

FAST for CHANGE 2010

Dear Friends,

Fast for Change 2010 calls us to approach the Source of all life and to look by the light of God's truth – to consider why so many are hungry and then to act in solidarity and love.

Come and See.

This is Christ's invitation to us at the beginning of John's gospel. Over and over He calls us to draw near to him and, from the light that is his presence, to open our eyes and see the world transformed. Like plants that need light to grow and thrive, we too must enter into the presence of Jesus to be nurtured spiritually.

World Food Day – October 16 – is a day churches across the country will join together to fast, pray, and reflect on what is required to produce the food that we rely on for our physical health. It is a time to consider what impact our daily activities have on agriculture and the production of food.

Images of fertile vineyards, cultivation and agriculture permeate the Bible, often likening people to plants, but Jesus' command to "feed the hungry" is not a metaphor. In a world of abundance, many are suffering from hunger while others face the consequences of over-consumption.

World Food Day falls on a Saturday – the Sabbath day God originally set aside for rest, which is another essential component of food production; soil must be allowed to sit fallow in order to be replenished with the nutrients that eventually make their way into our stomachs. Fast for Change also challenges us to see that during times of stillness great work is being done.

A new Resource Kit is available to help individuals and churches plan for meaningful participation in Fast for Change. Register at www.fastforchange.ca to receive resources including a reflection booklet, songs, prayers, sample worship service ideas, activities for children, a youth event and more.

Our hope is that this time of fasting and prayer would allow you to taste and see that that the Lord is good!

For more information please call 1-800-665-0377.

Yours Sincerely,



Ronald Kuhn
Executive Director
Adventist Development and Relief Agency Canada



ADRA Canada, a member of Canadian Foodgrains Bank, works with people in poverty and distress to create just and positive change through empowering partnerships and responsible action in 125 countries.

