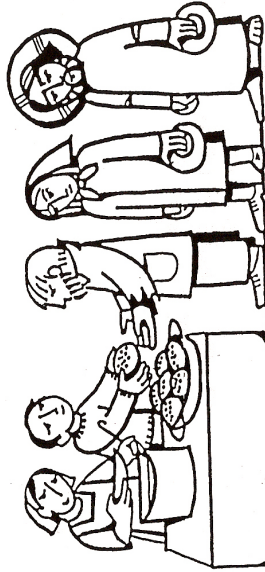


Wrap longways around a 16 to 20 oz. can, taping ends together. Regularly collected monies are forwarded to the person at church coordinating the 2 Cent-a-Meal Program where it will be divided half and half between local ministries and the Hunger Network in Ohio. Additional wrappers may be photocopied or requested by phone or email below.

1. *Deliverance to the needy (Psalm 72:1-7)*
2. *Laying up treasures (Luke 12:13-21)*
3. *Encourage the faint-hearted (Thessalonian 5:12-18)*
4. *God's gift to humankind (Ecclesiastes 3:1-13)*
5. *Workers' wages may differ (Matthew 20:1-16)*
6. *Promise to the poor; equity to the meek (Isaiah 11:1-10)*
7. *God lifts up the downtrodden (Psalm 147:1-6)*
8. *Bear the failings of the weak (Roman 15:1-6)*
9. *Difficulty for rich entering heaven (Mark 10:17-31)*
10. *Life like a watered garden (Jeremiah 31:10-14)*
11. *Sharing in suffering (II Corinthians 1:3-12)*
12. *The poor cried and were heard (Psalm 34)*
13. *Hospitality to strangers (Hebrews 13:1-3)*
14. *Hunger for righteousness (Matthew 5:1-16)*
15. *Having everything in common (Acts 4:32-37)*
16. *Swords into plow shares (Isaiah 2:1-5)*
17. *Associate with the lowly (Romans 12:9-21)*
18. *Water into wine (John 2:1-11)*
19. *A tender heart, humble mind (I Peter 3:8-12)*
20. *He who has no helper (Psalm 72:12-19)*
21. *"Pure religion" (James 1:27)*
22. *Good news for the poor (Matthew 11:2-11)*
23. *Strengthen the feeble knees (Isaiah 35:1-4)*
24. *No room in the inn (Luke 2:1-7)*
25. *To be rich in good deeds (I Timothy 6:17-19)*
26. *He who bears much fruit (John 15:1-5)*
27. *If the Lord wills (James 4:13-16)*
28. *Put on compassion and kindness (Colossians 3:12-16)*
29. *You do not yet understand (Mark 8:14-21)*
30. *Food and righteousness (Romans 14:13-23)*
31. *Count others better than yourselves (Philippians 2:1-4)*

"As you did to the least of these..."



...you did to me!"

(Matthew 25:40)

WHAT?
2 Cents-A-Meal is a program within congregations designed to remind us of the poor and needy at mealtimes. It encourages us to collect 2 pennies per person for shared hunger ministries as we give thanks for our own food. It also gives us ways to become involved in changing public policies and conditions tolerating hunger.

WHY?
Most of us rarely spend a day with nothing to eat. Yet hunger is an everyday fact of life for millions of people everywhere. Lack of food and malnutrition is a problem for many of our neighbors-nearby and far away. The question confronting us all is, "What can we do to make a difference?"

HOW?
Read the Scripture of the day, using the number of the day of the month. Prayers of thanks are offered for the food shared at this table and concerns are raised for those without food on their tables. 2 cents-a-meal from each person is then placed in the container. During the meal, the Scripture may be discussed along with ideas for helping those in need.

WHO?
The unique mission of the Hunger Network is to end hunger in Ohio. *The special strategies is to change conditions that cause poverty.*
For assistance or more information:
Hunger Network in Ohio
82 East 16th Avenue
Columbus, OH 43201
614-424-6203
Www.HungerNetOhio.org
HungerNetOhio@aol.com

2 Cents-a-Meal: A Spiritual Discipline of Prayers, Pennies, and Persuasion