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# National Youth Project 2010-2012

## 12 For 12: Developing Full Communities

### Bible Study: Feeding Families

#### **THEME VERSE**

*All creatures look to you to give them their food in due season: when you give to them, they gather it up; when you open your hand, they are filled with good things. Psalm 104:27-28*

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#### **Note To Leaders**

Who can separate food from community? Food not only provides fuel for our bodies, it binds us together with those around us and through food we experience God's goodness.

As part of this Bible Study, your youth group is encouraged to make and share food together. Two suggestions are attached at the end of this study (making apple juice and perogies, a Ukranian/Eastern European potato-filled dumpling) but they are only suggestions. What you make will depend on your local context and the amount of time that you have to put into this event. Please consider making something that is both labour intensive and employs local, seasonal ingredients so that all the youth can be busy in preparing the food. It can get boring simply watching somebody else cook. Using local ingredients also helps to connect you with your local food producers. If your food making skills are a little undeveloped, consider enlisting the help of a "Celebrity Chef"—a member of your congregation or community who has good food skills and will let the youth get their hands dirty in the kitchen.

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#### **Preparing For the Event**

First read the theme verse from Psalm 104. Then ask the youth to describe one of the best meals they have ever eaten. What made it good? The quality of the food and the care that went into the preparation? Helping to make the food yourself? The setting? The company?

Explain to your group that you are going to prepare some food together as a way of thinking about the importance of food to community and as a way to think about the 12 for 12 project.

#### **Prepare Your Food**

#### **Debrief the Experience**

As a leader, you can make use of the questions below. As well, you should be prepared to make observations about your own experience and what you observed happening in the group.

What was it like to prepare food together? What was fun or frustrating? How is preparing food together different from preparing and eating food alone?

National Youth Project 2010-2012  
**12 For 12: Developing Full Communities**

## Read the Word

### ***Deuteronomy 14:22-29***

In this text, you will encounter a couple of words that may be unfamiliar: "tithe" and "Levite". In an agricultural setting, a "tithe" is the first ten per cent of a harvest or of a farmer's livestock. The "Levites" were one of the twelve tribes of Israel who were not given any land to farm because they were to be priests and helpers in religious rituals. As this text is read, listen for what happens to the tithe. Invite one person to read vs. 22-27 and another to conclude with 28-29.

## Wrestling With The Word

What happened to the tithe in the first two years? What happened in the third?

The book of Deuteronomy is portrayed as being one very long farewell sermon by Moses to the people of Israel after they have been wandering in the wilderness for forty years and just before they are about to enter into the promised land (and you thought your pastor preached long sermons!). God dreamed about giving the people a fresh start. An important part of that fresh start would be a new approach to food. In Egypt the Pharaoh owned all the land and the people who worked the land worked as sharecroppers. The Pharaoh took twenty percent of the produce of the land and kept it to make the Pharaoh's household rich. In Egypt many of the poor and the slaves did not have enough food.

The promised land, however, was God's land and God was about to give the land to these former slaves! Each family (except the Levites) was given a piece of land that was to remain in their family forever so that their family could always feed themselves. As a way of remembering that the land ultimately belonged to God and of God's incredible gift of the land, each year the people were to give ten percent of the harvest to God (remember Pharaoh took twenty percent) and instead of keeping it, God returned the food so that the people could have a big feast (sort of like Thanksgiving). Every third year, the food was set aside for those who did not have land to feed themselves: the widows, orphans, foreigners and Levites.

What would the people of Israel have learned about God and about food from their experience?

Possible answers: The land belonged to God not Pharaoh. Food was meant to be enjoyed as a gift from God. God wanted each family to be able to feed themselves. They needed to be generous with one another as God was generous with them.

## **12 For 12: Developing Full Communities**

Although the Biblical text we just read from Deuteronomy is several thousand years old, many people today can still identify with it. In many communities world-wide, their food situation looks a lot like the situation of the Hebrew slaves in Egypt under Pharaoh. Often in these communities much of the land belongs to large landholders and the people work as sharecroppers. Often there is not enough food and the people go hungry. In other communities, there is not enough money to invest in the tools or livestock that would make their food production more productive.

The development agencies of the Anglican Church of Canada and the Evangelical Lutheran Church of Canada, the Primate's World Relief and Development Fund and Canadian Lutheran World Relief, work to help communities



**National Youth Project 2010-2012  
12 For 12: Developing Full Communities**

become more like the people in the Promised Land, where communities have access to their own land and the ability to produce their own food so that they can prosper and be generous. Securing a good source of food is essential to communities as they pursue other goals such as improving education and health.

Here is a list of the symbolic gifts that a typical community might receive as a part of sustainable development. How would each of these gifts help to provide a stable and sustainable way of feeding families?

A Fish Net	A Sack of Seed Potatoes	A Flock of Chickens	A Pair of Goats
A Garden	A Bamboo Granary	Two Cows And A Plow	

### **How Can We Help?**

Food is an important part of all communities. What are some ways your youth group could share or celebrate the goodness of food in your community or congregation?

### **Supporting the National Youth Project**

Supporting the National Youth Project, 12 For 12, is a way to feed families in places around the world.

