



Today, more than three million hungry children will eat Mary's Meals at school. Please join with us to pray for them during the month of May when we specially honour Mary, Mother of God, after whom the charity is named.

Before praying together, you might want to:

- Explore our website to find out about the [different countries where we work](#).
- Contact Mary's Meals to [book a volunteer speaker to visit your school](#).

## Suggested prayers



### Families

Blessed Mary, you know the joys and the struggles of family life. We ask your prayers for all of the families of children served by Mary's Meals. May the Lord bless them and help them in all that they need, especially those suffering most at this time.



### End world hunger

In a world where there is enough for all, we pray for an end to hunger. Lord, help all families to have the food they need to live lives full of hope and joy. Help us to work together so that no child needs to go hungry.



### Peace

Our Lady, Queen of Peace, pray with us for peace to reign in all of the troubled places in our world and that God would comfort those who suffer. We pray for the countries served by Mary's Meals, especially Haiti, that their children and families may know peace.



### Generosity

Loving Father, we pray for the gift of generosity, that all those who have more than they need may share with those who lack even the most basic things. Help us to be generous with our money, skills, time and prayer.



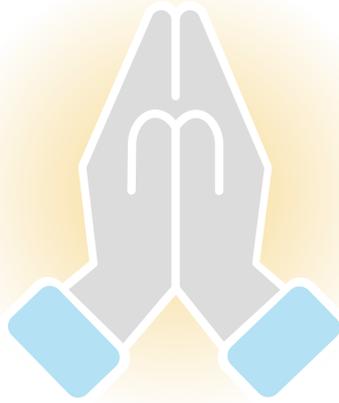
### Hope

Lord, help us to rejoice in hope, be patient in tribulation and be constant in prayer. Help us to bring your hope to apparently hopeless situations, knowing that all our hope comes from you.

### More ways to pray for the work of Mary's Meals

- Pray a decade of the Rosary for children in one of the countries [where we work](#). If you can pray all five decades for five countries, even better!
- Choose another prayer to Mary and ask her to intercede for the children we serve. Examples of great Marian prayers include the Memorare, the Hail Holy Queen (the Salve Regina) and the Magnificat.
- Pray before an Icon of Our Lady and ask for her prayers in the silence of your heart.
- There are lots of great saints' days in May. Ask your chosen saints to add their prayers to yours. You might want to choose: St Joseph the Worker (1 May); Saints Philip and James (3 May); the English Martyrs (4 May); St Damien of Molokai (10 May); Our Lady of Fatima (13 May); St Matthias (14 May); St Dunstan (19 May); St Bede the Venerable (25 May); St Augustine of Canterbury (27 May). Another great feast day is 14 May when we celebrate the Ascension of the Lord.
- Take a passage from the Bible and read it prayerfully. You can read more about this way of praying, known as Lectio Divina, in the next section. Here are a few suggested passages: **Psalm 33; Romans 5:1-5; 1 Corinthians 13:1-13; 1 Peter 1:3-9.**

Now turn over...



### Lectio Divina: Praying with the Sacred Scriptures

Lectio Divina, which can be translated as prayerful reading, is a special way of reading the Word of God contained in the Scriptures.

Choose a passage from the Bible – maybe one of the ones we have listed – and read it with faith that God is speaking to you here and now. Read it slowly and meditatively, savouring each word. Then sit in silence, confident that God wants to speak to you through the words you have read.

If you are praying in a group, you may want to share the phrase or sentence that spoke particularly powerfully to you.

After a period of silence, read the passage again, giving thanks to Jesus Christ, the Word of God, who is always present in the words of Sacred Scripture.

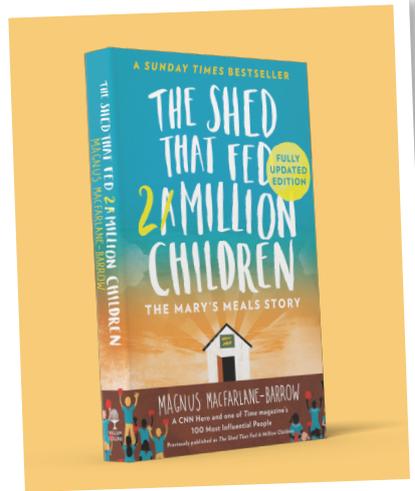
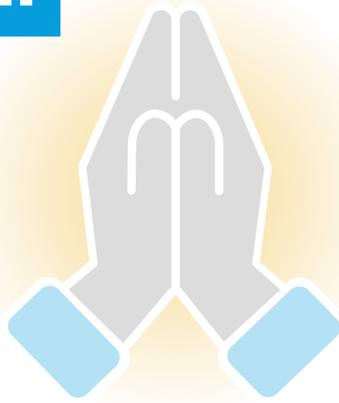
As you pray with the Scriptures, remember the children that Mary's Meals serves and bring them to God in prayer.

### Activities for your class

1. Link up with your local parish to pray for Mary's Meals. Organise a special time of prayer, held at church or at school. You could link up with a parish group to pray together.
2. Join other departments in the school to encourage prayer for Mary's Meals during the month – could your Food Tech department start lessons with a prayer for an end to world hunger? Could you work with Geography on a session about conflict around the world and encourage prayer for peace?
3. Organise a prayer service in school, using the suggested prayers, favourite hymns and a scripture passage relating to peace, hope or generosity.

You can also use our [prayer calendar](#) throughout the month of May to pray for, and learn about, children all around the world.

# Prayer and action



Magnus MacFarlane-Barrow wrote about the story of Mary's Meals in his bestselling book *The Shed that Fed 2 Million Children*. In this book, the link between prayer and action is a consistent theme, as shown in this extract:

*“Over a coffee Anka asked me if we might be interested in setting up Mary's Meals in Haiti, showing me her pictures and pointing out it was now the poorest country in the western hemisphere...*

*“Let's pray about it and see what happens,' I suggested to her as I took my leave before heading to the airport.”*

In prayer, we ask for God's blessing and assistance, and enter into a deeper relationship with him. Often this can play a part in the decisions we make and inspire us to take action to help those we are praying for. Mary's Meals did set up a programme in Haiti, and it has grown to reach more than 196,000 children!

Discuss together how your prayers for peace, ending world hunger and other intentions could inspire you to act. If you choose to support Mary's Meals in your school through fundraising or awareness raising, you can contact us for more support.

You can also use our [prayer calendar](#) throughout the month of May to pray for, and learn about, children all around the world.

We have copies of *The Shed that Fed 2 Million Children* available for schools to use for class projects – please [contact us](#) for more information.

To find out more about Mary's Meals, please visit [marysmeals.org.uk](http://marysmeals.org.uk)