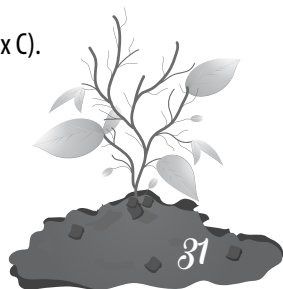
SESSION FOUR

Theme: Food Security in the Global South *– Voices from Bangladesh*

This session offers participants information about the food security and maternal, newborn and child health work being carried out by long-term PWRDF partner in Bangladesh, UBINIG (Policy Research for Development Alternative) through the stories and perspectives of UBINIG's Executive Director, Farida Akhter, and UBINIG Researcher and Field Staff, Liza (Fahema) Khatun. This session will take 1 to 1.5 hours.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer, speakers and a PowerPoint projector; a screen or wall
- ❖ Fred Says 5 A's of Food Security video, "Acceptability." Make sure the volume is high enough for participants to hear.
- ❖ The PowerPoint presentation by Farida Akhter and Liza Khatun, Food Security and Health in Bangladesh. Be sure to preview the PowerPoint presentation prior to your session to familiarize yourself with its content.
- ❖ "Nayakrishi – bio-diversity based farming in Bangladesh" video from UBINIG in Bangla with subtitles.
- ❖ The story, "The Seeds of a Cow" (see link below and Appendix C).



Reflecting theologically on the previous session/day – If you are using more than one session over a period of days, consider using the following questions as a guide to reflect together as a group on the previous day. You might ask a member(s) in your group to offer some initial reflections and then invite others in the group to respond. If you wish, note key points on newsprint to refer to later in the session or in subsequent sessions. These questions were prepared and facilitated at Sorrento by Allie Colp, PWRDF Youth Council member, and Michael Shapcott, Sharing Bread (Three) course participant:

1. Where did you see or hear about ABUNDANCE in the previous session?
2. What in our previous session made you feel close to God? Why?
3. What is the spiritual dimension of the relationship between food security and maternal, newborn and child health?

Food Security and Maternal, Newborn and Child Health in Bangladesh

- ❖ Begin by showing the Fred Says 5 A's of Food Security video, "Acceptability," that describes the work of UBINIG (Policy Research for Development Alternative) to create the "new agricultural" movement, Nayakrishi Andalon, focused on community-based seed preservation and sharing, and ecological farming to produce food acceptable to the needs of Bangladeshi farmers. The video can be found at: <http://pwrdf.org/food-security-and-health-in-bangladesh-ppt/> Introduce the PowerPoint titled "Food Security and Health in Bangladesh." You can do so using the brief summary of the work of UBINIG at the end of this session, as well as the profiles of Farida Akhter and Liza (Fahema) Khatun.
- ❖ Present the PowerPoint available here: <http://bit.ly/2nnyGjc>
- ❖ Invite comments and questions from the participants. If there are questions that you can't answer, feel free to contact Sheilagh McGlynn (smcglynn@pwrdf.org) or Suzanne Rumsey (srumsey@pwrdf.org) or encourage participants to do so.

TAKE A HEALTH BREAK

“Nayakrishi – biodiversity based farming in Bangladesh”

- ❖ Show the video that demonstrates what “biodiversity-based farming” looks like in rural farming communities of Bangladesh. Crop rotation, organic compost production and use, the integration of animals into the farming cycle, seed preservation and the use of “uncultivated plants” (weeds!) as well as medicinal plants, are all described (in Bangla with English subtitles). The video can be found at: <https://www.youtube.com/watch?v=S2H9rRFhmR8>
- ❖ Invite comments and questions from the participants. If there are questions that you can’t answer, feel free to contact Sheilagh McGlynn (smcglynn@pwrdf.org) or Suzanne Rumsey (srumsey@pwrdf.org) or encourage participants to do so.
- ❖ Following the discussion invite people to read aloud “The Seeds of a Cow” that, through the story of one person, illustrates what Nayakrishi Andalon is all about. The story is available at <http://pwrdf.org/2016/the-seeds-of-a-cow/> and as Appendix C.



Concluding Prayer - Adapted from the closing prayer offered by course participant Judi Colp, Diocese of Nova Scotia/PEI

A Prayer of Gratitude for Creation

God of the universe, We thank You for Your many good gifts,

For the beauty of Creation and its rich and varied fruits,

For clean water and fresh air, for food and shelter, animals and plants.

Forgive us for the times we have taken the earth's resources for granted

And wasted what You have given us.

Transform our hearts and minds

So that we would learn to care and share,

To touch the earth with gentleness and with love,

Respecting all living things.

We pray for all those who suffer as a result of our waste, greed and indifference,

And we pray that the day would come when everyone has enough food and clean water.

Help us to respect the rights of all people and all species

And help us to willingly share your gifts

Today and always. Amen.

Fiona Murdoch, EcoCongregation Ireland

To read about the participants' experience of the Sharing Bread (Three) Course at Sorrento in July, 2016 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Judi Colp, course participant and PWRDF supporter, from the Diocese of Nova Scotia/PEI. It can be found here: <http://pwrdf.org/2016/sisters-keep-the-seeds-in-your-hands/>

UBINIG (Policy Research for Development Alternative), Bangladesh

Established in Bangladesh in 1984, UBINIG (Policy Research for Development Alternative) is a policy and action research organization focused on social development. For over 30 years UBINIG has been working to improve the food security and health outcomes in

communities throughout Bangladesh.

In response to the unfulfilled promises of the Green Revolution and the devastating floods of 1987 and 1988 UBINIG began working with farmers in the Tangail region of Bangladesh. Out of this work emerged Nayakrishi Andolon, the New Agricultural Movement, led by farming communities practising “bio-diversity-based ecological agriculture.” There are now 300,000 farming households in Bangladesh practising Nayakrishi. Central to the movement is the Nayakrishi Seed Network, a web of household, community and regional seed huts and “wealth centres” developed to “keep seeds in farmers’ hands.”

UBINIG is also a founding member (in 2000) of Shasthya Andolon (Health Movement), a network of health activists, researchers, NGOs, scientists and doctors who develop policy proposals and carry out advocacy on a range of health issues. From 2012 to 2015, with funding from the Canadian government’s Muskoka Initiative for maternal, newborn and child health, PWRDF partnered with UBINIG in a program of capacity building and infrastructure support for traditional midwives – “dai mas” – in rural regions of Bangladesh where up to 80% of births are attended by midwives.

Farida Akhter

Farida Akhter is the Founding Executive Director of UBINIG. Since 1980, Farida has carried out extensive research in the field of women’s development, health issues, agriculture, fisheries, the handloom and garment industries, population and other related development issues.

Since 1985, Farida has been a leader in the national level women’s movement and is currently the convenor of the Anti-Tobacco Women’s Alliance. She is also an active member of various international networks such as FINRRAGE (Feminist International Network for Resistance against Reproductive and Genetic Engineering).



Farida is the author of several books written in English and in Bangla and a regular columnist in several of Bangladesh's daily newspapers. She lives in Dhaka.

Liza (Fahema) Khatun

Liza Khatun has been working at UBINIG – Policy Research for Development Alternative – since 2005. As a researcher, she has worked directly with people at the grassroots level on the issues of bio-diversity-based farming practices, community-based bio-diversity, and maternal and health issues.

Liza has worked in various UBINIG centres located throughout Bangladesh, including the Tangail Centre, which is set in a flood plain zone and the Ishwardi Centre, set in a dry zone.

