

A YEAR OF MERCY

mary's
meals

a simple solution
to world hunger

During this Extraordinary Jubilee of Mercy we continue our simple mission to give daily meals to hungry children in their place of education.

Thus we practice the first Corporal Work of Mercy – to feed the hungry.

“ It is time to return to the basics and bear the weaknesses and struggles of our beloved brothers and sisters. Mercy is the force that reawakens us to new life and instils in us the courage to look to the future with hope. ”

- Pope Francis

By feeding the world's poorest children, we allow them to experience God's Mercy, too. The meals draw them into the classroom where they gain an education that can set them free from poverty.

Ours is a simple mission; a fruit of prayer and a work of love.

A Mary's Meals Prayer

Our Father

Give us this day our daily bread

And forgive us for the times when we take more than our share
of the bread that belongs to all

Let us help You fill the starving with good things
Not with scraps from our table

Teach us how to share what is not ours to keep
Clothe us with Your love

That we may complete each good work You created us to do
Place in our hearts Your compassion for each starving child
And use our little acts of love so that they starve no more



“Let us be renewed by God's Mercy, let us be loved by Jesus, let us enable the power of His love to transform our lives too, and let us be agents of His Mercy, channels through which God can water the earth, protect all creation and make justice and peace flourish.”

Pope Francis



“ Mary attests that the Mercy of the Son of God knows no bounds and extends to everyone without exception.”
Pope Francis

Mary's Meals is named after – and belongs to – Our Lady, the **Mother of Mercy.**

She showed us how to practise Mercy, when she went to help Elizabeth; and at Cana when she showed Mercy to the wedding hosts by pointing to Jesus, her Son.

She is the masterpiece of God's Mercy and stood at the foot of the cross as Mercy was fulfilled. She was also a practical, loving mother, who became a refugee when she fled with her family to Egypt.

This Year we renew our prayer that we might continue, always, to do this work in a way that honours her and points to her Son.

Today more than one million children eat Mary's Meals each day. In the slums of Haiti, the dry lands of Turkana, and the refugee settlements of Lebanon, children's lives are being changed by our little acts of love.

But 59 million children are still missing school because of poverty. Thousands die each day of hunger-related causes even when it costs only £12.20 for us to feed a child for an entire school year.



BLESSED ARE THE MERCIFUL: THEY SHALL RECEIVE MERCY!

(MATTHEW 5:7)

Practical ways you can help with our merciful works this year:

- Pray for the work of Mary's Meals, using the prayer printed in this leaflet, or by incorporating those involved in our mission in your own prayers.
- Volunteer your time in your local community by contacting **volunteer@marysmeals.org** or calling **0800 698 1212**.
- Fundraise for Mary's Meals contact **ukfundraising@marysmeals.org** for support.



www.marysmeals.org.uk

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