



let them eat bread



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bread of justice

**To those who hunger give bread.
And to those who have bread give the hunger for justice.**

We seem to live in a very unfair world.

70% of the world's population has never made a phone call.

In 1992 Nike paid Michael Jordan more for endorsing its trainers (\$20million) than the company paid its entire 30,000 strong Indonesian workforce.

Compare the hourly salary of Michael Eisner, CEO of Disney (\$9,783) with that of a Haitian worker who stitches Disney merchandise (28 cents).

In 1998 it was calculated that Bill Gates, Helen Walton and Warren Buffet – the world's three richest people – had a combined wealth of \$132 billion. Between them they are richer than 48 of the world's countries. Add up every penny you can find from Afghanistan and Angola to Madagascar and Malawi to Uganda and Zimbabwe and you still won't find as much as this loaded American threesome.

In Canada people can expect to live until they are 79.
In Malawi people can expect to live until they are 41.

In the UK 78 in 100 people have their own television.
In Bangladesh it is 1 in a 100.

84 people in our world have combined fortunes worth more than everyone in China which has 1.2 billion people and a gross domestic product of £700 billion.

A child born in Britain, America or France this year will consume, waste and pollute more in a lifetime than 50 children born in developing nations.

The richest fifth of the world's population will consume nearly half of the world's meat and fish, use 58% of the energy and 84% of all paper. This richest fifth has three-quarters of all telephone lines and 87% of the world's vehicles.

In France everyone has access to sanitation – in Malawi only 6% of people do.

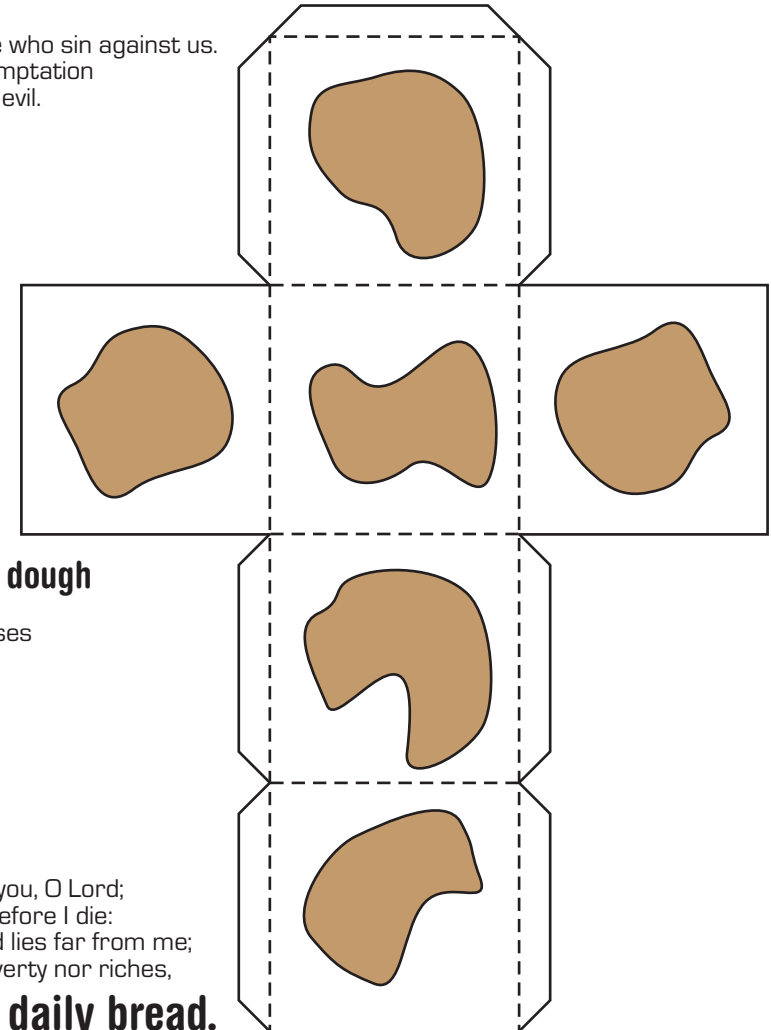
**To those who have hunger give bread.
And to those who have bread give the hunger for justice.**



Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done on earth as it is in heaven.