Since joining UBINIG, Liza has received training on Bio-diversity-based Ecological Agriculture, Women, Poverty and Human Rights. She completed her degree in Social Science in 2015.



Begin this session of Sharing Bread by posting the image from the cover of this resource and reading the biblical quote below.

He told them another parable:

"The reign of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches." (Matthew 13:31-32)

SESSION FIVE

Theme: Stories from the Trenches – Addressing Food Security Where We Are

There are many ways to explore “food security” and many issues related to it. In this session participants will look at three unique issues from three very different perspectives and contexts: the churches in Cuba, those working with the homeless in Canada and the practice of permaculture. As with so many development and justice related issues, place/context plays a huge role in HOW food security is addressed. This session runs for 1.5 to 2 hours

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer, speakers and a PowerPoint projector; a screen or wall
- ❖ Fred Says 5 A's of Food Security video, “Appropriateness.” Make sure the volume is turned up enough for participants to hear.
- ❖ PowerPoint presentations by Peter Goodwin, “Food Security in Cuba;” Michael Shapcott, “Food (In)security in a large Canadian city;” and Ron Ste. Marie, “Practices in Permaculture” (see links below). Be sure to preview the presentations prior to the session to familiarize yourself with their content.
- ❖ Newsprint and felt pens.

Reflecting theologically on the previous session/day – If you are using more than one session over a period of days, consider using the following questions as a guide to reflect together as a



group on the previous day. You might ask a member(s) in your group to offer some initial reflections and then invite others in the group to respond. If you wish, note key points on newsprint to refer to later in the session or in subsequent sessions. These questions were prepared and facilitated at Sorrento by Allie Colp, PWRDF Youth Council member, and Michael Shapcott, Sharing Bread (Three) course participant:

1. Where did you see or hear about ABUNDANCE in the previous session?
2. What in our previous session made you feel close to God? Why?
3. What is the spiritual dimension of the relationship between food security and maternal, newborn and child health?

Stories from the Trenches:

- ❖ Begin by showing the Fred Says 5 A's of Food Security video, "Appropriateness" that explains how the Episcopal Church in Cuba developed a community-based, sustainable agriculture program appropriate to the food security, health and nutrition needs of the communities where carry out their work and ministry.
- ❖ Introduce the PowerPoints and videos by explaining that food security is very much contextual, that is, it looks different in each of the places/contexts (like Mars!) where it is addressed. The presentations that participants are about to view therefore, were designed to a) identify the key food security challenge/issue in a particular context, b) describe the responses/strategies that are being used to address that challenge, and c) identify opportunities for learning more about the issue
- ❖ Show Peter Goodwin's presentation on Food Security in Cuba. http://pwrdf.org/uploads/498/peter_goodwin_pp_presentation_with_script.pdf. See below for introductory comments to Peter's presentation (with thanks to Rev. Greg Smith, Diocesan Representative, Diocese of Huron for the PowerPoint).
- ❖ Show Michael Shapcott's presentation on Food (In)security in a large Canadian city: http://pwrdf.org/uploads/482/michael_shapcott_pp_presentation.pdf. See below for introductory comments to Michael's presentation. The link for the video

“Waiting for Affordable Housing” can be found at: <https://www.youtube.com/watch?v=9tBELkcEbbQ>

- ❖ Invite comments and questions from the participants after each presentation and list key points on newsprint. If there are questions that you can’t answer, feel free to contact Sheilagh McGlynn (smcglynn@pwrdf.org) or Suzanne Rumsey (srumsey@pwrdf.org) or encourage participants to do so.

TAKE A HEALTH BREAK

Stories from the Trenches (Part Two)

- ❖ Continue the session with Ron Ste. Marie’s presentation on Practices in Permaculture. Show the video, “Agro-ecology: Greening the Desert – Bringing the Dead Sea Back to Life - Permaculture” by Australian Geoff Lawton. The video link can be found at: <https://www.youtube.com/watch?v=goBB4fVLRxc> . See below for introductory comments to Ron’s presentation.
- ❖ Ron also wrote a song about permaculture the lyrics for which can be found in Appendix D.
- ❖ Invite comments and questions from the participants after each presentation and list key points on newsprint. If there are questions that you can’t answer, feel free to contact Sheilagh McGlynn (smcglynn@pwrdf.org) or Suzanne Rumsey (srumsey@pwrdf.org) or encourage participants to do so.
- ❖ As possible, invite someone from your community engaged in food security issues to speak with participants about the challenges/issues they face in their particular context, the responses/strategies they are using to address them, and what opportunities for future learning and/or involvement exist for those interested.



Concluding prayer – Adapted from the closing prayer offered by course participant and PWRDF volunteer Jackie Leach, Diocese of Kootenay

We pray to you dear Lord to thank you for this wonderful place called Sorrento on the shores of Shuswap Lake, on the traditional lands of the Secwepemc people; this place for study, growth and serenity. We thank you for all of our leaders this week, for Suzanne and Sheilagh from the Primate's Fund, for our partners Farida and Liza and their sharing of the incredible organic farming going on in their country of Bangladesh, for our learning today from Jennifer, Ron, Michael and Peter on the work that is going on in the trenches in Canada and Cuba.

We also give thanks and praise to you Dear Lord for all of the workers that feed us with these healthy meals and who keep this Centre and Farm functioning in such a well-maintained way. And especially, we give thanks for the friendships we are developing this week and for all we are learning from each other. Guide us in our work when we travel back home.

Creator of all that is good, keep our hearts open so that when our neighbour calls in need, we may respond with generosity. Hear us for the sake of Him so that we might become rich. Amen.

From Welcome Home – Year of Luke. The prayer for the week of July 24th.

To read about the participants' experience of the Sharing Bread (Three) Course at Sorrento in July, 2016 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by PWRDF volunteer Jackie Leach, Diocese of Kootenay. It can be found here: <http://pwrdf.org/2016/touching-tasting-seeing-hearing-and-singing-food-security/>

Stories from the Trenches – Introductory Notes

Food Security in Cuba – PWRDF Diocesan Representative, Peter Goodwin (Diocese of New Westminster)

At the first Sharing Bread course at Sorrento in 2014 we were joined by partners Bishop Griselda Delgado del Carpio of the Episcopal Church of Cuba (ECC) and Ernesto Gonzalez of the Sustainable Development Program of the Cuban Council of Churches (CCC). The following year (March 2015), a PWRDF delegation visited Ernesto and Bishop Griselda and their church-based development organizations as the second half of this first Sharing Bread “learning exchange.” Peter Goodwin participated in both that first course and the visit to Cuba, returning to his diocese determined to respond to the food security challenges facing PWRDF’s partners in Cuba.

While the PowerPoint presentation produced by another delegation member, Rev. Greg Smith, focuses on the visit to Cuba, Peter also shared with us his work in his diocese to raise funds for a “rustic greenhouse” in the parish of St. Mary’s, Itabo, which will help to extend the growing season of St. Mary’s small farm to year-round; a concrete gesture of solidarity from concerned Anglicans in Canada with our sisters and brothers not only in the Cuban church, but also in the communities where the church has an active presence.

Food (in)security in a large Canadian city – Michael Shapcott

The shelves in food stores in Toronto, Canada’s largest city (estimated population of 3 million), are literally groaning with a huge supply of good, nutritious food, yet food insecurity is a major and growing concern. To deal with the growing hunger issue, since the 1980s, churches and other community groups have organized a parallel food distribution system – food banks – that have grown considerably in recent years. In Toronto, there were more than 896,000 visits to food banks in 2015 – up 12% from the previous year. The central food bank for Toronto distributed more than 8.3 million pounds of food in 2015. The quality of food in this parallel



system is poor – researchers report that people who rely on food bank food are poorly nourished. The real food insecurity issues in rich cities like Toronto is not lack of food, but the high cost of housing and low incomes which, combined, leave a large number of households without the financial means to shop for good food.

