

Breath of Justice



40-Day Hunger Calendar

art by Sally Lynn Askins

1 1 John 3:16-18
Today, write down the number of times you turn on the faucet, flip a light switch or reach into the refrigerator. Think about where that water, power and food come from and the people who make it possible.

2 Luke 1:46-55
Organize a blanket and warm clothing drive in your church. Give the items to a local shelter. (Call the shelter first to find out what safety protocols are still in place because of the pandemic.)

3 Luke 10:25-37
Look up Episcopal Migration Ministries on Facebook and find out what you can do to help families and children being released from US border detention facilities.

4 2 Corinthians 8:1-15
Initiate a conversation with your family, friends or coworkers about what you can do to help people who are struggling in your community because of the COVID-19 pandemic.

5 Deuteronomy 15:7-11
Pray for all of the people whose work to bring food to people in famine areas is even harder now.

6 Mark 10:17-22
See if your church has a system for finding out who needs groceries or medication delivered to their house (or other tasks or errands) and volunteer to do this once a week.

7 Exodus 22:21-27
Read the *Christian Science Monitor* series on hunger, beginning with "Who's hungry in America? The pandemic has changed the answer," released in March.

8 Luke 16:19-31
When you go grocery shopping, buy extra canned food, peanut butter or other staples for your local food pantry. Call the staff and ask them what is most needed.

9 Amos 8:4-7
Find out if your community has a CROP Hunger Walk to raise money and hunger awareness. If so, get involved. If not, consider organizing one. For more information, see the CROP Hunger Walk page at www.churchworldservice.com.

10 Psalm 82:1-4
Volunteer to deliver food to homebound seniors for Meals on Wheels.

11 James 5:1-6
Borrowing from the idea of Little Free Libraries, some churches have started Little Free Pantries. Read about the grassroots movement at www.thelittlefreepantries.org.

12 Luke 7:18-23
Go to the UN World Food Programme site at www.wfp.org and download the latest hunger map. Use it to pray for hungry people in the countries with most need.

13 Amos 2:6-8
Check out the summer and fall 2021 issues of *Hunger News & Hope* and learn about farm justice in the US and abroad. Go to www.seedspublishers.org/news to find these issues.

14 Isaiah 61:1-4
Get your youth group to write encouraging "love notes" to people who come to the local pantry for food.

15 Philippians 2:1-4
Start a container garden. Find some containers that you already have and plant herbs or vegetables. If you have extra, give it to your local food pantry.

16 Ezekiel 16:48-50
Watch "The painful history of anti-Asian hate crimes in America" from CBS News *Sunday Morning*, aired on Aug. 1, at www.cbsnews.com.

17 Matthew 25:31-40
Better Banking Options is a network of banks and credit unions that bring capital into low-income neighborhoods neglected by traditional banking. See how you can help at www.betterbankingoptions.com.

18 John 6:1-14
Sign up for the Food Research and Action Center's hunger news digest (www.frac.org/subscribe-to-ews).

19 Isaiah 10:1-4
Find ways you can support small businesses that are owned by people of color and religious minorities.

20 Luke 19:1-10
According to Catholic Relief Services and the United Nations, Yemen is experiencing the worst humanitarian crisis in the world. Go to www.hungerward.org and watch the film *Hunger Ward*. Then organize a discussion about what your church can do.

21 Romans 12:9-21
Find out what your denomination is doing to promote racial justice and see how you can get involved.

22 Psalm 107:33-43
Get your family to put together emergency kits for homeless people, containing things like soap, shampoo, lotion, hand sanitizer, a mask, gloves, a bottle of water and protein bars.

23 Isaiah 32:1-8
Look at the labels on your clothing. Did any of it come from a sweat shop? (See www.fairtradefederation.org or www.sweatshops.org).

24 Deuteronomy 10:12-19
Why is the coronavirus pandemic affecting minoritized populations more than others? Check out the fall 2020 issue of *Hunger News & Hope* at www.seedspublishers.org/news to find out.

25 Matthew 22:34-40
Go to www.frac.org and learn about how SNAP benefits can help the people who are most affected by the COVID-19 pandemic.

26 Isaiah 1:11-17
Check with a local shelter like Salvation Army and find out if your community has a memorial for the homeless people who have died in the past year. See what you can do to honor their memories.

27 Jeremiah 7:1-11
Pray for people who have been displaced by armed conflict and have no home.

28 1 Timothy 6:17-19
Set up a church-wide recycling center. Try selling the cans and paper and using the money to buy seeds for a church garden.

29 Galatians 6:7-10
Drink only water for a week and give thanks for clean, safe, accessible water.

30 Micah 6:6-8
The COVID-19 pandemic has left homeless people in even worse conditions than before. Find out what local shelters and soup kitchens are doing, and see what you can do.

31 James 2:1-9
Look a homeless person in the eye.

32 Zechariah 7:8-13
Pray for people who work in health care facilities and nursing homes.

33 Leviticus 25:8-17
Write to your national leaders and tell them that it is important to you that we make sure everyone has enough to eat, especially during this time of pandemic. Go to www.bread.org and find the 2021 Offering of Letters kit.

34 Luke 12:16-21
Skip lunch today and give the money you saved to a local hunger project.

35 Isaiah 58:6-12
Read *Jesus for Farmers and Fishers: Justice for All Those Marginalized by our Food System* by Gary Paul Nabhan.

36 Job 31:16-28
The number of food-insecure people around the world—those forced to compromise on food quantity or quality—increased by 318 million (to 2.38 billion) during the coronavirus pandemic. Pray for them.

37 Malachi 3:5
Scientists say we have 60 years left of farmable soil on Earth. Watch the award-winning documentary *The Need to Grow*. Go to www.earthconsciouslife.org/theneedtogrow.

38 Luke 14:15-24
Find out if there's a weekend backpack program for food-insecure schoolchildren in your area. If there is, volunteer to help. If there isn't, google "backpack programs," and see what you can do.

39 Acts 4:32-35
Don't eat between meals today.

40 Isaiah 65:17-25
Never, ever, forget that you can make a difference in the world. Do what you can, when you can, and ask God to bless your effort. To someone it may mean more than you dare to think.