




**AND EVERYONE ATE AND HAD ENOUGH**

**LENT**

# FOOD

**RECIPES FOR CHANGE**



With hundreds of acres of floodplains close by, Gbap, in Sierra Leone, is not a community that should ever go hungry. But the effects of the country's 10-year civil war, and the departure of foreign farming companies several decades ago, has meant that much of the land is overgrown and the community has struggled to produce enough food to eat. New methods introduced by Christian Aid partner the Methodist Church of Sierra Leone (MCSL) are helping Gbap's residents work together to fulfil the area's farming potential and generate as much profit as possible from their produce. MCSL also established a village development committee, which has successfully lobbied for an agricultural work centre to be built in Gbap. This will allow farmers to process their rice and cassava, efficiently and in great quantities, so that it can command the best possible price at market.

## About Christian Aid

Christian Aid is a Christian organisation that insists the world can and must be swiftly changed to one where everyone can live a full life, free from poverty.

We work globally for profound change that eradicates the causes of poverty, striving to achieve equality, dignity and freedom for all, regardless of faith or nationality.

We provide urgent, practical and effective assistance where need is great, tackling the effects of poverty as well as its root causes.

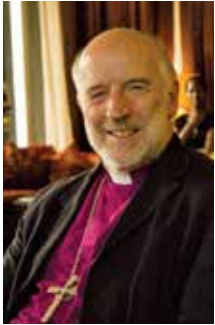
We are a member of ACT Alliance and part of a wider movement for social justice.  
**[christianaid.org.uk/scotland](http://christianaid.org.uk/scotland)**

## About the Scottish Episcopal Church

The Scottish Episcopal Church, through its Provincial Overseas Committee, is committed to promoting support for partner Churches overseas on a range of issues. We give grant support to agricultural development projects through our partner Churches, whilst at home we work with Just Trading Scotland (JTS) and other fairtrade organisations through local congregations. Some of the recipes have been submitted by JTS and their fairtrade ingredients can be found on its website: **[justtradingscotland.co.uk](http://justtradingscotland.co.uk)**



# FOREWORD



I'm delighted to commend this Lent book to you.

Food is a fundamental part of life for all of us. Recipes are often given to us as an aid to enjoyment and sometimes even to indulgence. These recipes are given with an eye to food justice and linked to Bible studies for each week of Lent.

As you enjoy the recipes, I hope that you also enjoy the Bible studies and have your passions stirred by the call to food justice.

*David Chillingworth, Bishop of St Andrews, Dunkeld and Dunblane*

## **The Most Rev David Chillingworth**

Bishop of St Andrews, Dunkeld and Dunblane  
Primus of the Scottish Episcopal Church

Zeripa Moyo, 25, prepares a meal of sadza, groundnuts and spinach for the whole family. Zeripa and her eight year-old daughter live with another family and help to run the household of eight people. They live in a drought-prone region of southern Zimbabwe; both the women's husbands are in South Africa, searching for work.



Christian Aid/Sarah Fibey

# INTRODUCTION



## **'AND EVERYONE ATE AND HAD ENOUGH'**

The Provincial Overseas Committee of the Scottish Episcopal Church and Christian Aid Scotland offer this recipe book as a resource to individuals, families, groups and congregations. It includes recipes for good food at low cost, as well as **'food for thought'** through prayers and Bible studies.

Food and access to food is a growing concern, with nearly 900 million people in the world going hungry every night, and more and more people in Scotland going hungry and not having enough money to buy food.

Poor people should not be expected to live on poor food, so the recipes in this cookbook, while based on low-cost ingredients, are varied and nutritious, and can be adapted for use by one person, a family or a large group. The recipes are for everyone, whether you're on a low or fixed income or are fortunate enough not to have to worry where your next meal is coming from.

Members of the Scottish Episcopal Church were asked to provide recipes for interesting, low-cost meals using at least one locally sourced ingredient and one fairtrade product – and we would encourage you to do likewise in preparing these dishes.

**'Food for thought'** is included in this book to help us think about themes around food justice and how our food is made, while reflecting on issues such as climate change and its effect on global food production, as well as the increase in land grabs by large companies for biofuel production. It will also help us to consider what food justice means, and how we can all eat and have enough.

**The cookbook is provided free of charge, but any donation you wish to make will go towards furthering the work of Christian Aid.**

**Provincial Overseas Committee**

## SAVOURY RICE FROM BRAZIL (SERVES 4)

This dish was made by the community at a tent village in Brazil, where people supported by Christian Aid partner MST are camping out to win land rights. I stayed at the village when visiting the project in 2004.



### Ingredients

- 2 medium onions – diced
- tin of red kidney beans – drained
- tin of peas – drained
- tin of sweetcorn – drained
- 250g smoked sausage or cooked sausages – diced
- 450g white or brown rice
- 2-3 tbsp oil
- 500-600ml water
- salt and pepper
- dried herbs if desired for taste.

### Method

Heat the oil in a large pot and fry the onions until soft: approx. five minutes.

Add the meat and mix with the onions: approx. five minutes.

Add the vegetables and mix well.

Add the rice and coat well with the vegetable/meat mix and the oil. If required add a little more oil.

Add the water and bring to the boil. Don't worry if it looks a bit mushy as the rice will absorb the water quite quickly.

Cover the pot and simmer on a low heat for about 15-20 minutes, or longer if using brown rice.

Stir well and serve: great by itself or with some green vegetables or green salad.

**E Davey**

We cry out against all that kills life:  
hunger, poverty, unemployment, sickness,  
repression, individualism, injustice.

We want to announce fullness of life:  
work, education, health, housing,  
bread for all.

**Written by a group of Brazilian  
young people – abridged**



## A profitable rice business in Brazil

Orestes da Viegá Ribeiro and Alcinda 'Preta' Soares Ribeiro joined Christian Aid partner MST (Landless Workers' Movement) in the 1990s, in the relatively early days of the movement. They won land in 1995 after camping out with their young family for four years. They set out to undertake more hard work by learning about rice farming, establishing a cooperative with other MST members, and ultimately deciding to become organic. Nearly 20 years on, their cooperative, COOPAT, is Brazil's largest producer of organic rice.

Preta says: 'If we had gone to the city we would now be working in shoe factories, living in poor conditions with no space. Instead, we own land and run a profitable business with others. We work hard, but we produce something healthy for people and the environment and that we are proud of.'





Christian Ayl/Hannah Richards

## PASTA WITH MIXED VEGETABLES (SERVES 4)

This is a very easy, quick dish that can use vegetables in season and whatever pasta you have in the cupboard. You can add diced bacon or diced cooked sausage to the vegetable mix if you wish.

### Ingredients

- 400-500g dried pasta: spaghetti, fusilli or penne
- 300-400g mixed diced vegetables: peppers, onions, mushrooms, courgette, aubergine, French beans etc
- 3 tbsp oil
- tsp mixed dried herbs
- salt and pepper to taste
- Parmesan cheese, grated.

### Serve

This dish is fine by itself, but you could add some grated Parmesan cheese on top. If you do not have Parmesan then a grated hard cheese works well.

**L Smith**

### Method

Heat the oil in a pot, add the mixed diced vegetables and cook slowly until soft: 10-15 minutes.

Cook the pasta until not too soft in a pot of boiling water, drain and allow to steam for two minutes.

Add the vegetables and dried herbs to the cooked pasta and mix well.

## A PRAYER FROM BOLIVIA

Lord, you're in my life.

Your presence fills it, your presence is peace.

You, God, you are in my life.

Your presence fills it, your presence is peace.

Lord, you are in my life.

Your presence fills it, your presence is peace.

**Adapted and translated from a Bolivian song broadcast on [prayasyougo.org](http://prayasyougo.org)**



Christian Ayl/Hannah Richards



# PARTNER

## Free breakfasts in Bolivia

Children in Bolivia receive free school breakfasts thanks to taxes the government receives from Bolivia's hydrocarbon (oil and gas) industries. Before 2005, as little as 18% of the money from these industries stayed in Bolivia. However, thanks to popular pressure from the Bolivian people, the hydrocarbons industry was renationalised in 2005 and 50% of the value of the oil and gas now stays in the country. The government has used some of this money to introduce a scheme so that all primary school children can receive a free, nutritious school breakfast.

