

Mary's meals



“ We recognise the willingness of people to pray and fast for our work and invite those who share this belief to play their part in our mission in this manner. ”

From the Mary's Meals Statement of Values

Since our humble beginnings, Mary's Meals, named after Mary the Mother of Jesus, has been built on a foundation of prayer and the many little acts of love from those who support us.

This May, the month traditionally dedicated to Our Lady, we invite you to join us in prayer to celebrate the wonderful work of Mary's Meals and give thanks that we are now reaching more than 1.8 million children with a nutritious meal in 19 countries every school day. We also pray for God's continued blessing on our beautiful mission, that through His providence it will always flourish, enabling us to reach more hungry children.

You could offer your prayerful support in a number of ways such as: including a bidding prayer for Mary's Meals at Mass, praying the Rosary for our work or hosting a Holy Hour.



There are many different ways you can help – by donating your time, money, skills and prayers.

Pray for our work



One way you can support our work is by saying the Mary's Meals prayer:

**Our Father, give us this day our daily bread
and forgive us for the times when we take more than
our share of the bread that belongs to all.**

**Let us help You fill the starving with good things,
not with scraps from our table.**

**Teach us how to share what is not ours to keep.
Clothe us with Your love that we may complete
each good work You created us to do.**

**Place in our hearts Your compassion for each
starving child and use our little acts of love
so that they starve no more.**

Amen.



**We're now feeding a total of
1,838,859 children!**



**Transforming lives in
Zambia through support
from the UK government**

You will find inspirational resources for our Pray In May campaign, including our prayer card, on [our website](#) or do [get in touch](#) if you would like to arrange a talk for your church about our work.

Thank you for remembering Mary's Meals in your prayers. God bless you all.

[Pray in May | Mary's Meals UK \(marysmeals.org.uk\)](http://marysmeals.org.uk)