



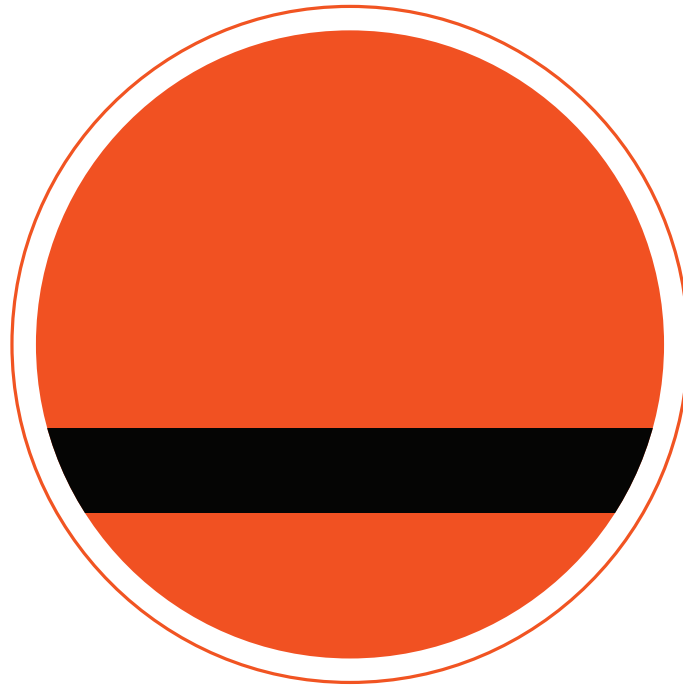
They come from different countries. They are raised in different cultures. They speak different languages. But one thing still brings them **all together**: the will of finding a place to call home. Refugees are united by one hope. And now, they are also **united by one flag**. An orange and black flag inspired by the life vests many brothers and sisters had to wear in their search for a safer land to live. An orange and black flag as a symbol of hope and solidarity. An orange and black flag to bring the world together to support refugees. Because they exist. They are millions. And they matter. While this crisis persists, we'll be on their side.\*



**WORLD  
REFUGEE DAY**

## A SYMBOLIC FLAG

JUNE 17 WORLD REFUGEE SABBATH [ADRA.org/WorldRefugeeSabbath](https://ADRA.org/WorldRefugeeSabbath)



“Which of these three do you think was a neighbour to the man who fell into the hands of robbers?” The expert in the law replied, **“THE ONE WHO HAD MERCY ON HIM.”** Jesus told him, **“GO AND DO LIKEWISE.”**

—LUKE 10:36, 37

There are various ways each church member can get involved to help refugees around the world. Here are some ideas and resources.



GET INVOLVED

JUNE 17 WORLD REFUGEE SABBATH [ADRA.org/WorldRefugeeSabbath](https://ADRA.org/WorldRefugeeSabbath)

## Share the Table

How to host a meal to pray, eat and act together in solidarity with refugees.

Share the Table brings people together for a meal as a simple but powerful way of reminding ourselves, our communities, and our leaders about our responsibility to ensure that all people, including all refugees, share in the abundance of God's good creation, and are able to live full, flourishing, and safe lives as He intends. It's about sharing a meal, sharing our stories, and sharing what it looks like for you personally, and as a community, to pursue justice for refugees around the world.

**“Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.”**

—Hebrews 13:2

We know that deep connection and conversation often happen around the table, while sharing a meal. It is our prayer that Share the Table provides you with the opportunity to demonstrate hospitality, while creating a space to learn, reflect and take action to support refugees.

### How to Run a Share the Table Event

#### *Planning your event*

- ▶ Get a team together early to help you brainstorm ideas for your event and help organise it.
- ▶ Venue and size. Share the Table can be held in any venue, and at any scale. An intimate event at someone's home with family, a bible study group or a few friends. Or it could be a bigger event involving your church, youth group or broader community - hosted outdoors, in your church, or at a community hall.
- ▶ Date and time for your event. There's no set date and time to host a share the table. Lining it up with a date that is close to World Refugee Sabbath is ideal, but it's important to think about when works best for the people your inviting, the venue your using and when your team have capacity to help out.
- ▶ Special guests. Decide if you would like to invite any special guests, such as a local politician, church leaders or a refugee or former refugee that could come and share their experience.



## Planning your Event, continued

- ▶ Invite people to attend. Depending on the size of your event, you may like to invite people personally, over email, or even broadcast an open invite through your church bulletin or via social media. If you have a special guest coming along, include this in your invite.

## Hosting Your Event

With the meal being the focus of your evening, you need to decide how you are going to cater the event and what food you are going to eat. If you are having a smaller event, you may wish to cater it yourself, otherwise a 'potluck' option may be easiest with everyone bringing a plate to share. If you are planning a large-scale event, you may even find a community catering enterprise that can cater—maybe even one that is run by refugees! Check out the "recipe cards" at the end of this page in the resources section for ideas of meals that you can prepare that celebrate the cuisines of some countries most impacted by refugee crises.