These breakfasts have helped to reduce the proportion of primary school children in La Paz who have anaemia by almost three quarters. The money also pays for a universal pension for people over 60, a cash transfer for pregnant women (only paid if they attend pre- and post-natal classes) and a grant for primary school children so they can buy school books and uniforms.

In the lead-up to the renationalisation in 2005, Christian Aid partner CEDLA, the Centre for Labour and Agricultural Development, put pressure on the government to make these changes by helping to mobilise thousands of campaigners through producing printed resources and radio shows in indigenous languages, to help ordinary Bolivian people understand the issues involved. CEDLA later advised the government on the new laws.



## Gathering prayer

Generous God,

bless our time together

as we reflect on the food that we have,

and as we remember our brothers and sisters for whom the act of feeding themselves and their families is a constant source of worry.

**Amen.**



## Read: Isaiah 58:1-12

Questions for reflection and discussion:

1. Can you think of a time that you went for longer than usual without food? (It could be a religious fast or due to illness, medical tests, etc.)
2. What did it feel like to go without food? What were the physical sensations? Can you imagine what it would be like to be hungry all of the time?
3. What value or importance do you see in fasting, which is a deliberate choice to go without food?
4. Why do you think that Isaiah chose fasting as a way to get the Israelites to reflect on their own injustice?
5. Do we see instances in which Isaiah's challenge speaks to us? Are there gaps between our religious observance and everyday practice? What might we want to change?

Hunger is not a simple problem, it has no easy solutions. We know that the world produces enough food for everyone, so why is it that not everyone has enough food? As Christians we are called to challenge and to change structures that keep people poor – the systems that favour the rich and powerful at the expense of the poor and weak.

People are hungry because global trade rules make it possible for rich countries to dump excess produce onto poor economies, undercutting local farmers. People are hungry because climate change is making it harder and harder for people to make a living from the land, with extreme weather events and long periods of drought changing centuries-old ways of living. People are hungry because poor countries are unable to collect the tax revenue owed to them and are then unable to subsidise farmers, or provide healthcare, school meals or pensions.

People are hungry because, without land rights, they are often forced off their land to make way for big business. People are hungry in Scotland as centralised support services are trimmed, disproportionately affecting the poorest and most vulnerable.

Isaiah makes it very clear that religious observances that ignore the covenant imperatives of justice are meaningless: 'The kind of fasting I want is this: remove the chains of oppression and the yoke of injustice and let the oppressed go free.'

To find out how you can become involved in the movement for change contact your local Christian Aid office or visit [christianaid.org.uk](http://christianaid.org.uk)

## Closing prayer

Lord God,

instil in us a sense of your justice.

May we never take for granted the food that we have,

nor tell ourselves that hunger is not our problem.

Help us to use the voices that we have to speak up against the many injustices that make hunger an ever-present problem.

**Amen.**

**Christian Aid Scotland**





## LENTIL AND BACON SOUP (SERVES 10)

### Ingredients

- 1kg split lentils
- 300g smoked bacon pieces
- 1 large onion
- bay leaf or pinch of herbs such as oregano
- parsley and swirl of single cream to garnish
- 150g butter
- 3 little gem lettuces
- 1 cucumber, sliced.

### Method

Put lentils, bacon, onion, herbs and two litres of water in large saucepan, bring to boil, and simmer till lentils are quite soft.

Liquidise or sieve until lentils are all puréed and bacon is reduced to very small pieces.

Add water if required.

Season to taste (depends on saltiness of bacon).

Serve with bread and salad.

**Brenda Hall**

The Word became the seed of justice  
and we conceived peace...

The Word made justice to rain  
and peace came forth from the  
furrows in the land.

And we saw its glory in the eyes  
of the poor

transformed into real men and women.

**Julia Esquivel, Guatemala – abridged**



# PARTNER

## Providing nutritious food in Guatemala

Cresencia's daughter was hospitalised with acute malnutrition as a child. In 2011, her grandson was also hospitalised. She says: 'To have a malnourished child, that's the worst kind of poverty there is.'

Christian Aid partner, Bethania, has given Cresencia fruit trees and helped her plant a kitchen garden with local resilient plants, which she harvests every eight days to provide key nutrients for her family.

'I want to learn it all. To make sure that the children have all the nutrition they need to be healthy,' Cresencia says.



Photo Credit: Christian Aid/Hannah Richards

## HERBY TURKEY PIE (SERVES FOUR)

### Ingredients

- 460g turkey mince
- 2 onions
- 2 carrots
- 3 large potatoes
- small packet of sage and onion stuffing
- 2 stock cubes
- optional: small amount of cornflour for thickening
- seasonal vegetable to serve, or a tin of garden peas.

### Method

Chop onions and soften in a pan with a little oil or fat.

Add the mince and cook gently until the meat is sealed.

Dissolve the stock cubes in 200ml boiling water and add to the pan.

Add chopped carrot.

Cover the pan with a lid and simmer gently until the meat and vegetables are done.

Meanwhile, peel potatoes and cut into smallish chunks. Boil until cooked.

Prepare accompanying vegetable, or open peas.

When the potatoes are cooked, drain and then add the stuffing mix.

Mash with milk, and a little margarine if desired, to a suitable consistency to top the pie.

Put the meat mixture into an oven-proof dish. Top with the potato and stuffing, and brown under the grill.

Serve with the vegetable of choice.

Adding a little chilli or curry powder will give variety if you serve this fairly frequently. You can create your own variations with a little thought.

**Anon, Holy Trinity Dunfermline**

Fields of food, picked by those who go hungry,

looking so lovely on my plate.

We take time to remember and pray for a better future.

**Amen.**

**Liturgy Committee of the  
Scottish Episcopal Church**



Christian Aid/Ally Carnwath

## A solid source of income

Due to extreme poverty, many Ugandan households don't have any domestic animals. Kambuga Parish in the Kinkiize Anglican Diocese set up a goat-rearing project to help families out of poverty and to improve their diet and standard of living.

It began by buying 35 goats and providing one each to 35 households. The first offspring from these goats would then be given to another 35 homes, their offspring to a further 35 homes, and so on.

It is anticipated that this project will last for four years, after which the 105 homes will each have a goat, all originating from the first batch of 35 goats.

This way, every home will have a source of income.

The local area has sufficient grass for grazing. Goats can easily multiply and they supply manure for plants. When well looked after, they can produce sufficient milk that is rich in protein, so can help to prevent kwashiorkor – an acute form of malnutrition caused by protein deficiency, which typically affects children.

The Provincial Overseas Committee of the Scottish Episcopal Church sponsored this project with a small set-up grant.



Credit: Christian Aid/Amenda Farran

## CHICKEN FRICASSEE WITH RICE AND GREEN SALAD (SERVES 3)



### Ingredients

- 300g raw cubed chicken
- 150g mushrooms
- 1 large onion
- 1 small green pepper
- 100ml cooking oil
- 150g flour (plain or self-raising)
- 1 can mushroom soup
- 250ml hot milk
- 150g butter
- 150g long-grain brown rice, cooked in usual manner.
- For the salad: 1 little gem lettuce, 3/4 sliced cucumber, 3 spring onions.

### Method

Fry onion gently in oil till soft but not brown. Add mushrooms and cook gently for five minutes.

Add chicken pieces and cook till chicken is thoroughly done. Keep on one side.

Melt butter and stir in flour to make roux. Away from heat, add hot milk a little at a time to roux, stirring well to avoid lumps.

Add tinned soup. When thoroughly blended add chicken/vegetable mixture.

Raise heat and stir until thickened and at acceptable heat.

Season to taste and serve with cooked brown rice and green salad.

**Brenda Hall**

Blessed art Thou, O Lord our God,  
King of the universe,  
who creates many living  
beings and the things they need.  
For all that Thou hast  
created to sustain  
the life of every living being,  
blessed be Thou,  
the life of the universe.

**Jewish grace after meal. Submitted by the Liturgy Committee of the Scottish Episcopal Church**





## Borehole brings hope in Ghana

In the Mampong missionary area, Ghana, a borehole was drilled to enable the 3,000 people in the local community to have access to clean water.

The borehole has secured a good and constant supply of clean water for drinking and farming.

As well as helping to prevent disease, the borehole will mean that women and children do not have to travel many miles a day to collect water, and it will allow women to spend more time cultivating the land. The health and wellbeing of this poor and deprived community will be vastly improved as a result.

The borehole was sponsored by a £3,000 grant from the Provincial Overseas Committee of the Scottish Episcopal Church.



