

Sharing Bread (Two)

A Learning Resource





Welcome



**Adele Finney, Executive Director,
The Primate's World Relief and Development Fund**

Silos have acquired a tarnished name for themselves. First there are the very real missile silos which are the opposite of what farm silos are meant to be. Then there are the metaphoric silos: every workplace I know is trying to break down the walls of their work silos so there can be more communication and creativity, more nourishing, flourishing, integration and collaboration in shared concerns.

On a small working farm, the only time you are actually in a silo is when it is empty and voices echo around its walls, or when—a more precarious time to be in the silo—it is being filled with harvested grain for the market, or silage, a fermented foodstuff for animals during dry or winter months. A silo is one of the containers for the dynamic process of small farm food security. The grain or silage inside has been taken from the field, broken to be stored, then given and eaten to nourish and sustain life.

We need contained spaces and times set apart to have important conversations about food and hunger in the world and in the places where we live. Welcome to Sharing Bread (Two), a PWRDF silo of resources to be shared, from people who gathered at the Sorrento Centre in B.C., as you will in your parish and community. Please share what you learn and do.

In hope and gratitude,

Adele

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 2015 PWRDF was excited to collaborate for the second 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 (Two) – A Food Security 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 Tanzania, food producers from Canada, PWRDF volunteers and other interested Anglicans.

The starting point for the course was PWRDF’s three year Food Security Campaign called Fred Says, launched in November 2013. Participants explored themes such as faith and farming, community-based food production, food security issues in Indigenous communities, and the complexities of food aid, food security and food sovereignty, among other issues. Presentations, group discussions and activities were complemented 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 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.”

As in 2014, the course was designed to equip participants to address food security issues in their parishes and communities when they returned. This education resource that

you hold, the second 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 contains links to a number of videos and PowerPoint presentations, as well as to blogs and prayers/reflections produced for and by participants during the Sorrento course. If you are unable to access/download the audio visual materials, a USB key containing these materials is available for \$10. To order please contact: srumsey@pwrdf.org or phone: 1-866-308-7973.

We welcome feedback on this resource. Please contact us if you are planning an event that draws on this resource 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/

Enjoy!

Sheilagh and Suzanne

PWRDF gratefully acknowledges the support of the Anglican Foundation and the Deanery of Gaspé in the Diocese of Québec who helped make possible the participation of Candace Aitkens, lay leader and food producer from the Magdalen Islands, Québec, at Sharing Bread (Two).



Dedication

This learning resource is dedicated to all those women throughout the world who plant, grow and harvest our food, prepare our meals and encourage us to eat our veggies. Three of them shared their stories with us at Sorrento: Leah Marshall a young organic farmer from Rosalind, Alberta, Joyce Mtauka, a farmer and community leader from Ruponda, Tanzania, and Candace Aitkens, a food producer and community leader from Entry Island, Magdalen Islands, Québec. We were all moved and inspired by their perseverance, their lives and their work, and by the hopes and dreams they hold for their families and communities.

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

This is the food that God has given you to eat...

"...in the morning there was dew all around the camp. When the dew evaporated, there was something thin and flaky on the surface of the desert. It was as delicate as frost. When the Israelites saw it, they didn't know what it was and asked each other, 'What is it?' Moses said to them, 'This is the food that God has given you to eat. God has commanded that each of you is to gather as much of it as he or she needs...'" (Exodus 16:13-16)



SESSION ONE

Introduction to "Sharing Bread (Two)"

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.

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 per person) to plant in the pots
- ❖ A watering can filled with water
- ❖ The worship resource attached 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 themselves and to share their symbol/image story and to place their symbol on the table at the centre of the circle.

Sample Story:

In 2013 a tragedy at Mile End Community Mission made us realize we needed to engage with our children. With a grant from the Growth, Understanding and Ministry Committee, we started a program for the children of St. Cuthbert, St. Hilda, and St. Luke (St. CHL) in eastern Montreal. We meet for activities and a service monthly.

In 2014 we planted a garden. The children were so excited and raced to see how their plants were growing whenever they arrived at church. The first harvest was small, due to poor soil and other factors but we were not discouraged.

In 2015 we received a grant from the Mission Committee, which we used to develop the Edible Churchyard. We now have six chickens and three boxes of good soil. The childrens' enthusiasm and hard work (they love watering) are paying off. They have all eaten fresh eggs and the vegetables are growing well. The garden and the adults being there for them are constants in their sometimes chaotic lives. By growing food and sharing it with the surrounding community, the children are learning about themselves and God's love.

By Rev. Rosalyn Macgregor,
PWRDF Diocesan Representative, Diocese of Montreal

❖ 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 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 seeds, 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 2014. The full text of the worship is available at: http://pwrdf.org/uploads/361/wfd_2014_bulletin_booklet_format_2.docx

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2015 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. It can be found at <http://pwrdf.org/2015/the-long-journey-to-home/>

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

Give it to the people and let them eat...

A man came from Baal-shalishah, bringing food from the first fruits of the harvest to the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, "Give it to the people and let them eat." But his servant said, "How can I set this before a hundred people?" So he repeated, "Give it to the people and let them eat, for thus says God, 'They shall eat and have some left.'" He set it before them, they ate, and had some left, according to the word of God. (2 Kings 4:42-44)



SESSION TWO

*Theme: Finding God in the Garden
(and what that's got to do with Food Aid,
Food Security and Food Sovereignty)*

This session is designed to give participants a first-hand encounter with a faith-based food producer and that producer's garden, as well as introducing the inter-connected but distinct issues of food aid, food security and food sovereignty.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer and PowerPoint projector; a screen or wall
- ❖ The PWRDF Home Movie about Food Aid, Food Security and Food Sovereignty (see link below). Make sure the volume is turned up enough for participants to hear
- ❖ 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/lang-farm.html> OR if it's winter...

- ❖ Ingredients for a 100 Mile Meal that participants could be invited to bring. These could be prepared dishes or raw ingredients to prepare a meal together
- ❖ A kitchen!
- ❖ Newsprint and felt pens.

“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 amounts of time depending upon whether a “field” trip (literally!) is involved or not.

Visit to a farm, food producing garden or other growing project

(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 Farmer’s Market on a regular basis, or best of all planting your own garden in your backyard or on your balcony.

