

**LENTEN FAITH IN ACTION:
OFFERING FOOD TO THE HUNGRY**

God gave the prophet Isaiah ears to hear God and boldness to speak God's word. Isaiah declared God's word that encourages us to care for the hungry and afflicted; we read in Isaiah 58:10, "...if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday." Not only do we help meet the needs of others but our own spirits soar as we care for others as God cares for us!

Offer your food to the hungry...We of Covenant offer food to the hungry in several ways. We provide meals to members in a short-term need, support Stoughton Food Pantry, serve Our Daily Bread (a monthly community meal in Stoughton hosted on a rotating basis by several congregations), serve at The River Food Pantry (a Friday community meal in Madison for people, most of whom are low income or homeless), and contribute to ELCA World Hunger Appeal.

During Lent 2012, Covenant encourages all to **offer food to the hungry**. This **FAITH IN ACTION** emphasis gives us opportunities to express our trust in the God who meets our needs. You are invited **offer food to the hungry** in one or more of the following ways:

**Congregation: Food for Friends
pray for fellow members daily**

Sign-up to be on the **Food for Friends** team to provide a meal(s) to a person or family following death of a family member, after a hospitalization, during an illness, etc. You will be contacted when a meal is needed.

**Local Community: Stoughton Food Pantry
pray for the hungry daily**

DONATE ITEMS on Food Pantry needs list, **especially cereal, Helper dinners and pasta**

VOLUNTEER to assist in distributing items to those who come

Broader Community: The River Food Pantry at 2201 Darwin Road, Madison

(contact Don Warren at 873-6569 for info.)

Friday evenings..... **VOLUNTEER** to assist in serving meals to the homeless

Last Friday monthly... **PARTICIPATE** with the Covenant Team in prepping and serving the meal

**Globally: Combat Hunger
pray for the hungry and for an end to
poverty in the world**

Every day.....**Add money to your Hunger Piggy Bank**

Overnight famine..... **World Vision's 30 HOUR FAMINE**

- Participate** in **Covenant's 30 Hour Famine** on February 24-25 **by donating** your time, food and financial support.
- Participate by fasting for 30 hours** (12:30 pm on February 23 to 6:30 pm on February 25) to experience what nearly one billion people in the world know every night—going to bed hungry.

Sustaining gifts.....**Consider a gift that could be life-changing with ELCA Good Gifts**

LITTLE CHICKS! Within a few months of birth, hens begin to lay eggs (nutritious meals for growing kids); the extra eggs can be sold to grow a small business.
A Buck (\$1.00) a Chick or \$10.00 for 10 chicks



A **PIG** in a pen is like money in the bank! Within months, piglets grow to weigh a couple hundred pounds, bringing a big payoff at the market. Families can use and sell a pig's manure to help grow crops.
\$30.00 for one pig



A **COW** provides it all! Its milk, fertilizer, calves and meat can quickly strengthen a family's financial stability and may help them escape hunger for good.
\$500.00 for one cow

