

## Week 7: April 14

**Reflect:** *“Love recognizes no barriers, it jumps hurdles, leaps fences, and penetrates walls to arrive at its destination full of hope.”*

*(Maya Angelou)*

As we approach the end of our journey together, let's turn our attention to love, which has been the driving factor in all our weekly reflections.

We are separated from the children we serve by distance, technology, life circumstances, and culture – yet our experiences over the past few weeks have drawn us closer to them.

We've learned to stretch ourselves, to challenge our bodies, our minds, and our hearts because of this one thing – love.

When we think of love in this way, spending time in reflection and solidarity with the children we serve, the experience changes us.

Maya Angelou describes love as a “destination full of hope,” but what that destination looks like, and the journey we take to get there, will be different for everyone.

**Act:** For our final activity, we plan to dedicate a day to fasting, meditation and reflection. We will skip our morning and evening meals in solidarity with the many children around the world who often eat just once a day.

Instead of the usual breakfast and dinner, either fast, or substitute your usual meals for a small serving of plain rice, unsweetened porridge or bread.

When you eat at midday, take time to really savour your food. Notice how your body responds to it and how your energy levels pick up in the same way that children are energized after eating Mary's Meals at school.

Together, let's think about love. The love we hold for our neighbours, no matter where or who they are; and our love for children that we may never meet, but who enjoy a daily meal in their place of education because of the way we are learning to love.

**Share:** We are so grateful that you have chosen to walk this journey with us. Please share your experience on social media by completing the sentence: “Love is...” We can't wait to read your response.