

## Week 5: Fullness is...

**Reflect:** “Life's most persistent and urgent question is, ‘What are you doing for others?’”

*(Dr. Martin Luther King Jr.)*

The word for our reflection this week is “fullness.” When you think about being full, what does that mean to you? Think of the abundance that comes when we are full, not just with food, but with love, with knowledge, and with hope.

Take a moment to consider the times in your life when you felt like you were living life as fully as possible. Let this image present itself in your mind.

During these 40 days of reflecting together, we are focusing on what it means to love one another deeply and without borders. The words of Martin Luther King Jr. remind us that we can show our love for others by helping them to live life more fully.

The children we serve experience fullness through the love of the volunteers who prepared their meals; the food that enables them to stay focused on their education; and the knowledge which gives them hope for the future – a future “full” of possibilities.

While we celebrate that we are feeding these children, one of the reasons we are drawn together through Mary's Meals is that we can never feel truly satisfied while there are still children out there waiting for a meal in their place of education. A deep inner calling propels us to action. This is one of the beautiful things about our grassroots movement.

**Act:** Our activity this week is to prepare a meal inspired by the food enjoyed in [countries](#) where Mary's Meals are served.

Invite friends and family to gather and partake in this special meal. While you share this moment, reflect on the country you choose and the children who live there.

Consider how you can join together as a community to act on behalf of children who are waiting to experience fullness.

**Share:** Post pictures of your meal on our [Facebook](#) page and share your experience by completing the sentence: “Fullness is...”