

Broken Bread Program Guide

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What is Broken Bread?

Acting on AIDS' Broken Bread is a creative tool for educating campuses and raising resources for those who are broken by AIDS, poverty, and hunger. These three issues feed each other in a vicious cycle: poverty is a key factor in the spread of AIDS in developing countries, and once the disease gains a foothold, it increases the severity of a community's poverty and hunger. Using an authentic poverty meal and engaging story cards, Broken Bread is intentionally designed to give participants an experience through which they identify with families broken by AIDS and hunger; intercede against systems of injustice and oppression, and interact with others who are passionate about making a difference.

Planning Broken Bread

The purpose of Broken Bread is to create awareness of the effects of global AIDS, poverty, and hunger. While the activity can work in various settings, it has the greatest impact as a campus-wide event that is accessible to all students.

Below are a few ways in which Broken Bread might be implemented, depending on the unique circumstances and goals of each campus:

- **Host a large, campus-wide event ::** This is perhaps the simplest format for Broken Bread. It can take place in the school's regular dining facilities or another large venue on campus.
- **Coordinate multiple Broken Bread meals simultaneously across campus ::** For instance, each dorm could host its own meal. This allows students to participate in a more intimate setting and within familiar groups. It can also help broaden leadership and ownership of the event and will limit the need for larger meeting spaces on campus. It is important to ensure, however, that every student on campus is invited to at least one meal.



- **Partner with campus dining services ::** Rather than create a meal that competes with the school's regular food services, a chapter could invite the school's dining services to help promote and execute the event. (Look under "Fundraising Through Broken Bread" for more on this and other ideas.)
- **Create complementary activities ::** The Broken Bread activity need not be limited to the meal and stories. It can occur in tandem with other events such as speaker forums, round-table discussions, or a concert designed to raise further awareness of the effects of AIDS and hunger. After participants eat their meals and share the story cards, they may appreciate the opportunity to learn more about global AIDS through a speaker's presentation, or to end the night in worship or concert. However, it is important that activities be organized so that they complement each other and do not detract from the impact of the Broken Bread meal.
- **Expand the impact by extending the experience ::** Broken Bread is designed to help students identify with those affected by AIDS and hunger. It is wise to consider ways to help students prepare for the stories they will experience. For instance, some chapters may encourage students to fast the day before the "feast" so they can better identify with eating only one simple meal a day.

Promoting Broken Bread

The goal of Broken Bread is to engage both existing chapter members and students who may not yet be interested in or passionate about the issues of global AIDS and poverty. When developing a promotional strategy, it is important to think of ways to extend an encouraging invitation to students who might not otherwise attend. Leaders can also consider ways in which students' hearts will be best prepared for their experience.

Below are some ideas for how a chapter can promote the Broken Bread activity:

- **Advertise in the right places ::** Hang posters around campus; distribute flyers to students; place table tents on tables. Use whatever advertising space is available for events on campus and consider making announcements in classrooms, student groups, chapels, or other public settings. Promotions should be visible to the entire campus community and attractively informative, providing all the details needed to get involved.
- **Partner with other groups on campus to ensure the activity is truly a campus-wide event ::** Collaborate with university administration, student life or ministry offices, and academic departments to help plan and promote Broken Bread on campus. Faculty may also be supportive by offering class credit, especially if the event is related to their subject.
- **Make the promotional message informative, yet intriguing ::** It should reveal just enough about the experience to make students curious. One strategy is to address potential participants as if they were the characters in the Broken Bread story cards, referencing each character's story in the promotion. In this strategy, the promotion will refer to the activity not just as a simple meal, but as a "feast" or the "one meal of the day," in keeping with the real-life perspective of many in the world who live in extreme poverty.
- **Make personal invitations ::** They're the best way to invite someone over for dinner! Every chapter member should personally invite friends to participate. In order to encourage someone who might not typically attend such an activity, it is important to go out of the way to make them feel welcomed and wanted. This might just expand someone's worldview and even change his or her life.

Setting Up Broken Bread

When students participate in Broken Bread, they are asked to identify with those broken by the combination of AIDS, poverty, and hunger. Though this identification naturally occurs through the meal and story cards provided, it is important that it be incorporated throughout the rest of the activity as well.

Following are a variety of set-up ideas that can help maximize the event environment.

- **If weather permits, hold the event outside at night ::** Eating on the ground in the cold may more closely simulate a situation of extreme poverty and help participants reflect on blessings they may take for granted.
- **Create a quiet, dark atmosphere and ask people to enter in silence ::** This will help participants become more focused and introspective for the experience.
- **Use props to portray situations of extreme poverty as depicted in the story cards ::** Consider creating an environment or environments that resemble the different countries in the stories.
- **Choose a creative food distribution method ::** Since the corn-soy blend (CSB) porridge is often distributed to large groups of people through emergency relief operations, participants could wait in silence in a long distribution line.
- **Display art, pictures, or information boards focused on the issues in the story cards ::** Besides the educational opportunity this presents, it also gives students an opportunity to contribute using their skills and talents. Leaders might even partner with relevant classes to have work produced for class credit.
- **Use the devotional piece at the end of this guide ::** “Broken People, Broken Bread” offers insights from Scripture that can prompt thoughtful reflection before, during, and/or after the meal. Print enough copies for all participants and hand them out with the meal.

