



Let's Can Hunger!

Christ Church All Church Retreat
Grove Hall, Ocean Grove, New Jersey
Fall 2015

Prior to the retreat, invite each participant to bring an ingredient for stone soup. (Suggested items: Onion, garlic, carrots, cans of beans, can of tomatoes, 2 cartons of vegetable broth, vegetable bullion, assorted veggies like zucchini, peppers, potatoes, sweet potatoes, frozen peas, etc.)

Opening Session: Stone Soup Collage

Materials: **Stone Soup** book (find it at your local library), Construction paper cooking pot & cut out vegetables, tape, crayons, large stock pot for making soup, items that each person/family brought for making soup.

Introductions & Icebreakers

Story Time

Read story of **Stone Soup** and make a collage. Beforehand have volunteers make a big black cooking pot out of construction paper, and cut out the shapes of vegetables/stones out of construction paper (see the book, **Stone Soup** to know which veggies to make). Kids can color/decorate the vegetables while you are reading.

As you are reading the story pause after each section and have a volunteer tape the vegetables to the background in the big cooking pot. Invite everyone to bring their soup items forward and place them in a large soup pot. Explain that you will make soup together tomorrow night, using these ingredients that everyone brought. Close with a prayer.

Session Two:

(Plan ahead of the retreat time for a visit to a local soup kitchen or feeding center)

Prepare Goodie Bags, Decorations & Visit a Soup Kitchen

Materials: You can make goodie bags and table decorations for your visit to the soup kitchen (check in with the soup kitchen beforehand to see how many goodie bags you need). Each brown lunch bag contains: piece of fruit, mints, a water bottle, granola bar.

Supplies for the table decorations: pipe cleaners, beads, construction paper, small thick sticks or logs, scissors

Read: *Uncle Willie and the Soup Kitchen* by DyAnne DiSalvo-Ryan (1991, Morrow Junior Books)

Make: goodie bags and table decorations (we used thick sticks instead of rocks.) <https://gryphonhouse.files.wordpress.com/2012/04/calder-1-wire-rock-idea.jpg>

Drive: to your destination

In your pre-arrangements with the organization you are visiting ask if someone can speak with your group about their organization and the need for the meals they serve.

Decorate tables.

Eat lunch with guests.

Hold a reflection time back at retreat center. Allow plenty of space and time for students, children and adults to process and ask any questions that they might have.

Free Time

Dinner (Allow 1.5 - 2 hours for meal preparation) Prepare a meal together based on the story of Stone Soup – Set up stations for cutting vegetables, making bread/rolls, making dessert, setting tables. Use the soup ingredients everyone has brought to the retreat. It is helpful to have signs for each prep station using pictures and words to tell how many kids and adults can be at each station at any given time.

Soup Directions:

Vegetable prep for soup – station one adult at the soup pot adding the ingredients.

Have others chop vegetables and bring them into kitchen when they are ready.

Sauté onions and garlic.

Add chicken broth, can of tomatoes and chopped vegetables to the pot.

Cook until all vegetables are tender.

Add spices, herbs and bullion to help flavor soup.

Eat dinner together

(NOTE: We were all exhausted after dinner - so waited until morning to do this story before prayer stations, then ended retreat with closing communion and final prayer)

Program/Devotion: Story of the Feeding of the 5000

Materials: Bible Storybook with story of “The Feeding of the 5,000,” Tape, Pictures of fish & bread and story “Loaves and Fishes,” from **Just Add Kids: Busy Boogie and Other Bible Dramas for Preschoolers**, (Abingdon Press, 2003, pp. 71-73.)

Evening Devotion: Matthew 14:13-21 and John 6:1-14

Say: Tonight, we’re going to hear a story about Jesus feeding a big crowd of people with the help of a little boy. Now let’s listen to our Bible story.

Read the story of “The Feeding of the 5000” from the Bible Storybook.

