



There are more than **1 billion** hungry people in our world. *How we respond to the cries of the hungry is at the heart of our spirituality.* During this season of Lent, we are encouraging everyone to come together and take action. It will take all of us working together. The hungry will not be fed without action on our part. Myers Park Baptist Church is taking action by partnering with Stop Hunger Now, a Raleigh-based international hunger relief agency.

How can you help STOP HUNGER NOW?

PLEDGE

Sign up to be a part of the Stop Hunger Now Outreach project

- Each Stop Hunger Now meal costs only 25 cents.
- As a host, we need to raise at least \$2500 -enough to feed 10,000. Each meal contains rice, soy dehydrated vegetables and a flavoring mix including 21 essential vitamins.
- The more money we raise, the more meals we can package.

PONDER

Use the Lenten season as a time of reflection.

Develop an intentional practice of stewardship and justice.

- Set a goal for yourself. Consider replacing a favorite food or drink-setting aside the funds from your indulgences to help those that are hungry. Think about what we spend on a bottle of water and how that can feed four children their only meal of the day.
- Use dinner time as an arena to discuss hunger. Have a 'table change' discussion. Place your collection jar in a very visible place. Urge everyone to bring their coins to the dinner table to make a dollar for each day. Watch how a little put aside adds up. By Easter you will have saved enough to buy 160 children a meal a day.
- Encourage your youth to set aside a portion of their earnings to help the cause. If they are not in the money making market-encourage them to 'go without' one time during the Lenten season (movie, meal out, candy, fancy coffee, \$.99 downloaded i-Tunes song -enough for 4 meals).
- Let Cheri Lindblom know how your ideas and suggestions for ways to be involved.
clindblom@mpbconline.org

PACKAGE

We need everyone to help package meals on Wednesday, March 24th

5:00 - 5:45 unload, set up

5:45 - 6:30 Fellowship Dinner (**reservations needed*)

6:30 -8:00 package meals

- It takes 40 volunteers to package 10,000 meals. The more money we raise-the more meals we package-the more volunteers we need to package-the more mouths we can feed.

***Remember those who are hungry each time you are able to feed your body and your soul.
Together, we can STOP HUNGER NOW!***