Aside from eating, there are a number of activities you can incorporate into your event or schedule separately, as you explore what it looks for you personally, and as a community, to pursue justice for refugees around the world. Here is a list of idea on what you can do to help.

- ▶ **Conversation Guide**

Use this guide to prompt meaningful conversations about what pursuing justice for refugees looks like for you and your community.

- ▶ **Sharing Stories**

Is there anyone around the table who is a refugee? Or anyone who has had experience with refugees? Make space for people to share their stories and personal experiences.

- ▶ **Letter Writing Activity**

As you come together, use your voices to encourage leaders to do all they can to pursue justice and compassion for refugees.

- ▶ **Prayer**

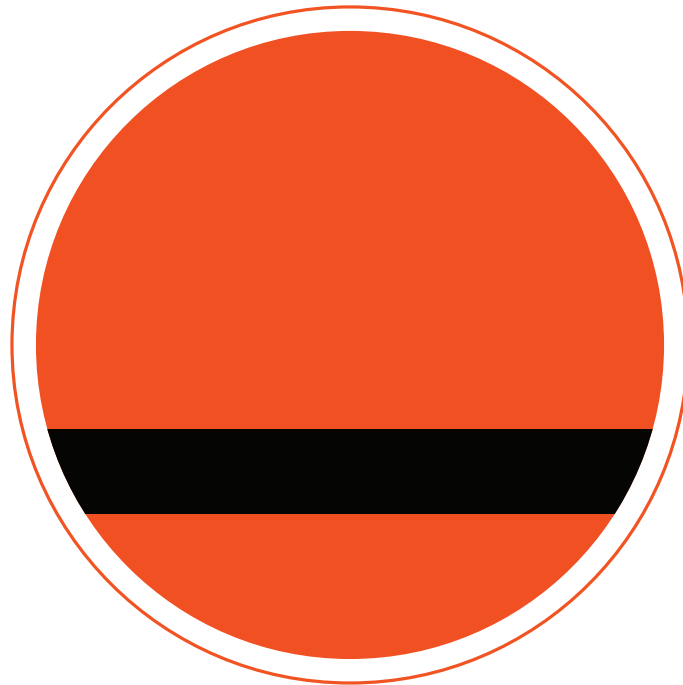
Coming together in prayer is so important, you can use the prayer provided on our Resources page as well as opening a time of open prayer.



## Other Ways for Deeper Engagement & to Help:

- ▶ Contact your local community services representative through your church, conference, or community to learn more about how you can participate in local services that help refugees.
- ▶ Make a welcome bag filled with important items such as toiletries, snacks, school items, and a few fun items such as a gift card or stuffed animal and deliver the bag to a refugee or someone new in your church, school, or community.
- ▶ Sponsor a donation drive in your church, school, or community to collect items such as new and gently used clothes, books, toys, or furniture that can be given to help refugees in your community.
- ▶ Host a fundraising event to raise money that can be donated to ADRA to support programs that help refugees.





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**WORLD**  
REFUGEE DAY

CALL TO PRAYER

JUNE 17 WORLD REFUGEE SABBATH [ADRA.org/WorldRefugeeSabbath](https://ADRA.org/WorldRefugeeSabbath)

## Praying for Refugees

### Praying Through a Story

Search this week's news stories for any stories about refugees. Read the stories together. Print or cut and stick a news story about refugees onto a large sheet of paper and then write sentence prayers for their needs all around the story.

### Praying for Those Making Difficult Decisions

One of the most difficult challenges for refugees is the choice they have to make between staying in a place where they are in danger or making a dangerous journey to another place that may or may not be safer. They have to leave their homes, communities, friends and loved ones. Sometimes the journey is very expensive and very dangerous.

### Different Refugees—Different Needs

Think about the different groups of people who may be travelling as refugees. What are their challenges and special needs as they move around in all weathers, perhaps with very little shelter or supplies?

- ▶ Babies
- ▶ Young children
- ▶ School age children
- ▶ Teenagers
- ▶ Young people
- ▶ Parents
- ▶ Older people
- ▶ People who are ill or disabled

Choose one of these age groups, list their needs, and think about how they might be feeling as they try to make their way to a safe place. Then pray for them. Or find a picture of a refugee in one or more of the age groups and write a prayer for their needs.