Give us today our daily bread

Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.



make your own dough

cut out, assemble
and knead until it rises

Two things I ask of you, O Lord;
do not refuse me before I die:
Keep falsehood and lies far from me;
give me neither poverty nor riches,

but only my daily bread.

Otherwise, I may have too much and disown you
and say "Who is the Lord?"
Or I may become poor and steal,
and so dishonour the name of my God.

Proverbs 30 7-9

less is more

What controls us?

How quickly do we allow nonessentials to take precedence in our lives?

Look at the pictures.

Quickly sort them into two piles: essentials and nonessentials.

Consider how many of the things you called 'essentials' are really essential. Remember that 70% of the world's population has never made a phone call, and that electricity has only been available for the last 150 years. But toilets with water flushing were around at least 5000 years ago, and even the most technologically primitive peoples have jewellery. What does this say about human needs?

What is necessary for you to survive? For you to take part in your society? For you to live a life of wholeness as a human? How different are these?

What are you praying for when you say, "Give us this day our daily bread"?

Do we cover up what is inside us with food, drink, friends, computers and other good things? What are 'good things'? Cigarettes and alcohol? [1 Cor 6:12]

The 'desert' of Lent allows us solitude and meditation time to consider our utter dependence on God, but Lent is often also associated with fasting.

Man shall not live [feminist proverb]

Man shall not live by bread alone [the Bible]

Man shall not live by bread alone, but it'll do for an entrée [contemplative eater]

Some have exalted religious fasting beyond all Scripture and reason; and others have utterly disregarded it [John Wesley]













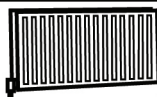










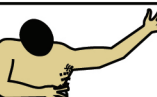




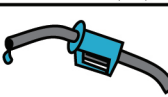










Is giving up chocolate for Lent a modern day joke or is it a serious attempt at following a Biblical commandment? In the Sermon on the Mount [Matt 6:16-18] is Jesus saying [assuming] that fasting should be a Christian devotion in the same way as giving or praying are?

In a different incident Jesus was asked why the Pharisees fasted but his followers did not. His answer is perhaps the most important statement in the New Testament as to whether Christians should fast today [Matt 9:15]. It seems clear from this passage that Jesus upheld the discipline of fasting and that he anticipated that his followers would do it. Jesus' apostles understood him for there is reference to them fasting after his ascension [Acts 13:2-3].

Have we become so accustomed to 'cheap grace' that we shy away from more demanding calls to obedience? Grace without the cross? Why has the giving of money been unquestionably recognised as an element in Christian devotion and fasting so disputed?

Does fasting or denial of anything we 'need' involve a far larger sacrifice than the giving of money?

