

RENEWED IN HOPE



“ Often we come across people who are discouraged, pessimistic and cynical about the future, as if nothing could possibly bring them happiness. For all of us, may the Jubilee be an opportunity to be renewed in hope. ”
– Pope Francis, Spes Non Confundit (Hope Does Not Disappoint)

“ ‘Hope’ has always been my favourite word. ”
– Magnus MacFarlane Barrow, The Shed that Fed 2 Million Children

Pilgrims of Hope with Mary’s Meals

A Mary’s Meals learning resource for students aged 11 to 18, for the 2025 Jubilee Year



mary’s
meals

a simple solution
to world hunger

Pilgrims of Hope with Mary's Meals

Mary's Meals provides school meals to more than 2.4 million children living in some of the world's poorest countries. These meals are a great source of hope for children, their families and local communities, attracting children into the classroom and giving them energy to learn and opportunities for a better future for the next generation.

Mary's Meals is named after Mary, the mother of Jesus, who brought up her own child in poverty. We consist of, respect, and reach out to people of all faiths and none.

This resource introduces the work of Mary's Meals and helps students explore the idea of hope and the theme of this Jubilee Year. It also provides opportunities and ideas for them to become pilgrims of hope, by praying for our work, sharing it with others, and raising funds to support the children we feed.

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The 2025 Jubilee

Watch this one minute introduction to the 2025 Jubilee:

<https://www.youtube.com/watch?v=FBi5SCO2J88&list=PLKM6wyWJKrxdmZo5EPxDc1VbW4MOqzljm&t=80s>

The Jubilee is “a year of hope for a world suffering the impacts of war, the ongoing effects of Covid-19 pandemic, and a climate crisis.”

It is “a time to re-establish a proper relationship with God, with one another, and with all of creation.”

(Source: <https://www.cbcew.org.uk/jubilee-2025>)

What is a jubilee?



What is a jubilee? Which jubilees have you heard of?

The origin of the Christian Jubilee goes back to biblical times. The Law of Moses prescribed a special year for the Jewish people: “You shall hallow the fiftieth year and proclaim the liberty throughout the land, to all its inhabitants; it shall be a jubilee for you when each of you shall return to his property and each of you shall return to his family. This fiftieth year is to be a jubilee year for you: you will not sow, you will not harvest the ungathered corn, you will not gather the untrimmed vine. The jubilee is to be a holy thing to you, you will eat what comes from the fields.” (Leviticus 25:10-14)

The trumpet with which this particular year was announced was a goat’s horn called Yobel in Hebrew, and the origin of the word jubilee.

The celebration of this year also included the restitution of land to the original owners, the remission of debts, the liberation of slaves and the land was left fallow. In the New Testament, Jesus presents himself as the One who brings the old jubilee to completion, because he has come to “preach the year of the Lord’s favour” (Isaiah 61: 1-2).

(Source: https://www.vatican.va/jubilee_2000/docs/documents/ju_documents_17-feb-1997_history_en.html)



What do you find surprising about this explanation of a jubilee?

Transformative economics

Notice how transformative this explanation is:

- People got their land back (if they’d lost it by going into debt, for example).
- Enslaved people were freed.
- The land was allowed to recover for a year (just as the people, who lived really hard lives, had a chance to recover).

What might this mean for us today?

Explore different ways in which the Jubilee could make a difference to people's lives today. Think about the following topics and create a list of suggestions for change:

- Social issues including debt and land ownership
- Modern slavery
- Environmental issues

Taking it further

Read these quotations from *Spes Non Confundit* (Hope Does Not Disappoint) by Pope Francis:

- “Echoing the age-old message of the prophets, the jubilee reminds us that the goods of the earth are not destined for a privileged few, but for everyone. The rich must be generous and not avert their eyes from the faces of their brothers and sisters in need. Here I think especially of those who lack water and food: hunger is a scandal, an open wound on the body of our humanity, and it summons all of us to a serious examination of conscience.”
- “I renew my appeal that ‘with the money spent on weapons and other military expenditures, let us establish a global fund that can finally put an end to hunger and favour development in the most impoverished countries, so that their citizens will not resort to violent or illusory situations, or have to leave their countries in order to seek a more dignified life.’”
- “If we really wish to prepare a path to peace in our world, let us commit ourselves to remedying the remote causes of injustice, settling unjust and unpayable debts, and feeding the hungry.”



Did you miss any suggestions for change? Could you now add to your list? Are some of these suggestions more important than others?

