

## 2. Feed the Hungry

### GATHERING

Feeding the hungry seems a fairly straightforward process. We can help in many ways including donating to organisations which run food banks or soup kitchens or volunteering to help out at homeless shelters. However there are many causes of hunger and want of food is not the only hunger to which we are called to respond in our communities and our world.

### READING

Catherine's (McAuley) response to hunger is both practical and personal. She provides food and meets the "hungry" face to face. It's not an arm's length benevolent response, but an intimate sharing of her food and herself. Secondly, she invites others of means and influence to join her – they too become personally engaged as part of the solution, building both capacity and awareness. ([goo.gl/t3Ew9g](http://goo.gl/t3Ew9g))

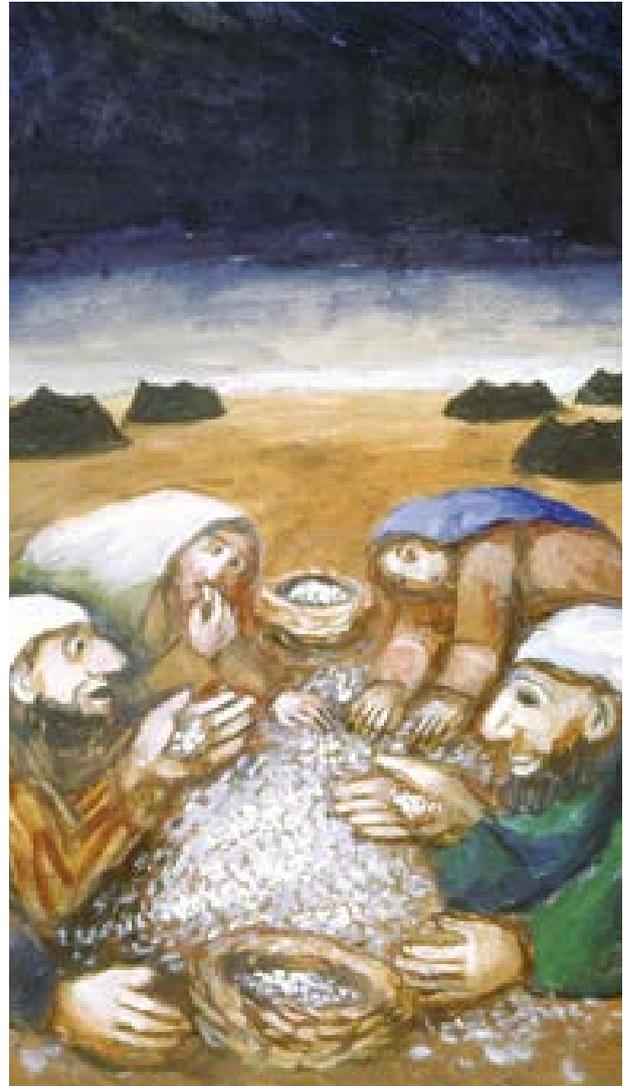
Tackling hunger and malnutrition is about more than just supplying enough food and increasing incomes. The structures that inhibit people from building their own food security must also be challenged.

Another serious issue is the wild fluctuation in food prices. The world's poor spend on average 70 percent of their daily income on food – and the cost of food rose by more than 40 percent between 2007 and 2011.

As a nation Australia should ensure that its agricultural trade policies are formulated on the basis of the "right to food". Trade agreements with other countries must focus on the needs of the poorest and ensure that small farmers are able to obtain fair prices. (Justice Trends "Poverty Challenge Remains" No. 150, September 2013, Secretariat of the Australian Catholic Social Justice Council)

### BIBLE PASSAGE

Then the Lord said to Moses, "I will rain down bread from heaven for you." (Exodus 16:4)



### DISCUSSION

How does the call to mercy through the Corporal Works inspire the life of your ministry?

### PRAYER (PAUSE FOR ANY SPECIAL INTENTIONS)

God of Abundant Means,

May we be ever conscious of the hunger which surrounds us

Hunger for food and nutrition among those living in poverty, famine or social upheaval

Hunger for attention in those living with loneliness and heartbreak

Hunger for justice in the marginalised, victimised and downtrodden

Hunger for meaning, for hope, for forgiveness, for love ...

May we, like Catherine McAuley, find ways to help those who hunger and become solution builders for a fairer world.  
Amen.

*May the works of mercy inspire and enrich your ministry in Mercy Partners*

## LIVING THE CORPORAL WORKS OF MERCY

### Feed the hungry

Ask: Who is hungry and why?

Protect food sources and biodiversity and oppose waste

Share resources – ‘be more’ rather than ‘having more’

Support those who feed the most vulnerable

### Give drink to the thirsty

Ask: What are people thirsting for?

Oppose the privatisation of water

Be ever mindful of people who need

### Clothe the naked

Ask: Who is the vulnerable?

Protect the old, young, homeless, poor

Act for those who need human warmth

Be grateful for those who surround you

### Welcome the stranger

Ask: Who needs a safe space?

Reach out to the unloved and the unloving

Practise radical hospitality

### Visit the imprisoned

Ask: What captures people today?

Give up attitudes and habits which are unjust

Help those who are prisoners and the prisoners

### Visit the sick

Ask: What brings comfort to the sick?

Be there for people who need you

Be aware of those in your community who are unwell

### Bury the dead

Ask: What do you need to bury?

Put away those things which can bring physical or spiritual death

Move on from the negatives of the past

Remember with gratitude those who have died and how they have impacted on your life

### Show mercy to our common home

Ask: What you can do to nurture the environment?

Practise simple daily gestures which break with the logic of violence, exploitation and selfishness

Show mercy to all of creation

Support action for the environment and support those who care for creation

## FEED THE HUNGRY

- > **Support** organisations that serve the hungry (donate and volunteer time, talent and treasure).
- > **Think** about food waste. If you notice that you end up throwing groceries away each week, purchasing less groceries would eliminate waste and allow you to donate the savings to those in need. Reduce the global amount of food waste by buying imperfect fruits and vegetables.
- > **Make a change**, begin composting (full list on what can be composted here ([goo.gl/WwIzLo](http://goo.gl/WwIzLo))). By nourishing the earth, you are helping nourish your community too.
- > **Give** to the supermarket “food bank” cart by dropping in a few nonperishable food items each time you shop.
- > **Serve** meals at a soup kitchen or shelter and offer kindness and dignity to people who have come for food.
- > **“Feel”** the hunger by skipping lunch, a snack or the coffee and instead donate the money to a food program.

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COMPASSION JUSTICE RESPECT HOPE



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