Michael's presentation sketches out the links between income, food and housing (plus other necessities such as medicine and health care, child care, transportation and clothing); identifies the shortfalls in the charitable response to food insecurity through donations to food banks; and ends with key campaigns and public policy initiatives that are tackling food insecurity as a housing and income issue.

The video, "Waiting for Affordable Housing" by People Power Media (2012), examines the affordable housing crisis in Toronto that forces far too many people to choose between paying the rent and eating enough nutritious food.

Practices in Permaculture – PWRDF Diocesan Representative, Ron Ste. Marie (Territory of the People, formerly APCI)

Ron and Jennifer Ste. Marie have been practising permaculture in their garden in Kamloops, B.C. But what is permaculture? The introduction to "Agro-ecology: Greening the Desert" featuring Australian permaculture consultant Geoff Lawton, describes permaculture (permanent agriculture) as "a whole-systems approach to the design and maintenance of agriculturally productive ecosystems which have the diversity, stability, and resilience of natural ecosystems. The permaculture site design process looks like landscape architecture, but has the goal of developing systems for more productive yet sustainable and regenerative agriculture, for permanent cultivation."

The project profiled in the video took place in 2001 just north of the Dead Sea, a region where it is extremely difficult to grow food. The film demonstrates the steps that were taken to “green the desert” and describes what permaculture looks like in that place and what it could look like in other parts of the world. As Geoff Lawton asserts, “You can solve all the world’s problems in a garden.”



Begin this session of Sharing Bread by posting the image from the cover of this resource and reading the biblical quote below.

He said in a parable:

"A sower went out to sow his seed; and as he sowed, some fell on the path and was trampled on, and the birds of the air ate it up. Some fell on the rock; and as it grew up, it withered for lack of moisture. Some fell among thorns, and the thorns grew with it and choked it. Some fell into good soil, and when it grew, it produced a hundredfold." As he said this, he called out, "Let anyone with ears to hear listen!" (Luke 8:1-8)

SESSION SIX

Theme: Where Do We Go From Here?

In this session participants will explore ways in which advocacy and action on food security can be carried out in the places where participants are returning. They will also do some reflecting on the session(s) as a whole; what brought participants here, what they learned and what they are taking away with them. This session runs for 2 to 2.5 hours.

Reflecting theologically on the previous session/day – If you are using more than one session over a period of days, consider using the following questions as a guide to reflect together as a group on the previous day. You might ask a member(s) of your group to offer some initial reflections and then invite others in the group to respond. If you wish, note key points on newsprint to refer to later in the session or in subsequent sessions. These questions were prepared and facilitated at Sorrento by Allie Colp, PWRDF Youth Council member, and Michael Shapcott, Sharing Bread (Three) course participant:

1. Where did you see or hear about ABUNDANCE in the previous session?
2. What in the stories of food security from the last session connects with your experiences in your own community?
3. What is the spiritual dimension of the relationship between food security and the issues/challenges explored in our previous session?



Where to from here? – Food Security Advocacy

- ❖ Begin by showing the Fred Says 5 A's of Food Security video, "Agency," that outlines the work of the Southern Partners Fair Trade Center (SPFTC). This PWRDF partner carries out sustainable development projects, and advocates for and defends the human rights of, smallholder farmers in the Philippines enabling them to become "agents" of change in their own lives.
- ❖ Then show "The Challenge of Small Scale Farming in the Developing World – Part II" from the Feeding Nine Billion project of the University of Guelph - <https://feeding9billion.com/video-resources/the-challenge-of-small-scale-farming-in-the-developing-world/>
- ❖ Explain how PWRDF carries out advocacy work in response to calls from partners and often in coalition with other organizations. On issues related to food and food security PWRDF works with the Canadian Foodgrains Bank (CFGB) and its 14 other members.
- ❖ Introduce the Foodgrains Bank and describe PWRDF's relationship with it (see a brief description at the end of this section). If you have a CFGB Regional Coordinator present, introduce that person. If you are using the CFGB PowerPoint focused on its "Good Soil" advocacy campaign, introduce the campaign (see a description of the campaign at the end of this section) and then present the PowerPoint. Be sure to preview it beforehand to familiarize yourself with its content. The "Good Soil" campaign also has a short introductory video that can be found and viewed at : <https://www.youtube.com/watch?v=rSJECXKQMfU>
The CFGB/Good Soil Power Point can be found at:
[http://pwrdf.org/uploads/497/good_soil_campaign_\(with_notes\).pdf](http://pwrdf.org/uploads/497/good_soil_campaign_(with_notes).pdf)
- ❖ Ensure time for questions and discussion.
- ❖ Invite participants to write a letter to their local Member of Parliament. A tool for identifying participants' MPs can be found at: <http://foodgrainsbank.ca/meet-your-mp-how-to-do-it/>
- ❖ The letter should highlight the key points of the Foodgrains Bank's Good Soil campaign. Guidelines and tips for writing letters can be found on the CFGB

website in their “Harvest of Letters” section: <http://foodgrainsbank.ca/campaigns/letters/> . The Harvest of Letters is an ongoing advocacy tool developed by CFGB that is currently focused on the key advocacy issues of the Good Soil campaign.

- ❖ If time allows, pass around paper, pens and envelopes and invite those present to write their letter right there.

TAKE A HEALTH BREAK

Closing Reflection – The Fruits of Our Labour and Our Journey

- ❖ Ahead of time prepare a simple mural based on the drawing found in Appendix E. Put the mural up on a wall that everyone can see and access. If your group is small, you may want to use a large version of the drawing in Appendix E. A downloadable 8 ½” X 11” version is available at: www.pwrdf.org/sharingbread/tree
- ❖ Explain that the closing reflection is designed to enable participants to reflect on their journey to the event, the series of workshops they have participated in, what “fruits” they have “harvested” and what they are taking away/home with them.
- ❖ Invite participants to trace, draw and cut out outlines of their feet – using one foot to describe their road to the event and the other to describe their road home. Ask them also to draw and cut out a favourite fruit. If your group is small, you can just write these things on the picture in Appendix E or have participants do so on the 8 ½” X 11” drawing you have downloaded and printed.
- ❖ Have them do this work individually (15-20 minutes), asking that they write responses to the following questions:
 - What brought you to this event/series of workshops?
(first foot)
 - What is something you have learned/what is the “fruit” of this event/series of workshops for you? (fruit)
 - What is something you are taking away/home with you that you will be able to act on and/or share with others?
(second foot)



- ❖ Conclude by asking participants to one-by-one place their first foot on the road leading to the tree, the fruit on the tree, and their second foot on the road leading away from the tree, and explaining what they have written.

