

Week 1: March 6

Reflect: *“Unless the great mass of people shall be filled with a sense of responsibility for each other’s welfare, social justice can never be attained.”*

(Helen Keller)

Over the next 40 days, we will be journeying together through a period of reflection, meditation, and action.

We are part of the Mary’s Meals community because we know that there is a great imbalance in the world and that the disparity between rich and poor does not need to exist.

A devastating output of this disparity is that 64 million children around the world do not have enough to eat.

There is a term that is used to describe the feeling of wrestling with injustice; “holy discontent.” The word “holy” means set apart, and our inability to remain passive when there are children who need us to act – *that* is holy discontent.

Act: How then, can we collectively act on this?

The fact that you are reading this short reflection, that you have joined with us to care for children who are experiencing daily hunger, and that you believe your calling in the world could be even bigger than you imagine at this moment... *that* is why you are here.

As you join the Mary’s Meals community over the next 40 days, consider starting every day with five or 10 minutes of silent meditation. For these next few days, let yourself rest on the words “holy discontent,” and listen to your mind and your heart.

Share: Find time to journal or talk with a close friend and share your experiences on social media by answering the question “Lent is...” with the word that keeps returning to your mind and is calling you to action.