

Physically-Distanced Hunger Ministry

*Engaging in meaningful hunger work
while you are stuck at home*

Suggestions from the Hunger Action Network (HAN) of the PWR

Many of us are trying to figure out how we can continue to be about the work of the church — being the hands and heart of Jesus in our communities — while we are unable to physically go anywhere. Here are four suggestions for hunger activities in which you can engage, even from the confines of home: **Alleviate, Advocate, Eliminate, and Donate.**

ALLEVIATE Hunger

Consider providing financial support for the [Greater Cleveland Food Bank](#), the [Hunger Network of Greater Cleveland](#), [Feeding America](#), or your own local food pantry. If you are NOT a high risk individual, you may even be able offer your time as a volunteer for packing or delivering.

ADVOCATE with Bread for the World

Presbyterians have partnered for years with [Bread for the World](#), and your voice is needed now more than ever. Visit Bread's page about [Hunger and Coronavirus](#) to see how you can support those most drastically affected by our current situation. To register for specific action alerts from Bread, please email lvandale@preswesres.org and have her add your name to the list. And stay tuned for an update on how your congregation can still engage in this year's [Offering of Letters](#), but in a new and different way!

ELIMINATE meat (on Mondays)

Cutting back on our consumption of meat is good for us and good for the planet! The first few Presbytery Stated Meetings in 2020 were committed to serving Meatless Monday Meals at their gatherings, an initiative suggested by the Hunger Action and Earth Stewardship Networks of the PWR. Although we are currently unable to gather as a group to enjoy a Meatless Monday Meal, we would encourage folks at home to give it a try. It does not have to be on a Monday; any day will do. You can even do it more than once a week. There are abundant resources on going meatless, but we suggest starting with the [Meatless Monday website](#), and seeing where that takes you.

DONATE to Centsability Offering

We may not be gathering weekly for coffee fellowship after church, or for that monthly potluck dinner, or our bimonthly Stated Meeting, but that doesn't mean that we can't collect funds for the [Centsability/2 Cents-a-Meal](#) offering. The HAN is asking that individuals and families consider collecting their loose change daily in a container designated for this offering. These small amounts of change become large donations when we all contribute! The Presbytery uses our Centsability Offering funds to support three groups doing important hunger justice work: [City Rising Farm](#), an urban garden in the Hough neighborhood of Cleveland; [Bread for the World](#); and the [Coalition of Immokalee Workers \(CIW\)](#), a worker-based human rights organization internationally recognized for its achievements in fighting human trafficking and gender-based violence at work. Please join us in supporting these worthy organizations.