100 Mile Meal (Also a good inter-generational activity)

- ❖ If it is winter, this activity can take the place of a farm/garden visit or, if it is summer it can take place in addition to the visit
 - ❖ 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. Continue that discussion as together you prepare and share the meal
- *At a Sharing Bread workshop in Calgary in August, 2015 participants compared the kilometres a can of beef stew and its ingredients travelled with those of two locally-sourced meals the group enjoyed. To see and share the surprising differences in distances between them go to: www.pwrdf.org/sharingbread2/kilometres
- ❖ 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. Here is a grace from Australia. Together with other graces and prayers it can be found in the PWRDF resource, Just Food, at http://pwrdf.org/uploads/358/just_food_cl_web.pdf

Marcus's Grace

(used at Credo Café, run by Urban Seed in Melbourne, Australia)

Take a moment to become aware of your body and your senses.

The smell of the food prepared for you, your salivating mouth, your growling stomach. Become aware of your hunger.

The hunger we bring to this table is not for bread alone but for a sharing with others and our Creator.

No matter who we are at this table, no matter our difference, we are united by our hunger.

We give thanks for our bodies, this bread and that some of what we long for will soon be satisfied.

We remember those whose hunger will not be satisfied this day.

May this food give us the energy we need to work for a world without hunger.

Amen

(Source: The Seeds Network, Australia. <http://seeds.org.au/seedy-stuff/seeds-mealtime-prayers-liturgy/>)

PWRDF Home Movie

- ❖ Invite the group to watch the PWRDF Home Movie featuring Naba Gurung, PWRDF's Development and Humanitarian Relief 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 movie is available here: <https://www.youtube.com/watch?v=ILkQoVK3wZA>

Group discussion, popcorn of ideas, key questions

- ❖ Invite the group to react to the video: what struck them, what is something they learned that they didn't know before, what questions are they left with
- ❖ Suggest that as needed, the group may wish to return to the video for further clarification as they discuss the three concepts of food aid, food security and food sovereignty in the sessions that follow in this resource
- ❖ 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 at the farm or after the 100 Mile Meal – Adapted from the closing prayer offered by PWRDF Diocesan Representative Alison Longson

Creator God, Great Sower of the Seed

Bless and be with us as we come together from [name places participants are from]; diverse people joined by our desire to Share Bread, to find God in the garden and to open ourselves to all this time brings.

This morning at the farm we stood on sacred ground surrounded by abundance and beauty; a place where learning and transformation takes place and where we find God.

Strengthen our efforts as we strive towards an earth that is healthy.

Lead us to lifestyles that sustain and nurture the land we share with all and help us live as good stewards of the earth.

Help us to share our abundance more equally and to live more justly.

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2015 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Alison Longson, PWRDF Representative for the Diocese of Calgary. It can be found here: <http://pwrdf.org/2015/planting-seeds-caring-for-the-earth/>

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

And from the fragments of five barley loaves...

Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. (John 6:11-13)



SESSION THREE

Theme: Faith and Farming
Addressing food security where we are

This session is designed to help participants learn about sustainable food production by two Canadian food producers and two PWRDF partners overseas; how they are addressing the food security needs of their families and communities where they are.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer and PowerPoint projector; a screen or wall
- ❖ Two videos from fredsays.ca titled "It's Easy Being Green" and "Rice is Nice" (see links below). Make sure the volume is high enough for participants to hear
- ❖ Choice of two PowerPoint presentations (you can use one or both) from a) Candace Aitkens, All Saint's Anglican, Entry Island, Magdalen Islands, and b) Leah Marshall, Campbellton Farm, Rosalind, Alberta (see links below)
- ❖ Spirulina powder (available at your local health food store) and orange or pineapple juice for mixing and tasting

- ❖ A medium sized bowl
- ❖ A variety of individually wrapped candies (about 7-10 per person, including children). Lifesavers work well
- ❖ 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.

The Candy Exercise

- ❖ Introduce and facilitate the Candy Exercise on the differences between food aid, food security and food sovereignty. If the group has seen the PWRDF Home Movie featuring Naba Gurung as suggested in the previous session, introduce the activity as a “test” of their knowledge based on what they learned from the Home Movie!
- ❖ Instructions for this game are found in Appendix B.

“It’s Easy Being Green”

- ❖ Preview the two videos you will be using ahead of time to facilitate some introductory comments. Make sure your volume is high as some of the dialogue in the videos is quiet
- ❖ Introduce and show the first Fred Says video titled “It’s Easy Being Green” <https://youtu.be/SXV8LdoHtn8>
- ❖ Note that the video describes one way in which PWRDF partner, OfERR (Organisation for Eelam Refugees Rehabilitation) is addressing a food security need in the refugee communities it serves in India and Sri Lanka, and that a whole variety of such strategies and initiatives throughout the world and here in Canada connect all those engaged in food security work
- ❖ Invite participants into a group(s) discussion based on the homework assignment noted above, asking them to focus on the following questions:

- ❖ How are food aid, food security and food sovereignty being addressed in your community?
- ❖ Who is growing food in your community and how is it being grown?
- ❖ Depending on the size of your group, divide into small groups or remain together to discuss these questions. If you work in small groups, allow time for some reporting back to the whole group and writing up key findings on newsprint. The idea is to get a sense (it doesn’t have to be exhaustive) of the variety of strategies and people involved in addressing food aid, food security and food sovereignty in participants’ community/region
- ❖ If you know a local farmer/food producer who has some experience with community farming/food growing initiatives, invite them to speak. If such a person is not available in your community, the following link will provide a PowerPoint presentation on the theme by Candace Aitkens, lay leader and food producer from All Saints, Magadalen Islands, Québec. It can be found at www.pwrdf.org/sharingbread2/candace. Be sure to preview the PowerPoint before the session to familiarize yourself with its content
- ❖ Invite group discussion, questions and reflection.

Health Break – mix up spirulina and orange or pineapple juice and invite participants to have a taste!

“Rice is Nice”

- ❖ Introduce and show the first Fred Says video titled “Rice is Nice” <https://youtu.be/wgK3M7UG188>
- ❖ Note that the video describes one way in which PWRDF partner, FARDEC (Farmers’ Development Centre) in the Central Visayas region of the Philippines is addressing a food security need of those farming communities it works with, and that a whole variety of such strategies and initiatives throughout the world and here in Canada connect all those engaged in food security work

- ❖ If you know a local farmer/food producer who has some experience with community farming/food growing initiatives, invite them to speak. If such a person is not available in your community, the following link will provide a PowerPoint presentation on the theme by Leah Marshall, a young organic farmer from Rosalind, Alberta. It can be found at www.pwrdf.org/sharingbread2/leah. Be sure to preview the PowerPoint before the session to familiarize yourself with its content
- ❖ Invite group discussion, questions and reflection.

Concluding prayer – Adapted from the closing prayer offered by PWRDF Diocesan Representative Peter Goodwin

Lord we thank you for the presence and gift of your Holy Spirit in our lives this day and born in us anew each day; for those of us living here in Canada and our partners, our brothers and sisters in Christ.