## Prayer

Lord Jesus Christ, turn to us.

Send your Holy Spirit, that, with help and grace, he may direct us, and lead us on the path to truth.

**Amen.**

**Attr. Wilhelm II of Sachsen-Weimar, 17th century**

**Read: Luke 10:25-37**



Christian Aju/Sarah Filbey

## Reflect/discuss

1. What is the main point of this story?
2. Have a look back at some of the stories from this week. Do you read the parable differently after reflecting on these stories?

Let's pick up two suggestions from this Bible passage.

First, this is a story about the human predicament. This is a big story addressing big questions: who is my neighbour? How should I act? What's the key issue for us, in our day? For many, it is the scandal of global poverty and hunger. What holds people in poverty is not their individual 'sin' but a global system that excludes them from markets and cuts back on aid to agriculture.

## Discuss

3. How can we be neighbours to poor farmers in developing countries?
4. Ask your group to consider who are the 'thieves' in our present global economy.

Second, this is a story about seeing the man's predicament, about empathising with it and then acting. The people around Wilberforce who challenged the global market in slaves in the 19th century were so moved when they heard about the slaves' predicament that they wouldn't stop till they had eliminated it. This act of recognition of the plight of others is crucial. Can we rest when we know how farmers labour in parts of the world? The backbreaking work of hoeing, planting, weeding, carrying the produce to their homestead to store it, then again to market. Even then, they may hardly have enough to feed their family and send them to school because they don't have the right seeds and tools.

## Discuss

5. Ask people to share experiences where they have been moved to act by such moments of recognition.

Truly seeing the farmers' plight can be immensely transforming and empowering. It creates a community of those who are determined to change things. It forms links between the farmers in developing countries and groups across the world determined to right these injustices. It binds farmers, and those who fight to get them fair prices and markets for their produce, into a community of neighbours who can bring life and build resilient communities.

## Ideas for action

During the next week, think about where your food comes from and how it is produced. Come prepared next week to share what you have found out.

## Prayer

Lord, help us to gather our thoughts, direct our minds, strengthen our wills and send us out in your Spirit to bring your love to all.

**Amen.**

**Study by John Riches**



## COCONUT KILOMBERO RICE AND VEGETABLES (SERVES 6)

### Ingredients

- 300g Kilombero rice
- 6 chicken breasts
- 2 tbsp sunflower oil
- 1 large red onion, peeled and chopped
- 1 tsp garlic paste
- 3-4 pieces ginger, rinsed and finely chopped
- 1 small chilli, de-seeded and finely chopped
- 400g can chopped tomatoes
- 2 tbsp coriander, chopped (plus extra to decorate)
- 3 peppers, mixed colours, finely chopped
- 200ml of coconut milk
- black pepper.

### Method

Rinse the rice and follow the cooking directions on the packet.

Put the chicken breasts in a pan and cover them, just, with water. Bring to the boil and simmer for 10 minutes until the chicken juices run clear when tested with a knife. Allow to cool and cut into small slices or cubes.

Heat one tablespoon of oil in a wok or frying pan and cook the onion with the garlic, ginger and chilli until the onion is soft.

Add the tomatoes, bring to the boil and simmer to reduce until thick. Add the chopped coriander and cook briefly. Remove the sauce from the heat and put it in a bowl.

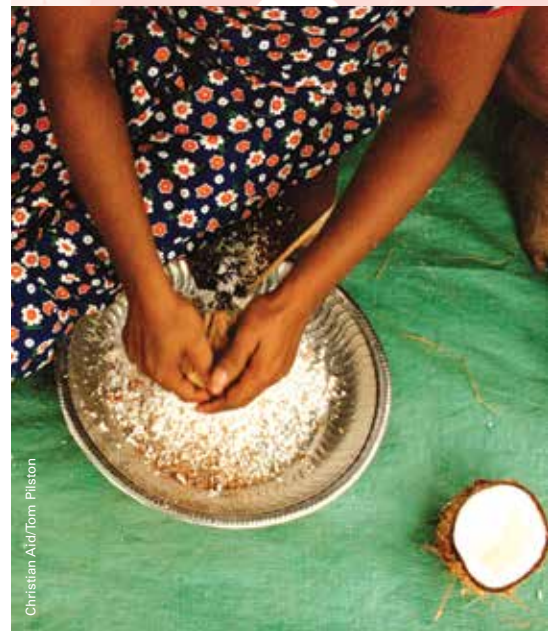
Add the rest of the oil to the washed pan and stir fry the peppers for 2-3 minutes. Add the coconut milk. Stir well and then add the prepared tomato sauce, cooked rice and chicken.

Return to the hob briefly to heat thoroughly, stirring continuously. Add the extra coriander and serve immediately.

**Just Trading Scotland**

Dear God, you call us to proclaim the good news of your Kingdom by word and deed; to live and work for the justice and peace that gives honour to your name. Help us to fulfil this our task so that none shall suffer hunger or need.

**Val Neillist**



Christian Aid/Tom Pilston

## Howard Msukwa's story

Howard Msukwa (on the left) is a rice farmer in the north of Malawi. He lives on a farm with his father, wife, three children, a niece and a nephew, and his wife's mother. In 2002 he joined KASFA, the local farmers' association, and started to grow the local, delicious Kilombero rice. Now he produces over two tonnes a year. This has enabled him to build a solid house, send the children to secondary school, and send his daughter on a nursing course after leaving school.

Howard is an enthusiastic supporter of KASFA, of which he has just been elected chairman for the second time. He looks after the 4,000-strong association on a purely voluntary basis. KASFA have formed strong links with JTS, a Scottish fairtrade company. Together they are working to improve the quality of seed and to ease the backbreaking work of transporting the rice to market, through the introduction of ox-carts. Now they need to find bigger markets. If a church, school or fairtrade group can sell 90kg of rice, that could enable a farmer to send one child to secondary school for a year. See [justtradingscotland.co.uk](http://justtradingscotland.co.uk)



## SEVEN DIFFERENT WAYS WITH BAKED POTATOES

Potatoes are nutritious and easy to source in Scotland. Here are seven variations on baked potatoes and fillings. Each recipe serves four people.



Christian Aid/Ally Carnwath

### Method

Either microwave the potato until cooked or bake in an oven at a medium to high heat for about 60 minutes (depends on the size of the potato). Then pick one of the options below.

### Options

- Add warm baked beans and top with grated hard cheese – Cheddar is excellent.
- Add drained, tinned tuna, flaked and mixed with drained, tinned sweetcorn.
- Add chopped hard-boiled eggs or flaked tinned tuna mixed with mayonnaise.
- Add coleslaw.

### Ingredients

- 4 baking potatoes
  - butter/margarine to add a little to each opened potato if required
  - salt and pepper to taste.
- 
- Add grated hard cheese mixed with diced onion.
  - Add roasted vegetables: mixture of carrots, parsnips, peppers, mushrooms etc, which have been sliced into bite-sized chunks, put in a baking dish with a little oil sprinkled on them, and roasted in the oven at a high temperature for about 60 minutes until softened.
  - Add cooked ham or cooked chicken mixed with diced tomatoes and a diced pepper.
- These can be served by themselves or with a green vegetable or salad.

**A Dunbar**

Gracious God,  
who has given land and water for  
our sustenance,  
We pray for the people in the occupied  
Palestinian territory  
where land has been seized and water  
supplies stopped,  
who hunger for justice in the face  
of repression;  
bring peace, that your people may  
enjoy the fruit of the land,  
and justice, that they may live  
abundantly  
in accordance with your loving purpose.

**Amen.**

**Rev Dr Nicholas Taylor**



Christian Aid/IM Gonzalez-Noda

## Farming for the future

Jamil Shawahneh, 48, lives in Seilet Harthieh, near Jenin in the occupied Palestinian territory. He used to work in Israel as a contractor, but when Israel started building the separation barrier he couldn't travel any more, so instead he took over his father's farm. He grows melons, cucumbers, apples, almonds and watermelon.

Christian Aid partner the Palestinian Agricultural Relief Committees (PARC) helps farmers to purchase and sell collectively, which gives them greater control over the price they can get for their crops. It also trains farmers in sustainable farming practices, offers them credit and loan schemes, and helps them to deal with the ongoing water crisis by building holding tanks and irrigation systems.

