

under the sun

NEWS FROM THE PRIMATE'S WORLD RELIEF AND DEVELOPMENT FUND

THE ANGLICAN CHURCH OF CANADA

A PWRDF supplement
to the Anglican Journal



HANDS ON Join Devon Goldie, PWRDF Youth Council member and Sorrento staff, to learn about food security up close and personally at the Sorrento Centre this summer. See page 4. PHOTO: LUC STEELE

Fred says: Get involved in food security

Thanks to your PWRDF Diocesan and Parish Representatives the "Fred Says" campaign for global food security is gaining traction. Anglicans across the country are gathering for rice and bean suppers, they are jamming it up through musical events, some are enjoying cold plates, some are liking it hot. They are learning about the critical issues related to food security.

They have always been very committed to food aid. That's part of the relief work in the Primate's World Relief and Development Fund-- the provision of basic food and

clean water in humanitarian relief efforts after a natural disaster. We need think only of how generously Canadian Anglicans responded to the earthquake in 2010 in Haiti or the tsunami in Japan in 2011 and the hurricanes in the Philippines in 2013.

Food security is a kind of long-term companion to food aid. It's part of the long-term development work of PWRDF's partners. It's about ensuring a sustainable food supply. It enables a family or a community to say not only "We are not hungry now" but "We are not worrying about

being hungry in the future."

It may seem impossible to have any impact on such a massive issue—after all, 1 in 8 people in the world doesn't have enough to eat—but that is where I remember that no matter how big a challenge is, getting involved and making a contribution is key.

Fred Says is a way to get involved with PWRDF programs that are making a very real difference in the lives of Haitian students, Cuban families, Mozambiquans living with HIV, and refugees who are returning to their homes in Burundi after decades in exile.

Learning about these issues, and contributing to PWRDF partner programs that are enabling people to have enough food to eat today and into the future is helping to make food security a reality for more people every day. I believe food security is grounded in the principle of food justice and that great truth we dare to proclaim, by word and deed, that, "There is enough for all."

—The Most Rev. Fred Hiltz,
Primate, The Anglican Church of Canada

Healthier and helping

Anglicans in the Dioceses of Ontario and Quebec have taken up the Fred Says campaign in a fun way, challenging each other to lose weight to raise funds for PWRDF's food security work. The program, which began as the brain child of the Rev. Kate Ann Follwell in the Diocese of Ontario, caught the imagination of the Rev. Ruth Charleau in Quebec. "I was very motivated by reading about the Belly to Belly when reading it in the [Anglican] Journal and brought it forward to St. Francis Deanery and was

See *Belly to belly* on page 4

HELP ARCHBISHOP FRED HILTZ IMPROVE GLOBAL FOOD SECURITY



PWRDF'S LIFE-GIVING FOOD SECURITY PROJECTS INCLUDE:



Have you eaten today?

In Canada, we tend to greet one another with "How are you?" but in parts of the world where food is scarce, a more common greeting is "Have you eaten today?" In Mozambique, PWRDF and partners are working to support those living with AIDS by ensuring they have access to healthy food so that they can stay on their medication.



It's good to be full of beans

Beans and legumes are an inexpensive and very nutritious addition to any diet. In East Africa, PWRDF is working with partners to help communities diversify crops and increase yields of the healthiest food options available.



Let's jam

Fred says "As spring starts and gardens begin to grow, let's help urban Cuban farmers grow and preserve food." PWRDF is working with partners in Cuba to train farmers to grow diverse crops and to preserve food for seasons to come.



Some Like it Hot

Many families in Haiti are stretched beyond their capacity to feed everyone. Children are often kept out of school so they can work to help support the family. Providing a hot lunch at school in Haiti encourages parents to enroll their children in the school system and takes some strain off the families' food supplies. Bring children back to school, help keep them focused and alert to study and learn, free from the burden of hunger.



Take with food: Sifa Naru's story

In Canada, it's easy to assume that everyone has enough to eat, but in some countries, friends often greet each other with this question, and the answer they often receive is "no." If your friend hasn't eaten and you have extra, you generally share what you have.

Through Fred Says, PWRDF is encouraging Canadian Anglicans to share what we have with people like Sifa Naru, a widow in Mozambique. She stopped taking the anti-retroviral drugs (ARVs) that will control her AIDS because she couldn't follow the instructions "Eat with food" ...because she had no food.

ARVs are very harsh on the system, requiring a cushion of food in one's stomach to help soften the effects. Nutrition is also vital to giving the body enough energy to fight off the HIV with the help of the drugs. But patients like Sifa Naru are often bed-ridden by the disease and unable to work or farm for themselves until they are back on their feet, usually in about two months.

Her story inspired PWRDF to step in and provide food packets to Sifa and hundreds of other patients to tide them over until they are able to support themselves again.



HOW TO GET INVOLVED IN FRED SAYS



Visit fredsays.ca and download resources, watch the video, donate to the projects



Organize a **Fred Says event** for your group, parish, deanery, or diocese
• Any Fredism • Any Time • Anywhere!



Contact your **PWRDF diocesan representative** to learn more about what people in your area are already doing—maybe you can work together! If you don't know who your diocesan representative is, you can find a complete listing at <http://pwrdf.org/who-we-are/volunteers/pwrdf-diocesan-representatives/>



Order **PWRDF's annual resources**, which are all tied to Fred Says. They can make great additions to any program you are running for Fred Says!



Join us on **Social media**—use the hashtag **#fredsays** on Twitter. Post on the **PWRDF Facebook page** to let us know what you're doing. Pin recipes that you use at events on **Pinterest**. **Instagram** photos from your event. Ask questions, talk about food security and why you're supporting Fred Says. Get connected!