We witness your presence in the beauty of this place, [name where you are], and in the miraculous emergence of new life from the soils of [our farms/gardens/balconies] which provides sustenance to us and others in the surrounding community.

Wherever we may abide, tilling the soil, seeding the soil, watering the land, we pray and put our faith in you, that an abundance of wholesome nutritious food for all may be forthcoming so that we across Canada may continue to share the miracle of such growth and your creation with our partners and other peoples around this wondrous earth. Amen

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2015 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Peter Goodwin, PWRDF Diocesan Representative for the Diocese of New Westminster: <http://pwrdf.org/2015/faith-and-farming/>

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

I am the bread of life...

"The people said to Jesus, 'What sign will you give to show us that we should believe in you? What work will you do? Our ancestors had manna to eat in the wilderness... Jesus answered, 'The truth is, it is not Moses who has given you bread from heaven, but it is God who gives you the true bread from heaven. For the bread of God is the One coming down from heaven and giving life to the world.' 'Sir,' they said, 'give us this bread always.' Jesus said, 'I am the bread of life. Those who come to me will never be hungry, and those who believe in me will never be thirsty.'" (John 6:30-35)



SESSION FOUR

Theme: Food Security in the Global South
- A Look at Tanzania

This session offers participants information about the food security work being carried out by long-term PWRDF partner, the Diocese of Masasi's Development Department through the perspectives of the Diocese's Development Coordinator, Geoffrey Monjesa, and a farmer and community leader, Joyce Mtauka.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer and PowerPoint projector; a screen or wall
- ❖ Two videos from fredsays.ca, titled "Kids Rock" and "Veg Out" (see links below). Make sure the volume is high enough for participants to hear
- ❖ Two PowerPoint presentations, one by Geoffrey Monjesa and the other by Joyce Mtauka. Be sure to preview the PowerPoint presentations prior to your session to familiarize yourself with their content.

“Kids Rock!”

- ❖ Begin by introducing and showing the Fred Says video, “Kids Rock” that describes the important role that goats play in providing Tanzanian families, especially those infected or affected by HIV and AIDS, with an important nutritional and income source. The video can be found at <https://youtu.be/MgeXr5a-ySk>
- ❖ Introduce the PowerPoint about the food security program of the Diocese of Masasi. You can do so using the brief summary at the end of this session, as well as the profile of Geoffrey Monjesa
- ❖ Present the PowerPoint available here: www.pwrd.org/sharingbread2/geoffrey
- ❖ Invite comments and questions from the participants. If there are questions that you can’t answer, feel free to contact Sheilagh McGlynn (smcglynn@pwrd.org) or Suzanne Rumsey (srumsey@pwrd.org) or encourage participants to do so.

Health Break

“Veg Out”

- ❖ Begin by introducing and showing the Fred Says video, “Veg Out” that describes the role the Diocese of Masasi’s seed bank program is playing in addressing the crop production and food security needs of the farming communities it works with. The video can be found at this link https://youtu.be/HXPNQ4g_ENM
- ❖ Introduce the PowerPoint about the experience of Joyce Mtauka, a farmer, community leader and a participant in the food security program of the Diocese of Masasi. You can do so using the profile of Joyce Mtauka at the end of this session
- ❖ Present the PowerPoint available here: www.pwrd.org/sharingbread2/joyce
- ❖ Invite comments and questions from the participants. If there are questions that you can’t answer, feel free to contact Sheilagh McGlynn (smcglynn@pwrd.org) or Suzanne Rumsey (srumsey@pwrd.org) or encourage participants to do so.

Concluding Prayer - Adapted from the closing prayer offered by PWRDF Diocesan Representative, Roslyn Macgregor

Oludomare, oh divine One!

I give thanks to You the one who is as near as my heartbeat,
and more anticipated than my next breath.

God, who made us all shapes and colours

and who has spoken to us in many different ways.

Open our eyes to see each other as gifted by you.

Open our minds to understand the riches of diversity

and warm us with hope for a world where all those riches are valued and shared.

In the name of Jesus who saw the riches in the poor and the poverty of the rich despisers of the poor. Amen

From Hallelujah for the Day: An African Prayer Book, Source Unknown

God who feeds us, God of love . . . We are such hungry people.

Holy One, give us this day our daily bread.

We hunger for food, for acceptance, for love.

Holy One, give us this day our daily bread.

We hunger for mercy and truth, and simplicity of heart.

Holy One, give us this day our daily bread.

Holy One, we hunger for forgiveness, for holy vision, for peace.

Holy One, give us this day our daily bread.

We hunger in hope . . . for the downtrodden and forgotten,

for the weak, for ourselves. We are such a hungry people.

Holy One, give us this day our daily bread.

We hunger for righteousness, for enlightenment, for the needy,

Holy One, give us this day our daily bread.

Amen

“Give Us This Day Our Daily Bread” Adapted from: Becoming Jesus’ Prayer by
Gregory V Palmer, Cindy M McCalmont and Brian K Milford. Published by
The Pilgrim Press Cleveland.

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2015 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Roslyn Macgregor, PWRDF Diocesan Representative from the Diocese of Montreal. It can be found here: <http://pwrdf.org/2015/the-strength-of-our-partners/>

The Anglican Diocese of Masasi Development Program:

Located in southeastern Tanzania, the Diocese of Masasi carries out a grassroots development program that focuses on maternal and child health, nutrition and food security, clean water and sanitation, protection of the environment, and works to combat HIV and AIDS, malaria and other preventable diseases. PWRDF has worked in partnership with the diocese since the mid-1980s. Since 2012 the diocese's Preventive Health and Food Security Program has also been supported by the Government of Canada through the Department of Foreign Affairs, Trade and Development (DFATD).

The program's main activities include:

- ❖ Leadership skills training for village development committees
- ❖ Training on gender equality
- ❖ Training of traditional birth attendants in the care of pregnant women and child birth
- ❖ Establishment of nutritional health clubs for women, youth and school aged children
- ❖ Training mothers and caregivers on food hygiene and nutrition
- ❖ Training HIV and AIDS caregivers to provide support
- ❖ The rehabilitation of outdated water wells and the construction of new water wells in villages that do not have drinkable water
- ❖ Training of village health workers on the construction of latrines using local materials
- ❖ Teaming up with the district health officers to roll out the participatory hygiene

- and sanitation transformation program including malaria
- ❖ Carrying out farmer training on crop and seed production and preservation, animal keeping and post-harvest crop management.

