

F

AST for
CHANGE
RESOURCE KIT





www.fastforchange.ca



HUNGER IN A WORLD OF ABUNDANCE IS UNACCEPTABLE.

Fast for Change is about recognizing the link between hunger and over-consumption, poverty and affluence. Your group is invited to fast, in whatever way is healthy for you, and then gather afterwards to share learning and experience.

HOW DO WE PARTICIPATE?

Fast for Change is made up of three complementary pieces: the 7 Day prayer and reflection booklet, the fasting meal event, and the worship service elements. You can use Fast for Change whenever it works for you, your family, or faith community. If you participate on World Food Day, October 16, you will join thousands of other Christians in prayer and action for the one billion hungry people in our world.

REFLECT AS INDIVIDUALS: 7 DAYS TO TEND THE EARTH BOOKLET

Each day in the week leading up to your fast, spend a few minutes working through the prayers, reflection, and art from the prayer and reflection booklet.

GATHER AS A GROUP: THE FASTING MEAL

Choose one day to fast collectively in any way that is healthy for body and soul.* At the end of the day, gather around a table set for a meal, including one prayer plate for each person. This gathering can replace an actual meal, or be held at another time. Discuss the experience of fasting, and reflect on what it means to fast in a world of abundance. Use the prayer plate to generate a group discussion on how positive changes can be incorporated into your daily life and supported by your church or community.

**more ideas about alternative methods of fasting are available at fastforchange.ca*

SPREAD THE MESSAGE: WORSHIP ELEMENTS

Worship elements are available to help incorporate the message of Fast for Change within the greater worshipping body. Sample scriptures, prayers, and songs are provided in this kit. Sermon notes and other elements are also available online at fastforchange.ca.

SHARE YOUR EXPERIENCE

Send us an email at foodjustice@foodgrainsbank.ca about your event or any changes that you are living out. Include photos or YouTube video links of the event. The first fifty submissions will receive a free t-shirt or hoodie!

TASTE AND SEE:

A FAST FOR CHANGE YOUTH EVENT

A one-time event where youth bake bread together while engaging in worship and contemplation. The intention is to pull youth out of their everyday relationship with what they eat, slow down, and consider the miracle of food.

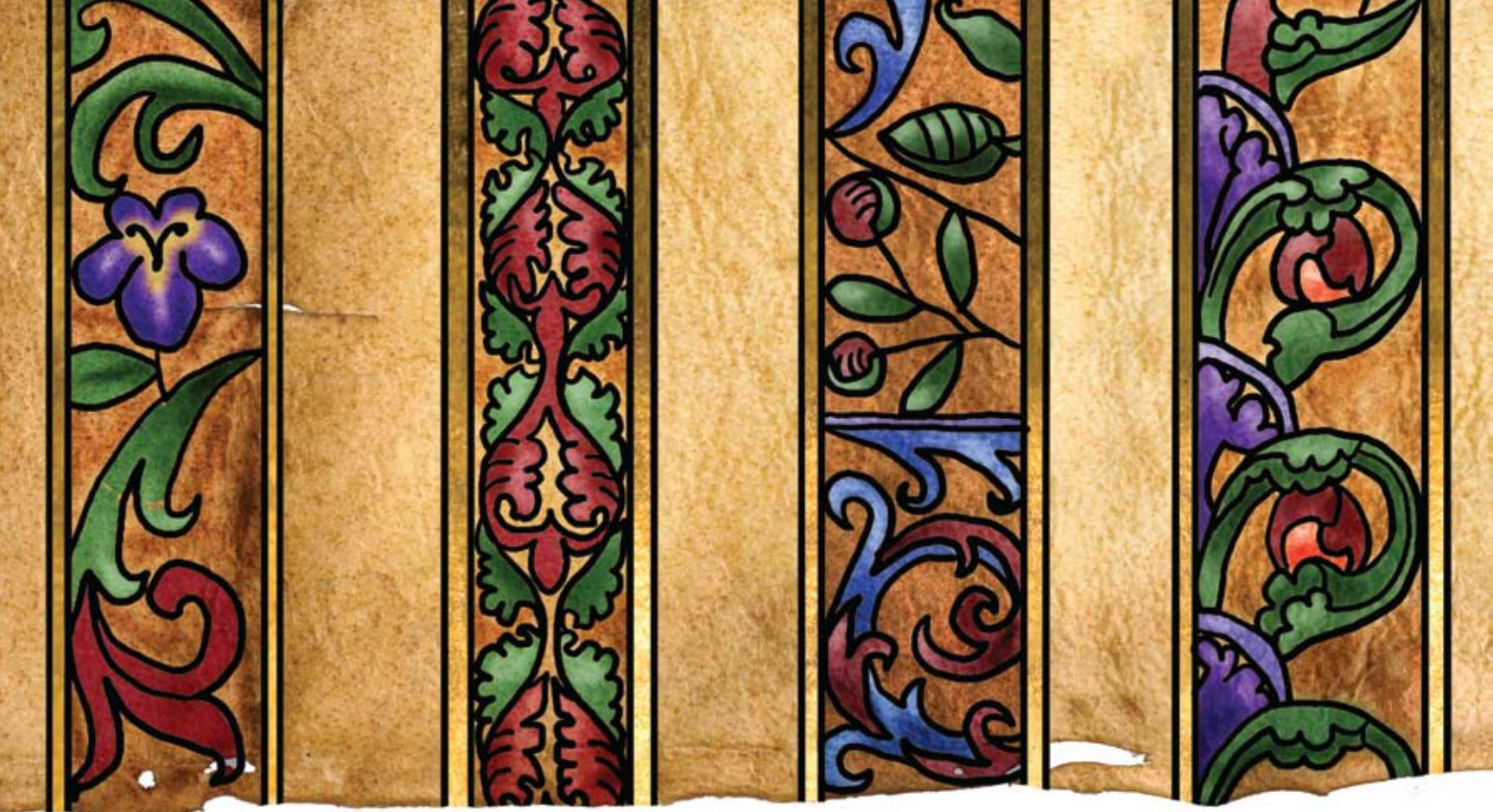


JOIN US AT www.fastforchange.ca

ORDER additional resources for your group, such as the 7 Days to Tend the Earth booklets and prayer plates.

CONNECT with other leaders across Canada and share your stories and ideas.

DOWNLOAD additional content, including worship elements, advertising resources (posters, etc.), and more.



Canadian Foodgrains Bank is made up of 15 churches and church-based agencies that work together to end hunger.

Members:

ADRA Canada (Adventist Development and Relief Agency)
Canadian Baptist Ministries
Canadian Catholic Organization for Development & Peace
Canadian Lutheran World Relief
Christian and Missionary Alliance in Canada
Christian Reformed World Relief Committee of Canada
Evangelical Missionary Church of Canada
Mennonite Central Committee Canada
Nazarene Compassionate Ministries Canada
Emergency Relief & Development Overseas (Pentecostal Assemblies of Canada)
Presbyterian World Service & Development
Primate's World Relief & Development Fund (Anglican Church of Canada)
The Salvation Army
The United Church of Canada
World Relief Canada

Contact Us:

1-800-665-0377
www.fastforchange.ca

