



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 Mary, Mother of
Jesus. We consist of and reach out to people of
all faiths, and none.

And if you offer yourself to
the hungry
And satisfy the need of the
afflicted,
Then your light will rise in
darkness,
And your gloom will
become like midday

- Isaiah 58:10



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



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

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 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

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.

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

Donate online: 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: | |

Visit our website marysmeals.ca or contact us to learn more about any of these opportunities