

# Hungry for Justice

art by Scott Turner



## 40-Day Hunger Calendar

**1** Colossians 3:9-17  
Read *The Soulmaking Room* by Dee Dee Risher, slowly and carefully. Write down every day something you have learned about your own privilege. Find ways to use it to help others.

**2** Luke 3:10-11  
Organize a drive-through 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 in place.)

**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 8:1-21  
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 15:8-11  
Pray for all of the people whose work to bring food to people in famine areas is even harder now.

**6** Galatians 6:2  
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** Matthew 19:16-22  
Read the Victorian mystery novel *Highgate Rise* by Anne Perry. Organize a Zoom discussion about how the prejudices described compare to what we see today.

**8** Luke 16:19-31  
Get your youth group to write encouraging "love notes" to people who come to the local pantry for food.

**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](http://www.churchworldservice.com). Many walks this year are virtual.

**10** Psalm 82:1-4  
Drink only water for a week and give thanks for clean, safe, accessible water.

**11** James 5:1-6  
Look a homeless person in the eye.

**12** Acts 20:32-35  
Go to the UN World Food Programme site at [www.wfp.org](http://www.wfp.org) and download the latest hunger map. Use it to pray for hungry people in the countries with most need.

**13** Leviticus 23:22  
Homeless people are struggling more than ever now, as shelters and soup kitchens close or reorganize their structures. They may be the most isolated of us all. Offer to buy a street person a cup of coffee.

**14** Isaiah 61:1-4  
Watch the series *Immigration Nation* on Netflix.

**15** 2 Corinthians 9:6-10  
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** Matthew 22:34-40  
Bake a loaf of banana bread or muffins and deliver them to someone who can't leave their house. You can call the person and then leave the care package on the porch.

**17** Matthew 25:31-40  
Find out if a local shelter or emergency assistance agency has a virtual tour and organize it for a church group. Pair it with a study of today's Bible passage.

**18** John 6:1-14  
Pray for the 821 million people in the world who don't have enough to eat.

**19** Isaiah 10:1-4  
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.

**20** Isaiah 1:12-17  
Check out the summer 2020 issue of *Hunger News & Hope* and learn about the relationship between disability and food security.

**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 or wipes, a mask, gloves, a bottle of water and protein bars.

**23** Acts 4:32-35  
Look at the labels on your clothing. Did any of it come from a sweat shop? (See [www.fairtradefederation.org](http://www.fairtradefederation.org) or [www.sweatshops.org](http://www.sweatshops.org)).

**24** Deuteronomy 10:12-19  
Organize a small group discussion about the relationship between race and food security. Check out the fall 2019 issue of *Hunger News & Hope* at [www.seedspublishers.org](http://www.seedspublishers.org) for information.

**25** Ezekiel 16:48-49  
Go to [www.frac.org](http://www.frac.org) and learn about how SNAP benefits can help the people who are most affected by the COVID-19 pandemic.

**26** Luke 19:1-10  
Find ways you can support small businesses that are owned by Asian people (who have been unfairly blamed for the pandemic) and people of color.

**27** Jeremiah 7:5-7  
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  
Try writing a short story about a homeless person living through the COVID-19 pandemic.

**30** Micah 6:6-8  
Hold a group discussion on today's scripture passage. What does it mean to do justice, love kindness and walk humbly with God?

**31** James 2:1-8  
Watch (or re-watch) the PBS series *Eyes on the Prize*, available on several streaming channels.

**32** Zechariah 7:8-12  
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](http://www.bread.org) and find the 2020 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 58:6-10  
Pray for grocery workers and others whose jobs mean that they can't shelter at home.

**36** Luke 14:15-24  
Check with a local shelter like Salvation Army and, with the staff's help, organize an online vigil for the homeless people who have died in your community during the past year.

**37** Malachi 3:5  
Donate dog or cat food to Meals on Wheels to help feed the constant companions of our seniors.

**38** Job 31:16-28  
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** Isaiah 32:1-8  
Don't eat between meals today.

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