



During this Year of Jubilee, we continue our simple mission to provide hope through serving life-changing school meals to some of the world's poorest children.

In doing so, we invite everyone to be part of our beautiful work, living out the call of His Holiness Pope Francis in this Jubilee Year:

**“ I ask with all my heart that hope be granted to the billions of poor, who often lack the essentials of life. ”**

**– Pope Francis**

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.

**PILGRIMS  
OF HOPE**



Mary's Meals is named after Our Lady, the **Mother of Hope.**

She demonstrated hope in God through her faith and trust in His promises and her yes to becoming the mother of Our Lord. As she stood at the foot of the cross, she showed hope and courage even through her suffering, believing that this was not the end.

Today, more than 2.4 million children in 16 countries across the world, including

Haiti, Yemen and South Sudan, eat Mary's Meals every school day. Our nutritious school meals bring hope to families facing extreme hunger, attracting children into the classroom where they can gain an education that can set them free from poverty and give them a brighter future.

“ Rejoice in hope, be patient in suffering, and persevere in prayer. ”  
(Romans 12:12)

## 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



**SCHOOL + FOOD = HOPE**

£19.15

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



# SANJIT



“ I love the food.  
I enjoy eating it! It is often  
my only meal in the day.  
I feel positive, like I have a  
brighter future. ”  
– Sanjit, 13, India

## How you can help to bring hope this Jubilee year:



**Pray** for the work of Mary's Meals – you may wish to use the prayer printed in this leaflet.



**Give** hope through setting up a regular gift, including payroll giving. Call **0800 698 1212** or visit [marysmeals.org.uk/regular-giving](https://marysmeals.org.uk/regular-giving)



Become a pilgrim of hope by **volunteering** some of your time to share our work in your church or local community. Contact [volunteer@marysmeals.org](mailto:volunteer@marysmeals.org) or call **0800 698 1212**.



**Fundraise** for Mary's Meals, perhaps through a pilgrimage or sponsored walk with your church, starting a foreign currency collection, or by sponsoring a school – contact [info@marysmeals.org](mailto:info@marysmeals.org) for more information.



You can leave a legacy of **hope** for future generations with a gift in your will. Contact us about our **free will writing service**. Visit [marysmeals.org.uk/will](https://marysmeals.org.uk/will)