**WORLD**  
REFUGEE DAY

JUNE 17 WORLD REFUGEE SABBATH [ADRA.org/WorldRefugeeSabbath](https://ADRA.org/WorldRefugeeSabbath)

## All kinds of Emotions

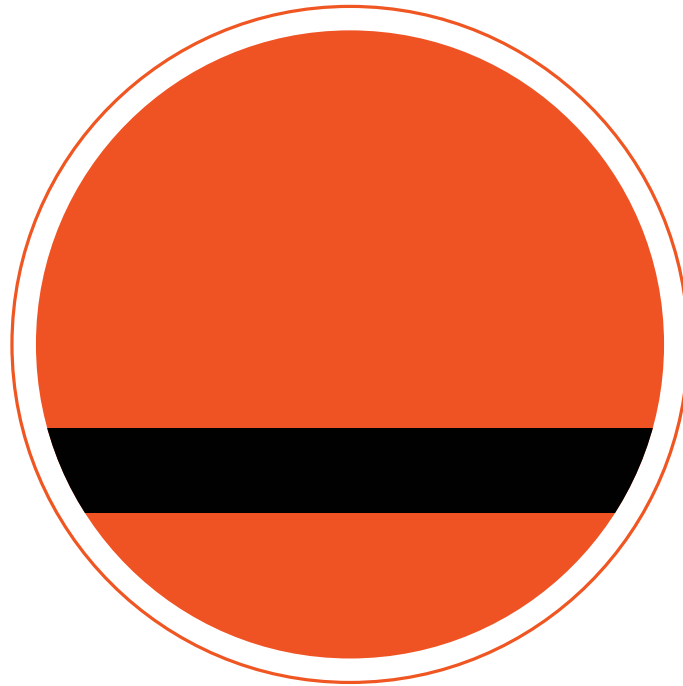
Imagine that you are a refugee running away from a dangerous place and making a long journey to safety. What are some of the emotions that you might be experiencing? Hope, fear, sadness, frustration, confusion, stress, exhaustion, peace, worry, etc.? Write each emotion on a different card. Place them face down on the table. Pick up a card and pray for all the refugees that are experiencing that emotion at the moment. What Bible verses help you when you have that emotion? Use the Bible verses to inspire your prayers. How might God care about all His children, everywhere. He is especially concerned about those in danger and those who are sad, struggling, alone, or frightened. Learn about the experiences of some of the refugees in a specific situation, place or context. Draw around your hand and imagine it is the hand of God. Draw some refugees in the palm of the hand and gently place them in God's hands, knowing that He is caring for them. Pray that the refugees will experience the peace of God in their hearts. Pray that they will feel how truly close He is to them, and how much He loves them.

## Praying for Softened Hearts

- ▶ Take a piece play dough, salt dough or clay—something soft that you can shape with your hands. Form it into the shape of a heart and feel how soft it is. God wants us to have soft and kind hearts, hearts of flesh, and not cruel hearts that are hard like stone (Ezekiel 36:26).
- ▶ Think about some of the people that the refugees will meet on their journey. Some will be kind and welcoming, some might treat them badly, some are officials with specific responsibilities to carry out, some will be uncertain and won't know what to do or say.
- ▶ Hold your soft heart. Pray for the different people who will meet the refugees on their journey. Pray that these people will have soft hearts and be especially kind and welcoming to them.
- ▶ Now take your soft heart and press objects into it to make a pattern or design that reminds you of the experience of refugees in some way. Let it dry out, paint it or decorate it, and use it to remind you to pray for refugees.
- ▶ Close with a prayer for refugees.







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–LUKE 10:36, 37

Children, youth groups, Sabbath School and families can explore issues related to the experience of refugees during worship times. Here are some ideas.

WORSHIP KIT FOR  
CHILDREN & YOUTH GROUPS



JUNE 17 WORLD REFUGEE SABBATH [ADRA.org/WorldRefugeeSabbath](https://www.adra.org/WorldRefugeeSabbath)

## Worship Ideas & Activities

### Biblical Refugees

Many people in the Bible were refugees in different ways. Noah's family; Jacob running away from his angry brother; Joseph when he was sold into slavery; Joseph's family when they moved to Egypt because of the famine; the Israelites when they fled Egypt; Naomi and her family who moved to Moab because of the famine in Bethlehem; Ruth, who left Moab to move back to Bethlehem with Naomi; and Mary, Joseph and Jesus. Which other Bible characters had to travel to a different country, or run away to a safer place because they were in danger?

Choose one of these stories, read it together, act it out, or create a scene from the story with things you have in your home. Then choose some of the following questions to discuss:

- ▶ What were the dangers for the person in the place that they left?
- ▶ What were some of the dangers they encountered, or could have encountered on their journeys?
- ▶ What were some of the potential dangers they might face in the place to which they travelled?
- ▶ What might have helped them to settle when they arrived at their destinations?
- ▶ Were there any people who were kind to them and helped them to settle in their new country?
- ▶ If you were one of the refugees in this Bible story, what would you have liked someone to do for you?
- ▶ Create a piece of artwork, poetry, or drama that expresses the dilemmas faced by refugees when they must balance the dangers of where they are living, with the dangers of a difficult journey and the potential dangers in the place to which they are going.
- ▶ Close with a prayer for refugees.



## Adventist Youth Society Program (AYS)— Refugee Psalm

Read Psalm 71. This has been described as The Refugee's Psalm. Read it in a Bible translation suitable for the ages of your children or teenagers.