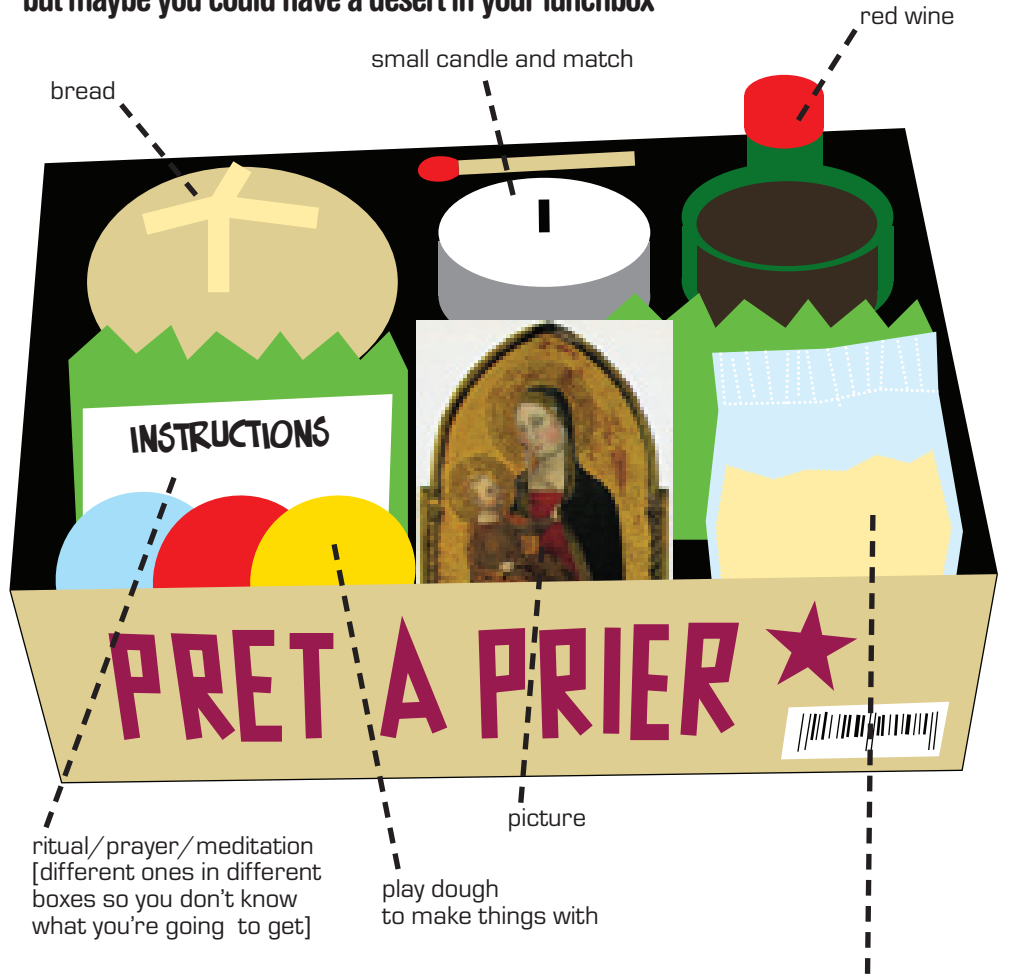
mike rose & steve collins

jewellery 	tea 	bicycle 
mobile phone 	filofax 	toilet 
beer 	water 	fridge 
bed 	bible 	computer 
heating 	music 	camera 
razor 	credit card 	telephone [landline] 
iron 	washing machine 	underwear 
car 	shower 	deodorant 
toilet roll 	coffee 	toys 
television 	petrol 	wine 
soap 	hairdryer 	disposable nappy 
calculator 	shoes 	makeup 
washing up liquid 	stilletoes 	video recorder 

how big is a desert?

what is the difference between the physical size of an object and the conceptual size of an object?

you can't get out to the desert,
but maybe you could have a desert in your lunchbox



bread

small candle and match

red wine

INSTRUCTIONS

PRET A PRIER ★

ritual/prayer/meditation
[different ones in different
boxes so you don't know
what you're going to get]

picture
play dough
to make things with

sachet of sand [to make a desert]
desert is available in a number of flavours
could be other object
eg pebble, toy, paper flower etc
for meditation or ritual

church snack for busy people!

desert sky: prick the white dots with a pin and hold up to the light



put desert here



I may not get there with you... but I want you to know tonight that we as a people will get to the Promised Land.

from the last speech of Martin Luther King Jr.,
on the night before his assassination in 1968

What is your dream of the Promised Land?

What if your Promised Land can only be achieved at the expense of someone else's Promised Land? Are we responsible for denying one another the Promised Land? What is God's Promised Land? Do our attempts to construct private Promised Lands prevent the construction of God's?

