

Week 2: Hunger is...

Reflect: *“Peace begins when the hungry are fed.” (Dorothy Day)*

As we begin our second week together, let's consider what happens when we experience hunger. What is our hunger telling us?

Take a moment to think about the last time you truly felt hungry, reflect on that experience and write down a few thoughts that come to mind.

After spending time reflecting on the physical aspect of hunger, shift your perspective and consider the hunger that comes, not from the lack of food, but the desire to experience a 'just' world – a world where the location of your birth doesn't impact upon your chances of living a full life and having an education, or a place to live.

This type of hunger propels us to action. It can't be satisfied while there are still children in the world who don't have enough to eat. It is a hunger that reminds us there are problems in the world that are so much bigger than we can solve on our own.

However, when we join together as a community, our small acts of love combine to create one significant movement – a movement that is reducing the number of children who go hungry each day, and this is good news!

Act: Our activity this week is to experience hunger, in solidarity with the children we serve.

We will skip our normal midday meal, knowing that many of the children who eat Mary's Meals sometimes only have one meal a day. Instead of your usual lunch, either fast, or opt for a simple meal of plain rice or bread.

Share: During the time when you would normally be eating, consider praying, journaling, or talking through this experience with your community.

We encourage you to share your journey on social media by completing the sentence: “Hunger is...”