- ▶ What does this psalm help you to understand about the experiences, thoughts and feelings of refugees? If you were to write a refugee's psalm today, what would you include, and why?
- ▶ Try writing a short psalm for refugees together, perhaps writing a verse or two each, and then putting them together. Emphasise the loving care that God has for refugees.
- ▶ Or create some pictures to illustrate Psalm 71.
- ▶ Or make a PowerPoint presentation using the words of Psalm 71 and photographs that are copyright free from [unsplash.com](https://unsplash.com). You could show this at church on World Refugee Sabbath.
- ▶ Or create a mime/drama to illustrate Psalm 71 with your friends and make a video of it.
- ▶ Plan something practical you can do together to care for the refugees in your area. What would you like someone to do for you if you were a refugee? Maybe there are children who would love to have some of your nice old toys, or some good clothes you have outgrown. Maybe there is a young person in your school who is a refugee and who needs a good friend. Find out if there is an organization caring for refugees near you and ask what they need.



## Family Worship—Jesus was a Refugee

When Jesus was just a baby—his family became refugees. Mary, Joseph and Jesus had to escape to Egypt very quickly because Jesus' life was in danger. Read the story in Matthew 2:13–23.

- ▶ Imagine that you are Joseph and Mary, and you have a small baby. You only have a few minutes to pack what you need for your journey and to make your home in a foreign country. What would you choose to take with you?
- ▶ Set a timer for ten minutes. Run around your home and look for some of the things that Mary, Joseph and Jesus might have needed. Bring them back to your family. Look



## Family Worship—Jesus was a Refugee, continued

at what you have all chosen. Can you carry everything? Is anything missing? What else might you need? What could you leave behind? What are some of the things that you can't take with you, and that will be very sad for you to leave behind?

- ▶ Fortunately for Mary and Joseph, the wise men had just given them very expensive gifts. Perhaps they sold these and used the money to help them travel and settle in Egypt for a few years?
- ▶ What do you think it would be like to move to a foreign country for a few years, for your own safety? Imagine you are Mary and Joseph arriving in Egypt. Your clothes are different, you don't speak the language, you don't have many things, and you have a young child. You don't know who to trust, and you don't understand the culture. How would you learn all the things you need to learn? What would help you to settle quickly and adapt? How would you learn the language? What would be some of the kindest things the local people could do for you? How would you let them know that you are trustworthy too?
- ▶ What have you learned about Jesus' family, and about refugees, by exploring his story?
- ▶ What do you like best about the story? What is the most important message of this story for you? What does this story tell you about God's love?
- ▶ Draw your own picture of Mary, Joseph and Jesus travelling to Egypt. Or write a journal entry from Mary or Joseph that they might have made during the journey
- ▶ Many great artists painted pictures of Mary, Joseph and Jesus escaping from Bethlehem to Egypt. Search online for some famous paintings of "The Flight into Egypt". Look at some of these pictures. How realistic do you think they are? What are they taking with them? What can you learn from each of the pictures?
- ▶ Search for some photos on the internet of refugees travelling today. How are these different from the old paintings? Look at one of the photos of the refugees and imagine the stories that the people could tell you. Write their story or write a poem that describes their feelings and their hopes. Or use one of the photos you have found to inspire a piece of artwork.
- ▶ Close with a prayer for refugees.



## Sabbath School—The Sheep & the Goats

Read the parable of the sheep and the goats in Matthew 25:31–46. Think about this parable in relation to the story of the refugees.

- ▶ Find out about refugees in your country and read about their story and their needs. Or look for an interview with a refugee in your country on the internet that you can watch or listen to.
- ▶ How can you be “sheep” and help to provide safety, food, clothing, and friendship to the refugees in your area? Know that whenever you do something to help and support a refugee, you are doing it for Jesus. Choose at least one of your ideas and put it into practice.
- ▶ Make a poster of different ways that you can support a young refugee person or a family. Share it with your church community and look for a good project that you can do together. Some churches have offered free language classes for refugees, a social gathering time where they can come together for food and fun, or they have sponsored a refugee family by helping them find good accommodation, work and things that they need.
- ▶ Create a drama or mime with your youth group, using the parable of the sheep and the goats, to highlight the need for caring for refugees.
- ▶ Use the parable of the sheep and the goats to inspire your prayer together. Each person can take one of the ways in which the “sheep” helped others and use it to inspire a brief sentence prayer for refugees.
- ▶ Close with a prayer for refugees.



## Sabbath School—Jacob’s Mixed Emotions

Many refugees have to flee from their homes and countries because it is not safe for them to stay. In the Bible Jacob had to run away from home because he had lied to his father and tricked his brother. Esau was so angry that he wanted to kill Jacob, so his mother sent Jacob on the long and lonely journey to her brother. Read the story in Genesis 27 and 28.

- ▶ Imagine how Jacob felt when he knew his brother wanted to kill him. Draw or create something to express his fear.



