



## At Home

October 18, 2009

Cooking

### Talk About It

How can we help each other in our family?

### Live It

Take a “feast and famine” trip to the grocery store. Buy double of selected staples like canned foods, boxed dinners, and pasta. When you get home, put one food item in your pantry of plenty, and save one in a bag to give away to someone experiencing famine.

### Pray About It

Loving God, we thank you for the abundance in our lives. Help to share our abundance with others in need. AMEN.