

Week 3: Perseverance is...

Reflect: *“If you want to go fast, go alone. If you want to go far, go together.”*
(African proverb)

This week, our focus is the volunteers who cook and serve Mary's Meals to children in their communities. They are strong, empowered and passionate people who simply cannot give up. Our word for the week is “perseverance.”

When reading the African proverb above, which words stand out? We live in a society that promotes moving quickly, taking care of ourselves, and trying to “get ahead.” Yet we know that in order to affect change in world, we cannot act on our own.

The work of Mary's Meals requires community, and “going together.” For this reflection, write down the part of the proverb that speaks to you most. We will return to these words at the end of this reflection.

At the heart of Mary's Meals are the volunteers who make our work possible. These incredible men and women walk for miles carrying heavy pails of water and sacks of food. They wake before dawn to stir giant pots of porridge and serve up thousands of plates of rice and beans.

For many, this sacrifice comes at the start of a long and tiring day spent digging fields or tending market stalls. But it is a sacrifice they are happy to make because they believe so passionately that the children in their community should have a daily meal in their place of education.

Act: For this activity, we will be walking in the footsteps of the communities served by Mary's Meals.

Choose a walk that is slightly to moderately challenging. While you walk, carry a backpack or bag to symbolize bringing food to hungry children in solidarity with the volunteers who do this every day.

If walking is not an option, find a place outdoors where you can look and reflect on a long path or steep hill.

When you have finished, return to the African proverb. What part of that saying stands out to you now? Is it the same as when you began this exercise? Pause and consider the people who make these journeys for their children.

Share: Tell friends and family about your experience and share your thoughts and feelings about this exercise on social media by completing the sentence: “Perseverance is...”