## Sabbath School—Jacob's Mixed Emotions, continued

- ▶ Imagine how he felt as he said goodbye to his family, never knowing if or when he would see them again. Draw or create something to express his sadness, and uncertainty.
- ▶ Imagine how he felt when he woke from his amazing dream! Draw or create something to express his hopefulness and joy.
- ▶ Read a story of a refugee and think about their emotions when they are living in danger; when they have to leave everything behind, even the people they love; and when they experience the kindness of God and others on their long, risky and challenging journeys to safety.
- ▶ Create something that expresses the different emotional experiences of a refugee. Divide a sheet of paper into sections that express the different emotions. Create a sculpture that expresses different emotions. Or write poetry.
- ▶ Close with a prayer for refugees.



## Vespers—Hopes & Dreams

Every refugee has hopes and dreams. They have made a difficult choice to leave a place that is very unsafe for them, make a dangerous and risky journey, and start to make a new life in a different environment and culture. It is often their hopes and dreams of a better, happier and safer life that helps them to make these difficult decisions and gives them the determination to persevere through all their challenges.

Think about these Bible characters, and what their hopes and dreams might have been. (Noah's family; Jacob running away from his angry brother; Joseph when he was sold into slavery; Joseph's family when they moved to Egypt because of the famine; the Israelites when they fled Egypt; Naomi and her family who moved to Moab because of the famine in Bethlehem; Ruth, who left Moab to move back to Bethlehem with Naomi; and Mary, Joseph and Jesus.)

- ▶ Invite each person in your family or group to choose one of these characters, or another Bible character who was a refugee.
- ▶ Spend time thinking about the different hopes that these people might have had, and how these hopes helped them when they faced challenges, dangers and discouragements along the way.



## Vespers—Hopes & Dreams, continued

- ▶ Stars are like hopes that guide us on our journey, just as they guided the wise men to Jesus. Cut out some large paper or card stars. On your star, write some of the hopes of the Bible character you have been thinking about.
- ▶ What hopes do you have? How do they guide you, and how do they help you when you face challenges and setbacks? How are your hopes similar to, or different from, the hopes of the Biblical refugees, and refugees today? Write your hopes on the other side of the star.
- ▶ Share your stars with each other. Talking about the hopes of Bible refugees and refugees today, and how they might be similar, and different. Talk about your own hopes too, and how they help to give purpose and direction to your life.
- ▶ Make a collage of stars, dream-clouds, colourful kites, etc. that express some of the hopes of refugees.
- ▶ What practical things could you do as a family or group to help some of the refugees hopes become realities?
- ▶ Close with one of the suggested prayer activities.

*Ideas prepared by Karen Holford—Family Ministries Director of the Trans-European Division*





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To celebrate the culture and cuisine of some of the countries most significantly impacted by the refugee crises, we have created a collection of recipes that you can use to inspire your cooking endeavours!



# Cholar Dal

ORIGIN: **BANGLADESH**

A traditional dish that does well with roti, paratha or any other kind of flat bread.



## INGREDIENTS

- ▶ 2 cups spilt chickpeas
- ▶ 1 bay leaf
- ▶ 2 Dried Red chillies
- ▶ 2 cardamom pods
- ▶ 1" cinnamon stick
- ▶ 2-3 cloves
- ▶ 1 tbsp fresh coconut finely chopped
- ▶ 4-5 slit Green chillies
- ▶ 1 tablespoon Ginger paste
- ▶ 1 tsp turmeric powder
- ▶ ½ tsp whole Cumin seeds
- ▶ 1 tsp Ghee
- ▶ 2 tbsp oil
- ▶ 2 tsp sugar or to taste
- ▶ Salt to taste

## COOKING INSTRUCTIONS

1. Soak Spilt chickpeas for 4-5 hours or overnight.
2. Wash and boil split chickpeas with ½ tsp salt. After boiling don't drain away the water.
3. Heat oil and then temper with cardamom, cinnamon, cloves, bay leaf, dried red chillies and whole cumin seeds. Stir it and then add the chopped coconut.
4. Fry the coconut until it is light brown. Add the ginger paste and stir it.
5. After 1-2 minutes add boiled spilt chickpeas and then add slit green chillies, turmeric powder and salt. Cook it for about 6-8 mins on medium heat.
6. Add ghee and sugar; cover the lid and remove from heat.



Recipe Source: *Banglarecipes*

# Chichinga Bhaji

Fried Zucchini

ORIGIN: **BANGLADESH**

A simple recipe that can be used with other similar vegetables like gourds or eggplants.

## INGREDIENTS

- ▶ 1 tablespoon oil
- ▶ ½ tsp kalojira (nigella)
- ▶ 1 tsp cumin seeds
- ▶ 1 or 2 dried red chillies
- ▶ 1 large onion, chopped
- ▶ 1 or 2 cloves of garlic, chopped

## COOKING INSTRUCTIONS

1. Heat the oil in a pan over medium high heat.
2. Add the nigella and cumin seeds and fry for 1 minute.
3. Add the onion and garlic and fry until translucent.
4. Increase heat to high and add in the Zucchini and the remaining ingredients except for the yogurt.
5. Stir fry for 5 minutes and then reduce heat to medium.