Concluding Prayer - Adapted from the closing prayer offered by Jennifer and Ron Ste. Marie. Ron is the Diocesan Representative for the Territory of the People (formerly known as the Anglican Parishes of the Central Interior)

It will be good. **Lord, we rest in you.**

In the beginning, God created the heavens and the earth, separated light from darkness and gave life to the earth. We pray for the Dai Mas in Bangladesh and for the Maternal and Newborn Child Health program. Though the creation groans we know that. . . It will be good. **Lord, we rest in you.**

God created the morning and the evening and separated the waters from the dry land. The heavens declare the glory of God and the firmament shows God's handiwork. We pray for the wise use of both soil and water. As we learn to be better stewards, we know that. . . It will be good. **Lord, we rest in you.**

God has given all tree-bearing plants and trees in succession. We give thanks for all seed savers, for uncultivated plants and for the leaves of the trees that are for the healing of the nations. As we work with nature and gain wisdom, we know that. . . It will be good. **Lord, we rest in you.**

We are grateful for the sun, moon and stars; the seasons, days and years. We are grateful for the gift of the seasons and the different harvests and possibilities of each time of year. As we learn to live in harmony with the cycles of the earth, we know that. . . It will be good. **Lord, we rest in you.**

We see the creatures of water and sky and are struck by the variety and abundance that is our heritage as children of God. We pray to steward this abundance with restraint and wisdom. As we do, we know that. . . It will be good. **Lord, we rest in you.**

We appreciate the life of the land; wild and domestic; humankind made in your image with reason, imagination and the power to make things better or worse. We give thanks for this Sorrento Centre and all who practise hospitality here. We pray that the farm, and all of the workers will prosper. We pray for PWRDF, for UBINIG, for CFGB and for all who make it their business to care for creation. We know that if we serve the creation we will also serve God and each other. We know that. . . It will be good. **Lord, we rest in you.**

Lord God, keep us from discouragement when we go astray, when we misunderstand others, ourselves and you. We know that, in the end. . . It will be good. **Lord, we rest in you.**

Because it will be good. **Lord we rest in you.**

To read about the participants' experience of the Sharing Bread (Three) Course at Sorrento in July, 2016 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Ron Ste. Marie, PWRDF Diocesan Representative for the Territory of the People (formerly the Anglican Parishes of the Central Interior). It can be found at: <http://pwrdf.org/2016/more-than-we-can-ask-or-imagine/>

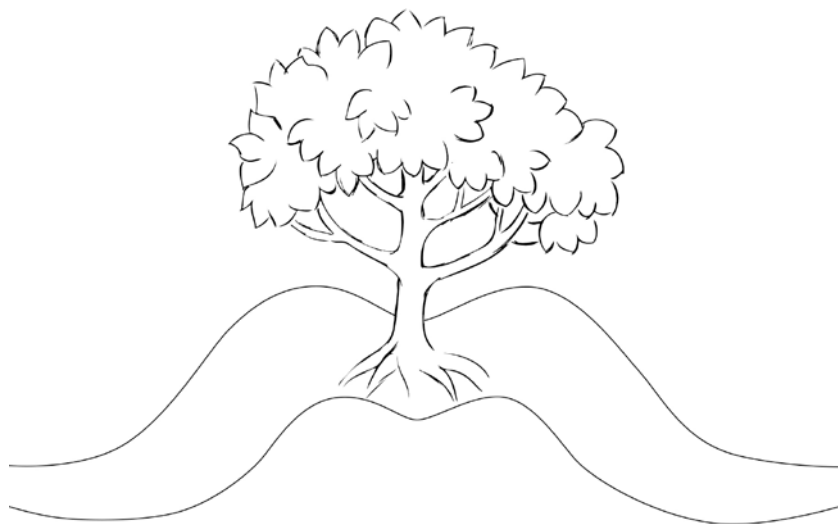
Evaluation

- ❖ If it would be helpful to you and the participants, invite them to fill out a short evaluation form about the event/sessions. If you are able, please share those evaluations with us so that we can continue to develop and adapt PWRDF's



education resources (see contact information in the Introduction section of this resource). Here are some sample questions that we invited the participants at the Sorrento Centre to answer:

1. **What do you think worked well?**
2. **What did you get the most out of in the week?**
3. **What activities or elements do you think didn't work as well?**
4. **What messages do you want to send to PWRDF for the future regarding this learning resource ?**
5. **Is there anything else you would like to comment on?**



The Canadian Foodgrains Bank

Founded in 1983, the Canadian Foodgrains Bank (CFGB) is a partnership of 15 Canadian church-based agencies working to end hunger in developing countries by:

- ❖ Increasing and deepening the involvement of Canadians in efforts to end hunger;
- ❖ Supporting partnerships and activities to reduce hunger on both an immediate and sustainable basis;
- ❖ Influencing changes in public policies necessary to end hunger.

The Anglican Church of Canada, through The Primate's World Relief and Development Fund (PWRDF), became a member of the Canadian Foodgrains Bank in June 2007. The projects PWRDF supports through CFGB include:

- ❖ Providing food assistance to people with immediate food needs;
- ❖ Working with communities to improve food security (providing food for themselves in the longer-term) through improved agricultural techniques and income generation; and
- ❖ Helping families and communities improve their nutrition.

CFGB supported projects receive matching funds from Global Affairs Canada (GAC), often at a ratio of 4:1. For more information and on-line resources from the Foodgrains Bank go to: www.foodgrainsbank.ca.



The Good Soil Campaign (From the Canadian Foodgrains Bank website)

Good Soil is a campaign through the Canadian Foodgrains Bank and its members, to advocate that the Canadian government increase its support for small-scale agriculture in Canada's international aid programs.

Investing in agriculture in developing countries, especially small-scale agriculture, delivers many benefits. It is effective in reducing poverty and overcoming hunger, and contributing to a fairer world.

Canada has a history of being a strong supporter of agricultural development. However, Canada's aid budget for agricultural development has been steadily declining over the past few years. Small-scale farmers make up the vast majority of farmers in Africa, Asia and Latin America, and many are women. Even though they are food producers, many deal with degraded soils, uncertain climate, and a weak market position, and are therefore food insecure. Small-scale farmers can overcome many of these problems with appropriate investment in training, finance and infrastructure, such as better roads and crop storage.

With some support from aid donors and their own governments, small-scale farmers can improve their own food security, and produce more food to sell. The right kind of investments can lead to sustained economic growth, empower women, enable families to improve nutrition, and equip farmers to adapt to a changing climate.



Begin this session of Sharing Bread by posting the image from the cover of this resource and reading the biblical quote below.

God has told you,

O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness and to walk humbly with your God? (Micah 6:8)

(BONUS!) SESSION SEVEN

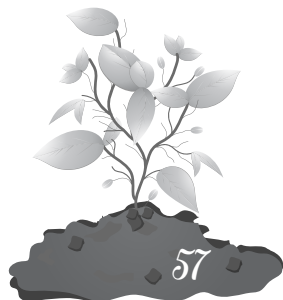
Theme: Making Guacamole, A Cooking Lesson for Justice (A Conversation about Temporary Foreign Workers)

At Sorrento in 2016 we were fortunate, with collaboration from KAIROS-Canadian Ecumenical Justice Initiatives, to connect with the Migrant Workers Dignity Association (MWDA) based in the Lower Mainland of British Columbia. MWDA kindly agreed to join us one evening for an interactive workshop exploring the true cost of our “local, organic” produce that is grown and harvested by temporary foreign workers throughout Canada. This session runs approximately 1.5 hours.