Lutheran Contributions can be sent to:

Evangelical Lutheran Church in Canada  
302-393 Portage Ave.  
Winnipeg, MB R3B3H6  
*Cheques payable to the ELCIC*

Anglican contributions can be sent to:

The Primate's World Relief and Development Fund  
The Anglican Church of Canada  
80 Hayden Street, Toronto ON M4Y 3G2  
*Cheques payable to PWRDF*

Please indicate that your contributions are a part of "National Youth Project: 12 for 12" so that we can keep track of our goal!

### **Closing Prayer**

God of all creation, we thank you that you love us so much that you supply us with our daily bread. Food is truly a miracle and mystery that we do not fully comprehend. Every time we eat, we ask that you fill not only our bodies but also our hearts with love and gratitude towards you. Help us to work so that every community has access to food so that all families may be fed. Amen.

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*A tradition in the ELCIC, the National Youth Project is a way for youth groups to engage a social justice issue, and to support a common project that addresses this issue. The project runs for two years, from national youth gathering to national youth gathering. 12 for 12 is the first joint Lutheran-Anglican project.*

National Youth Project 2010-2012  
12 For 12: Developing Full Communities

## Recipe for Apple/Crab Apple Juice

Making apple juice with this method is quite easy and it does not require any fancy equipment, but it does require letting the apples soak for 24 hours. Either your youth group can meet twice or an individual or small group can take care of the relatively simple final step.

You will first need to secure some apples/crab apples. Most communities have an abundance of apples or crab apples in the fall. If possible, go out and pick those apples together. The more active members of your group will enjoy climbing ladders and hanging out of trees. Small, bright red crab apples make a beautiful bright juice.

### Equipment Needed

- A knife and cutting board for each participant
- Large measuring cups
- As many really large pots as you can dig up
- A colander and cheese cloth
- A funnel
- sterile jars, bottles or containers to store the juice.

### Ingredients

- Cream of tartar
- White sugar

### Procedure

1. Remove any large sticks or leaves from the apples.
2. Chop the apples in half. Do not worry about removing stems or the blossom ends.
3. Place chopped apples in a large pot. For every four litres of apples, add four litres of boiling water and three teaspoons of cream of tartar.
4. Leave the apples soak at room temperature for 24 hours.
5. Strain the apples through a cheese cloth lined colander into a large pot.
6. Bring the juice to a rolling boil. This will not only help to dissolve the sugar but it will help to insure that your juice is pasteurized. Add sugar to taste. One half cup per four litres of juice is a good place to start with crab apples but youth may want it sweeter.
7. Place juice into clean, sterilized containers and refrigerate.

Consider sharing the juice at your next church potluck or fellowship time. The juice can also be mixed with ginger ale or soda water to make a punch.

## Recipe For Perogies

As a leader, it is advisable to experiment with this recipe first yourself. It takes a little knack to roll out the dough and pinch a perogy properly! If you have a perogy making expert in your congregation, they will have their own recipe and technique. You should definitely enlist their help.

### **Filling** (For approximately 6 dozen. Consider making multiple batches)

The filling is best made at a couple of hours or a day in advance so that it has the opportunity to cool.

1. Peel, boil and mash one kilogram of preferably locally grown potatoes (save the potato water for making the dough).
2. Add 200 grams of grated sharp cheddar cheese and continue to mash into the potatoes until the cheese is blended throughout.
3. Allow to cool for several hours or refrigerate overnight.

### **Dough**

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|--------------|---------------------------------|-------------|
| • 1 egg      | • 1 1/4 C potato water or water | • 1 T oil   |
| • 1/2 t salt | • 1/2 C milk                    | • 4 C flour |

1. Combine the wet ingredients and salt in a large bowl.
2. Add the flour and mix well.
3. Knead dough for a couple of minutes, return to bowl and cover with plastic wrap. Place dough in a warm (not hot) oven. It will be easier to roll out.

### **Assembling the Perogies**

It is best to employ an assembly line strategy for making perogies. One group will need to roll the filling into balls. One group will need to roll out the dough and make the circles and another group will need to pinch the perogies.

1. Roll the filling into 1 T sized balls (approximately 16 grams). Consistency in size is important because if the balls are too large for the dough, it will be difficult to pinch them shut. Consider having a kitchen scale on hand to weigh each dough ball as you make it. If the potato balls are too large or too small, feel free to adjust the size.
2. Take approximately 1/4 of the dough, place on a well floured counter and roll until it is approximately 1/8th of an inch thick.
3. Use a drinking glass or jar to cut out the dough circles (approximately 63 mm in diameter). Return the remaining dough to the oven to warm up again. It can be rerolled.
4. One side of the dough circle will be slightly stickier than the other. Stretch the dough circle slightly. Place the filling onto the stickier side of the dough, continue to stretch and pull the dough over the filling, pinching the edges together well. If you do not do a good job, the perogies will fall apart when boiled. There is nothing sadder.
5. If you are planning on storing the perogies, place them on a wax paper lined cookie sheet and pop them into the freezer. When they are frozen, store in air tight containers or plastic bags.
6. If you are planning on eating them immediately, bring a large pot of water to a boil. Place fresh perogies in the water about six at a time. Boil for two or three minutes, remove with a slotted spoon. Serve with melted butter, sour cream, fried onions, etc.