Goeffrey Patrick Monjesa

Geoffrey Patrick Monjesa is the Development Program Coordinator for the Anglican Diocese of Masasi, Tanzania. For almost three decades, Geoffrey has been supporting the church and the community through various development programs that seek to build the capacity of farmers, women and youth groups to ensure the viability and sustainability of their farming and other development activities. Geoffrey is currently coordinating the 5-year Preventive Health and Food Security program (2012 – 2017) supported by PWRDF and the Department of Foreign Affairs, Trade and Development (DFATD).

Geoffrey has two other important connections to Canada. In 2001 he studied International Development at the Coady International Institute at St. Francis Xavier University in Nova Scotia. The Diocese of Masasi and the Diocese of Montreal are in a companion diocese relationship and in 2012 Geoffrey was ordained deacon in Montreal by Bishop Barry Clarke. He was subsequently ordained priest by his own bishop in 2013. In addition to his development work, Geoffrey is involved in parish and diocesan ministries.

Joyce Berno Mtauika

Joyce Berno Mtauika is a Tanzanian farmer from the village of Ruponda, in Nachingwea district, Lindi region. Joyce grew up in a peasant family, and since 1996 she has been engaged in agriculture applying her indigenous farming knowledge. As a direct beneficiary of the Preventive Health and Food Security program, Joyce has improved her knowledge and skills in sustainable farming and applied better farming practices. With

knowledge in peer education and gender equality, Joyce has established and maintained an effective working relationship with various farmers and community development groups.

Joyce is also the Secretary for the “Women’s Development Organization”, which supports the women and youth groups in income generating activities. She is one of the founding members and chairperson of their “Village Community Bank (VICOBA)” that supports women farmers with small capital loans for obtaining agricultural inputs to improve their farming and other income generating activities. As a peer farmer, Joyce conducts and carries out education and training sessions on better farming practices with other farmers in her home village and 120 women farmers have benefited from her leadership.

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

The Last Supper

On the first day of the Festival of Unleavened Bread . . . Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in God's kingdom." (Matthew 26:17,26-29)



SESSION FIVE

Theme: Food Security and Food Sovereignty in Indigenous Communities

In this session participants will learn about the history and present realities facing Indigenous communities in North America with respect to food security and food sovereignty through an inter-active exercise and the stories and analysis shared by the National Indigenous Anglican Bishop Mark MacDonald.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer and PowerPoint projector; a screen or wall
- ❖ The PowerPoint resource "Feeding my Family in the Arctic" (see link below)
- ❖ Bishop Mark MacDonald(!) or if he is not available, seek out a representative from a local First Nation who could speak about food security issues in their community. If neither of those options are possible, download and print

Bishop Mark's presentation at Sorrento which can be found here: www.pwrdf.org/sharingbread2/bishopmark. Invite participants to take turns reading the presentation out loud and invite reflection and discussion on it. If you do this, ensure that you have read the document ahead-of-time and consider preparing a few questions or comments to spark reflection.

Homework: Before your workshop/event, invite participants to research what Indigenous territory they come from and anything they can learn about food security issues facing the Indigenous peoples of that territory.

"Feeding my Family in the Arctic"

- ❖ Begin the session by inviting participants to introduce themselves, the Indigenous territory they are from and what they learned about the food security concerns of the Indigenous peoples in that territory
- ❖ Show the "Feeding my Family in the Arctic" PowerPoint which is available here: www.pwrdf.org/sharingbread2/arctic. Invite the group to try to determine the cost of a number of food items in northern Canada. Be sure to review the PowerPoint ahead of time to facilitate a brief discussion following the exercise.

Food Security in Indigenous Communities

- ❖ Introduce Bishop Mark MacDonald or a representative of a local First Nation, or if you are using the text of Bishop Mark's presentation, offer copies to participants. Invite participants to take turns reading the presentation out loud and invite reflection and discussion on it. Bishop Mark's presentation can be found at www.pwrdf.org/sharingbread2/bishopmark

Health Break

Invite the group to reflect on what they have heard or read, ask questions and comments about food security and food sovereignty in Indigenous communities.

Concluding prayer – Bishop Mark MacDonald offered two prayers to conclude our time together. The first was a Mohawk thanksgiving prayer and the second was a prayer in the Four Directions, adapted from a Navajo song. Below is a paraphrase of the latter prayer. For the full text of the two prayers please refer to Appendix C.

Now to the East, to White Shell Mountain: its strength is ours, with long life and happiness, it will be.

Now to the South, to Turquoise Mountain: its strength is ours, with long life and happiness, it will be.

Now to the West, to Abalone Mountain: its strength is ours, with long life and happiness, it will be.

Now to the North, to Black Jet Mountain: its strength is ours, with long life and happiness, it will be.

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2015 take a look at their reflections on [pwrdf.org](http://www.pwrdf.org). The reflection that corresponds with this session was written by Sheilagh McGlynn, PWRDF's *justgeneration.ca* Facilitator. It can be found here: <http://www.pwrdf.org/2015/seeking-food-sovereignty-on-turtle-island/>

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

The Road to Emmaus

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him...

As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them. When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. (Luke 24:13-16, 28-31)



SESSION SIX

Theme: Where Do We Go From Here?

In this session participants will explore ways in which advocacy on food security can be carried out. 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.

What you will need:

- ❖ As many chairs in a semi-circle as there are participants
- ❖ A computer and PowerPoint projector; a screen or wall
- ❖ The PowerPoint presentation (see link below) by James Kornelsen, Public Engagement Coordinator, Canadian Foodgrains Bank (CFGB) and Sorrento Centre course participant. Note that CFGB has representatives throughout Canada who are willing and able to make presentations to groups like the one James made at Sorrento. To book a CFGB speaker for this session contact information is available at: http://foodgrainsbank.ca/regional_coordinators.aspx
- ❖ A long length of newsprint, felt pens, construction paper, scissors, tape
- ❖ Letter writing materials: paper, pens and envelopes.

Where to from here? – Food Security Advocacy

The Big Picture Part One - Exploring food aid, food security and food sovereignty

- ❖ Introduce the Foodgrains Bank Regional Coordinator and PWRDF's relationship/partnership with the Foodgrains Bank (for a description of the CFGB and PWRDF relationship, see the end of this section). If using James's first PowerPoint be sure to preview it beforehand to familiarize yourself with its content: www.pwrdf.org/sharingbread/james
- ❖ Show the PowerPoint presentation by James or hear from the CFGB Regional Coordinator focusing on the "big picture" issues that the Foodgrains Bank is trying to address regarding food security
- ❖ Ensure time for questions and discussion.

