

# ADVENT REFLECTIONS 2022

mary's  
meals

a simple solution  
to world hunger

NOV 27

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 28

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 2.2 million children every school day.

NOV 29

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.

NOV 30

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

DEC 1

**"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 2

**"Education gives you the confidence to succeed!"**

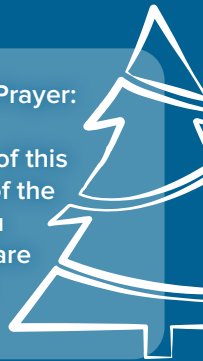
- Veronica, college graduate and former recipient of Mary's Meals.

Today, we pray for the dreams of the children of Mary's Meals, that they are brought to fulfillment.



DEC 3

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 4

PEACE

## WE PRAY

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

DEC 5

Mary's Meals' trusted partner in Ethiopia continues to share news of terrible violence and suffering in Tigray. Please pray all those affected by this war.

DEC 6



Live out the generosity of St. Nicholas: Consider setting a place at our virtual dinner table as a gift or in memory of a loved one at [BigFamilyChristmas.com](http://BigFamilyChristmas.com)

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. "BREAD believes in empowerment through education. Providing meals in school gives hungry children an incentive to attend and helps them to survive, concentrate, learn, grow, and develop."



DEC 9

Lukundo enjoys singing Christmas carols. He is one of more than 131,000 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 more than 75,000 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

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 12

Mary's Meals serves rice and beans to more than 182,000 schoolchildren in Haiti, across remote rural areas and in urban slums.



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



Mona lives in Yemen in an area with many internally displaced people and other marginalized groups. With help from the "delicious meals" she receives in school, she hopes to become a paediatric doctor and help her family. We pray for a brighter future for Yemen and its people.

DEC 15

Wherever possible, we provide emergency relief in our program countries when disasters or crises are causing suffering.

DEC 16

As we prepare holiday meals, we remember volunteer cooks like Margret from Malawi. She joyfully plays her part, knowing the meals she serves improve the wellbeing of the children in her community.



DEC 17

Mary's Meals feeds more than 376,000 children in Zambia where nearly half of the population is under the age of 14. Today, consider donating food to a local youth charity.

DEC 18

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 19

We are reminded in Advent that Mary, Joseph, and the baby Jesus were refugees. Today, pray for the refugee children served by Mary's Meals in Syria, Lebanon and Thailand.

DEC 20

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

DEC 21

Today, please pray for children everywhere who are suffering the effects of the global hunger crisis 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.

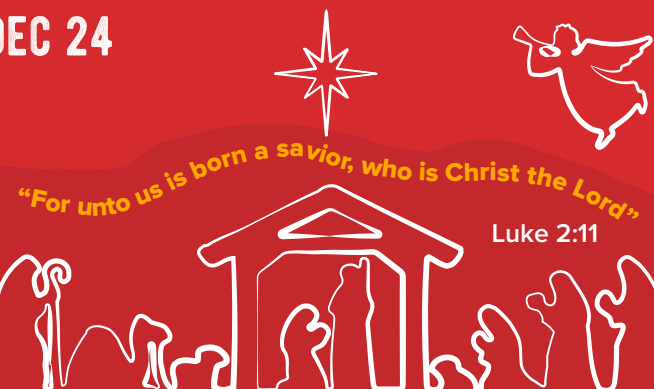


DEC 23

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

Magnus MacFarlane-Barrow

DEC 24



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