

2. The poor in your midst are God's Trust; guard it and be not intent only on your own ease (54)
3. We think ourselves rich in our possessions and God recognizes our wealth is scanty therefrom (56)
4. Bestow God's wealth upon the poor (57)
5. If we set our hearts upon eternal, imperishable dominion, and everlasting life, we must forsake...mortal, fleeting sovereignty (55)
6. If poverty overtake us, be not sad; for in time the Lord of wealth shall visit us
7. Poverty is followed by riches, and riches are followed by poverty
8. Wealth is a mighty barrier between the seeker and his desire, the lover and his beloved (53)

BAHA'I

Bah'is believe that Bah'u'll-h is the latest of a series of divine Messengers that include Abraham, Buddha, Jesus, Muhammad and others. Each brings new spiritual and social teachings from the same Source—successive chapters of one religion from God. His essential message was of unity—the oneness of God, of the human family, and of religion. Bah'u'll-h said, "The earth is but one country and mankind its citizens," and that, as foretold in all the sacred scriptures of the past, now is the time for humanity to live in unity. Founded more than a century and a half ago, members of the Bah'i Faith live in more than 100,000 localities and come from nearly every nation, ethnic group, culture, profession, and social or economic background. Bah'is believe the crucial need facing humanity is to find a unifying vision of the nature and purpose of life and of the future of society.

9. (End of Ramadan) Be constant in prayer, and give zakat--required charity (Quran 3:110)
10. (Festival of Eid-Al-Fitr) Spend your wealth out of love for Him for your kin, orphans, wayfarers, for those who ask (2:177)
11. No true believer sleeps with a full stomach while his neighbor is hungry and he knows about it (Hadith)
12. God does not have mercy on one who does not have mercy on others (Hadith)
13. Almighty God ordered those who have to give enough to fulfill the needs of those who have not
14. Your worth in this world is the good you do for others
15. Feed the hungry! (Hadith)

ISLAM

Islam is committed to alleviating poverty and hunger. People are encouraged to seek the provisions God provides them from working. Healthy business practices are encouraged, like giving fair measure and creating a competitive market. A required tax on wealth, called *zakat*, is distributed to the poor and needy. Beyond that, support and charity to others is strongly encouraged, starting with their close family, then their neighbors and community, and then to anyone else. There is a special tax to be paid before the end of Ramadan to provide food for the poor. If someone can't fast for health reasons, or to atone for some sin, one can feed the poor. The month of fasting that ends on September 9th, reflects on what it is like to go hungry, placing special emphasis on cultivating spiritual development, compassion, and generosity to others, especially the poor.

16. Offer your compassion to the hungry and satisfy the famished (Isaiah 58:10)
17. (Yom Kippur) Share your bread with the hungry (Isaiah 58:7)
18. Raise your voice against injustice by contributing of your means (MAZON)
19. Let all who are hungry enter and eat (Haggadah: family seder)
20. Ending hunger is not a matter of *handouts*, but *hands up*
21. Support hunger relief that lifts families out of poverty
22. Give to the needy tools they need to build healthy, productive lives

JEWISH

Jewish tradition strongly emphasizes communal responsibility. Every Jew is responsible for every other Jew and that teaching combined with observing the commandments in the Torah defines a Jewish perspective toward life. The Talmud says, "If a person saves a single life, it is as if that person saved the whole world." MAZON is a national, non-profit agency that applies Jewish tradition to address the issue of hunger among people of all faiths and backgrounds. MAZON ("food" in Hebrew) has a dual purpose of providing for those who are hungry today, as well as addressing the systemic causes of hunger and poverty, both domestically and globally. The Organization seeks to put into practice the twin Jewish ideals of *tzedakah* (justice) and *tikkum olam* (repairing the world). It is a drive for social justice embodied in Jewish commitment to effective public policies that attack hunger at its roots.