Advocacy - The Good Soil Campaign

- ❖ 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 aid and food security PWRDF works with the Foodgrains Bank and its other members. Introduce and show James's second PowerPoint presentation focused on the Good Soil campaign and its current "Harvest of Letters" activity: www.pwrdf.org/sharingbread2/james2. If you have a Foodgrains Bank Regional Coordinator present, introduce them and invite them to speak about the Good Soil campaign. If using the PowerPoint, be sure to preview it ahead-of-time to familiarize yourself with the content. There is detailed information about the Good Soil campaign at: www.foodgrainsbank.ca/goodsoil
- ❖ Invite participants to write a letter highlighting the key points of Foodgrains Bank's current campaign. If time allows, pass around paper, pens and envelopes and invite those present to do so right there.

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 D. 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 D. A downloadable 8 ½" X 11" version is available at www.pwrdf.org/sharingbread2/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 D 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 the first foot on the road leading to the tree, the fruit on the tree, and the 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 PWRDF Diocesan Representative, Geoff Strong

God, we give thanks for this centre of Sorrento and its beautiful grounds that we are enjoying. We are thankful for its staff, for the staff of PWRDF, for fantastic weather that we have experienced all week, for the opportunity to participate in this course on food security, 'Sharing Bread', and for our participating PWRDF volunteers. We acknowledge our good fortune to be living in this great country of Canada, with its clean air, clean water and clean soils for adequate healthy food. We are also very mindful of the hundreds of millions of people on this planet who are not so fortunate, and we are aware of the huge imbalance between those of us who never go hungry for food, and those whose hunger is rarely satisfied.

We sometimes forget that this Earth, Your creation, is the only planet available to us. At the same time, we also realize that we have not taken good care of Your creation, that climate change, which we have caused, now threatens to widen the gulf of food security, especially in the tropics and sub-tropics where the 'impacts' of climate change have been greatest, and where PWRDF carries out the majority of its mission, as well as among the First Nations people in Canada.

Thank You God for the inspiration and understanding that we have received this week, and we ask for Your blessing on this group, and for safe journeys home in Canada and to Tanzania. Inspire us to go forth tomorrow with new resolve to take better care of Your creation, to find solutions to climate change, to help end the Earth's food imbalance, and to establish true global food security and governance through the work of PWRDF and other NGOs. Help us with these problems, for we can be confident in our faith and in your power to assist us. We ask for all of this in Jesus' name. Amen

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2015 take a look at their reflections on pwrdf.org. The reflection that corresponds with this session was written by Geoff Strong, PWRDF Representative in the Diocese of British Columbia. It can be found at <http://pwrdf.org/2015/where-to-from-here>

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:
- ❖ What do you think worked well/what did you get the most out of in the week?
- ❖ What did you find challenging/worked less well?
- ❖ What messages do you want to send back to PWRDF/Fred Says campaign for the future?
- ❖ 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 the Foodgrains Bank:

- ❖ Provide **food assistance** to people with immediate food needs
- ❖ Work with communities to improve **food security** (provide food for themselves in the longer-term) through improved agricultural techniques and income generation
- ❖ Help families and communities improve their **nutrition**.

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



Afterword

In Jesus' teaching we learn how to eat our way into heaven...

The night before Jesus died, he gathered his people together and talked about food security. It was and is a simple yet complex teaching. He received the bread and a cup of wine, gave the blessing/thanksgiving, broke the bread and shared it. In Genesis we have the story of how humans abused food and then tried to hide from God. In Jesus' teaching we learn how to eat our way into heaven. This is also an Indigenous way of understanding that our lives have everything to do with receiving, blessing, breaking and sharing, the four directions. Treating your food as a sacred thing is what Jesus was talking about. It's nikipak – holy communion. The food security act of our faith! (National Indigenous Anglican Bishop Mark MacDonald)

To read about the participants' experience of the Sharing Bread Course at Sorrento in July, 2015 take a look at their reflections on pwrdf.org. The closing reflection for the week was written by Suzanne Rumsey, PWRDF Public Engagement Coordinator. It can be found at <http://pwrdf.org/2015/holding-chaos-and-transformation/>

Bibliography

Canadian Foodgrains Bank

– www.foodgrainsbank.ca/publications_and_resources.aspx.

The Foodgrains Bank's website has a large number of worship and educational resources available for use. One that your group may want to look at is Facing Hunger. This film is 27 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 has also produced a World Food Day (October 16) worship resource that features PWRDF's Tanzanian partners.

Look for it here:

<http://foodgrainsbank.ca/product/from-hope-to-harvest-world-food-day-resource-2015/>

Ecumenical Advocacy Alliance - The EAA has launched a global campaign about food.

Check out their website for more information and to learn how to respond:

<http://www.oikoumene.org/en/what-we-do/ea/food-for-life-campaign>

The Primate's World Relief and Development Fund – Check out PWRDF's website for other food security resources you might find helpful: www.pwrdf.org/resources/

Super Friends!2, Super Friends!3, Super Friends!4 (new for 2015) are resources designed to look at food issues with children. They are great for children's time or for Sunday school classes.

Sharing Bread Learning Resource (first edition) provides resources and activities to explore food security issues and is based on PWRDF's first course on the theme at the Sorrento Centre that took place in the summer of 2014. It can be found at http://pwrdf.org/uploads/311/sharing_bread_web.pdf

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://pwrdf.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. It can be located at:

http://pwrdf.org/uploads/358/just_food_d_web.pdf

World Food Day worship resource (2014) – Designed by PWRDF to celebrate World Food Day (October 16) with colleagues at the General Synod offices of the Anglican Church of Canada. It can be found at

http://pwrdf.org/uploads/361/wfd_2014_bulletin_booklet_format_2.docx

Fred Says – www.fredsays.ca offers video and other resources for PWRDF's three-year food security campaign

PRESENTATIONS (Power Points and Texts)

Candace Aitkens – www.pwrdf.org/sharingbread2/candace

Leah Marshall – www.pwrdf.org/sharingbread2/leah

Geoffrey Monjesa – www.pwrdf.org/sharingbread2/geoffrey
www.pwrdf.org/sharingbread2/geoffrey2 (presentation text)

Joyce Mtauka – www.pwrdf.org/sharingbread2/joyce
www.pwrdf.org/sharingbread2/joyce2 (presentation text)

Bishop Mark – www.pwrdf.org/sharingbread2/bishopmark (presentation text)

James Kornelson – www.pwrdf.org/sharingbread2/james
www.pwrdf.org/sharingbread2/james2

"Feeding my Family in the Arctic" – www.pwrdf.org/sharingbread2/arctic
"Food Kilometres at Sharing Bread Calgary"
– www.pwrdf.org/sharingbread2/kilometres
Sharing Bread Tree graphic – www.pwrdf.org/sharingbread2/tree

VIDEO LINKS

Kids Rock – <https://youtu.be/MgeXr5a-ySk>
Veg Out – https://youtu.be/HXPNQ4g_ENM
Rice is Nice – <https://youtu.be/wgK3M7UG188>
It's Easy Being Green – <https://youtu.be/SXV8LdoHtn8>
PWRDF "Home Movies"
Naba Gurung (new 2015 Home Movie) – <https://www.youtube.com/watch?v=ILkQoVK3wZA>
Zaida Bastos (2014) – <http://bit.ly/1o7P8Q9>
Naba Gurung (2014) – <http://bit.ly/1sxRrvv>
Pepe Elwert (2014) – <https://www.youtube.com/watch?v=1NVz4mmaY2I>

Please note: While we ensure that all links and email addresses are accurate at date of publication, given the changing nature of the web some links to other websites and email addresses may no longer be accurate.

