



DAILY BREAD

INTRODUCTION

If you're reading this, you've probably had your daily bread already. You woke up with a roof over your head. You probably had something to eat before you began your day. Hopefully, someone told you they loved you before you left home. This is normal life for most of us but not all. There are those who did not receive any of what you've been given today. They did not get their daily bread.

This one-day immersion involves experiencing homelessness, poverty, and justice-centered reflection. Meeting basic needs should not be a privilege; it is a human right that should be secured. This practice involves adjusting our views of humanity. The experience ends by challenging the participants to develop their own methods of creating community change.



ONE-DAY MISSION

GOAL

- Experience the struggles/triumphs of the homeless community while securing their basic needs.

LEADER'S GUIDE

YMCo One-Day Missions are mission outlines meant to be conducted in a variety of locations. The mission is focused on one goal and has two-to-three smaller objectives written into the experience. Leaders are invited to be creative with these one-day mission trips and adapt their immersion experience to their community and their participants. That being said, think of this as a guide and not the destination.

- **Gathering Notes:** Prior to the gathering, determine and explore the community garden for your immersion and contact the site leader.
 - Search Engine: [*Directory of Soup Kitchens, Pantries and Food Banks](#)
 - Designate adult group leaders for the experience and prepare emergency transportation as a precaution.
 - Be sure to ask members of the group if anyone has particular allergies or conditions that would make it hazardous or uncomfortable for them to participate in the garden work.
- **Experience Notes:** No matter your location, be sure to consult with the leader of the soup kitchen or food pantry, What exactly will the group be doing? What roles will need to be assigned? Prepare the group to dress weather-appropriately for walking from site to site. Bring snack lunches if you cannot eat at the soup kitchen. Make sure everyone will have access to water or brings water with them. If it's going to be a sunny day, don't forget the sunscreen!
- **Expand** your experience by traveling site to site via bus or walking to each location.
- **Break:** Leaders are encouraged to locate a public space with restrooms, a space to rest, and if possible, to have a snack and debrief before moving on to the next location.
- **Reflection:** Reflection time could be done as a whole group or broken down into small groups with the intention of coming back together. Set time expectations, establish group rules for how to determine speaking turns, what feedback sounds like, and how to keep up with responses/solutions.
- **Departure:** One suggestion is to use this time to challenge the group to walk or take a bus back to your home site. Remind them that for the homeless community, figuring out where you will rest for the night is essential. Use this time to end in prayer or thoughtful reflection. Feel free to continue the topic in the coming weeks.

VOCABULARY

- **Equal Opportunity:** the principle of treating all people the same, and not being influenced by a person's sex, race, religion, etc.
- **Equality:** the right of different groups of people to have a similar social position and receive the same treatment.
- **Human Rights:** basic rights that all people should have, such as justice and the freedom to say what you think
- **Inequality:** the unfair situation in society when some people have more opportunities, money, and better treatment. than other people.



ONE-DAY MISSION

IMMERSION

Gathering:

- The participants gather at a central or home location where they will return for either lunch or dinner.
- The participants will depart to observe and contribute to at least two soup kitchens and/or food banks.
- If/when possible, the participants will use public transportation to travel to their destination(s) and to return to their home location.

Experience(s):

- The use of **public transportation** is both a reality and a difficulty for the homeless community. It can take away from whatever wages they were able to earn as well as expose them to unwanted bias and attention.
- Introduction to ***soup kitchens** and their purpose.
 - Examine how soup kitchens provide basic meals and rest areas for the homeless community.
 - Discuss how soup kitchens receive donations and often run strictly, or primarily, on a volunteer basis.
 - Assess how local congregations can better contribute to the **end** of the need for soup kitchens.

Break:

- Once the participants have completed their soup kitchen experience, challenge them to continue their journey by searching for and getting to a public space where they can rest and find a restroom without needing money.
- During the break portion, these things should be occurring
 - discuss the participants' experience at the soup kitchen
 - you should be planning your journey to the next soup kitchen.
 - Discuss whether you will walk or use public transportation.
 - Did you eat at your site? If not, use your break to have a quick sack lunch (a meal that can easily be transported and thrown away).
- After the second break (30 minutes to 1 hour), continue to the reflection session.

Reflection:

- There are four tasks for reflection:
 - read and reflect over the session Bible verse
 - allow a time to examine emotions
 - create a space for discussion
 - to provide a space for creative solutions.
- Leaders are to use the reflection questions on the following page to analyze the participants' feelings and but are encouraged to begin by simply asking, "How the experience made everyone feel? What was noticed? How does everyone feel now?"

Departure:

- Once the participants have completed their reflection time, it is time to depart.
- Invite the participants to share what they hope to take away from the experience.
- Close by having a participant re-read the Bible verse.



ONE-DAY MISSION

BIBLE READING

"When you pray, don't pour out a flood of empty words, as the Gentiles do. They think that by saying many words they'll be heard. Don't be like them, because your Father knows what you need before you ask.

Pray like this:

Our Father who is in heaven,

uphold the holiness of your name.

Bring in your kingdom

so that your will is done on earth as it's done in heaven.

Give us the bread we need for today.

Forgive us for the ways we have wronged you,

just as we also forgive those who have wronged us.

And don't lead us into temptation,

but rescue us from the evil one.

"If you forgive others their sins, your heavenly Father will also forgive you.

But if you don't forgive others, neither will your Father forgive your sins

Matthew 6:7-15- Copyright © 2011 by Common English Bible

REFLECTION QUESTIONS

This prayer begins by acknowledging that earth isn't what it can be, that it can be better, it can be like heaven.

1. What do you imagine heaven to be like? How are people treated there? Do you imagine heaven to be a place where some are resourced and others remain in need?
2. How can we begin to create heaven on earth today? List three ways.
3. What challenges might be in our way to accomplishing that?

You have now experienced your daily bread. How can we ensure others get theirs?

1. Describe your experience here with others.
2. In the verse above, daily bread is tied to getting what you need for today. Describe what needs there might be beyond food.
3. What can you do to help secure people's needs, not just for today, but long term?

RESOURCES

- [*Human rights SMART Vocabulary: related words and phrases](#)
- [*Find Your Local Food Bank](#)
- [*Homeless Shelter Directory](#)
- [*National Coalition for the Homeless](#)
- [*National Park Service](#)
- [*Directory of Soup Kitchens, Pantries and Food Banks](#)

*Indicates an active link