*continued on next page*

Chichinga Bhaji, continued

# Chichinga Bhaji

Fried  
Zucchini

ORIGIN: **BANGLADESH**

A simple recipe that can be used with other similar vegetables like gourds or eggplants.



## INGREDIENTS

- ▶ 3 medium Zucchini, peeled and cubed
- ▶ 1 tsp coriander powder
- ▶ 1 tsp cumin powder
- ▶ ¼ tsp red chili powder
- ▶ 1 medium bay leaf
- ▶ ¼ cup yogurt

## COOKING INSTRUCTIONS

6. Cover and cook, stirring occasionally until Zucchini is cooked (15–20 minutes).
7. Add in the yogurt and stir fry for 5 minutes.

Recipe Source: *The Bangladeshi Kitchen*



# Bae Ou Chin Hin

Golden Egg Curry

ORIGIN: **MYANMAR**

A beautiful curry that's mildly chilli hot.



## INGREDIENTS

- ▶ 4 large eggs
- ▶ 80 ml (⅓ cup) peanut oil or unroasted sesame oil
- ▶ ½ tsp turmeric
- ▶ 2 small shallots, minced
- ▶ 2 tsp minced garlic
- ▶ ¼ tsp red chilli powder or cayenne, or to taste
- ▶ 2 medium tomatoes (about ½ lb), finely chopped
- ▶ 2 tsp fish sauce
- ▶ ½ tsp salt, or to taste
- ▶ 2 or 3 green cayenne chillies, seeded and sliced lengthwise into 3 or 4 strips each

## COOKING INSTRUCTIONS

1. Place the eggs in a saucepan, add cold water to cover, bring to a boil, and cook at a medium boil for 8 minutes. Drain the eggs and cool in cold water. When the eggs are cool enough to handle peel them.
2. Heat the oil in a wide heavy frying pan (skillet) over medium-high heat. Add the turmeric and stir to dissolve it. When the oil is hot enough to sizzle when a drop of water is dropped into it, add the peeled eggs and fry until golden and a little blistered all over: cook on each side in turn, then try to balance the eggs on their ends to cook the tips. With a slotted spoon, lift the eggs out of the hot oil and onto a plate. Cut them lengthwise in half and set aside.
3. Pour off all but 2 to 3 tbsp of the oil (the oil can be used again for stir-frying). Heat the oil remaining in the pan over medium heat, add the shallots and garlic, and fry briefly, until translucent. Add the chilli powder and tomatoes and, stirring frequently to prevent sticking, cook at a strong simmer until the tomatoes have broken down into a softened mass, about 10 minutes.
4. Stir in the fish sauce and salt, then taste and adjust the seasoning if you wish. Raise the heat to medium-high, add the chilli strips, and stir. Place the eggs cut side down in the sauce and cook until the oil sizzles, about 3 minutes. Serve hot or at room temperature.

Recipe Source: *Burma: Rivers of Flavor*

# Khauk Swe Thoke

ORIGIN: **MYANMAR**

Noodle Salad

This is a hearty salad full of refreshing flavours and textures, and a favourite dish in Myanmar cuisine.

## INGREDIENTS

### SALAD

- ▶ 2 Asian red eschalots, thinly sliced, soaked in water for 10 minutes
- ▶ 500g flat thin egg noodles, blanched, refreshed
- ▶ 1 tbsp Chickpea flour
- ▶ 2 tbsp finely crushed peanuts
- ▶ 2 cups cabbage, thinly shredded
- ▶ Fish sauce to taste

### GARLIC OIL

- ▶ 150ml (1 cup) peanut oil
- ▶ 10 garlic cloves, thinly sliced
- ▶ Pinch of ground turmeric

### TAMARIND SAUCE

- ▶ 2 tbsp chilli sauce
- ▶ 2 tsp caster sugar
- ▶ 100g (1/3 cup) tamarind pulp concentrate

### GARNISH

- ▶ Chopped roast peanuts, chilli oil and lime wedges

## COOKING INSTRUCTIONS

1. To make garlic oil, heat oil over medium heat until hot and stir in turmeric. Add garlic and cook, stirring, for 2 minutes or until golden. Remove garlic with a slotted spoon and reserve. Remove oil from heat and set aside to cool. Place garlic in a sterilised jar (see Cooking Notes) and pour over oil. Leftover oil will keep for 1 month.
2. To make tamarind sauce, stir all ingredients in a small jug with 80 ml warm water to form a runny sauce. Set aside.
3. To assemble salad, drain eschalots and place in a large bowl with noodles, chickpea flour, crushed peanuts, 80 ml garlic oil, tamarind sauce and cabbage. Using hands, mix to combine. Season with fish sauce, to taste. Scatter with peanuts and drizzle with chilli oil. Serve with lime.