Appendix A

"Sharing Bread, Planting Seeds..."
A Food Security Worship Service
Adapted from PWRDF's World Food Day Service, October 2014

Gathering

Welcome

Introduction (From: Seeds for Life, Ecumenical Advocacy Alliance)

Voice to the Seed:

I hold you in my hands and hold you as my future.
As you grow so will my vision of a hunger-free world.
By your growth you will help us celebrate life.
Thanks for reminding me that I, too, am a sacred seed planted in God's garden.

Voice about the Seed:

You look for a resting place
A place of silence, in the bosom of the earth.
Your patience makes you great
The womb of the earth nourishes you,
Your power is the source of life on earth.
May your willingness to die make us humble;
May your rising again to the sun give us hope.

Voice of the Seed:

I am a Seed
I need good soil to grow
I need the sun to glow
Water to refresh and replenish me,
Air for my leaves to breathe
Space for my roots to spread
Now, now I can be all that the Creator hopes for me.

Apostolic Greeting and Collect for Purity

Hymn – All Things Bright and Beautiful (*Common Praise* 415) (or another hymn)

Word**Collect of the Day****First Reading:**

Excerpts from “The Farm,” *Sabbaths 1991* by Wendell Berry (or another reading)

Reading - Matthew 25: 31-46

Homily/Reflection – A sharing of stories and planting of seeds – for materials and process refer to: Session One – Introduction to “Sharing Bread (Two)” in this resource.

Prayers**Prayers of the People**

It was decided by our Creator that, whenever we join together, for any reason, we should give thanks.
Let us put our minds together and think on all of creation and the Creator's gifts.
Loving God, we give our thanks.
Let us think of the reason for this gathering ...
Loving God, we give our thanks.
Let us think of all the people of the world, the men, women and children, with a special thought for the children who are our future.
Loving God, we give our thanks.
Let us think of our Mother, the Earth, upon whom we walk and who supports us. We pray we can learn to walk on Her with more respect.
Loving God, we give our thanks.
Let us turn our minds to the waters of the world; the great oceans, lakes, rivers and streams. The life that lives in the waters that gives itself up to be our food.
Loving God, we give our thanks.
Let us now turn our thoughts to the plant life of the Creator's world: That which is below ground, the roots and vegetables. That which puts just its head above the ground, the grasses, medicines, plants and bushes; All of the many kinds of good fruit the Creator has given us. And finally the great trees of the forest that we know of as the “Standing Ones”.
Loving God, we give our thanks.
Let us think of all the animals in the world. We give thanks for those that provide food for us and those that provide beauty.
Loving God, we give our thanks.
Let us think of the “Three Sisters”, corn, beans and squash: they are gifts from the Creator and our sustenance.
Loving God, we give our thanks.

And let us think of the birds of the air. The feathered ones that are the messengers between us, and the Creator.

Loving God, we give our thanks.

Now let us turn our thoughts to that which is above our world: those helpers placed there by the Creator to ensure our world continues.

Loving God, we give our thanks.

Let us turn our thought to the four winds, or the four directions. They that blow from a place we cannot see.

Loving God, we give our thanks.

Let us think of our Grandfathers, the Thunderers. They that bring the rain to replenish the world's waters.

Loving God, we give our thanks.

Let us thank our Elder Brother the Sun for his light and warmth.

Loving God, we give our thanks.

Let us have a special thought for our Grandmother, the Moon, she who regulates the passing of time and the coming of children.

Loving God, we give our thanks.

Let us turn our thoughts even higher to our Brothers and Sisters, the Stars. They, that shine above us at night and give us beauty and direction.

Loving God, we give our thanks.

And finally, we take all that we have spoken of, all that we do, and roll them all together and send it the Creator with thanks.

Loving God, we give our thanks.

Prayer of Confession of your choice. One suggestion is from: Stone Soup, a liturgy from the Seekers Church. <http://www.seekerschurch.org/>

Assurance of Pardon and The Peace

Meal

Hymn of your choosing

Prayer over the gifts of your choice. One suggestion is:

"Blessed are you, Lord our God, Who from our Mother the Earth Does Daily Give us Bread to Eat," From: Prayers for the Domestic Church, A Handbook for Worship in the Home, by Rev. Edward M. Hays, 1979

Eucharistic Prayer

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

Nossinan, our Great Spirit, Gichi-Manidoo, from the depths of our hearts we give you thanks. We say Miigwech, now and forever!

From the place of the rising sun in the East, to the South where the warm winds blow, from the West where the soft rain comes, to the coldness of the North – Miigwech, Miigwech. We unite with all creation from the four directions to join in everlasting thanksgiving and praise for the gift of your son, Jesus Christ.

With hearts lifted, we join with the angels, the guardian spirits, the saints, and all our ancestors as we say (sing):

Holy, Holy, Holy, Lord God of Hosts, God of power and might, Heaven and Earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the Name of the Lord. Hosanna in the highest.

O Great Spirit, Our Creator, Gichi-Manidoo, from whom all holiness comes, we, your poor servants, humbly come before you again today. Just as in generations past, like our grandfathers and grandmothers, we come to worship you and acknowledge your greatness. We marvel at your creation.

You sent the Living Word into Creation because people had turned away from you and no longer loved each other, bringing death and destruction to all. Sharing our living and dying, Jesus opened our eyes and our hearts to understand that we are all relatives and that you, our Creator, are the Father of us all.

Stretching out his arms upon the Cross, he became the perfect offering for all, uniting in beauty all that is, with all that ever will be.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat, this is my body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them and said, "Drink this, all of you. This is my blood, shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

In this ceremony that Jesus gave us, we celebrate our salvation, Nossinan. In our offering of praise and thanks, we stand in the memory, strength,

and love of his death, resurrection, and ascension. Remembering him, we make our offering, and look for his return.

By your Holy Spirit, make our gifts holy, so that they may be spiritual food and drink. Make us holy, so that we may respectfully receive this feast and serve you in each other.