However, Jamil faces a number of challenges, not least because his land is just metres away from the separation barrier. The Israeli military confiscated some of Jamil's land during the building of the barrier in 2002 and he recently received a military court letter saying the rest of his farmland will now be confiscated for security reasons. PARC is working with Jamil and other local farmers affected to appeal to the courts.



Christian Aid/Charlotte Marshall



Christian Aid/Matt Gonzalez-Noda

## MEATLOAF

This recipe will make eight good slices, meaning that it will feed a family of four as a meal with potatoes and seasonal veg. The extra slices can then be grilled and served in buns the following day as tasty burgers, served with salad and perhaps a bit of cheese or fries.

### Ingredients

- 85g pack of sage and onion stuffing
- 1 beef stock cube
- 8 rashers smoked streaky bacon
- 500g minced beef.

### Method

Heat oven to 180C/Gas 4. Crumble the stock cube over the stuffing mix and stir in 300ml of boiling water, then set aside.

Stretch the bacon rashers out slightly by running the back of a metal spoon along the length of each rasher. Use approximately six rashers to line the bottom and sides of a 900g bread tin.

Chop the rest of the bacon and add to a bowl with the minced beef and stuffing mixture. Add black pepper to taste and combine well.

Press into the bread tin and bake for 40 minutes until firm. Turn out and serve sliced.

**Paula Ward**

God, we thank you for the food before us and remember with gratitude the work of all whose labours have brought it to our table. Help us to be mindful always of the work of others and to dignify their toil with our respect, in Jesus' name. Amen.

**Liturgy Committee of the Scottish Episcopal Church**



Christian Aid/Antonette Powell



## Secure lives, healthy livestock

In times of drought, it is usually the weakest animals that die first, unable to travel the increasingly long distances to the pasture that remains. For Ethiopian tribes like the Dasenech – who rely on livestock for food, milk and an income to buy essential items – keeping their livestock healthy is a priority. But with few vets working in the Dasenech area, doing so is no easy task.

In 2009, Christian Aid partner Agri Service Ethiopia launched a project that trained community animal health workers like Kole Awrarese (pictured) to provide advice and basic veterinary treatment.

Agri Service continues to support these workers in various ways. For instance, it provided additional medication to treat sick animals during Ethiopia's 2011 drought, when there was increased animal mortality in drought-prone areas.

Thanks to the support of this project, very few animals have died since Kole began working in the area around his home near Omorate in southern Ethiopia, with animal mortality kept to a minimum even at the height of the 2011 drought.



## Reflect/discuss

Last week you were asked to go away and find out where your food came from. Share with the group what you found out.

1. Were you surprised to find out where some of your food came from?
2. What percentage of your food are you able to source locally?
3. When you think about justice issues, do you think of food as one of them?

**'Let justice roll down like waters, and righteousness like an ever-flowing stream.'** (Amos 5:24)

## Read: Exodus 23:1-9 and Deuteronomy 24:14-19

As you can see, the priority the scriptures give to justice is clear.

## Thought

Recently I visited the village of Um al Kheir, in the South Hebron Hills in the West Bank (part of the occupied Palestinian territory). It is a Bedouin village, home to some 125 people clinging precariously to their land in a place where opportunities for employment are few. This is in contrast to the nearby Israeli settlement of Karmel and its massive chicken farm where workers from Karmel are employed. The settlement has been built illegally, on land appropriated recently by Israel, and is home to 70 Israeli settler families. The houses are modern, two-storey, with pitched roofs, water and satellite TV. The Bedouin villagers, by contrast, cannot get permission to build on their own land, which they have lived on and owned for generations – and when, out of sheer frustration, they do so, the Israeli authorities demolish their buildings.

Recently people in Scotland donated £750 to enable the villagers to establish a thyme farm, which will provide income for those in the community working there. The money will also support a community centre providing training courses (for example in English and IT skills) and cover some running costs of a kindergarten linked to the centre.

Thyme, it seems, is money.

The food and drink we consume arrives from all over the world. Yet, very often those responsible for producing our food struggle to feed their own families. Numerous factors contribute to this – global food prices and trade, land grabs, biofuels, conflict and occupation, lack of access to markets, lack of labour rights and exploitation.

## Reflect/discuss

4. As Christians, should we be concerned about where our food comes from and how it is produced?
5. How easy do you find it to buy fairtrade or locally sourced produce?
6. What would make you stop buying a particular product?

## Action

Why not have a look at something like the *Good Shopping Guide* to find out more about how our food, and other household goods, rank in their ethical standards?

Try and buy as much local and fairtrade produce as possible.

## Prayer

Lord, to those who are hungry, give bread.

And to us who have bread, give the hunger for justice. **Amen.**

**Study and prayers provided Donald Reid**



# RECIPE

## GREEK SHEPHERD'S PIE (SERVES 4-6)

### Ingredients

- 500g mince
- 500g potatoes, sliced
- 1 onion, chopped finely
- 1 tin chopped tomatoes
- 100g grated cheese
- 40g plain flour
- 450ml milk
- 25g margarine
- cooking oil.

### Method

Heat the oil in a frying pan. Fry onions gently until soft, then add chopped tomatoes. Cook together for 2-3 minutes. Add the mince and cook until brown. Remove from heat.

Melt margarine in a saucepan, add the flour and mix until you have a smooth paste. Add the milk slowly and blend until the sauce is smooth. Add the grated cheese and mix well.



Place 1/3 of the sliced potatoes in an open dish. Cover with 1/2 of the mince mixture. Repeat with further 1/3 potatoes and the remaining mince. Add most of the sauce and then cover with the remainder of the potatoes and the rest of the sauce.

Place in a hot oven (180-200°C) until the potatoes are soft. This normally takes two hours.

**Dorothy Bruce-Gardyne**

# PRAYER

O God, the help of all who call upon you. Supply the need of all those who are suffering drought or flood or lack of food. Send relief, we pray, in their need. Increase the fruits of the Earth by your heavenly benediction, that receiving them they may glorify you, the giver of our daily bread; through Jesus Christ our Lord.

**Amen.**

**Douglas Komahrens**



## Faith in extraordinary hardship

Since joining the SALI project run by Christian Aid partner CCSMKE in Kenya, husband and wife team Truphena and Justin Ireri say they understand better how climate change is affecting their farming, and how best to cope. Having lived through years of painful food shortages due to drought and erratic rainfall, Truphena is certain the SMS (text) message they receive with accurate weather forecasts will help them not only to cope, but also to see a return to successful crops.

'I expect that when we turn to scientific ways the farmers will be able to plan very well in their farming operations,' she says, explaining that farmers can no longer rely on traditional methods of forecasting. Truphena and Justin were selected to join the SALI project as one of 10 farming families from their church congregation. Their strength of faith has carried them through extraordinary hardship.



## APRICOT CHICKEN (ADAPTED FROM AN IRANIAN RECIPE)



### Ingredients

#### Per person:

- a chicken portion
- 5-6 apricots
- other basic ingredients to be adjusted according to numbers.

#### For four:

- large onion
- 4-6 cloves of garlic
- cinnamon – both powder and small cinnamon stick (to taste: between 1/2 to 1 tsp)
- 1 large juicy orange
- salt and pepper
- rice.

### Method

Soak apricots with part of the cinnamon stick in warm water and orange juice until plump. Do not discard orange skin.

In a large pan or wok, heat cooking oil of choice. Add finely chopped onions and garlic and cook slowly until softened. If necessary add a little water. During this process add the cinnamon, salt and pepper. Do not let the onions get crispy. Add the soaked apricots with the water and cook until the sauce is syrupy.

In a separate pan, brown the pieces of chicken. Add the apricot sauce and simmer slowly until chicken is soft and well cooked.

Cook rice in preferred way but with part orange juice/part water. In later stages add grated orange peel. Drain and keep warm in the oven. If desired, raisins can be added along with orange zest.

Serve all piping hot.

**Eileen Thompson**

## A PRAYER FOR AFGHANISTAN

Gracious God,

You offer us joyous life

and we give thanks that even in the harshest circumstances

the delight of ice cream

can help the poorest people in Afghanistan

to survive and thrive.

**Amen.**

**Kathy Galloway**



## Sweet results

A cooperative established by a Christian Aid partner in Afghanistan is selling surplus milk to an ice cream company – with sweet results for all involved. Mulberry, saffron, coffee and watermelon are among the most popular flavours. It may sound like an upmarket Ben and Jerry's, but in fact these ice creams come from a slightly more unexpected source: the Herat Ice Cream Company, Afghanistan.

