



## CORPORAL WORKS OF MERCY WEEK #3

### 3rd Sunday of Easter: Feed the Hungry

“For I was hungry and you gave me food...” Matt 25:35

**Readings:** Acts 5: 27-32, 40b-41 • Ps 30: 2, 4, 5-6, 11-12, 13 (2a)  
Revelation 5:11-14 • John 21:1-19

**Thought Starter:** In the gospel, the risen Jesus feeds the Apostle fish and then charges them to “feed my sheep.”

*Consider the following ways you and your family might embrace this corporal work of mercy:*

#### Learn more (Videos):

- Hunger in America [https://www.youtube.com/watch?v=Kcoe\\_jQcU2g](https://www.youtube.com/watch?v=Kcoe_jQcU2g)
- Kids Respond to Child Hunger <https://www.youtube.com/watch?v=OwluOVJAn-0>
- Tossed Out: Food Waste in America <https://www.youtube.com/watch?v=mLRjb6LdUFM>
- Hunger in America: [https://www.youtube.com/watch?v=Kcoe\\_jQcU2g](https://www.youtube.com/watch?v=Kcoe_jQcU2g)
- Eleven Facts About Hunger in the U.S.:  
<https://www.dosomething.org/facts/11-facts-about-hunger-us>

#### What can I do?

- Volunteer for one of our community meal partners.
- April is National Garden Month. Plant a garden so you will be able to give produce to someone in need.
- Find out how community gardens can supply fresh food for the needy: <http://www.usatoday.com/story/news/health/2014/04/14/community-gardens-grow-food-poor/7723745/>
- Find out how people all over the world are sharing their leftovers and surplus food with those in need: <http://www.theguardian.com/sustainable-business/free-food-sharing-leftovers-surplus-local-popular>
- Be especially mindful of gathering for meals as a family.
- Remember to give thanks for your food. Pray for those who will go without food today.
- Prayers for before and after meals: <http://www.catholic.org/prayers/prayer.php?p=887>
- Educate self and family regarding world hunger.
- Write to politicians regarding world hunger.
- Participate in Bread for the World (<http://www.bread.org/>) letter-writing to leaders. (This would also serve as a great example to students of the importance of reaching out to elected leaders.)
- “Pay it forward” at a drive through.
- Attend to the proper nutrition of your loved ones.
- Food Pantries in the Dubuque Area <http://www.foodpantries.org/ci/ia-dubuque>
- St. Stephen’s Food Bank, <http://www.ststephensfoodbank.org/about.html>
- Share your meals with others especially those who live alone. When you make a good meal at home some evening, make it a little larger and invite or deliver a meal to a lonely or elderly neighbor.

In 2015, our two parishes served approximately **8,000 meals to those in need**

In 2016, that number is expected to be **9000+ meals!**

**See next page for more info!**

## MEALS BY THE NUMBERS (IN OUR PARISHES)

### St. Patrick's

- Meals served each Wednesday at St. Patrick Wednesday Night Meal Program.
- The group usually plans for 120 each week. Sometimes the number that attends the meal may be 80 or could be 160.
- An approximate number of meals served this past year would be 6000.

St. Patrick Volunteers: 20

Meals were provided by the following: St. Raphael/St. Vincent DePaul (8); St. Joseph the Worker (6); St. Columbkille (6); Nativity (2) Extra help was provided by various other organizations such as Resurrection Religious Education, Holy Spirit Religious Education, 4 Oaks, BVM Associates, Archdiocesan Pastoral Center, and various school groups.

In January 2016, **St. Patrick St. Vincent DePaul Society** helped 66 families with a food voucher to Save A Lot and also a bag of nonperishable food from the St. Vincent DePaul Store. They also helped with 9 families with clothing from the St. Vincent Store, 16 furniture vouchers, 6 rent help, 4 utility help, bought 2 bus tickets, and helped with a copay to Crescent Community Health Center.

### Cathedral St. Vincent De Paul (SVDP) Conference

- 25 meals are scheduled in 2016:  
12 at Rescue Mission (served on Sundays)  
8 at St. Pats (served on Wednesdays)  
6 at 1<sup>st</sup> Congregational (served on Thursdays).
- Meals served in 2015: approx. 2000.
- This year 2016 with meals being served at: Mission, St. Pats, and 1<sup>st</sup> Congregational estimated meals to be served is 3000.

St. Raphael Meal Ministry (MM) members: 114 volunteers at present in 7 meal ministry teams made up of adults and children.

In January 2016, **St. Raphael Cathedral St. Vincent DePaul Society** handled 22 calls, making 13 home visits with 13 food vouchers to Save A Lot and 15 bags of nonperishable food from the St. Vincent DePaul Store. They also helped with 4 clothing vouchers, 6 furniture vouchers, 10 bus tickets and one family rent assistance.

## RELIGIOUS EDUCATION STUDENTS GET INVOLVED!

Religious Education students and families are involved in feeding the hungry too! The 8th and 9th grade RE kids served the meal at St. Pat's on 3/16/2016 and the 6th and 7th are serving on 4/6/2016

All Religious Education kids in Catholic parishes of Dubuque are collecting coins during April 2016 for KIDS AGAINST HUNGER to raise \$1000 and catechists will package **4000 meals** 5/11/2016. Learn more at <http://safeshare.tv/v/ss56e1d61e744d5> or <http://safeshare.tv/v/ss56e1d65b9e3ad>

**Prayer in Times of Hunger** • from Bread for the World | [www.bread.org](http://www.bread.org) | 2009

*God our Sustainer, We ask you to pour your powerful Spirit into all who are empty this day:*

*Fill the hearts of persons who are troubled.*

*Fill the minds of those who are confused.*

*Fill the stomachs of your children who are hungry.*

*Fill the souls of people who are feeling lost.*

*Fill the lives of all who need you, but do not know you.*

*May your Spirit fill us all to overflowing, and may we be inspired to share our abundance with others, so that there will be no more empty hearts and minds, stomachs and souls.*

*We pray all this in the name of Jesus Christ, who fills our lives with your endless grace. Amen.*