Questions to ask:

- What was so special about the boy’s fish and bread?
- Would you have shared your lunch with others?
- Do you think the little boy was special? In what way?
- Are you special? In what ways? What makes you special?

Say: The little boy helped Jesus feed a big crowd, because he was willing to share. God can use us to feed hungry people when we share what we have.

Share about an organization that your church supports to work with hunger issues. (We shared about Christ’s Church partnership with Heifer International and handed out buttons and cards that we got from them)

Pass out tape and small pictures of fish (2 each) and bread (5 each)*
Have participants tape the pictures to the tips of their fingers, fish on one hand, bread on the other. Encourage the adults to do this, too!
When you read the story in rhyme, have participants hold up bread fingers when you say “5 loaves of bread” and hold up fish fingers when you say, “And 2 little fish.”

Read: “Loaves and Fishes,” from **Just Add Kids: Busy Boogie and Other Bible Dramas for Preschoolers**, by Abingdon Press, 2003, pp. 71-73.
(*Cutouts of fish and bread are found in **Just Add Kids: Busy Boogie and Other Bible Dramas for Preschoolers**, on page 73.)

Close with a prayer.

Closing Session: Prayer Stations and Worship with Communion

PRAYER STATIONS SUPPLY LIST: Sidewalk Chalk Paint (google it), paintbrushes & paper towels, globe, pins, small post-it notes®, pictures of food from around the world, glitter calming jars (mason Jars, google it & get a volunteer to help make them prior to the retreat), battery operated candles, pipe cleaners, Cheerios™, water, bowl, sea shells or rocks, Sharpies®,

For Closing Worship: Communion chalice and paten, grape juice, bread, gluten-free wafers

Station #1: Sidewalk Chalk Paint

Read the scripture out loud. Draw or write the name of your favorite food or meal with the sidewalk chalk paint. As you are drawing say a prayer of gratitude for the food that you love! Thank God for the farmers, for all of the people and animals that helped provide your favorite food!

Genesis 1:29

Station #2: Prayers for Our World

(Prior to the retreat do some research on how much food families all over the world eat in one week. Stick numbers on the globe on the countries you researched. Create a companion sheet correlating the numbers with the information on food consumption.)

Read the scripture aloud. Find a number on the globe. Then find the number on the sheets to see how much food families all over the world eat in one week. What kinds of food do you see that people eat in different countries? What food would you like to try in each country? Say a prayer for families near and far who might be hungry and need extra food. Say a prayer of gratitude for all of the families who have enough food to share. You could even pick a country and pray for the people who do not have enough food in that country.

Station #3: Meditation and Quiet Prayer

Read the scripture silently or whisper to your neighbor so that you don't disturb those who are praying. Light a candle (all of the candles are battery operated). Sit in silence for a few minutes and breathe in the things that you want in your life and breathe out the things that you do not want in your life. Shake up a glitter jar and put the jar on the table. As the glitter settles at the bottom of the jar, think about God's love surrounding you. Find peace and calmness in your time of prayer.

***Psalm 46:10**

***Philippians 4:5-7**

Station #4: Cheerio Bird Feeders

Read the scriptures out loud. Jesus talks about showing love by feeding those in the world - people, nature, birds and animals. Put the Cheerios™ on the pipe cleaner and bend the pipe cleaners into a shape that you choose. As you put the Cheerios™ on the pipe cleaners say a prayer of gratitude for all of the people, animals and birds in the world. Take the pipe cleaners home with you to hang in a tree, on your porch or in your neighborhood. Then watch for the birds to come and eat your Cheerios™!

John 21:17

Genesis 2:19

Station #5: Water Prayers

Read the scripture out loud. Think of all of all of the ways that you use water in one day. Share all of the ways that you use water out loud with a friend. Hold a rock in your hand. Pray for the families and communities in our world who sometimes need water. Ask God to help us find creative ways to provide enough water for those in need. Then put the rock in the bowl of water.

Isaiah 44:3