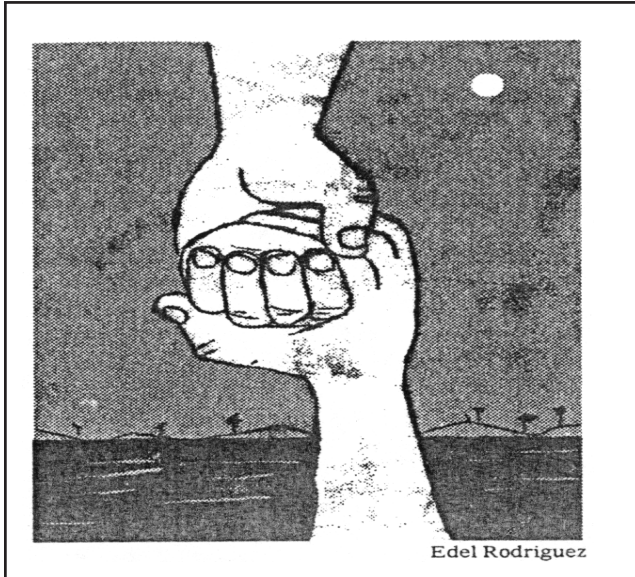
23. You are the Master of the breath of life, Companion of the forsaken, Destroyer of the pains of the poor (1273)
24. (The needy call out): "Please carry me across the terrible, deep dark pit of the world to the other side" (1273)
25. You are the Great Giver; We eat whatever you give us (652)
26. Merciful God, keep all beings and creatures in your care (1251)
27. Give them an abundance of grain and water; eliminate their pain and poverty (1251)
28. The Great Benefactor heard our cry; the parched earth was made green and my smoldering heart cool (1251)
29. Remember God, engage in honest labor, and share the fruites of that labor (Sikh motto)

SIKH

The Sikh Faith, one of the youngest major religions of the world, is an independent, divinely revealed, and monotheistic faith founded by Siri Guru Nanak Sahib (1469-1539 AD) in the south Asian region of Punjab. The Word of God is believed to be revealed through the Gurus who are considered perfect (not in the cycle of birth and death) sent by and in complete union with God for the benefit of all mankind. A person formally initiated into the Sikh faith is called *Amritdhari*. A Sikh follows the Guru's teachings and tries to live by them to achieve liberation while leading the life of an ordinary householder engaged in prayer, honest labor, and sharing the fruits of labor with others. A Sikh believes in tolerance for all religions and universal equality. Sikhs number approximately 20 million worldwide with about half a million Sikhs in the US and nearly a thousand Sikh families in Ohio.

"I was hungry..."

What?



"I was hungry" is a calendar-can wrapper of quotes for Hunger Awareness Month, September 2-29, 2010. They are intended for daily reflection, family devotions, congregational gatherings, etc. on the theme of overcoming hunger. They resonate common themes from four otherwise diverse faith traditions--Bahai, Islam, Jewish, and Sikh.

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 increasingly a problem for many of our neighbors—nearby and far away.

How?

Hunger Awareness Month reminds us of those in need and encourage us to become involved in changing public policies tolerating hunger. It calls us to spiritual discipline including collecting at least 2 pennies each day for hunger-related ministries in our local churches and beyond (**)

Where & When?

Placed on our dining table during mealtimes, these quotes supplement prayers of thanksgiving, stimulate discussion of opportunities for reducing poverty, and encourage action. Quotes may be clipped to carry as reminders of their messages for us throughout each day.

Who?

"I was hungry" is produced by the Hunger Network in Ohio, a faith-based, not-for-profit organization dedicated to end hunger in Ohio through addressing its root causes and changing conditions leading to poverty. Led by Judy Long, four contributors represent four faith traditions of Baha'i (Houshang Maani), Islamic (Sohail Khan), Jewish (Helena Schlam), and Sikh (Tarunjit Butalia).

For assistance or more information

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* **2 Cents-a-Meal** (AKA "Prayers, Pennies, and Persuasion,") is a spiritual discipline recommended by the Hunger Network in Ohio within partner congregations. Church members collect pennies during family and congregational meals. Once accumulated (every month or so), collections are divided in half between direct service, such as congregational food pantries, and preventive hunger ministries, such as the Hunger Network in Ohio. To use the wrapper, copy with flip side ("I was hungry...") on 8.5 x 11" paper. With Calendar facing out, wrap and tape around a 16 to 20 oz. can for collecting **2 Cents-a-Meal**. Keep visible and handy on dining table throughout September. Following the vertical broken lines, you may wish to cut out each day's quote,