Not only does the ice cream taste delicious, but it is also helping to put money in the pockets of some of Afghanistan's poorest people. This is because it is made from milk produced by animals given to poor families by a Christian Aid partner, Coordination for Rehabilitation and Development Service Afghanistan (CRDSA).

CRDSA gave goats to the poorest families, along with basic veterinary training to help people care for their animals better. It also provided special seeds that grow well in drought-prone areas, to ensure the animals would get enough to eat and thrive. This means that there is a higher chance of livestock surviving the dry seasons and continuing to produce milk all year round.



## PORK RISOTTO WITH RED CABBAGE (SERVES 4)

### Ingredients for the risotto

- 400g pork
- 150g mushrooms
- 1 large onion
- 1 small green pepper
- 200ml vegetable cooking oil
- 1 vegetable stock cube dissolved in 3/4 litre hot water
- bouquet garni or herbs of choice
- 250g long-grain easy-cook brown rice.

### Method

Cut the pork into cubes about 2cm in size. Slice onion, mushrooms, pepper. Fry sliced onions gently until soft but not brown.

Add remaining sliced vegetables and continue to cook gently for further five minutes.

Raise the heat and stir in rice, turning well until thoroughly coated with oil. Gently add hot stock and bouquet garni or herbs of choice. Stir in pork pieces.

Lower heat and cook very slowly until rice is ready, adding more boiling water or stock if necessary. Season to taste and serve with red cabbage.



### Ingredients for the cabbage

- 1 small red cabbage, finely shredded
- 1 large onion, well chopped
- 1 large cooking apple, peeled, cored, sliced
- 150ml vegetable cooking oil or melted butter.

### Method

Very gently cook cabbage, onion and apple in oil or butter until cabbage is really soft, stirring occasionally. Onion and apple should by then be well blended with cabbage. This may take some time, and can be prepared in advance. Season to taste.

**Brenda Hall**

## A PRAYER FOR BANGLADESH

Faithful God,

we bring before you all communities

whose lands are made barren by climate change.

We pray for Bangladeshis,

bringing new crops out of salty water and earth,

planting seeds of hope for the future.

**Amen.**

**Kathy Galloway**





# PARTNER

Monika Kirtoniya (right) and her neighbour sift rice she has grown. Previously, Monika and her husband, Shakti, used to struggle to send their children to school and feed their family. Thanks to Christian Aid partner Christian Commission for Development in Bangladesh (CCDB), Shakti now has a successful floating garden. Monika grows fruit and cultivates saline-resistant rice, and their children are all able to go to school.

The projects they participate in are adapted to the changing climate in the area in which they live.

Floating gardens mean people can grow crops despite the problems of waterlogging and water salination in this area. These impacts are partly due to climate change, so Monika's rice seeds are adapted to grow in this changing environment.



## CLIMATE CHANGE, CROPS AND CONTROLLING FOOD SUPPLY

We live in a world where climate change presents great challenges for the production and availability of food. Farmers face droughts, floods and the uncertainty of irregular weather patterns. This is well-illustrated in the story of Truphena and Justin Ileri from Kenya (see p27). Their situation – like that facing others elsewhere in the world – poses questions about who controls the means of growing, storing and distributing food when 870 million people suffer from hunger. Take a moment to read about their situation and reflect on it. How might you feel if you were in their place?

Our Bible passage is part of the well-known story of Joseph: beaten up by his brothers, bundled off into slavery in Egypt, languishing in prison, but now given an opportunity for freedom by virtue of interpreting the troubling dreams of Egypt's Pharaoh. The actions taken as a result of this meeting raise questions about climate change, crops and who controls the supply of food in difficult times.

**Read: Genesis 41: 25-41, 53-57**

### Reflect/discuss

The situation that faces Egypt is a bad dream come true – seven good years of harvest wiped out by seven terrible ones.

- If Scotland faced a similar situation, how do you think your local area would cope?
- Do you think Scotland is being affected by climate change now? If so, what do you think has been the impact?
- Faced with an imminent crisis, Pharaoh looks to Joseph to deal with it. Why Joseph?
- Who do you look to for a response to problems caused by climate change? Why them?

When the crisis came, 'the people cried to Pharaoh for bread' and Pharaoh sent them to Joseph (v55). Joseph sold them the grain

from the storehouses (v56). This was the same grain that had been previously taken from them (v34) on Pharaoh's authority. In places threatened by climate change, who do you think should have authority to control food supplies? The government, farmers, consumers, food sellers or someone else?

The crisis was not limited to one country: 'so all the world came to Joseph in Egypt to buy grain' (v56). In the context of problems caused by climate change, where some countries have good access to food while others struggle to do so, what is the best sort of relationship between them? Commercial or trading opportunity? Giving aid? Sharing expertise? Or some other approach?

- Having pondered this Bible passage, what might you want to say to your neighbour or what might churches want to say publicly, concerning food in a time of climate change?

- Are there any changes you would like to see in the life of your church with regard to food?

### **Practical responses**

Consider making practical responses personally, and in your church, which address the relationship between food and climate change. For instance:

- support Christian Aid's campaigning work on climate change
- buy more food that is locally sourced or fairly traded
- take opportunities to reduce your carbon footprint, for example by reducing car use when there are better transport alternatives available.

### **Prayer**

O God, whose Son spoke of farmers, field workers and crop sowers, hear us as we pray for those who struggle to grow food in difficult conditions. Be with them, encouraging all who support them in that work. Inspire our decision makers to ensure that your world is respected and your people are fed.

**Study and prayers by Trevor Jamison,  
Environmental Chaplain, Eco Congregation Scotland**



## PILAF WITH APRICOTS AND ALMONDS (SERVES 4)

### Ingredients

- 3 tbsp oil
- 2 medium onions, finely chopped
- 2 cloves garlic, chopped and crushed
- 450g white or brown rice (see below for different cooking times)
- 3 bay leaves
- 1 tsp ground cumin
- 1 tsp ground coriander seed
- ½ tsp cinnamon
- 4 fresh tomatoes, coarsely chopped (or 1 tin tomatoes)
- 100g dried apricots, cut into quarters
- 2 tbsp tomato paste
- 50g raisins or sultanas
- 60g flaked toasted almonds
- 590ml good stock
- salt and pepper
- 1 tbsp fresh coriander or parsley leaves.

### Method

Heat oil on a medium heat, add onions and garlic and soften (approx. 10 minutes).

Add rice and fry for two minutes until coated with oil.

Add bay leaves, cinnamon, cumin and coriander seed and stir for one minute.

Add tomatoes, all dried fruit, tomato paste, nuts, stock and seasoning.

Bring to boil, reduce heat until just simmering. Cover tightly for 15 minutes if white rice (45 minutes for brown rice). The rice should be cooked and most of the moisture should be absorbed. Watch carefully for last five minutes to check it does not dry out completely. Add a little more water if necessary.

Serve garnished with chopped coriander or parsley leaves.

Can be eaten on its own or with any green vegetable or a mixed green salad.

**JD Rea**

God, we give thanks for a world that provides this food for our needs, and for those who tend its cultivation. Give us the awareness of the balance of your creation and the will to resist the exploitation of any part of it, through Jesus Christ our Lord.

**Amen.**

**Liturgy Committee of the Scottish Episcopal Church**



Christian Aid/M. Gonzalez-Norda

## Literacy: a passport to a better life for women

Women in Papua New Guinea have a very tough life. The rates of maternal and child mortality are the highest in the Pacific, the level of violence against women is rising and HIV is spreading. Daily life is an exhausting round of fetching water and firewood, working the food garden, marketing, cooking, and caring for livestock, children and the elderly. Unsurprisingly, women have a shorter life expectancy than men in many areas of the country. Additionally, girls are less likely than boys to receive any schooling, for a variety of cultural, practical or financial reasons.

For over a decade, the Anglican Church of Papua New Guinea has been working to change this situation, increasing girls' attendance in its schools and running adult literacy programmes, mainly for women. This work recognises that teaching a woman to read has real benefits for the individual, her children and family, as well as for her church and community. There have been many gains: greater self-esteem and personal satisfaction; better child and family health through improved diets; more possibilities for income generation; the confidence to speak out against abuse or violence; and fuller involvement in, and contribution to, local life. This project is supported by the Scottish Episcopal Church.