PWRDF is grateful to MWDA for its willingness to share the script and stories for this workshop as a means to making it available to those interested in exploring these issues. Further information about MWDA, including ways to support its work, can be found at the organization’s website: <http://dignidadmigrante.ca/>

What you will need:

- ❖ As many tables and chairs as there are participants to accommodate seating and food preparation around the tables
- ❖ Kitchen materials: bowls, knives, cutting boards, aprons (if possible), large spoons – enough for participants divided into groups of four, as well as knives, cutting boards and aprons for the two “chefs” in the role play



- ❖ Ingredients for guacamole: The amounts will vary depending on the number of participants. For instance, for around 16 people (divided into four groups) you would need:
 - 12 avocados
 - 2 bunches of cilantro
 - 2 white onions (medium size)
 - 12 cloves of garlic
 - 6 lemons
 - 6 roma tomatoes
 - salt
 - 3-4 bags of tortilla chips
- ❖ The script of the role play for “Making Guacamole: A Cooking Lesson for Justice” is found in Appendix F. Be sure to read/rehearse the script with your actors (two chefs and as many as two or more farm workers) before the workshop. The script will guide your process for the workshop. If you and your chefs don’t know how to make guacamole, look up a recipe online. Here is one among many that are available: <http://allrecipes.com/recipe/14231/guacamole/>
- ❖ The stories “Krazy Glue” and “Coins” that can be found at: http://pwrdf.org/uploads/485/guacamole_workshop____krazy_glue.docx and http://pwrdf.org/uploads/484/guacamole_workshop____coins.doc
- ❖ If you know of someone or are able to seek out someone who is familiar with the issues faced by migrant farm labourers in Canada, consider inviting them to attend and speak at the workshop.

Making Guacamole: A Cooking Lesson for Justice

- ❖ Begin by reading the description of the Migrant Workers’ Dignity Association below and then begin the role play.
- ❖ Following the role play, invite participants to enjoy the guacamole and to react to and discuss what they’ve learned.

- ❖ If you have invited someone familiar with the issues facing migrant farm labourers to participate in the workshop, ask them to speak to the group about some of the issues highlighted by the role play and what those look like in the local area.
- ❖ Encourage those interested to explore MWDA's website and to contact the organization for further information and/or to seek out similar organizations supporting temporary foreign workers in the agricultural sector in the area where they live.

Migrant Workers' Dignity Association

"The BC Migrant Workers' Dignity Association (MWDA) is a not-for-profit, civil society-based organization composed of workers (both Canadian and Temporary); members of grassroots, faith-based and arts organizations; advocacy groups and members of the general public who are interested in the work of MWDA. The goal of the Association is to assist in the improvement of the conditions of Temporary Foreign Workers (TFWs) while in Canada, with a particular focus on farm workers, as they represent one of the most abandoned and discriminated populations of workers, both Canadian and temporary.

"All members of the MWDA are volunteers that work side by side with TFWs in the fields. We do not decide and invent what these workers want: we follow what they decide collectively and seek to support their initiatives."

From: Farm [Workers] to Table.

For further information go to: www.dignidadmigrante.ca



Afterword

It helps, now and then, to step back and take a long view.
The kingdom is not only beyond our efforts, it is even beyond our vision.
We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is a way of saying that the Kingdom always lies beyond us.

No statement says all that could be said.
No prayer fully expresses our faith.
No confession brings perfection.
No pastoral visit brings wholeness.
No program accomplishes the Church's mission.
No set of goals and objectives includes everything.

This is what we are about.
We plant the seeds that one day will grow.
We water seeds already planted, knowing that they hold future promise.
We lay foundations that will need further development.
We provide yeast that produces far beyond our capabilities.
We cannot do everything, and there is a sense of liberation in realizing that.
This enables us to do something, and to do it very well.
It may be incomplete, but it is a beginning, a step along the way,
An opportunity for the Lord's grace to enter and do the rest.
We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs.
We are prophets of a future not our own.

Bishop Ken Untener of Saginaw, Michigan

This prayer was composed by Catholic Bishop Ken Untener of Saginaw, Michigan, drafted for a homily by Cardinal John Dearden in Nov. 1979 for a celebration of departed priests. Later, on the anniversary of the martyrdom of Archbishop Oscar Romero of El Salvador (in 1980), Bishop Untener included in a reflection book a passage titled “The mystery of the Romero Prayer.” The mystery is that the words of the prayer are attributed to Oscar Romero, but they were never spoken by him.



Bibliography

Canadian Foodgrains Bank – The Foodgrains Bank's website has a large number of worship and educational resources available for use: <http://foodgrainsbank.ca/resources/> One that your group may want to look at is ***Facing Hunger***. This film is 28 minutes long. It follows two farming families – one in Canada and one in Tanzania. It can be streamed online at <http://foodgrainsbank.ca/product/facing-hunger-documentary/> or ordered as a DVD. The Foodgrains Bank produces a World Food Day (October 16) worship resource each year. The latest edition, along with a variety of other worship resources, can be found here: <http://foodgrainsbank.ca/product-category/worship-activities/>.

Ecumenical Advocacy Alliance – The EAA has launched a global campaign about food. Check out their website for more information and learn how to respond at <http://www.oikoumene.org/en/what-we-do/eaa/food-for-life-campaign>.

The Primate's World Relief and Development Fund – www.pwrd.org/resources/ Check out PWRDF's website for other Food Security resources you might find helpful.

- ❖ **Super Friends2-6!** is a series of resources designed to look at food issues with children. They are great for children's time, Vacation Bible Camp or for Sunday school classes
- ❖ **Sharing Bread and Sharing Bread (Two)** Learning Resources provide information and activities to explore food security issues. They are based on PWRDF's first and second courses on the theme offered at the Sorrento Centre in the summers of 2014 and 2015.
- ❖ **Hunger is Not a Game** is a resource designed for youth groups to watch the Hunger Games movie together and learn about issues of food security and how PWRDF responds around the world. It is available at: http://pwrd.org/uploads/298/hunger_is_not_a_game_webfilefinal.pdf

- ❖ **Off the Grid - Just Food!** Is a resource designed for youth groups to have a weekend intensive (lock-in) or multi-week study of issues related to food security. It is filled with games, activities, prayers and reflections on food.
http://pwrdf.org/uploads/358/just_food_d_web.pdf
- ❖ **World Food Day worship resources** – Designed by PWRDF to celebrate World Food Day (October 16) with colleagues at the General Synod offices of the Anglican Church of Canada.
 - **2014** - http://pwrdf.org/uploads/361/wfd_2014_bulletin_booklet_format_2.docx
 - **2015** – http://pwrdf.org/uploads/375/wfd_order_of_service_2015.docx
 - **2016** - http://pwrdf.org/uploads/479/2016sharing_bread___service_of_the_word.docx

PowerPoint Presentations

- ❖ Farida Akhter and Liza (Fahema) Khatun - Food Security and Health in Bangladesh – <http://pwrdf.org/food-security-and-health-in-bangladesh-ppt/>
- ❖ Peter Goodwin – Food Security in Cuba – http://pwrdf.org/uploads/498/peter_goodwin_pp_presentation_with_script.pdf
- ❖ Michael Shapcott – Food (in)security in a large Canadian city – http://pwrdf.org/uploads/482/michael_shapcott_pp_presentation.pdf
- ❖ Canadian Foodgrains Bank – Good Soil Campaign – [http://pwrdf.org/uploads/497/good_soil_campaign_\(with_notes\).pdf](http://pwrdf.org/uploads/497/good_soil_campaign_(with_notes).pdf)

