



### A Mary's Meals prayer

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.  
Let us help You fill the starving  
with good things,  
not with scraps from our table.  
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.  
Place in our hearts Your compassion  
for each starving child.  
And use our little acts of love so  
that they starve no more. Amen.

Please continue to remember  
our work in your prayers.

## Food changes the story

**“I thank God for giving us this work  
to do for His little ones ... and I pray  
that He might move many more  
people to take part in this mission so  
that all those hungry children might  
soon be fed.”**

**Magnus MacFarlane-Barrow**  
Founder of Mary's Meals

By providing a daily meal in a place of education, Mary's Meals brings chronically hungry children to the classroom where they can gain a basic education that offers an escape route from poverty.

More than 2 million children receive Mary's Meals every school day, across four continents. However, with over 58 million primary school-age children missing school because of poverty and many more still too hungry to learn, our work is just beginning.

We keep our running costs low to ensure that at least 93 cents of every \$1 is spent on our charitable activities.

Mary's Meals is named after and dedicated to Our Lady, the mother of Jesus.

Magnus met His Holiness Pope Francis in St Peter's Square. The Holy Father's words to him were:

**“Onwards! Onwards!  
Onwards! May God bless  
your work.”**

The Pope urged the Mary's Meals family to continue pursuing the vision that every child in the world might receive a daily meal in their place of education.



**It costs just \$26.40 to feed a child  
for a whole school year.**

**mary's  
meals**

a simple solution  
to world hunger

## JOIN THE STORY

‘The Story’ is a group of monthly givers who are determined to end global hunger, by providing hungry children with life-changing meals in a place of learning.

**[www.marysmeals.ca/thestory](http://www.marysmeals.ca/thestory)**



# We can't do this without you

We would like to keep you informed about our latest news, fundraising appeals, other ways to get involved, and how your support is bringing hope to hungry children every school day.

We promise to keep your information safe and secure and we will never give it to other organisations to use for their own purposes. You can subscribe by emailing [info@marysmeals.ca](mailto:info@marysmeals.ca) or you can unsubscribe at any time by calling **1-855-702-0330**. You need to be 16 or over to join our mailing list, but please contact us for other exciting ways for those under 16 to get involved.

**IMPORTANT:**

How should we contact you?

I would like to receive updates from Mary's Meals:

By post

Yes ☐ No ☐

(please tick one)

By email

Yes ☐ No ☐

(please tick one)



# Sign up to be a Prayer Ambassador

Become a Prayer Ambassador and join together with others across Canada as you pray for the work and mission of Mary's Meals.

To sign up please email [prayercanada@marysmeals.org](mailto:prayercanada@marysmeals.org)

## Engage your church family with exciting opportunities to get involved



**Host a speaker** or request resources to share the story and impact of Mary's Meals.



Start a book club. Request a free copy of **'The Shed That Fed A Million Children'** by our founder, Magnus MacFarlane-Barrow, on our website.



Engage youths with our newly developed youth resource **Little Acts, Big Difference**. View on our website.



**Host a Movie Night.** Watch our documentary **'Love Reaches Everywhere'** on our YouTube channel.



**Start a Fundraiser.** Learn more about our **Move for Meals** campaign on our website.



**Become an Ambassador.** Learn more about volunteering with us on our website.

Visit our website [marysmeals.ca](http://marysmeals.ca) or contact us to learn more about any of these opportunities

mary's meals | **Make a donation**

Donate online: [marysmeals.ca/donate](http://marysmeals.ca/donate)  
Donate by phone: **1-855-702-0330**

Alternatively, you can return this form below with a signed cheque payable to "Mary's Meals Canada" to:

**Mary's Meals Canada**  
PO Box 76144  
Millrise RPO  
Calgary, AB  
T2Y 2Z0

Full Name:	
Home address:	
Postal code:	Tel no:
Email:	