Christian Aid/Sarah Filbey

## LENTIL CURRY (SERVES 4)

### Ingredients

- 2 onions (approx. 1lb/450g)
- 3 Scottish carrots (approx. 1lb/450g)
- 8oz/225g split red lentils
- 1 pint/600ml water
- 2 stock cubes or 2 tsps bouillon powder
- 1 or 2 tsp curry powder
- salt and pepper to taste
- 8oz/225g rice as accompaniment (fairly traded).

### Method

Peel and finely chop the onions and carrots.

Put the vegetables and lentils in a saucepan with the water and other ingredients.

Bring to the boil, stirring frequently.

Turn the heat down low and simmer for 20-30 minutes until the lentils are soft and the water is all absorbed. Keep stirring frequently to prevent the lentils sticking to the bottom of the pan.

Adjust the seasoning to taste and serve with boiled rice or naan bread.

### Variations

Any other home-grown or local vegetables could replace some or all of the carrots.

A tin of chopped tomatoes could be added, adjusting the amount of water.

This recipe can be adjusted to serve any number of people as long as the water and lentils are in this proportion.

**Lis Burke**

God of abundance, whose Son fasted 40 days and 40 nights. Teach us how to cook, distribute and eat our earthly food that we should not be found wanting when he comes again in the power of the Holy Spirit to establish your kingdom of justice and righteousness.

**Amen.**

**Liturgy Committee of the Scottish Episcopal Church**



Christian Aid/Sarah Filbey

## Water means life

Water is scarce in the slums of Chennai, in the Indian state of Tamil Nadu. In the dry season, life is particularly difficult. A tanker comes every two or three days to fill the pots and buckets and tubs – but people do not know when the tanker will come. It can arrive anytime from midnight to midnight the next day. If you are not there you miss out. Children have to miss school or adults have to give up a day's work. When the tanker arrives, all is scramble and bustle, and fights occasionally break out or women and children are pushed away.

Organisations like LEED and Madras Christian Council of Social Service (MCCSS), which are supported by the Scottish Episcopal Church, have mobilised groups and built community councils so that people work together to help and support their neighbours, not just at tanker time but throughout the year.

This is such an important form of action. Water means life – and clean water is vital for health, in preparing food, washing vessels and simply for drinking. What's more, supplies of good water allow people the dignity of keeping themselves, their clothes and their environment clean and healthy. LEED and MCCSS also work to provide toilet facilities for slum settlements and in schools.





Christian Aid/Annah Richards

## ASPARAGUS AND RICE SALAD (SERVES 6)

### Ingredients

- 300g rice
- approx. 750ml vegetable stock (to cover rice)
- 300g trimmed sprue (thin) asparagus
- red pepper, with skin removed
- 100g frozen peas
- handful freshly shredded mint
- 150g halloumi light, cut into 2-3cm squares and lightly grilled
- approx. 50ml lemon vinaigrette.

### Method

Put the rice in a pan, cover with the stock and cook for 15 minutes.

Wash and cut the thin asparagus into 2-3cm lengths, leaving the spears whole.

Add the stalks and the peas to the rice after it has been cooking for 10 minutes, and cook for a further three minutes. Drain well and refresh in cold water.

Meanwhile prepare the pepper. Cut in half and remove the seeds. Put it under a hot

grill for 4-5 minutes until the skin blackens. Then put it in a plastic bag until it begins to cool. The skin should come away easily. Cut the pepper into thin bite-sized strips.

Put the rice, asparagus and peas in a mixing bowl and add the pepper. Drizzle the vinaigrette over the salad and mix carefully.

Pile the rice salad high on a large serving plate. Add the grilled halloumi and shredded mint, and serve.

**Just Trading Scotland**

Thank you Lord for the hope we find in you in the uncertain moments of life.

It is in your light that we see light.

Strengthen our faith, for you are our strength, our song and our shield.

Your resurrection turns any moment of hopelessness in our lives into hope.

Because you live, we can face tomorrow and all fear is gone!

**Amen.**

**MacDuff Phiri**



Christian Aid/Sarah Filbey



# PARTNER

## 'Now we are all eating healthily'

Gertrude Muetcha is 34 and is living with HIV in Kachibanda, Malawi. She knows how important a good nutritious diet is, as she explains: 'I went to the doctor and he told me about the value of eating nutritional food when your immune system is low, and not just *nsima* [a thick cornmeal porridge]. He said that if I didn't have a good diet the ARVs [antiretroviral drugs] wouldn't work so well.'

She continues: 'I thought about forming a small business so that we could make enough money to be able to feed ourselves properly. We approached WESM (The Wildlife and Environmental Society of Malawi) and Christian Aid with our idea and they suggested (banana) winemaking. They were very happy because they were worried about what the reduction in the number of trees was doing to the soil around the village, especially after the river flooded and destroyed lots of maize and made the soil bad.'

'I knew how to make wine already as my father had taught me; however, we needed equipment, yeast and sugar, so that is where WESM has come in. Now we are all eating healthily and nobody can even tell, just by looking at us, that we are HIV positive. I feel like I am part of the community again.'



Christian Aid / Tom Pearson

## HEALTH

### Gathering prayer

Creator God, through your goodness we are able to enjoy the fruits of the earth.

May we never take for granted the food on our table or the water in our taps.

May we find ways to share the gifts we have received with generosity and love.

**Amen.**

### Scripture reading

‘Let the love of the brothers and sisters remain [in you]. Don’t forget about hospitality; because that has enabled some people to entertain angels without noticing it. Remember those in prison – [think of yourselves] as their fellow prisoners. [Remember] those who are being maltreated, as though you were yourselves also in their bodies.’

**Hebrews 13:1-3, translated by Nicholas King SJ**

### Reflect

1. How do we offer hospitality in our homes, churches and community?
2. What are the messages we give when we open our homes and share our food?
3. Is there something distinctive about Christian hospitality?
4. Do we find it easier to offer hospitality to some people than others?

Hospitality is about something more than the provision of food and drink. True hospitality, as described by St Paul, requires that we engage fully with other people. It’s not just how we offer but what we offer. What we eat has an impact on how we are. How do you feel if you eat ‘fast food’ for three or four days, or if you cook and eat fresh food?

Go to p39 and re-read Gertrude Muetcha’s story.

People living with a life-threatening illness such as HIV can make significant improvements to their health if they eat a balanced and healthy diet. HIV treatment works best when it is combined with healthy and regular meals.<sup>1</sup> In some parts of the world, responses to treatment are compromised by a lack of access to food.

Good health begins with us. We have a responsibility to care for our bodies, to give them the best nourishment available to us, to be moderate in our consumption of unhealthy things. The Great Commandment (Mark 12:31) tells us to love our neighbour as ourselves. If we take that seriously we need, first and foremost, to know how to love and nurture ourselves. We need to ensure that we are as healthy as we can be – in body, mind and spirit.

When a friend or family member is ill, we might visit with a gift of food – we can help our loved ones to heal. Can we find similar ways to care for ourselves?



Can we care enough for ourselves that our bodies are as healthy as they can be, and take responsibility for the areas of our health that we can control?

### **Action**

Over the next week, note how you feel after you have eaten different foods. Be aware of your body's responses. Is there a small change you could make that would have a positive impact on your health?

### **Closing prayer**

Creator God, bless us as we journey through this week.

May we be blessed with healthy food and well-nurtured bodies.

Help us to welcome friends and strangers and to find ways to share what we have.

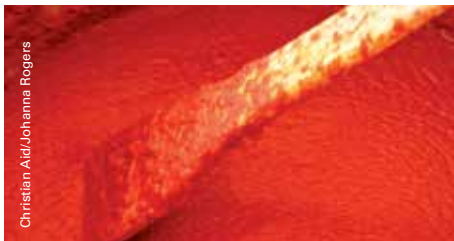
In the name of God, Creator, Redeemer and Sustainer.

**Amen.**

### **Study by Marion Chatterley**

<sup>1</sup>See for example: <http://aids.gov/hiv-aids-basics/staying-healthy-with-hiv-aids/taking-care-of-yourself/nutrition-and-food-safety/>

## SPICY TOMATO TOOR DHAL SOUP



Christian Aid/Johanna Rogers

### Ingredients

- 250g fairly traded toor dhal lentils
- 2 litres of water
- 1 leek
- 2-3 carrots
- 1 tin chopped tomatoes
- 1 heaped tbsp of frozen peas
- 1½-2 ham stock cubes (amount depending on taste)
- ½-1 tsp chilli paste
- more vegetables can be added if desired: eg parsnip, turnip or sweet potato
- sea salt and pepper to taste.