Our dreams of the Promised Land are in one another's hands.

"I have a dream tonight

I have a dream of a faster car
I have a dream of a bigger house
I have a dream of a beautiful lover

You may not get there with me - but I want you to know tonight that I as an individual will get to the Promised Land."

In the pursuit of our own Promised Lands we deny others the greatest Promised Land of all - that of God's kingdom.

This is a small ritual to help us think together about what we can do towards the establishment of God's Promised Land.

Ingredients:

Five or six cakes, minimum 8in/200mm diameter or birthday size, with undecorated icing - such as the kind you can buy to decorate yourself. The cake itself can be any sort. Buy or make your own.

Writing icing - comes in tubes with special nozzles, get several different colours.

Recipe:

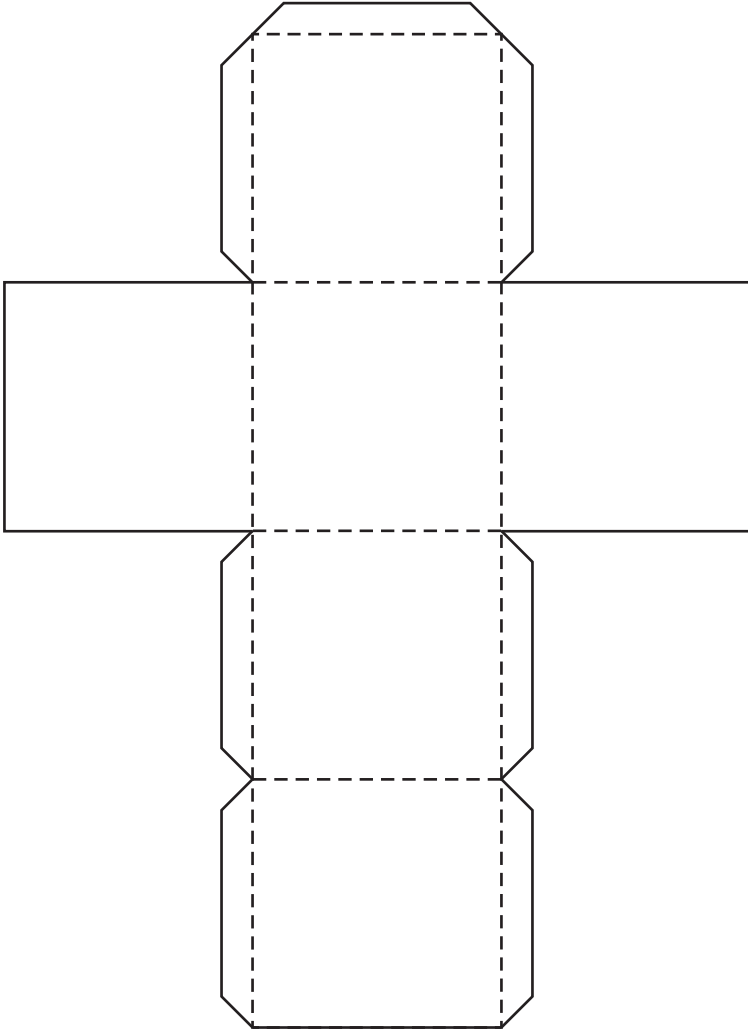
Discuss in small groups around each cake what you intend to do to bring about the 'promised land' for others. Then write words or draw symbols on the cake with the writing icing to symbolise your intentions. Since there isn't a lot of room on the cake, and the writing icing isn't easy to use delicately, your words or symbols will have to be simple - so choose carefully.

Then bring the cakes together so everyone can see. Someone from each group should explain how their symbols and words came about.

Then slice and eat the cakes together as a pledge to do the things symbolised.



fresh vital worship
relaxed funky ambient & reflective



**make your own
ice cube**

cut out, assemble
and put in freezer until cold