Video Links

- ❖ The Fred Says 2016 video series “The Five A’s of Food Security” is available on the PWRDF YouTube video channel: <https://www.youtube.com/user/PWRDF>. The links to each of the videos are:
 - #1 Availability - <https://www.youtube.com/watch?v=Gy06yXV0Ldw>
 - #2 Accessibility - <https://www.youtube.com/watch?v=Axl7WVJynvM>
 - #3 Acceptability - <https://www.youtube.com/watch?v=IXcUC020R4E>
 - #4 Appropriate - <https://www.youtube.com/watch?v=YVBZk4K7OZU>
 - #5 Agency - <https://www.youtube.com/watch?v=Jujl5E6a0XU>
- ❖ UBINIG – “Nayakrishi – bio-diversity based farming in Bangladesh”
<https://www.youtube.com/watch?v=S2H9rRFhmR8>
- ❖ Michael Shapcott – “Waiting for Affordable Housing” –
<https://www.youtube.com/watch?v=9tBELkcEbbQ>
- ❖ Ron Ste. Marie – “Agro-ecology: Greening the Desert – Bringing the Dead Sea Back to Life – Permaculture” –
<https://www.youtube.com/watch?v=goBB4fVLRxc>
- ❖ CFGB Good Soil Campaign - <https://www.youtube.com/watch?v=rSJecXKQMfU>

PWRDF “Home Movies”

- ❖ Zaida Bastos on Maternal, Newborn and Child Health 101 (2016) –
<https://www.youtube.com/watch?v=YaC9NAmcVjs>
- ❖ Naba Gurung on Food Security – Digging Deeper (2015) –
<https://www.youtube.com/watch?v=ILkQoVK3wZA>

Previously recorded Food Security Home Movies:

- ❖ Zaida Bastos (2014) – <https://www.youtube.com/watch?v=hxzzYU46ALY&t=29s>
- ❖ Naba Gurung (2014) – <https://www.youtube.com/watch?v=3CaAhrsipw&t=1s>
- ❖ Pepe Elwert (2014) – <https://www.youtube.com/watch?v=1NVz4mmaY2I>

PWRDF Video:

Maternal Care (2015) - <https://www.youtube.com/watch?v=Z6HMIARFkrg>

Scripts for Making Guacamole: A Cooking Lesson for Justice

- ❖ Krazy Glue:
http://pwrdf.org/uploads/485/guacamole_workshop____krazy_glue.docx
- ❖ Coins:
http://pwrdf.org/uploads/484/guacamole_workshop____coins.doc

Appendix A

"Sharing Bread, Planting Seeds..."

A Food Security Service of the Word

Adapted from PWRDF's World Food Day Service, October 2016

**The seed is in the ground.
Now may we rest in hope
While darkness does its work.
Wendell Barry, Sabbaths 1991, V**

GATHERING

Welcome

Call to Worship - ALL

We gather together
to celebrate God's bounty and blessing,
to proclaim God's goodness and love,
to remember the many ways
in which God has provided for our needs,
and to offer ourselves in the work of God's kingdom.

Praise the God of harvest and hope!

Let us worship together

(From Hope to Harvest – A Worship Service for World Food Day, Canadian Foodgrains Bank)

Apostolic Greeting and Collect for Purity (BAS p. 185)

Hymn – All Things Bright and Beautiful (Common Praise 415) or hymn of your choice

WORD

Collect of the Day

Loving God, with a handful of flour and a drop of oil the widow of Zarephath fed the prophet Elijah before her child and herself.

God, teach us the joy of hospitality that welcomes friend and stranger, neighbour and enemy, and so find You feasting among us.

(From Hope to Harvest – A Worship Service for World Food Day, Canadian Foodgrains Bank)

First Reading – Genesis 1:11-13; 29

Then God said, “Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it. And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. . .

[And] God said, “See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food.”

Second Reading – VII, 1996, from *This Day*, Collected and New Sabbath Poems, by
Wendell Berry

In spring we planted seed,
And by degrees the plants
Grew, flowered, and transformed
The light to food, which we
Brought in, and ate, and lived.
The year grown old, we gathered
All that remained. We broke,
Manured, prepared the ground
For overwintering.
And thus at last made clear
Our little plot of time,
Tropical for a while,
Then temperate, then cold.

Gospel Reading – Matthew 13:1-9; 18-23

That same day Jesus went out of the house and sat by the lake. Such large crowds gathered around him that he got into a boat and sat in it, while all the people stood on the shore. Then he told them many things in parables, saying: "A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. Whoever has ears, let them hear."

“Listen then to what the parable of the sower means: When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path. The seed falling on rocky ground refers to someone who hears the word and at once receives it with joy. But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful. But the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown.”

Homily/Reflection – Seed Bearers, sermon text by Suzanne Rumsey can be found at: http://pwrdf.org/uploads/486/seeds____sermon_notes.docx or you can offer reflections of your own

PRAYERS

Prayers of the People – Congregation members are invited to plant a seed in a common pot of soil and offer their petitions and prayers. As you are able, send photos of the growing seeds in the days and weeks following the workshop/worship.

Thanksgiving Prayer - ALL

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.

Amen.

(From Hope to Harvest – A Worship Service for World Food Day, Canadian Foodgrains Bank)

Prayer of Confession - ALL

You asked for my hands
that you might use them for your purposes.
I gave them for a moment
Then withdrew them for the work was hard.

You asked for my mouth
to speak out against injustice.
I gave you a whisper
that I might not be accused.

**You asked for my eyes
to see the pain of poverty.
I closed them
for I did not want to see.
You asked for my life
that you might work through me.
I gave you a small part
that I might not get “too involved.”**

**Lord, forgive me for calculated efforts to serve you
only when it is convenient for me to do so,
and only in those places where it is safe to do so,
and only with those who make it easy to do so.**

**Lord, forgive me,
renew me,
send me out as a usable instrument,
that I may take seriously the meaning of your cross.**

(From Hope to Harvest – A Worship Service for World Food Day, Canadian Foodgrains Bank)

Assurance of Pardon and The Peace (BAS p.191)

SENDING

Doxology

Sending Hymn – For the Fruit of All Creation (Common Praise 259)

Appendix B

THE MARTIAN

Narration Notes (Total running time 20:45)

Introduction: (First check to see how many people have seen the movie. Check if you can give the ending away or if people want to watch the whole thing at some later time.)

The Martian takes place sometime in the near future. A mission of six astronauts to Mars has to abandon the planet suddenly when a violent storm threatens their station (called the HAB) and their lives. In the chaos of the evacuation, one member of the mission Mark Watney (played by Matt Damon) is believed by the others to have been killed. The rest of the crew leaves the planet to head back to Earth.

But Mark is not dead. And the story that unfolds is about how he struggles to survive, stranded and alone on Mars. An important part of the story is how he deals with his food security needs on a planet where food can't be grown. Today we will look at how he does that, his successes and his challenges.

One note of explanation: The passing of time is marked periodically using the term "sol" as in "Sol 21." A "sol" is a day on Mars.

Scenes 5, 6, and 7 – **Start at 19:14** – "I'm not going to die here."; counting food and pooping, building green house and planting potatoes, making water, first plant.

Run to 28:50.

Scene 12 – **Start at 41:20** – Harvesting potatoes to “None of this matters if I can’t make contact with NASA.” **Run to 41:53.**

Scene 16 – **Start at 59:38** – Communication with NASA; colonizing Mars; posing for a photograph. **Run to 1:00:55.**

Scenes 17 and 18 – **Start at 1:02:21** – Loss of potato crop; NASA discusses Mark’s survival time; mission plan. **Run to 1:08:00.**

Postscript (If group wants to know what happened)

Scene 10 – **Start at 35:00** – “I’m gonna have to science the shit out of this.” **Run to 36:17.**

Scene 31 – **Start at 2:11:00** – Mark finds small plant; lectures young astronauts. **Run to 2:13:20.**

Appendix C

The Seeds of a Cow

Adapted by Sheilagh McGlynn from a story told by Farida Akhter

Champa Begum lives with her husband, Saiful and their younger child on 1/10 of an acre of land in Shalpa Naru village in Bangladesh. Champa uses their small homestead as a home garden to supplement the nutrition and income that comes from the additional 1/5 acre of land that Saiful farms.