### Method

Put lentils in a pan with two litres of water and a little salt and bring to the boil. Let simmer until the lentils have softened.

Chop carrots and leek (and other vegetables if used), then add to the pan.

Break up stock cubes and add to pan – stir until they have melted in.

Once vegetables have softened add whole tin of tomatoes.

Add chilli paste and stir well to mix in the flavour (I usually use ½ a tsp then taste at this point to see if I want to add more).

When lentils are almost dissolved, add frozen peas.

Let simmer for a little while longer before serving.

Note: depending on how thick you want your soup to be, you may have to top up with water throughout cooking.

**Just Trading Scotland**

Loving God, we thank you for the Dabane Trust and the work they are doing in communities throughout Zimbabwe. We pray for Thandeka and others like her: that the pain of hunger would cease. We pray that you would fill them with hope, strength and endurance.

**Amen.**

**Catherine Falconer**



Christian Aid/Susan Barry

# PARTNER

## A healthy dream

Thirty-year-old Thandeka Sibanda lives in a particularly arid area of Matabeleland South in southern Zimbabwe. Getting clean water and feeding her four children is a real challenge, and she and her husband spend their time looking for work. She tells the heart-breaking story of how her children sometimes don't make it to school because they haven't eaten enough to walk the few kilometres there.

Christian Aid partner the Dabane Trust is working with Thandeka's community to help them build a sand dam – a dam that will enable the community to have a reliable source of water that can then irrigate a garden. She dreams of the day when they will be healthier and stronger, and when her children will eat a wide range of nutritious vegetables.

The community now has fresh water, as the first stage of the dam – fitting a water pump underneath the riverbed – is complete. Sand dams take three to four years to complete, so they still have a way to go, but it's an important first step.



Photo Credit: Christian Aid/Susan Barry



Christian Aid/Elegor, Bernall

## CHICKEN TIKKA (SERVES 4)

### Ingredients

- 4 boneless chicken breasts or 8 skinned and boned chicken thighs (locally sourced)
- 6 tbsp natural yoghurt
- salt and pepper
- 1 tbsp tomato puree
- 1 tbsp medium curry powder
- 1 tbsp lemon or lime juice
- 2 tbsp chopped coriander.

### Method

Wash and pat dry the chicken breasts, then, using a sharp knife, make three or four diagonal cuts, taking care not to slice right through. Season both sides and place in a shallow ovenproof dish.

Mix the remaining ingredients together and spoon over the chicken, covering it completely. Cover and chill for at least 30 minutes. The longer it chills the spicier the flavour.

Cook under a preheated grill for 8-10 minutes each side or in a moderate oven for 15-20 minutes.

Serve with salad and fairtrade rice.

**Hilary Bridge, St John's Forfar**

Lord of all our land, forgive us when we are so deep-rooted in our world that we can't see beyond it. Give us grace like Kamala to share what we know is good, to use your gifts for others, and to rejoice in doing so.

**God of grace, transform the world.**

**Anne Pankhurst**



Christian Aid/Sarah Filbey

## Marching for change

Kamala reflects on the changes that were brought about after a march by poor landless communities across India in 2007, run by Christian Aid partner Ekta Parishad. She recalls how forest officials used to come and destroy any crops that the villagers attempted to grow, terrorising the community. Since the march, her community in Madhya Pradesh has secured the deeds to their land. 'Now, thanks to Ekta Parishad, I'm able to grow food,' she says. 'There are so many differences that have come for my family. Now I am enjoying my life.'

In 2012, thousands of people in India like Kamala marched in solidarity with those with no rights to land. Even though she was still poor, Kamala made provisions in two pots for the march – in the larger one she collected grain, which she used to feed the marchers. In the smaller one, she saved two rupees per month to fund herself on the march.

The 2012 march was successful and the Indian government agreed to grant more landless people the rights to agricultural land.



Photo credit: Christian Aid/Sarah Flitney

## SPICY BUTTERNUT SQUASH SOUP (SERVES 4)

This is a hearty winter soup.



Christian Aid/Susan Barry

### Ingredients

- 1 large butternut squash
- 2 medium onions
- 2 tbsp oil
- water
- tsp of chilli powder if desired
- salt and pepper to taste.

### Method

Chop up the butternut squash without peeling it.

Dice the onions. Fry the onions in the oil until soft: five minutes.

Add the chilli powder and mix well with the onion and oil: two minutes.

Add the chopped butternut squash. Mix well.

Add sufficient water to cover the vegetables.

Bring to the boil and then simmer until the butternut squash is soft.

Allow to cool then either mash or blend with a blender until smooth.

Serve with crusty bread, oatcakes or crispbread.

**E Cockburn**

Thank you God for food to share.  
For those who grow it and prepare.  
May it nourish us to dare  
to shape a world where trade is fair  
and food sufficient everywhere.

**Amen.**

**LiturgY Committee of the Scottish Episcopal Church**



Christian Aid/Mike Go/dwaver



## A household peanut garden

With the help of their children, women in South Sudan have begun cultivating peanuts. When the peanuts are harvested from the ground the women lay them out in a clean place for several days, during daylight hours, until they are completely dry.

The dry peanuts keep well and can be eaten or used in cooking, thus providing a good source of protein and carbohydrate for these women and their children.

Many are widows, and thanks to a grant from the Overseas Committee of the Scottish Episcopal Church they are moving towards self-sufficiency through the cultivation and sale of peanuts. This is part of the CUEED Farming Project in South Sudan.



Photo credit: Christian Aloi/Sarah Filbey

**'The great community problem of our modern world is how to share bread.'**

**George MacLeod**

This gospel passage is a vivid reminder that the problem of how to share bread is not a new one. The story of Jesus feeding the crowds by the Sea of Galilee is one of the few that appears in all four gospels; it still speaks vividly to us today as we wrestle with the challenge of hunger and sharing.

## **Prayer**

Lord Jesus, open our hearts and minds to your gospel;

for with your love in our hearts, all things are possible.

**Read: John 6:1-15.**

## **Reflect/discuss**

- 1.** What strikes you first on reading the passage?
- 2.** Think of each of the characters in turn, including those who don't speak, what do you imagine each of them might be thinking and feeling?
- 3.** How is grace shown in this passage? What might grace look like today?
- 4.** What is the gift, your equivalent of the loaves and fishes, that you could bring to Jesus today?

## **Taking action**

It is for good reason that in the Bible, 'bread' is the recurring sign of divine generosity, because it is the indispensable resource for life in the world. It is a sign of God's abundance that stands in complete contrast both to the nightmare of scarcity that fuelled the rapacious policies of Pharaoh in Egypt and to the barrenness

of the desert. Always in scripture, it is the sharing of bread that breaks the pattern of violence that is rooted in a fear of scarcity – whether it is a picnic by the lake, the hospitality of the poor and marginalised, or the great feast of the Kingdom of which Jesus so often spoke.

In many parts of the world, subsistence farmers endure a season of extreme scarcity and hunger that precedes the harvest every year. We might reflect on the fear of soaring grain prices that failed harvests and commodities speculation bring for the world's poorest people. We can think of the millions of landless labourers whose lack of rights or access to food-growing land brings despair and destitution, and of the scandal of land grabbing, and land used for biofuels. We can challenge the tax-dodging practices of multinationals, which deny the poorest countries income for infrastructure.

John 6 points us towards the Last Supper. Walter Brueggemann reminds us of the four great verbs of abundance: Jesus *took* the loaves, he *blessed* them, he *broke* the loaves, he *gave* them to the people. It is our tendency in society to trust the narrative of scarcity. It makes us greedy and selfish. But the story of abundance persists among us, offering life in all its fullness, beyond ourselves, for the sake of the world. The bread was broken to be shared.

### Closing prayer

Lord Jesus,

You came that all might have life in abundance.

When you fed hungry people, everyone ate and had enough.

May we never become accustomed to the scandal of hunger in a world of plenty.

Rather, may we live in accordance with your justice and equity.