School + Food = Hope

The motto of the 2025 Jubilee is Pilgrims of Hope. Hope is a really important word for Mary's Meals. Our message in a nutshell is School + Food = Hope.

Watch From Hunger to Hope, a four minute video about the work of Mary's Meals:

https://www.youtube.com/watch?v=4ntrZZ1_j_A

Today, it is estimated that 67 million primary school-age children are out of school. Instead of sitting in a classroom and gaining an education that could change their situation, they could be working or begging in an effort to survive. Millions more attend school so hungry that they are not able to concentrate and learn.

Mary's Meals' vision is that every child receives one daily meal in their place of education and that all those who have more than they need, share with those who lack even the most basic things. Working together with people who share our vision, we believe that it can be achieved in this world where there is enough food for everyone.

We firmly believe that the children who receive Mary's Meals today can one day grow up, well-nourished and well-educated, to become the men and women who will lift their communities out of poverty. We call them 'Generation Hope'.



SCHOOL + FOOD = HOPE

WHAT DOES MARY'S MEALS DO?

A simple solution to world hunger

Mary's Meals works alongside local communities to serve nutritious school meals to more than 2.4 million children every day. Around the world, many children are missing out on their education because of hunger. Our meals bring children

to the classroom and then give them energy to learn. This means they can make the most of their education, which can help them to break the generational cycle of poverty.



SCHOOL + FOOD = HOPE

MARY'S MEALS FACT FILE

£19.15

is all it costs us to feed a child every school day for a whole year



2.4 million children



16 countries

10p per meal



More than **700** UK volunteers



To find out more about our work visit: marysmeals.org.uk



What surprises you most about the information on this page?

What do you find most inspiring?

Can you create an infographic of your own, using the suggestions for change you created earlier?

Where can we find hope today?

Using the Mary's Meals website, explore different ways in which we can all bring hope to hungry children round the world in the 21st century. Think about:

- Why education and food matters: <https://www.marysmeals.org.uk/news/todays-students-are-tomorrows-future>
- The difference one person can make: <https://www.marysmeals.org.uk/our-story/our-people/meet-the-founder-magnus-macfarlane-barrow>
- Practical ways of providing hope: <https://www.marysmeals.org.uk/get-involved>

Create a page of suggestions for your class, year group, or school.

Create a blog post, outlining the work of Mary's Meals.

Find examples of ways in which the work of Mary's Meals is radical, simple, and hopeful.

Another great way to find out about Mary's Meals is by inviting a Mary's Meals speaker to visit your school. Contact us today to book your visit: info@marysmeals.org



Let's get moving

In the 13th century there was great suffering, caused by wars and diseases such as the plague: among the people there was a great desire to return to a more holy way of living. So, with great faith, many Christians travelled (on foot) to Rome, to pray at the tombs of the Apostles Peter and Paul and to receive the Pope's blessing, in order to obtain the grace and strength to carry on. They came in their thousands at Christmas in 1299. Due to their great number, Pope Boniface VIII, having enquired and learned the reason for their coming, and full of admiration for their faith, proclaimed AD 1300 a "year of forgiveness of all sins." It was the first ordinary jubilee.

(Adapted from: https://www.vatican.va/jubilee_2000/docs/documents/ju_documents_17-feb-1997_history_en.html)

Pilgrimages have become a key feature of jubilees since the beginning. There is a deep human need to step away from the ordinary frustrations of life and to reset by simply getting on our feet and moving. Pilgrimages are one way of doing this.

- They bring people together.
- They give them a common purpose.
- They provide inspiring examples.

As Pope Francis has pointed out, "the Christian life is a journey calling for moments of greater intensity to encourage and sustain hope as the constant companion that guides our steps." (Spes Non Confundit, 5)

He also reminds us that, "Setting out on a journey is traditionally associated with our human quest for meaning in life."



Why are pilgrimages still popular today?

What human needs do pilgrimages serve?

What are the spiritual benefits of pilgrimages?

Pilgrimages today

A sponsored walk is a great way to raise funds for Mary's Meals. To link into the Jubilee Year, you could make your sponsored walk a pilgrimage to a local holy place, taking time along the way and at the end to pray for the work of Mary's Meals.

For routes and advice on pilgrimage sites near you, have a look at www.pilgrimways.org.uk/walkingforothers and www.pilgrimways.org.uk

Pray for and with hope

Prayer has been part of the Mary's Meals mission from the beginning. We invite you to pray with your class for the work of Mary's Meals, that our school meals will bring hope to families in difficult circumstances.

