



Season for Nonviolence 2025

Week 2 February 6

Addressing Hunger Through Nonviolent Action

You pray for the hungry.

Then you feed them.

This is how prayer works.

Pope Francis

To our friends on the journey of the nonviolent Jesus,

Nonviolence means believing that our lives are linked and that what we do impacts the lives of others. So, it becomes imperative that we find ways to help fight hunger. The Catechism of the Catholic Church states, “The right to food is one of the most basic human rights. It is a fundamental human need that must be met.” (CCC 2402).

In the Know:

Hunger is both a cause and a result of conflict. War drives hunger, and hunger drives war. Food insecurity affects millions of people worldwide. 47 million people in the US face hunger, including 1 in 5 children. Millions are just one job loss, missed paycheck, or medical emergency away from hunger.

In the City of Milwaukee, 18.3% of people and an overwhelming 26.4% of children live below the federal poverty line. In 2020, 1 in 10 Wisconsin households (9.7%) experienced low or very low food security. (Hunger Task Force). Food insecurity is having limited or uncertain access to nutritionally adequate and safe food.

What does Scripture say about hunger?

For I was hungry, and you gave me something to eat; I was thirsty, and you gave me something to drink. Matthew 25:35

A Quiz!

[Take the US Food Insecurity Quiz](#) sponsored by the World Hunger Organization

A Nonviolent Hero Addressing Hunger



“When you talk about food and water, people don’t want a solution one week from now, one month from now. The solution has to be now.” Jose Andres, [World Central Kitchen](#)

Who to Contact to Stand Against Hunger Violence in Milwaukee:

[Hunger Task Force](#)

Active Nonviolence Opportunities: Hunger

Easy: Our Lady of Lourdes Food Pantry served 597 families & 1016 individuals during 2024. Consider adding a few additional items to your shopping list to support this ministry.

A Bit More: St Ben's uses rotating sponsors to provide a meal five nights a week. Our parish sponsors one of those nights every month. Donate food or serve at St. Ben's.

All In: All Saints Catholic Church located at 26th and Capital serves a hot meal every Tuesday and Thursday. They need help serving the meal to approximately 200 people a night. [Sign up to serve at the All Saints Hot Meal program.](#)

**Lord, make me an instrument of your peace: where there is hatred, let me sow love;
where there is injury, pardon; where there is doubt, faith; where there is despair, hope;
where there is darkness, light; where there is sadness, joy. Amen**