

R emember those

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C hains for

E vangelism

and those who are in

N eed of an

I ntroduction to the

G ospel, and those who are

H ungry or

T hirsty

For I was hungry and you gave me something eat, I was thirsty and you gave me something to drink...I was sick and you looked after me, I was in prison and you came to visit me.

Matthew 25:35-36

- Eat white rice once a week (or more if you choose)—all day or for your evening meal (Even if you eat as much as you want, a family of four can still eat a whole meal for less than \$1!)
- Set aside the money you would have spent on groceries or eating out to give to those who are hungry.
- If you were to make this trade for just one meal each week, you'd likely be able to feed, educate and medicate at least one orphan.

Photo: *The kitchen at the Nkumba Schools*