At a workshop in the local dai ghor, the centre for traditional midwives supported by PWRDF partner UBINIG, she learned that sweet gourds are very nutritious. Her problem was that she didn't have any sweet gourd seeds.

She visited the Nayakrishi Seed Hut next door to the dai ghor. Seed huts are places, also supported by UBINIG, where farmers store a wide variety of seeds for indigenous crops. Champa was able to borrow some sweet gourd seeds to start her first crop.

Champa's crop did very well and she had enough sweet gourds to feed her family, but had an extra four dozen gourds that she was able to sell at the market. She used the proceeds from this sale to purchase a goat.

But what Champa really wanted was a cow. She had had to sell her cow several years earlier when her older child, a daughter, got married. The family had never had the money to replace the cow.

Just six months after starting to grow sweet gourds, Champa's goat had grown big enough for her to sell it and with the bit of extra money she's saved, buy a calf. Within a year, her calf will have grown up and Champa will finally have a cow again.

After the harvest, Champa returned the seed she had borrowed to the seed hut. It had been a highly successful season – she fed her family, returned the borrowed seed, had enough seed to plant next season and bought a cow!

From a seed to a cow - thanks to Champa's hard work and a helping hand from PWRDF partner UBINIG.

Appendix D

SLOW IT, SINK IT, SPREAD IT **(Words and music by Ron Ste. Marie)**

I wanna slow down my life, spread some good news
Fall to my knees in deep gratitude
For all of the riches of the good earth
And every sweet fruit of the vine

You simply begin by observing the land
For a season or a year, you'll begin to understand
First water, then access, the structures come last
Then stack all your functions and you're on the right track

You might just think twice before tilling your soil
Mulching's the key to avoiding such toil
The soil builds itself layer upon layer
Why go and disturb all the good things down there?

Collecting the water really can't fail
Just take time to design and dig a nice swale
Which is basically a ditch on the contour line
If you slow it and spread it, it'll sink for you fine

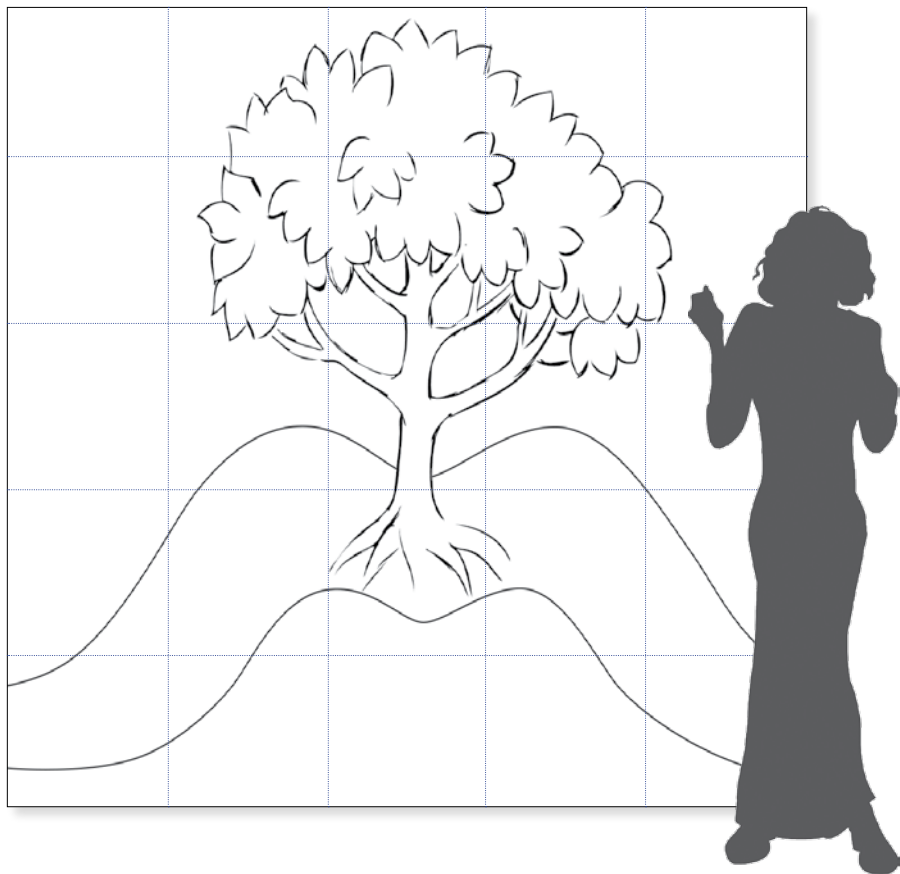
Before you go planting or weeding a field
Give thought to how needs will compare with your yields
Otherwise you just might be wasting your time
Remember that work is a failure of design

Mycelium, bacterium, fungi and weeds
Nitrogen, potassium and vitamin P
All go into making a feast for the earth
Permanent culture is proving its worth

I wanna slow down my life, spread some good news
Fall to my knees in deep gratitude
For all of the riches of the good earth
And every sweet fruit of the vine
For uncultivated greens that meet our daily needs
And every sweet fruit of the vine
For seed saved in jars to plant next year's fields
And every sweet fruit of the vine
For food that we call upon to serve our bodies needs
And every sweet fruit of the vine
For hedges and veggies, livestock and nut trees
And every sweet fruit of the vine
For warm knitted sweaters, a gift from the sheep
And every sweet fruit of the vine
For a day in the dirt and a restful night's sleep
That's as sweet as the fruit of the vine

Appendix E

Mural design for Session Six Closing Reflection,
"The Fruits of our Labour and our Journey"



Appendix T

Making Guacamole, A Cooking Lesson for Justice (A Conversation about Temporary Foreign Workers)

PART I: Presentation and Canadian context

Narrator: Welcome to “Guacamole, a Cooking Lesson for Justice!”

- ❖ *Narrator (N) explains that this will be a cooking lesson about how to make guacamole with local, organic and sustainable produce from B.C. (or the province where the workshop is taking place).*
- ❖ *N introduces Chef 1, who shows how good she/he is at sharpening the knives.*
- ❖ *N introduces Chef 2, who shows the cupboards, containers; shakes them, etc.*
- ❖ *N then steps back and disappears from the scene and the chefs start the cooking lesson.*

Chef 2: Since everything is local and organic, I guess that’s why N forgot to introduce our helpers, who are from Mexico, Guatemala, the Caribbean Islands and the Philippines.

Chef 1: Well, that’s not a big issue. They’re probably lazy, sitting around scratching their bellies, or snoring in the basement, or wasting their time in the kitchen while we’re working hard to prepare this yummy guacamole; you’ve never tasted anything like it before.

Chef 2: Yeah, but why not mention them so they don’t remain invisible? Jesussss, are you there? Juannnn, where are you??!!

- ❖ *The farm workers and greenhouse workers (two or more) appear carrying ingredients for the guacamole: avocados, tomatoes, cilantro, onions, garlic, salt, lemon and jalapeño peppers saying, “We were working to bring what you need at your table.”*

Chef 1: Ok, ok, hurry up! Don't just stand around scratching your belly, eh!!! This cooking lesson is very important. . . . Please put three avocados, two tomatoes, cilantro, salt, a piece of onion, garlic, one jalapeño and one lemon at each table. These are from the best local and organic farms around Vancouver (or city/town where workshop is taking place).

