

Hunger Bits

*Doug Sensabaugh, Hunger Action Coordinator
Shenandoah Presbytery – No. 10*

We give gladly to help with hunger relief in many ways. Here are some of the programs we support through our contributions.

Coffee Fellowship: Hospitality Presbyterian Style: The Presbyterian Coffee Project is one way to help people in need while enjoying fellowship and an excellent cup of coffee. Presbyterian congregations that participate are supporting fair trade practices which complement our mission with farmers in Latin America, Africa and Asia, as well as our commitment to stewardship of the natural environment. Congregations participate simply by ordering **fairly traded coffee!** A women's group, youth group, mission committee or peace and justice committee might sponsor this project. As your congregation enjoys this high-quality coffee, take time to learn about its impact on the people who grow it. Read about coffee farmers, discuss issues of justice in the global marketplace and take action in the spirit of love.

Mountaineer Food Bank has been a leader since 1981 in the fight to alleviate hunger in West Virginia. Donations of food come from national companies, wholesalers, farmers and food distributors on West Virginia, as well as from the USDA foods program. They distribute more than 5.6million pounds of food each year to 438 feeding programs (food pantries) in 48 counties. They can turn a \$1.00 donation into \$14.64 worth of food. Mountaineer Food Bank is a member of America's Second Harvest food bank network.

Heifer International: Partner in Mission. Through hunger funds, Shenandoah churches helped save Waindo, Cameroon, after a natural gas disaster on Lake Nyos 18 years ago. Umaru J. Sule, Mid-Atlantic Regional Coordinator for Heifer, traveled back to his native Cameroon in March 2005 and found his idyllic village is returning to a better life. The accident had killed 1,745 people and 4,000 cattle. Today, Heifer has given families hope. Their children go to school; families have rebuilt; and communities are revitalized for the survivors. Heifer's support doesn't end in Waindo. The children know how the world supported them and are studying so they can build human bridges by passing on their knowledge, courage and dignity.

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