Talk as a group about what you can pray for to help the work of Mary's Meals, using some of our prayer resources: marysmeals.org.uk/get-involved/churches-and-prayers

The 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

Amen

Save the date: Pray in May

You can support Mary's Meals in prayer throughout the year, but many supporters make a special effort to pray during the month of May, which is dedicated to Our Lady, after whom Mary's Meals was named. We provide special prayer resources for our Pray in May campaign, so be sure to check our website for these.

Journey in hope

At the beginning of each month, choose a country where Mary's Meals works. Find out about that country using the Mary's Meals website – marysmeals.org.uk – and talk together about what you have learned.

Pray as a group for the children receiving Mary's Meals in this country for the rest of the month. As you progress through the year, you can keep track of your prayer journey on a world map or globe.



Give hope

Raising funds for Mary's Meals is a powerful way to give hope to hungry children around the world. **It costs just 10p a day to feed a child with Mary's Meals at school, and £19.15 to feed a child for a whole school year**, so your class can make a powerful and measurable impact.

Porridge party

'Porridge' is the school meal we serve to children in Malawi, Zambia and Zimbabwe. Made from a vitamin-enriched corn soya blend this nutritious meal feeds more than 1.5 million children every school day, helping them to learn and grow.

To find out more, read this blog post: www.marysmeals.org.uk/news/porridge-from-production-to-plate

Invite parents and other members of your school community to learn about the work of Mary's Meals at a porridge party: cook up some porridge for your guests, and you could make other items like flapjacks to sell too. Create a beautiful display to share with your guests everything you have learned about Mary's Meals and encourage them to make a donation.

An enterprising approach

Focusing on the skills and talents that you have. What could you make or bake to sell for Mary's Meals? Could you put on a show or event?



You could brainstorm ideas as a whole class or in small groups.

You may each want to take a different area of responsibility, such as budgeting, planning, marketing and production.

However much you raise, together you will make a huge difference to children living in poverty. Count the profit and then work out how many children you are providing with a daily school meal. When paying in the funds raised, you can request a certificate to celebrate what you have achieved.

Why not work together with other local schools or your parish community to give hope to a whole school? Find out how to [Sponsor A School on our website](#).

Quick activities

Consider each of these words. Ask yourselves these questions. Watch these short films.

1. Faith



What is faith? How does it change lives?

Watch Making Mary's Meals in Benin:

<https://www.youtube.com/watch?v=zmi87b-yhSk>

2. Hope



How can the hungry have hope? Is hope just wishful thinking?

Watch From Hunger to Hope (for students aged 11-14):

<https://www.youtube.com/watch?v=vTq0KHUEK7s>

Watch Grains of Hope (14+):

<https://www.youtube.com/watch?v=vnuBppwHbsA>

Watch Lette's story of hope:

<https://www.youtube.com/watch?v=axZK3fcoOLc&list=PLe8HZ3hNdeBSyCvfNQM6gBNqPMcs61yOE&index=4>

3. Love



Is love all about feelings? What has love got to do with food?

Watch How do you get Mary's Meals to the top of a mountain:

<https://www.youtube.com/watch?v=Xu4gJunElxQ>

4. Pilgrims of Hope



What is a pilgrim? Are there some situations where hope can't survive?

Watch Felix Runs for Mary's Meals:

<https://www.youtube.com/watch?v=FESAT7VGYNy>

Explore further

Magnus MacFarlane-Barrow's Sunday Times Bestseller: The Shed that Fed 2 Million Children

Love Reaches Everywhere, film and resources:

https://www.marysmeals.org.uk/sites/uk/files/2022-05/Little-acts-big-difference-session-7_0.pdf

Pope Francis' document about the 2025 Jubilee, Spes Non Confundit:

https://www.vatican.va/content/francesco/en/bulls/documents/20240509_spes-non-confundit_bolla-giubileo2025.html

Pope St John Paul II's letter about the 2000 Jubilee, Tertio Millennio Adveniente:

https://www.vatican.va/content/john-paul-ii/en/apost_letters/1994/documents/hf_jp-ii_apl_19941110_tertio-millennio-adveniente.html

Pope Benedict XVI's letter on Christian Hope, Spe Salvi:

https://www.vatican.va/content/benedict-xvi/en/encyclicals/documents/hf_ben-xvi_enc_20071130_spe-salvi.html

PILGRIMS OF HOPE



marysmeals.org.uk

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Registered charity: SC022140 Limited company: SC265941

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