Recipe Source: SBS Food

# Bien Me Sabe

Coconut Cream Cake

## INGREDIENTS

- ▶ (1 cup) flaked coconut, toasted, to decorate
- ▶ ¼ tsp ground cinnamon, to sprinkle

## COCONUT CREAM FILLING

- ▶ 250 ml (1 cup) coconut cream
- ▶ 250 ml (1 cup) milk
- ▶ 6 egg yolks
- ▶ 2 tbsp caster sugar
- ▶ 2 tbsp cornflour
- ▶ 125 ml (½ cup) thickened cream

## BUTTERCAKE

- ▶ 200 g (1½ cups) self-raising flour
- ▶ 115 g (¾ cup) plain flour
- ▶ 295 g (1½ cup) caster sugar
- ▶ 185 g butter, softened
- ▶ 125 ml (½ cup) milk
- ▶ 3 eggs, at room temperature
- ▶ 1½ tsp natural vanilla extract or essence

## SYRUP

- ▶ 60 ml (¼ cup) water
- ▶ 55 g (¼ cup) caster sugar

## MERINGUE TOPPING

- ▶ 3 egg whites
- ▶ 165 g (¾ cup) caster sugar
- ▶ 1 tsp vanilla essence

ORIGIN: **VENEZUELA**

The Spanish name of this Venezuelan cake, bien me sabe, simply translates to 'tastes good to me'!

## COOKING INSTRUCTIONS

1. **To make the coconut cream filling**, heat the coconut cream and milk in a medium saucepan, over low heat, stirring occasionally, until almost simmering. Remove from heat. Use a balloon whisk to whisk the egg yolks, sugar and cornflour together in a heatproof bowl until well combined. Gradually whisk in the coconut cream mixture until smooth and well combined. Return the mixture to the saucepan over low heat and stir constantly with the whisk until the mixture thickens and comes to a simmer. Transfer to a heatproof bowl, cover the surface of the custard with plastic wrap and refrigerate for at least 2 hours or until chilled.
2. **To make the buttercake**, preheat the oven to 180°C (160°C fan-forced). Grease 3 x 20 cm (base measurement) square cake tins and line the base and two sides of each with one piece of baking paper. Place both the flours, sugar, butter, milk, eggs and vanilla in a large mixing bowl. Use an electric mixer to beat on low speed until combined. Increase the speed to medium and beat for 3 minutes or until the mixture is well combined and very pale in colour. Divide the mixture evenly among the lined tins and use the back of a spoon to smooth the surfaces. Bake for 20 minutes or until cooked when tested with a skewer. Cool for 5 minutes in the tins, then turn onto a wire rack to cool (this will take about 30 minutes).
3. When the custard mixture is well chilled, use an electric mixer with a whisk attachment or a balloon whisk to whisk the cream until soft peaks form. Fold into the custard. Cover and return to the fridge until ready to assemble the cake.
4. **To make the syrup**, combine the water and sugar in a small saucepan and stir over low heat until the sugar dissolves. Bring to a simmer, remove from heat. Set aside.
5. **To assemble the cake**, line a deep 20 cm (base measurement) cake tin with two strips of baking paper. Place the first buttercake inside the tin and brush one third of the syrup over the cake, then spread half the coconut cream filling evenly over the top. Top with another cake layer, brush with half the remaining syrup and spread with the remaining custard. Top with the remaining cake and brush with the remaining syrup. Cover the tin with plastic wrap and refrigerate overnight.
6. When ready to serve, make the meringue topping by combining the egg whites and sugar in a medium heatproof bowl and place over a saucepan of simmering water (make sure the bowl doesn't touch the water). Stir with a spatula until the sugar is dissolved and the mixture is heated through.



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# Bien Me Sabe

Coconut Cream Cake

## INGREDIENTS

ORIGIN: **VENEZUELA**

The Spanish name of this Venezuelan cake, bien me sabe, simply translates to 'tastes good to me'!

## COOKING INSTRUCTIONS

Transfer the egg white mixture to the bowl of an electric mixer and whisk with an electric mixer with a whisk attachment on medium-high speed until very thick and glossy and the mixture has cooled to room temperature. Whisk in the vanilla.

7. Spread the meringue topping over the top and sides of the cake. Sprinkle with the coconut and cinnamon. Use a blow torch to toast the meringue lightly on the sides, if desired. Cut into portions to serve.

Recipe Source: SBS Food



# Arepa de frijoles Venezolana

Black Bean Arepas

## INGREDIENTS

- ▶ ¼ cup plus 2 teaspoons vegetable oil
- ▶ 2 cloves garlic, chopped
- ▶ One 15-ounce can black beans, rinsed and drained
- ▶ 1 chipotle chilli in adobo sauce
- ▶ Kosher salt
- ▶ 1 small red onion, halved and thinly sliced

ORIGIN: **VENEZUELA**

A traditional Venezuelan snack!

## COOKING INSTRUCTIONS

1. Heat 2 teaspoons of the oil in a small saucepan over medium heat until shimmering. Add the garlic and cook, stirring until lightly golden, about 1 minute. Add the beans, chipotle in adobo sauce, ½ cup water and ½ teaspoon salt. Bring to a boil then remove from the heat and set aside. Combine the onion, lime juice and a pinch of salt in a small bowl and set aside.
2. Position a rack in the centre of the oven and preheat to 350 degrees F.
3. Stir together 2½ cups lukewarm water and 1½ teaspoons salt in a large bowl. Gradually add the corn meal into the water, using your fingers to stir and combine, until a soft and moist dough forms.

