

# How-to Guide



mary's  
meals

a simple solution  
to world hunger

Mary's Meals provides daily school meals to over 3 million of the world's poorest children in close to 5,100 schools.

Learn more at [marysmealsusa.org](https://marysmealsusa.org)

## Evening of Hope During Lent

A Mary's Meals film served with bread, soup and global love

Food changes the story  
Together we can make a difference

“Prayer, fasting, and almsgiving are the three pillars of Lent. Through them, we open our hearts to God and to our brothers and sisters.” — Pope Francis

Lent calls us not only to personal conversion, but to concrete acts of love. Feeding hungry children is a living expression of almsgiving — a way to let our prayer and fasting overflow into hope for others. An *Evening of Hope* invites your community to slow down, reflect, and respond together.

### What Is an Evening of Hope?

An **Evening of Hope** is a simple Lenten gathering that brings people together to:

- Pray and reflect during Lent
- Watch a short Mary's Meals film
- Share a humble meal of soup and bread
- Learn how feeding children transforms lives
- Respond through prayer, giving, or advocacy

It is intentionally **simple, welcoming,** and **rooted in the spirit of Lent.**



## Why Soup, Bread, and Film?

- **Soup and bread** reflect Lenten simplicity and solidarity with those who have less.
- **Film** allows us to listen deeply to the stories of children, families, and communities.
- **Community** reminds us that hope grows when we act together. This evening is not a fundraiser first — it is an *encounter*. Giving flows naturally from hearts that have been moved.

## Sample Evening Flow (60–90 Minutes)

### 1. Welcome & Opening Prayer (5–10 min)

Share the opening scripture or quote and a short prayer.

### 2. Film Screening (10–20 min)

Invite quiet reflection during the film.

### 3. Silent Reflection (2–3 min)

Allow a moment of silence after the film.

### 4. Soup & Bread Meal (20–30 min)

Encourage simple conversation and fellowship.

### 5. Guided Reflection or Discussion (15–20 min)

### 6. Invitation to Respond (5–10 min)

Share simple ways to support Mary's Meals:

- Prayer
- One-time or ongoing giving
- Sharing the mission with others

### 7. Closing Prayer (5 min)



## Guided Reflection or Discussion Questions for Lent:

Here are some quotes about Catholic Social Teaching that can be reflected on :

**Pope Francis — Hunger as a Moral Issue** “Hunger is not a problem that can be postponed. It is a matter of justice.”— Pope Francis

**Saint John Paul II — Solidarity** “Solidarity is not a feeling of vague compassion...It is a firm and persevering determination to commit oneself to the common good.”— Sollicitudo Rei Socialis, §38

**Corporal Works of Mercy — Feeding the Hungry** “The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities...to feed the hungry...”— Catechism of the Catholic Church, §2447

1. In what does the movie you have just seen connect to these quotes? What stayed with you?
2. How might I have lived this well?
3. Where do I see God calling me to grow?
4. Where do you see hope ?



## Check List: Film Screening

### Before the Event

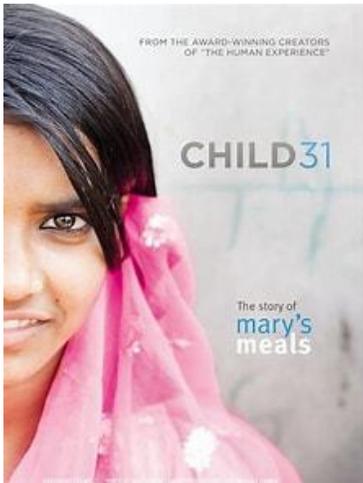
- Discovery meeting with venue sponsor/collaborator – parish, university, school, youth group, prayer group...
- Select a suitable venue and date.
- Send out Save the Date
- Promote event (use Eventbrite if appropriate for RSVP)
- Arrange for catering and refreshments.
- Organize transportation and parking arrangements.
- Production of event assets like posters
- Coordinate with Mary's Meals for fundraising page, Venmo, QR codes, books, flyers, stickers

### During the Event

- Open with Prayer (order the Mary's Meals Prayer Card)
- Booth and Event Assets set up
- Ensure all technical equipment is functioning properly.
- Welcome guests and provide them with event programs.
- Facilitate a discussion
- Invite attendees to become monthly donors, sponsor a school, become an ambassador or other.

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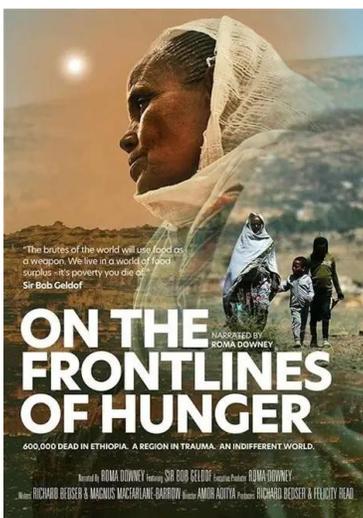
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Experience the power of a daily meal as our CEO Magnus-MacFarlane-Barrow visits some of the communities where Mary's Meals are served.



Follow Hollywood actor Gerard Butler's heartwarming adventure as he travels to Liberia and Haiti with Mary's Meals' founder, Magnus.



Our new documentary highlights the hidden hunger crisis in Tigray, Ethiopia – where millions face starvation after years of conflict and isolation. On the Frontlines of Hunger shares the voices of families, children, and local heroes working to keep hope alive.