Surrounded now by heavenly beings, Mary, the mother of God, Blessed John the Baptist, Blessed Kateri Tekakwitha of the Mohawks and all the saints of Turtle Island – Enmagahbowh, Henry Budd, James Settee, Robert MacDonald, Medwegwanonind, David Oakerhater, and the martyr the Aleuts, Peter of San Francisco – with the elders and saints of all the ages and all the heavenly community that gives your worship forever, we marvel as we see the unity of all things restored in your Son. May we also be this unity and live as relatives to all.

All this we ask through your Son, Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit, all honour and glory is yours, Mayamawi Mashkawisin Nossinan Gichi-Manidoo, now and forever. AMEN.

Breaking and Sharing of the Bread

Sending

Doxology

Sending Hymn of your choice

Appendix B

Food Security Candy Exercise

Created by PWRDF's Youth Council, written up by Tessa Dudley, Youth Council member from the Ecclesiastical Province of BC/Yukon, updated Fall 2015

Purpose of Game:

- ❖ To explain the difference between food aid, food security, and food sovereignty in a fun and interactive way

Supplies:

- ❖ Three different colours of the same candy (enough for 7-10 candies per person)
- ❖ Three bowls
- ❖ A table (if available)

Preparation:

- ❖ Divide candies into three separate bowls
- ❖ Bowl 1 with only one colour and a limited number (less than the size of the group) of candies
- ❖ Bowl 2 with all colours and some candies (enough for one candy each)
- ❖ Bowl 3 with all colours and an abundance of candies.

How to Play:

- ❖ Have participants sit in a circle around a table or on the floor. Explain to participants the purpose of the game and encourage participants to think about our own food system in Canada as compared to other countries in the world while playing the game.

- ❖ First, ask participants if they have ever heard of the term “food aid”. Ask participants to share what they believe food aid is. Explain that food aid is when one group gives food to another group to combat hunger on a short-term basis. Food aid is a temporary solution. For example, during Hurricane Sandy in Cuba PWRDF working alongside the ACT Alliance helped bring food aid to the affected region
- ❖ Give every second or third person a candy from bowl 1. All other participants are given nothing
- ❖ Explain that while food aid is an important temporary solution there are problems with it. Ask participants if they can see what problems may arise
- ❖ Problems include: not enough food for all, unequal distribution, no choice in food or control over global food market, the type of food may be contrary to cultural or religious beliefs in the region, the timing of when the food arrives, etc.
- ❖ Ask participants if they know what “food security” is. Explain that food security is when people have access to sufficient good, safe, nutritious food. For example, PWRDF’s “Veg Out” Fredism is working to provide good, safe and nutritious food to Tanzanian communities all year long
- ❖ Give every participant a candy from bowl 2
- ❖ Explain that PWRDF is currently working on a food security campaign with the goal of providing good, safe and nutritious food throughout the world
- ❖ Ask participants what they noticed was different between food aid and food security

- ❖ Ask participants if they know what “food sovereignty” is. Explain that food sovereignty is when the people who produce, distribute, and consume the food also have control over their own food system
- ❖ Put bowl 3 in the middle of the circle and have the group decide how they will distribute the candy. Emphasize that a part of food sovereignty is the equitable distribution of food resources throughout the world as the world has enough food for all.

Discussion Questions

Describe the difference between food aid, food security, and food sovereignty. What should we be striving for?

- ❖ What type of food system do we have in Canada?
- ❖ Possible answers: Canada has food sovereignty, but not all Canadians enjoy food security. The existence of food banks and soup kitchens demonstrate some Canadians require food aid
- ❖ What can we do to strive towards food sovereignty?
- ❖ Possible answers: Advocate for good governmental food policies, local decision making, buy local food, buy organic food, educate friends and family about the importance of local food, discourage wasting of food, etc.

Appendix C

Prayers offered by Bishop Mark MacDonald, National Indigenous Anglican Bishop, Sorrento Centre, July, 2015

Transcription by Tessa Dudley, PWRDF Youth Council

"This first prayer that we're going to do is an adaptation. I think a beautiful adaptation that we will share with you that is based on the Mohawk thanksgiving prayer. If you've ever heard the Mohawk thanksgiving prayer don't be afraid because it takes a few hours to go through it."

I'm going to say "loving God" and you say, "We give our thanks."

Loving God. We give our thanks.

It was decided by our Creator that whenever we join together for any reason, we should give thanks. So let us put our minds together and think on all of the creation and the Creator's gifts.

Loving God. We give our thanks.

Let us think of the reason why we are gathered. For this place, for all of the things that bring us here.

Loving God. We give our thanks.

Let us think of all the people of the world, the men, women and children, with a special thought for the children who are our future.

Loving God. We give our thanks.

Let us think of our Mother, the Earth, upon whom we walk and who

supports us. We pray we can learn to walk on her with more respect.

Loving God. We give our thanks.

Let us turn our minds to the waters of the world, the great oceans, lakes, rivers and streams, and the life that lives in the waters that gives itself up to be our food.

Loving God. We give our thanks.

Let us now turn our thoughts to the plant life of the Creator's world. That which is below ground; the roots and vegetables. That which puts just its head above the ground; the grasses, medicines, plants and bushes. All of the many kinds of good fruit the Creator has given us. And finally, the great trees of the forest that we know of as the "Standing Ones."

Loving God. We give our thanks.

Let us think of all the animals in the world. We give thanks for those that provide food for us and those that provide beauty.

Loving God. We give our thanks.

Let us think of the "Three Sisters," corn, beans and squash. They are gifts from the Creator and our sustenance.

Loving God. We give our thanks.

Let us think of the birds of the air. The feathered ones that are the messengers between us and the Creator.

Loving God. We give our thanks.

Now let us turn our thoughts to that which is above our world; those helpers placed there by the Creator to ensure our world continues.

Loving God. We give our thanks.

Let's turn our thoughts to the four winds, or the four directions, they that blow from a place we cannot see.

Loving God. We give our thanks..

Let us think of our Grandfathers, the Thunderers, they that bring the rain to replenish the world's waters.

Loving God. We give our thanks.

Let us think of our Elder Brother, the Sun, for his light and warmth.

Loving God. We give our thanks.

Let us have a special thought for our Grandmother, the Moon. She who regulates the passing of time and the coming of children.

Loving God. We give our thanks.

Let us turn our thoughts even higher, to our Brothers and Sisters the Stars. They that shine above us at night and give us beauty and direction.

Loving God. We give our thanks.

And finally we take all that we have spoken of, all that we do, and roll them all together and send it to the Creator with thanks.

Loving God. We give our thanks.