Come to the **Food Security week at the Sorrento Centre** this summer (see page 4). If you can't get there, look for the education resource that will be released after the week is finished and run it with your parish or group!



Send us **stories and photos** from your Fred Says events—we'd love to share the good news of your work on the campaign with others across Canada and with our partners around the world!



Keep an eye out for **+Fred himself**, who is regularly speaking around the country about the campaign.

Here are some ideas that other groups across Canada have done:

- Raffle off a basket of home-made jams
- A weight loss challenge/fundraiser
- A St. Patrick's Day Irish-themed dinner and fundraiser
- Show the Fred Says videos before church or during coffee hour
- Guess the number of beans in the jar
- A Youth-led fundraising dinner
- A parish group put up funds from their outreach budget to match donations to the campaign from parishioners



Sharing bread— A food security learning exchange

In his 1998 Massey Lectures titled, "Becoming Human," Jean Vanier wrote, "The word 'accompaniment,' like the word 'companion,' comes from the Latin words cum pane, which mean 'with bread.' It implies sharing together, eating together, nourishing each other, walking together... We human beings need to walk together, encouraging each other to continue the journey of growth and the struggle for liberation..."

PWRDF is excited to collaborate with Sorrento Centre, an Anglican retreat and conference centre on the shores of Shuswap Lake, B.C., in a week-long course titled, "Sharing Bread – A Food Security Learning Exchange" from June 29 to July 5, 2014. Facilitated by PWRDF staff members Sheilagh McGlynn and Suzanne Rumsey, the course is designed to explore the complex issues of food security both globally and in Canada in dialogue with partners from Cuba, farmers from Canada, PWRDF volunteers and other interested Anglicans.

The course will take as its starting point PWRDF's Fred Says campaign. It will explore themes such as food and health, urban farming, sustainable food production, and food aid vs. food security. Presentations, group discussions and activities will be complemented by opportunities to "dig a little deeper" on the Sorrento Centre Farm.

The course is being designed to equip participants to address food security issues in their parishes and communities to which they will return. A curriculum that brings together the resources developed for the course will be available for use at the local level, across the country as part of PWRDF's annual resources offering. Resources are also being developed for Sorrento Centre's children's program and it is hoped that there will be opportunity at various points in the week for



Learn about food security in many ways at "Sharing Bread" this summer!

PHOTO: DEVON GOLDIE

intergenerational learning.

And of course we will worship and share bread and stories about how food shapes our lives and the lives of those PWRDF accompanies throughout the world as we "walk together, encouraging each other to continue the journey of growth and the struggle for liberation."

For further information about the Sorrento Centre and to register for the Sharing Bread course, go to <http://www.sorrento-centre.bc.ca/2014-program-guide.html>

If you would like further information about the course, please contact Sheilagh McGlynn, smcglynn@pwrdf.org or Suzanne Rumsey, srumsey@pwrdf.org.

Belly to belly

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pleased with the feed back.. So the journey of the group began," she said.

Charleau and nine others from the deanery had their first weigh-in on March 8 under the supervision of Heather Bilkes Wharry, a nurse from the church in Fitch Bay, QC. Wharry is also providing nutritional counselling to the group to help them to eat better through the challenge.

Wanda Dillabough, another of the participants in St. Francis Deanery, said, "I joined the Belly to Belly initiative simply to help PWRDF and to motivate myself to lose a few pounds. What it has done for me over the last four and half weeks is much more than that. I am finding myself more thoughtful about my food choices and the impact that these choices have on those around me... I feel a lot better, and I have lost over five pounds, but it is also making me aware of the excess with which I have been living. I am spending less money on food that I cook for myself and I would like to continue contributing to the [Fred Says] program with my savings."

Michael Oulton, Bishop of the Diocese of Ontario, was one of the participants in the challenge in his diocese. "Our diocese has had a long commitment to stewardship education and this initiative from Deacon

Kate Ann Follwell was a "perfect fit" on so many fronts," he said. "Not only did we have an opportunity to learn about the many ways we can be good stewards of ourselves, but we also had the opportunity to learn about the ways our Church continues to live into our responsibility to be good stewards in support of one another throughout the world.

"The Great Commandment of Jesus is for me, the statement of perfect balance and harmony in a life that is rooted and grounded in love. Belly to Belly brought this need for balance and harmony into fuller perspective and I am deeply appreciative to Deacon Kate Ann and the many folk throughout the diocese who took this challenge to heart and had a lot of fun doing it."

Participants in the Diocese of Ontario had their first weigh-in on Epiphany, and their final weigh-in on Palm Sunday. The results for Bishop Oulton? A loss of 30 pounds. "OK my sponsors, it's time to head to the bank. (Thanks)," he wrote in a post on Facebook.

The Belly to Belly challenge has built community and increased health and nutrition in Canada. But it also helps people around the world. As Patricia Howe of St. Francis Deanery reminds us, "PWRDF is a great place to give the money as they help many, many people."

Thank you

Thank you to all Anglicans who make the work of PWRDF possible. Your ongoing generosity supports partners in Canada and around the globe as we strive to create a more just, healthy and peaceful world. Thank you also to all the diocesan and parish representatives, bishops, clergy, board members

and youth who volunteer their time, energy and enthusiasm as ambassadors for PWRDF. Supporting the work of PWRDF improves the quality of daily life for vulnerable populations by promoting global justice and self-sustainability. Your commitment is transforming lives.



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The Primate's World Relief and Development Fund THE ANGLICAN CHURCH OF CANADA
80 Hayden St., Toronto, ON M4Y 3G2
Call Jennifer Brown: 416-924-9192, ext 355 • 1-866-308-7973 • www.pwrdf.org

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