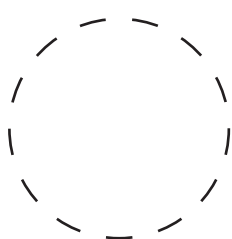
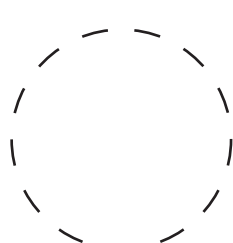
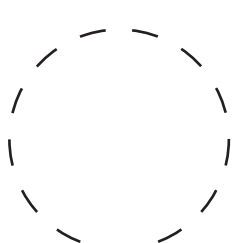
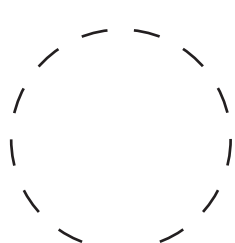
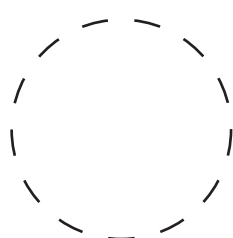
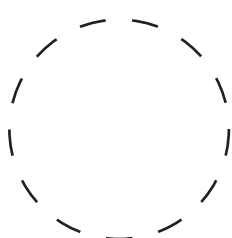
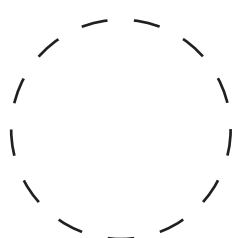
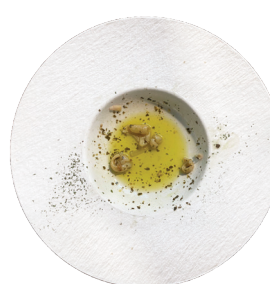


升 溫

Heated 的 Hunger



飢 餓



「我要使其中的糧食豐滿，使其中的窮人飽足。」  
"I will bless this city and make it prosperous; I will satisfy its poor with food."

詩篇Psalm 132:15

## 日期 DATE

2023大齋期、受苦節期間或教會  
自訂日期  
During 2023 Lent, around Good Friday or  
any other day chosen by your church.

## 形式 FORMAT

在崇拜、團契、小組、主日學或祈禱會  
等時段內禁食一餐，為飢餓一群的需要  
祈禱，並捐出節省下來的飯錢。  
Fast a meal together during worship service, small  
group, Sunday school or prayer meeting, pray for  
the needs of the hungry and donate the cost.

## 捐款用途 USE OF FUNDS

今年「饑饉一餐」籌得善款，將支持宣明會在  
南蘇丹及索馬里的工作，為貧困兒童及家庭提  
供緊急糧食援助、流動醫療服務及水利設施。  
Funds raised from this year's Skip-A-Meal will support  
World Vision to provide emergency food assistance, mobile  
medical treatment and water supply facilities for  
impovertised children and families in South Sudan  
and Somalia.