Prayer in the Four Directions

Everyone turns to face the East

We recognize here the strength of the East. Remembering white shell. Remembering White Shell Mountain and its strength. For the tobacco on this mountain; for all the strength that it provides. With long life and happiness we walk in beauty in the strength of the East.

Everyone turns to face the South

We identify the South. We look to the South. We recognize Turquoise Mountain and its strength. Its strength is ours. Its beauty is ours. We recognize the gifts of that mountain and particularly the tobacco that we use in our sacred ceremonies. With this we have long life and happiness. We walk in the beauty of this mountain and its strength.

Everyone turns to face the West

We turn towards the West and identify its strength. We recognize abalone shell and Abalone Shell Mountain. We recognize its strength and its power, the sacred tobacco that comes from it, and all of its gifts, and the strength and this hope in this life that we have long life and happiness. We walk in the beauty and strength of the West.

Everyone turns to face the North

We turn towards Jet Mountain, the black direction. We look to its strength. Its strength is ours; we are its strength. We recognize the tobacco and sacred things from this mountain that assist us in our ceremonies and our way of life. We walk in its strength. With long life and happiness we walk with its strength and its beauty.

Finally everyone turns towards the centre

Navajo Protection Prayer translated to English:

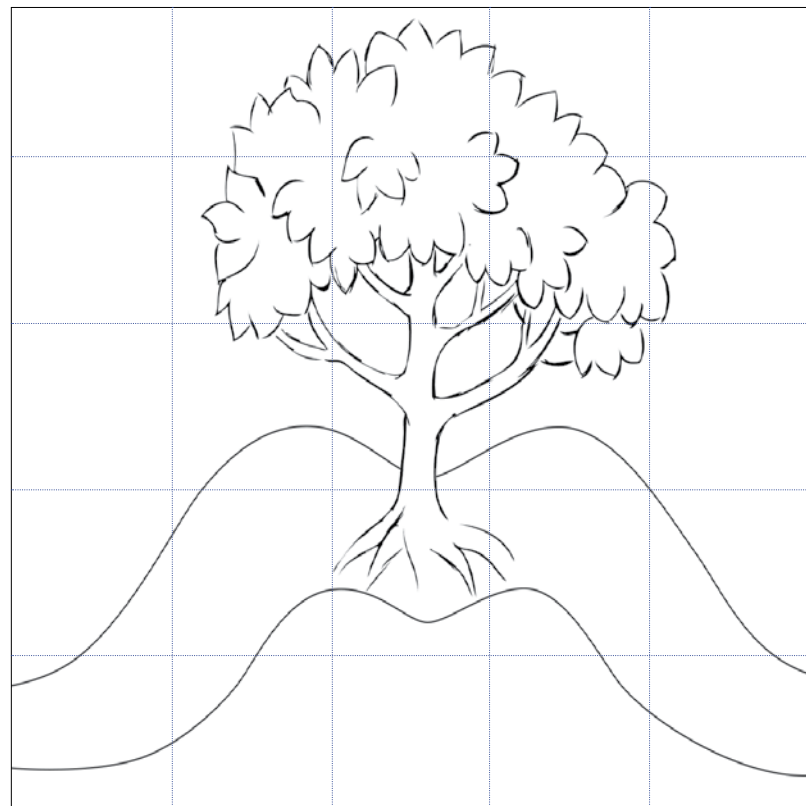
Jesus Christ, we have now made an offering to you and in doing this we have become your children and your grandchildren. We have stretched out our hands to you and now we ask that you stretch out your hands to us. We will walk in the way that you have set before us; we will follow your laws and your commandments. In following this way we find that your beauty surrounds us. As we walk through in this way we find that the beauty of

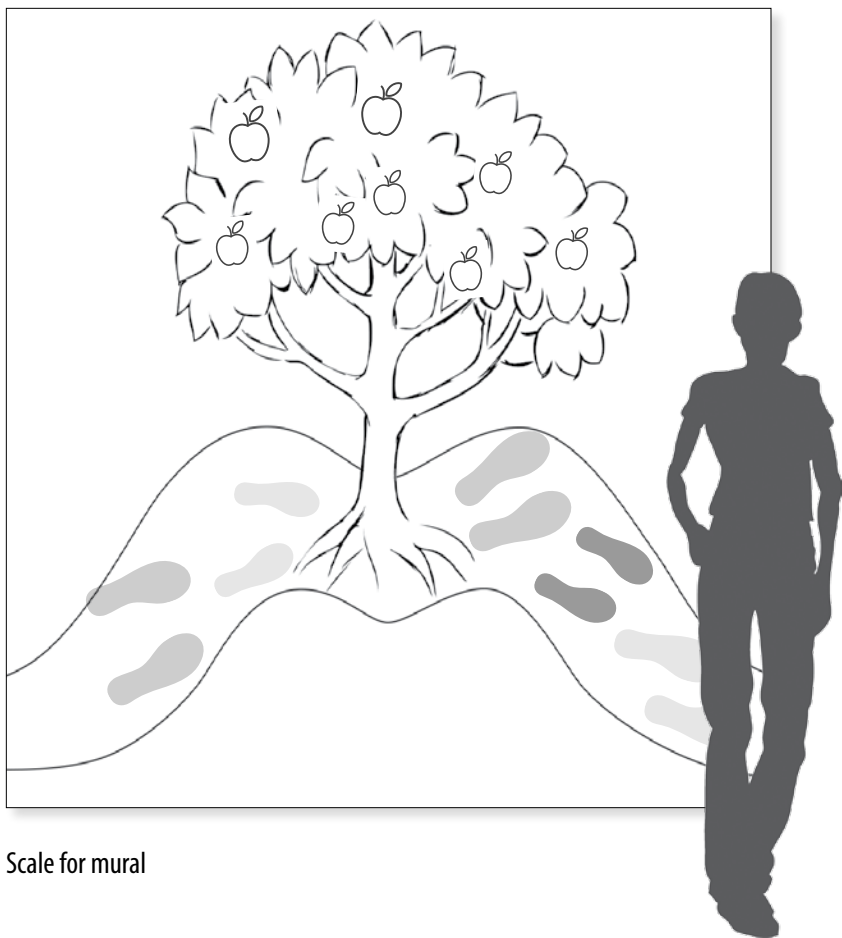
the sky above us blesses us, the beauty from below us blesses us, the herbs and all the plant life around us blesses us, the passing clouds bless us. All of these things provide us beauty, health and strength. And as we walk in this way, dew will form around us, and corn pollen will form around us, and this way we will have long life and happiness with beauty before us and beauty behind us. It is completed in beauty. It is completed in beauty. It is completed in beauty. It is completed in beauty.

Amen

Appendix D

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





Scale for mural





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