

ADVENT REFLECTIONS 2021

mary's
meals

a simple solution
to world hunger

NOV 28

HOPE

WE PRAY

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.

NOV 29

Today, we remember the humble beginnings of Mary's Meals from a tin shed in the Scottish Highlands to a global movement feeding more than 2 million children every school day.

NOV 30

On Giving Tuesday, consider giving a gift of time, talent or treasure to support the work of feeding the next hungry child with Mary's Meals or with a local charity.

DEC 1

Start an Advent Blessings Jar: Write down something you are thankful for each day and place it in a jar. Read them all on Christmas.

DEC 2

"How we practice charity defines us as individuals. The way we encourage and foster it will shape the future of our societies."

Magnus MacFarlane-Barrow,
GIVE

DEC 3

"Education gives you the confidence to succeed!"

- Veronica, college graduate and former recipient of Mary's Meals. Today, pray for the dreams of the children of Mary's Meals, that they are brought to fulfillment.



DEC 4

Christmas Tree Prayer:
"Lord, May the sparkling lights of this tree remind us of the light and joy You bring, and to share these gifts with others. Amen."



DEC 5

PEACE

WE PRAY

Let us help You fill the starving with good things, not with scraps from our table.

DEC 6

Live out the generosity of St. Nicholas and consider setting a virtual place for a friend or family member at the Big Family Christmas dinner table.



DEC 7

"My soul magnifies the Lord and my spirit rejoices in God my Savior." Luke 1:46-47

- Mary, mother of Jesus, who knew what it was like to raise a child in poverty



DEC 8

Mary's Meals partners with BREAD Noida in India. Despite school closures because of Covid-19, we have been able to continue feeding children through community distributions. "During the school days, these children look forward to this daily meal, so we want to continue to help our children in some way."

DEC 9



13-year-old Loise loves to sing. She is one of more than 140,000 children receiving Mary's Meals in Liberia. Before dinner, sing a Christmas carol with your family and pray for those children who are not yet able to attend school.

DEC 10

Mary's Meals offers a vital lifeline to over 60,000 vulnerable children in South Sudan where life is burdened with internal conflict. Today, we pray for all those who work for peace amidst violence.

DEC 11

Mary's Meals serves a meal of rice and beans to more than 138,000 children in Haiti.

DEC 12

JOY

WE PRAY

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.

DEC 13

Many orphaned children in Myanmar are supported with Mary's Meals. Today, we pray for those who have lost their parents and feel alone.

DEC 14



12-year-old Moses lived on the streets in Kenya searching for food, but now with the strength from Mary's Meals, he aspires to be a doctor to help others around him. We pray for the courage to overcome obstacles in helping those near us.

DEC 15

Mary's Meals provides emergency relief to our program countries when needed. This year, we provided support to Haiti after the earthquake.

DEC 16



As we prepare holiday meals, we remember volunteer cooks like Rebecca from Blantyre, Malawi who walks more than a mile to prepare porridge, while carrying her seven-year-old daughter, Paulina.

DEC 17

Mary's Meals feeds more than 335,000 children in Zambia where nearly half of the population is under the age of 14. Consider donating food to a local youth charity.

DEC 18

We are reminded in Advent that Mary, Joseph, and the baby Jesus were refugees. Today, pray for the 4,208 children who Mary's Meals serves in the war torn city of Aleppo, Syria.

DEC 19

WE PRAY

LOVE

Place in our hearts Your compassion for each starving child and use our little acts of love so that they starve no more.

DEC 20

Mary's Meals feeds children in Niger, where only one in ten homes have electricity. Count your light switches and donate 11 cents per switch. 11 cents will buy one meal for a hungry child.

DEC 21



Today, please pray for all the children who are returning to classrooms amidst global uncertainty and for Mary's Meals to keep being able to reach the next hungry child.

DEC 22



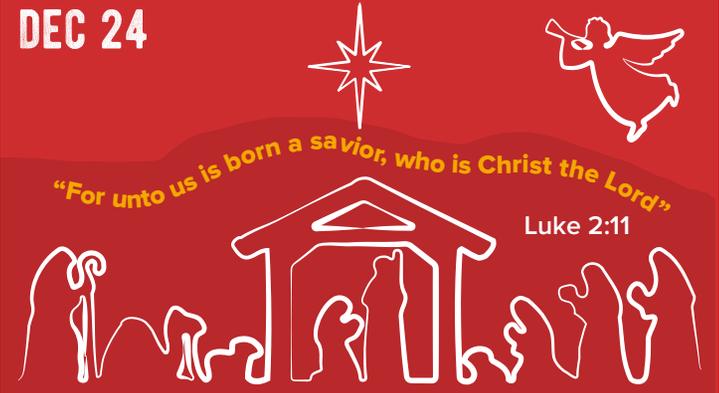
Often, the greatest gifts aren't wrapped, like volunteering time. Mary's Meals is able to reach more children thanks to countless little acts of love from thousands of volunteers all around the world.

DEC 23

"Little acts of LOVE are the most important acts of all."

Magnus MacFarlane-Barrow

DEC 24



"For unto us is born a savior, who is Christ the Lord"

Luke 2:11

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