

FILLING THE BOWLS

Youth Group Activity (For in-person gatherings)

Photo: Mwangi Kirubi

INSTRUCTIONS FOR LEADERS

Leader: Have the members of the group sit in a well-spaced circle on the floor. Give them each a plastic cup or small container of the same size (empty yogurt or sour cream containers that are 500g or less would work). Fill a bucket with rice (or another grain or something small that represents a grain) and place it in the centre of the circle. Hand out spoons and kitchen utensils of different shapes and sizes so that each person has one. Utensils can be different sizes and shapes, and it's good if at least one or two utensils have holes or are flat. Tell participants they need to transfer the grain they were given from the large bucket to their own container using their utensil. Stop after a few people have filled their containers.

TEXT FOR LEADERS

Discuss:

- How did the activity make you feel?
- Why were some people able to fill their containers much quicker than others?
- Some people in the activity had large, deep spoons that helped them fill their containers quickly while some people had small spoons or other utensils that made accessing the grains more challenging. Likewise, in real life, we do not all have access to the same resources. Some people have few difficulties in accessing food, others face many challenges. Can you name some of the challenges that some people in Canada and around the world may have when trying to access food?
- Sometimes people who have many resources (like money) say that they are blessed. Does that mean that others are not blessed?
- Were those who could fill their containers sooner more blessed by God than the others?
- How do you think God wants us to respond to those who have less access to resources?

**Be sure to sanitize the utensils before and after the activity. Youth can take turns going to the bowl if you'd like to be physically distanced from one another.*

PRAYER AND CLOSING OF SESSION

For this time of prayer, reflect on how people have walked alongside you in your life, or use the suggested prayer below.

A Franciscan Blessing

May God bless you with discomfort at easy answers, half truths, and superficial relationships, so that you may live deep within your heart.

May God bless you with anger at injustice, oppression and exploitation of people, so that you may work for justice, freedom and peace.

May God bless you with tears, to shed for those who suffer pain, rejection, hunger and war, so that you may reach out your hand to comfort them and to turn their pain to joy.

And may God bless you with enough foolishness to believe that you can make a difference in the world, so that you can do what others claim cannot be done to bring justice and kindness To all our children and the poor.

Amen.



For more Youth activities download our free resource Hunger for Justice: A Learning and Reflection Guide for Youth Groups, at foodgrainsbank.ca/hunger-for-justice