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# Arepa de frijoles Venezolana

ORIGIN: **VENEZUELA**

Black Bean Arepas

A traditional Venezuelan snack!

## INGREDIENTS

- ▶ Juice of 2 limes (about ¼ cup)
- ▶ 2 cups pre-cooked white corn meal, such as P.A.N.
- ▶ ½ cup fresh cilantro leaves
- ▶ ¼ crumbled Cotija cheese
- ▶ 1 small mango, thinly sliced
- ▶ 1 avocado, halved and thinly sliced

## COOKING INSTRUCTIONS

4. Divide the dough into 8 golf ball-size balls. Press each ball flat into an even ½-inch-thick patty.
5. Heat the remaining ¼ cup oil in a large skillet over medium-low heat until shimmering. Working in batches, cook the corn patties until golden brown, about 7 minutes per side (making sure the oil is hot for each batch). Transfer to a cooling rack set on a rimmed baking sheet and bake until the edges are crisp and golden, about 10 minutes.
6. Add the cilantro and Cotija cheese to the onions and toss to combine.
7. When the arepas are cool enough to handle, use a thin serrated knife to slice a third of the way through each arepa. Then use the knife tip to cut open the center of each to form a pocket, taking care to keep the sides intact. Wipe down the knife between cuts to remove any sticky cornmeal. Stuff the arepas generously with slices of mango, avocado, the onion mixture and beans.



Recipe Source: Food Network

# 2023 ADRA Refugee Sabbath Fact Sheet

We cannot look away from the global refugee crisis. Refugees are not statistics—but mothers, fathers, and children whose lives have been turned upside down by persecution, conflict, violence, or human rights violations.

We are witnessing the **highest levels of displacement on record**, so an understanding of the scale and global impact of the refugee crisis is important as we consider our response on a personal and global level.

The information below will be useful as you prepare for and participate in **World Refugee Sabbath** on 17 June 2023.<sup>1</sup>

There are **103 million** forcibly displaced people worldwide, according to latest data from the United Nations High Commissioner for Refugees (UNHCR). Among them are over **32.5 million** refugees, the highest population on record.

<sup>1</sup> All data sourced from United Nations High Commissioner for Refugees <https://www.unhcr.org/refugee-statistics/>, data release 5th May, 2023.

<sup>2</sup> Totals do not add up to 103 million due to differences in date range.

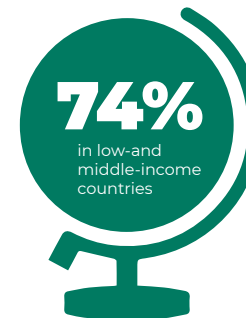
## Breakdown

**103 million** forcibly displaced people worldwide. That's 19 million people more than last year.



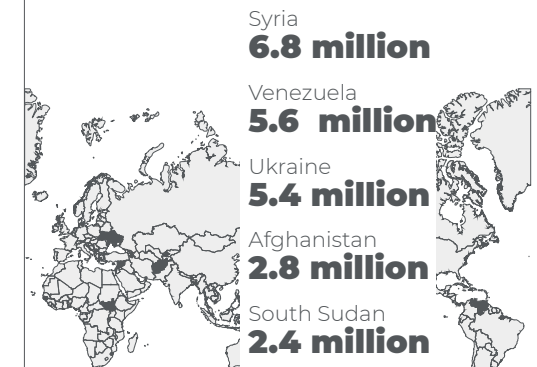
Category	Count
Internally Displaced Peoples (IDP)	53.2 million
Refugees	32.5 million
Asylum-seekers	4.9 million
Other People in Need of International Protection	5.3 million <sup>2</sup>

## Where the World's Displaced People are Being Hosted



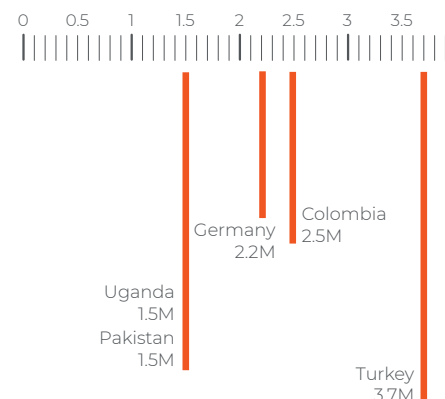
74% in low-and middle-income countries  
22% in least developed countries  
69% in neighbouring countries

## 72% of Refugees Originated from just Five Countries



*These figures do not include the hundreds of thousands of people predicted to flee increased violence in South Sudan from April 2023.*

## Top Refugee-Hosting Countries



## Displaced Children



Around 41% of all displaced peoples are children. 1.5 million children were born as refugees.

*All information as of 5 May 2023*