

ADVENT REFLECTIONS 2020

mary's
meals

a simple solution
to world hunger

NOV 29

PEACE

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 30

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 1.6 million children every school day.

DEC 1

It's Giving Tuesday! Please consider giving a gift of your time, talent or treasure to support our vital work to reach the next hungry child with Mary's Meals.

DEC 2

Start an Advent Blessings Jar. Write down something you are thankful for each day and place in jar, reading them all on Christmas.

DEC 3

"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 4

Spread joy, and live out the generosity of St. Nicholas, by coming together with your loved ones around our virtual dinner table. Set your places at BigFamilyChristmas.com

mary's
meals
Big Family
Christmas

DEC 5

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 6

HOPE

WE PRAY

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

DEC 7

"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 8



"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 to raise a child in poverty

DEC 9

Mary's Meals partners with BREAD Noida in India. Despite school closures because of Covid-19 we have been able to continue feeding children with 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 10



13-year-old Loise loves to sing. She is one of more than 150,000 children receiving Mary's Meals in Liberia. Before dinner, sing a Christmas carol with your family and pray for those children who are not able to yet attend school.

DEC 11

Mary's Meals offers a vital lifeline to over 36,000 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 12

Mary's Meals serves more than 52,000 children in Haiti a meal of rice and beans. Consider a dinner of rice and beans in solidarity with those we serve.



DEC 13

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 14

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 15



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 16

Mary's Meals feeds children in Niger, where only one in ten homes have electricity. Count your light switches and donate 13 cents per switch. 13 cents will buy one meal for a hungry child.



DEC 17

Mary's Meals feeds more than 191,000 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 4,403 children who Mary's Meals serves in the war torn city of Aleppo, Syria.

DEC 19



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 20

LOVE

WE PRAY

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

DEC 21



Please pray for children all over the world amidst global uncertainty and for Mary's Meals to keep being able to reach the next hungry child.

DEC 22

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

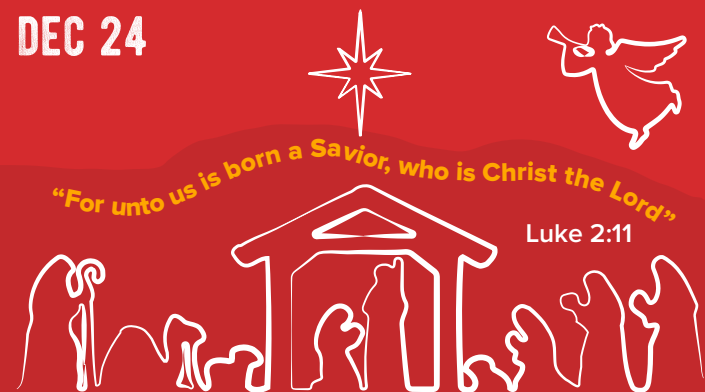
Magnus MacFarlane-Barrow

DEC 23

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 24



mary's meals

a simple solution to world hunger



MARYSMEALS.CA

Mary's Meals Canada,
PO Box 76144, Millrise RPO,
Calgary, AB, T2Y 2Z0
Phone: 1-855-702-0330
marymeals.ca
Charity No. 845360536RR0001
Corporation No. 830423-8