**Amen.**

**Kathy Galloway**



## LENTIL MOUSSAKA

### Ingredients

- 1 cup lentils
- 1 tbsp vegetable oil, plus some for brushing
- 1 onion, chopped
- 1 tin chopped tomatoes
- 500ml vegetable stock
- herbs (optional) and seasoning to taste
- 2-3 aubergines
- 1 pint milk
- 1 tbsp plain flour
- 30g butter or margarine
- 1 egg and/or a little grated cheese (optional).

### Method

#### Lentil mixture

Wash and pick over lentils. Fast boil in water for 2-3 minutes and drain.

Heat oil in large saucepan and cook onions gently until soft. Add lentils, tomatoes and stock. Bring to the boil and simmer gently until lentils are soft. Add hot water as required, to avoid the mixture boiling dry. Add chopped herbs and seasoning to taste.

#### Aubergines

Wash aubergines and slice quite thinly (around 0.5cm thick). Lay slices on a baking sheet and brush lightly with oil. Place under a hot grill until slices begin to go brown and soften.

Remove from grill, turn slices over, brush again with oil and grill.

#### Sauce

Melt butter/margarine, stir in the flour. Add milk, stirring constantly; whisk to avoid lumps forming. Continue to stir as the sauce comes to the boil and thickens, and simmer, stirring, for a couple of minutes.

Take saucepan off the heat. If using the egg, beat it lightly and then stir it quickly into the hot sauce.

Pour the sauce into the dish so that it covers the top of the moussaka.

If using grated cheese, sprinkle on top before putting the dish in the oven.

Bake for 35-45 minutes or until the top is nicely browned and the layers have cooked together.

**Helen Hood**

Bless, O Lord, this food we are about to eat;

and we pray to You, O God, that it may be good for our body and soul;

and if there be any poor creature hungry or thirsty walking along the road,

send them into us that we can share the food with them,

just as You share Your gifts with all of us.

### Irish grace

**Liturgy Committee of the Scottish Episcopal Church**



Christian Aid/Tom Pilston

## Bread, honey and milk for tomorrow

Fátima is the soul of Soppexcca, a Christian Aid partner in Nicaragua. She is also a great visionary. Her commitment to coffee farmers in Nicaragua is helping them to beat poverty and move beyond hunger. Soppexcca has transformed the lives of its 18 farming cooperatives, helping them develop from coffee pickers into top-quality coffee exporters.

The farmers' hard work and Soppexcca's belief in education and long-term support to its cooperatives has led to a new generation of young people – sons and daughters of coffee farmers – being educated and going to university. As Fatima says: 'We're not just about bread for today, but also for tomorrow. But we don't just want bread, we want bread and honey and milk.'



## VEGETABLE RISOTTO

### Ingredients

#### Risotto

- 900ml vegetable stock
- 100g unsalted butter
- 1 tbsp olive oil
- 8 shallots or 1 large onion, finely chopped
- 1 carrot, finely chopped
- 2 celery stalks, finely chopped
- handful of flat-leaf parsley, finely chopped
- 275g risotto rice
- 1 glass stock with a few drops of chilli sauce
- 100g grated Parmesan cheese
- salt and fresh ground black pepper.

### Method

Heat olive oil in frying pan or wok and add all vegetables; cook for about eight minutes then remove and set aside.

Put stock in saucepan and heat to slow simmer

Heat half the butter and all the oil in a heavy-based casserole or wok, add shallots, carrot, celery and parsley and cook for 1-2 minutes. Pour in glass of stock and stir until fully absorbed.

### Vegetables

- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 100g pumpkin or butternut squash flesh, chopped
- 50g fresh or frozen peas
- 2 large ripe tomatoes, deseeded and coarsely chopped
- 10 green beans, cut into 1cm lengths
- 1 small courgette, cut into small cubes.  
(You can substitute vegetables with what is in season).

Add one ladle of stock and simmer, stirring until it is absorbed. Continue to add the stock at intervals and cook while stirring, so the rice absorbs the liquid and until the rice is tender but still firm (about 18-20 mins). Reserve the last ladle of stock.

Add the reserved stock, cooked vegetables, salt and pepper. Mix well. Stir in the Parmesan and remaining butter. Mix well. Remove from heat and cover, let it rest for two minutes then spoon into warmed bowls and serve immediately.

**Zoe Van Zwanenberg**

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages.

Lord, have mercy.  
Lord, have mercy.  
Lord, have mercy.

O Christ our God, bless the food and drink of these Thy servants, for Thou art blessed unto ages of ages.

**Amen.**

**Eastern Orthodox grace,  
submitted by the Liturgy  
Committee of the Scottish  
Episcopal Church**



## Stewards of the forest

Bebé Albenize lives in the Amazon rainforest. She is part of a community of quilombola people, descendants of slaves who fled Brazil's plantations and moved to the forest for safety. In territories that are under the control of indigenous or quilombola communities, just 1% of forest cover has been lost, compared with 20% in the rest of the Amazon.\* But the quilombola communities' future in the forest is threatened by profiteers wanting to exploit the Amazon's natural resources.

For Bebé's community, Brazil nuts are a vital part of their diet and a source of essential nutrients. They are also their primary means of income for buying medicines, clothes, schoolbooks and the food they cannot grow. Yet the quilombola cannot demand a fair price for the Brazil nuts, as they cannot get them out of their shells at scale or process them, so they sell them to middlemen at a fraction of their true value.

It is unreasonable to expect the quilombola to continue their role as stewards of the forest if it means asking them to live in poverty. Christian Aid partner CPI has accompanied the quilombola in their long struggle to get the collective title to their lands. In addition, Christian Aid's In Their Lifetime fund has paid for a feasibility study on scaling up the quilombola Brazil nut economy.

\*IPAM – Amazon Institute for Environmental Research



# TAKE ACTION

- Christian Aid campaigns to challenge and change the structures that keep people poor. Take campaign action on tax, climate change and other issues at [christianaid.org.uk/actnow](http://christianaid.org.uk/actnow)
- Buy fairly traded produce.
- Look at the Just Trading Scotland website and consider buying produce from them or doing their 90kg rice challenge.
- Try to cut down the amount of food that you waste.
- Buy food that is in season and source it locally if possible.
- Ask your church, school or workplace to use fairly traded and ethically sourced products.
- If you are considering volunteering overseas with a church-related partner project, please contact the Provincial Overseas Committee of the Scottish Episcopal Church who may be able to provide a small grant towards your costs.
- Work with your church to consider becoming an eco-congregation. For more details please visit: [ecocongregationscotland.org](http://ecocongregationscotland.org)
- Measure and try to reduce your own carbon footprint.
- Continue to pray for the work of partners overseas.



# HARVEST

Faresi Mukango working in the fields where her family grows 11 different types of crops. The family lives in southern Malawi, in the foothills of the Mulanje mountain range. When Faresi's husband, Kesten Mukango, was given a treadle pump, training and farming advice from Christian Aid partner ELDS, the fear of hunger was banished. And an irrigation system using pipes to bring mountain water from springs to his fields means Faresi and Kesten can grow enough to feed their family and sell the rest to lift themselves out of extreme poverty. The family are well dressed and building a better home, with a tin roof that won't leak. But most importantly, the income from 11 different crops means they can pay for uniforms and fees, and all their school-aged children have good prospects for the future.







Anoon Aleu, 36, fries sweetened flour shapes with her son. She sells them outside the local school. Anoon and her husband, Madut, are currently building a new home in South Sudan, from a cash grant received from Christian Aid partner HARD. Anoon sees this new house as a symbol of hope, bringing her family together safely under one roof. Like many, she values education and its place in this new country. She works hard selling biscuits to pay for her children's school fees.

**Lent is the Christian season of prayer and fasting when we walk the wilderness journey with Jesus. Yet for many, at home and overseas, life is a continuous involuntary fast. This Lent book offers a fresh appreciation of these things: thought-provoking stories and Bible studies linked with inexpensive, carefully sourced food to share as we reflect on our journey with Christ. Indeed, this is a resource to be used in any season.**

The Rev Val Nellist, Convener of the Provincial Overseas Committee,  
Scottish Episcopal Church.

**Jesus identified closely with the poor, entering into their experience of lack and hunger. In a world of plenty, millions still suffer want and go hungry. This resource invites us to think deeply about food: the pain of not having enough, the justice of eating, the blessing of abundance and the joy of sharing. It is food for our Lenten journey.**

Kathy Galloway, Head of Christian Aid Scotland

**christian  
aid**



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