Preparing the Corn-Soy Blend (CSB) Porridge Meal

Below is a recipe that makes approximately four one-cup servings of the CSB porridge meal. One cup is the typical serving size in most emergency food relief situations; this amount can be used in calculating the amount of porridge needed for the event.

If partnering with campus dining services, students may seek the staff’s assistance in preparing the porridge meal. If not, the staff should be consulted about local food handling laws and regulations.

Recipe:

1 cup CSB
1 cup cold water
2-3 cups hot water
1 tablespoon oil
1/2 teaspoon salt
1/2 cup sugar, or to taste (optional)

Directions:

Mix CSB with cold water until smooth and free of lumps. Add hot water and oil and stir to combine. Add salt and sugar (optional), bring to boiling, and cook for five to 10 minutes. The mixture thickens as it cools; if it is to be served hot, a total of three cups of water is enough, but if it is to be served cold, a total of four cups results in a creamier texture.

Fundraising Through Broken Bread

Broken Bread is an excellent opportunity to raise resources to help communities devastated by AIDS and hunger. Through World Vision, donations will help fight AIDS and hunger through HIV-prevention education and compassionate AIDS care, clean water, nutritious food, education, health care, and economic development. Fundraising can also be a blessing to those who give, especially as participants recognize the many ways in which they are blessed and the many needs that exist in the world they live in.

Below are some ideas on how to raise funds and involvement through Broken Bread:

- **Request donations for the meal ::** 1.2 billion people (one-sixth of the world's population) live on less than \$1 a day. For many of them, the Broken Bread meal would be greatly appreciated and valued. Participants can be encouraged to consider this meal through such a viewpoint and to give accordingly.
- **Collaborate with dining services ::** Perhaps the dining hall will donate funds or allow students to donate some of their campus dining points or dollars. Some cafeterias may allow students to shut off their account for a day with a portion of funds going to the cause.
- **Invite local churches and businesses to participate ::** Perhaps churches would even like to host their own Broken Bread activity. This community interaction helps educate others, shows them how young people are getting involved, and presents them with an opportunity to respond.
- **Provide other opportunities for involvement ::** Besides the option to donate toward the meal, hosting students can provide participants with further ways to get involved. This can include individual opportunities such as becoming a child sponsor or Hope Pledge Partner, but can also include new campus-wide fundraising goals such as a project from Acting on AIDS' gift catalog.

After Your Event

As with any fundraising activity, participants should be clearly informed how their funds are helping and updated on how much they have raised as a community.

Information and Resources

For more information or fundraising resources, please contact Acting on AIDS at actingonaids@worldvision.org or 1.888.876.2004.

Broken People, Broken Bread: A Devotion for Participants

Use this devotional piece to encourage thoughtfulness in those who partake of the Broken Bread meal. Make copies for each participant and hand them out with the meal and the Broken Bread story cards.

The Bible is full of verses about food. Jesus even says in John 6 that He is the bread of life, and that we are to partake of His body and blood. He made this statement after feeding more than 5,000 people with one boy's lunch—just five loaves and two fish. Through this miracle, He demonstrated that He can multiply the smallest offering we make to Him so that everyone can be filled, with more left over.

In fact, it is only through offering what we have to God that those around us can be fed at all. If the boy had tried on his own to divide his lunch (or his energy, resources, or talents) he would have gone hungry, and so would the thousands of others. This story is an illustration of the greatest commandment: by loving God with all our heart, soul, strength, and mind—in other words, giving him our whole “lunch”—we truly can love our neighbor as ourselves (Luke 10:27).

The feeding of the 5,000 took place one year before Jesus' last Passover meal. Both meals portray the mystery of broken bread from God's hands. A year before the Last Supper, Jesus said, “This bread is my flesh, which I will give for the life of the world ... For my flesh is real food and my blood is real drink” (John 6:51, 55). The night before He was crucified, He broke bread and said, “This is my body given for you; do this in remembrance of me” (Luke 22:19).

We live in a world racked with hunger and filled with broken people, both rich and poor. In order to make a difference in this world, we must understand what Jesus meant when He told us that He is the bread of life.

What does it mean for the poor? Poverty, especially in an era where there is more than enough food to feed the world, exposes a brokenness of community at the most fundamental level. It shows that those who have bread need to trust it to God's hands so that it can be multiplied for others. The “lunch” we have to give goes beyond our physical resources; it also includes our spiritual resources, our talents, our voices, our citizenship, and our prayers.

In Luke 4 we see that one of the three major temptations Jesus underwent was food-related. We experience this temptation every day. Each time we sit down to a meal we are presented with the desire to gratify our lusts by overeating. But most people in the world (more than 60 percent), if they eat at all, will only have the option of a simple meal such as you are experiencing through the Broken Bread activity.

It would seem that if one part of the world is suffering because it is overfed, and another part of the world because it is underfed, a compromise must be reached. Food is fundamental, both as a human right and as a means to understanding our relationship to God and one another through communion and fellowship. As you eat this meal, consider the spiritual implications of breaking bread with others. The Scriptures tell us that by carrying each other's burdens—which we can do by sharing what we have with the poor and our neighbor—“will fulfill the law of Christ” (Galatians 6:2).

During this meal, as you identify with the majority-world that eats simple foods such as this porridge or is living in hunger as a result of poverty or disease, consider how you will “break bread” with them just as you have received the broken bread that has been offered to you. What is the “lunch” that you have to offer?

To learn more about how the cycle of hunger is aggravated by the combination of poverty and disease, please read *A Guide to Acting on AIDS*.