❖ *The workers bring the vegetables for the guacamole to each table and say, "Hello, I am a farm worker who plants and harvests the food you eat every day."*

Chef 2: Oh yeah, of course, the workers on the farms are also our brown, local and organic workers, isn't that so? (ironically)

Chef 1: Well, in a perfect world, it would be, but at least we have the best produce at our table, and hard workers in our businesses right? And we are giving jobs to those people; we are doing our best.

Chef 2: Our best? Oh really? Do you really think we are doing our best? What do you mean doing our best?

Chef 1: Well, we produce good quality food at cheap prices.

❖ *At this point Chef 2 says something like: "Cheap prices? Give me a break," in order to show how disappointed she/he feels about Chef 1. Then Chef 2 gives instructions to the participants to make their guacamole: "Please start by cutting the tomatoes into pieces, next the garlic and onion too." After instructions have been given and people are starting to chop, the dialogue can continue.*

Chef 1: See how happy these people are, cutting up organic and local vegetables. But honestly, do people really care how local the vegetables are or how ethically they were produced or how the workers are treated? These veggies and all our food are cheap.

Chef 2: Are you kidding? How could they be considered cheap if they cost workers' lives?

Chef 1: What lives? I see only happy white people in the videos and pictures promoting BC vegetables and businesses.

Chef 2: That's the point; nobody wants to see workers from Mexico, Guatemala, or the Caribbean islands, who plant, harvest and package our food. It is very bad that these people don't appear in those videos that promote the farm products and Canadian business. They deserve at least a little recognition, don't you think?

Chef 1: Well, well, you know what? They don't appear because to be in those videos is a really hard job and demands skill and training. You know, those low-skilled workers can't handle that. But honestly, the most important thing is that Canadians know what they are eating; they are eating local, so who cares about the details? Look, don't be so depressing; just enjoy making guacamole. Let me check on the tables; I don't want people to cut their finger doing simple things.

Chef 2: Yes, we don't want anyone here to experience a work accident, one of the most common situations that farm workers face doing their job.

❖ *At this point **Chef 2** asks everyone to stop cutting and listen while one of the participants reads "Krazy Glue." He/she will explain that this is a true story that took place in Pitt Meadows, B.C. and represents a pattern on other farms. He/she can mention that this story is part of a book, "Invisibles and Disposables" to be published as a fundraiser for the Migrant Workers Dignity Association.*

The link for "Krazy Glue" is: http://pwrdf.org/uploads/485/guacamole_workshop____krazy_glue.docx

PART 2: Facing the Reality

Chef 2: So please, everyone, don't get distracted with the reality! We don't want you to paste your finger back on with Krazy Glue because you chopped it off. Be careful chopping the vegetables.

❖ *"Krazy Glue" is read by a participant. After the reading Chef 2 gives directions to continue making guacamole such as "the next step is to put all those chopped vegetables (tomatoes, cilantro, jalapeño, onion, garlic, avocado) in the container and mix all of them together."*

Chef 1: I guess there's no problem here if an injury occurs; I'm sure all of them have medical plans and in the city we are close to medical attention.

Chef 2: You are right, only those invisible temporary workers and especially farm workers don't have a chance to go to the doctor.

Chef 1: Don't exaggerate small problems. Of course they can, just like the rest of us.

Chef 2: But how is it possible? When could they go? If they start work at 6 am and finish at 8 or 10 pm, when would they be able to go to the doctor? And where would they go?

Chef 1: Well, they could go to emergency.

Chef 2: Emergency? Where, around the corner of the field? Temporary farm workers are living far away from hospitals, in barracks where a bus never passes. How can they call a taxi if they can't speak English? They are socially segregated, in a kind of social apartheid.

Chef 1: Well, well, we can't solve everything right? They have to look for help somehow; they are adults, not kids that need a lot of support.

Chef 2: Fine, but how can they look for help if they were hired under conditions set by their consulate, agency and employer that state if they ask for any kind of help, it will cost them their job and they will be deported.

Chef 1: Well maybe that happens because some workers are just troublemakers; they make a big deal out of small problems. Nobody died. Look how brave and smart Susano was fixing his tooth, he cured himself with Crazy Glue. They don't need help. They know how to cure themselves. And can you image how much money it would cost if all workers had access to medical care?

Chef 2: But they are already paying for it so they have the right to access the services.

Chef 1: Yes, but if they go for medical help, the doctor might say the temporary workers need rest and then the business will collapse. Being sick is no excuse for not working.

Chef 2: So the real price that Canadians are paying for their food is the workers' pain and suffering? That's why Canadians don't want to go to work on a farm, because they won't do hard, dangerous jobs that pay minimum wage? That's why Canadians hire temporary foreign workers because it is cheaper? How can people live on minimum wage?

Chef 1: Well those temporary foreign workers can, they just need to work more and more instead of wasting time going to the doctor for unimportant things like flu, broken teeth, arms, legs, etc.

Chef 2: But by not providing basic services and upholding worker rights, temporary workers are facing something like a new kind of slavery, where the chain is the work permit that ties them to one single employer, who can be abusive, even demanding that workers are on call 24 hours a day.

Chef 1: Wait, wait, you're going too far; what's your problem man? Temporary Foreign Workers are not your problem; why are you questioning everything? Canadians are interested just in Canadian problems, not the problems of our guest workers. Plus, the farm workers are macho men and don't make complaints easily.

- ❖ **Chef 2** says something that expresses a new disappointment about Chef 1 and she/he says that she/he would prefer to give more directions to the participants for the guacamole: "Add lemon and salt according to your tastes; add more jalapeño if you want the guacamole to be hotter. Then taste it."
- ❖ Next **Chef 2** introduces the second story, "Coins," and explains that it happened in Saint Rémi, Québec, a town that produces the majority of vegetables people consume in Montreal. A participant reads the story.

The link for "Coins" is: http://pwrdf.org/uploads/484/guacamole_workshop____coins.doc

Chef 2: Did you see what happened with the guy in the story? That's the point: everything that happens in Canada or even in the world is our problem and we must do something, not just close our eyes to avoid reality. If we don't care about the situation of Temporary Foreign Workers, we are committing crimes by accepting those abuses.

Chef 1: Well, if their own government doesn't care about that, why should we?

Chef 2: Because they are people like you and me.

Chef 1: Yes, but they are not Canadian, so we're not the same.

Chef 2: What? Are you kidding? Of course we are the same. They are human and pay rent, taxes, and EI that they can't use; they pay into medical care, pension, and everything else. I was thinking you were a good Canadian with a heart; you disappoint me.

PART 3: Time to take action!

Chef 1: Take it easy man, calm down. Fine, let's say you're right; what can we do if the law allows those abuses? We can't go against the law.

Chef 2: Well, we can push to change the law to create another law that is fair. And since changing the law will take time, at least we can do something practical here, right now. Let the workers tell us what they need and you can chose your personal commitment, but be sure you do something.

- ❖ **Chef 2** can hand out or project (using the PowerPoint projector) the description of the MWDA found above in "(Bonus!) Session Seven – Theme: Making Guacamole, A Cooking Lesson for Justice (A Conversation about Temporary Foreign Workers)" and encourage people to learn more about MWDA and how to take action by going to their website.
- ❖ And then the corn chips can be passed out and the guacamole enjoyed!

Notes and Reflections





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