

mary's  
meals

a simple solution  
to world hunger

**PRAY**  
**IN MAY**



## Hosting a time of prayer or Holy Hour

Our work is built on a foundation of prayer, and as a result we continually see the providence of God in incredible ways.

We have created a special range of resources to support your time of prayer or Holy Hour, including a selection of prayers.

You will also find stories from the communities we feed where your support is helping to bring hope to hungry children and their families.

Thank you for taking the time to pray for the work of Mary's Meals. If you need anything further, please do not hesitate to email [info@marysmeals.ca](mailto:info@marysmeals.ca) or call 1-855-702-0330.

If you are hosting a time of prayer virtually, and particularly if you are hosting this on Facebook Live, please share the following wording with the live stream:

Pray In May for Mary's Meals.  
#PrayForMarysMeals

### Resources you may find useful

[Prayers for Mary's Meals for Catholic churches](#)

[Prayers for Mary's Meals for other Christian churches](#)

[Praying with children](#)

[Stories from the communities we feed](#)

[Digital background](#)



**“I love Mary’s Meals porridge;  
it is very nutritious and it  
contains the vitamins which  
are needed for our brains.**

**“I thank God for the sponsors  
of the school feeding  
program, may they continue  
providing porridge until I  
complete my education and  
become a doctor.”**

**Precious, Zambia**

**“The porridge we have been eating at school has been helping us have strength.**

**We usually do not have breakfast at home, so the porridge helps us to concentrate in class and we do not have to worry about hunger.”**

**Bukuru, Malawi**





**“I pray Mary’s Meals continues to serve school meals so all children attend school and become educated and independent.”**

**Edna, volunteer cook, Malawi**

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