

## Called to Community

**Session:** Who cares?

**Session Aim:** To explore social responsibility, through the example of the work of the charity Mary's Meals, and how this can enable us to live out the message of the Sacrament of Confirmation

Time	Activity
00	<p><b>Welcome and introductions</b></p> <p>Introduce yourself and name your favourite food</p>
05	<p><b>Icebreaker:</b> "I went to market and I bought" - memory game, with each person repeating the names and what has been bought by the people before them and then adding their name and purchase to the end of the list. (This can be done as a whole group or amongst small groups, depending on numbers).</p> <p><b>OR</b></p> <p>Name the food – a box with a hole in the lid and either real food or plastic toy food that the person must feel without looking and guess what it is.</p>
15	<p><b>What's in your bag?</b></p> <p>List of meals – what would you buy to feed yourself for a week?</p> <p>Give groups/individuals the menu list but no spending limit for the week – get them to add up the total cost.</p> <p>Then give them a budget of £15.90 and ask them to revisit their list and plan for a week.</p>
30	<p><b>Introduce the work of Mary's Meals:</b> a guest speaker or a video with discussion questions or information sheets with photos of Edward, Magnus and the shed and the programme countries (these can be presented by the catechists or given to groups to work through together).</p>
50	<p><b>Group discussions:</b> how can you get involved in the work of Mary's Meals and in doing so live out the message of the Sacrament of Confirmation?</p>
60	<p><b>Time of prayer:</b> Mary's Meals prayer (could also be given out as a prayer card to take away).</p>

## Meal Choices

### Breakfast

- Bowl of porridge at home **£0.50**
- Slice of toast & jam at home **£0.50**
- Fruit juice **£0.50**
- 2 slices toast with beans at home **£1.00**
- Bacon roll from takeaway **£1.50**
- Sausage & egg muffin **£2.00**
- Full English Breakfast in local café **£5.00**

### Lunch

- Jam sandwich from home **£0.50**
- Pot noodle at home **£1.00**
- Baked potato & tuna with salad at home **£1.50**
- School lunch **£2.00**
- Supermarket sandwich meal deal **£3.00**
- Burger meal deal **£5.00**
- Pasta, chips & salad in local bistro **£10.00**

### Dinner

- Homemade soup & crusty bread **£1.00**
- Frozen pizza cooked at home **£1.50**
- Chicken curry & rice ready meal at home **£2.00**
- Lasagne & garlic bread at home **£2.50**
- Fish & chips from chippy **£6.00**
- Takeaway pizza delivered **£8.00**
- Roast dinner at local pub **£10.00**

### Extras

- Apple or banana or orange **£0.25**
- Crisps **£0.50**
- Chocolate bar **£0.50**
- Bottle of water **£1.00**
- Can of cola **£1.00**
- Takeaway coffee **£2.50**

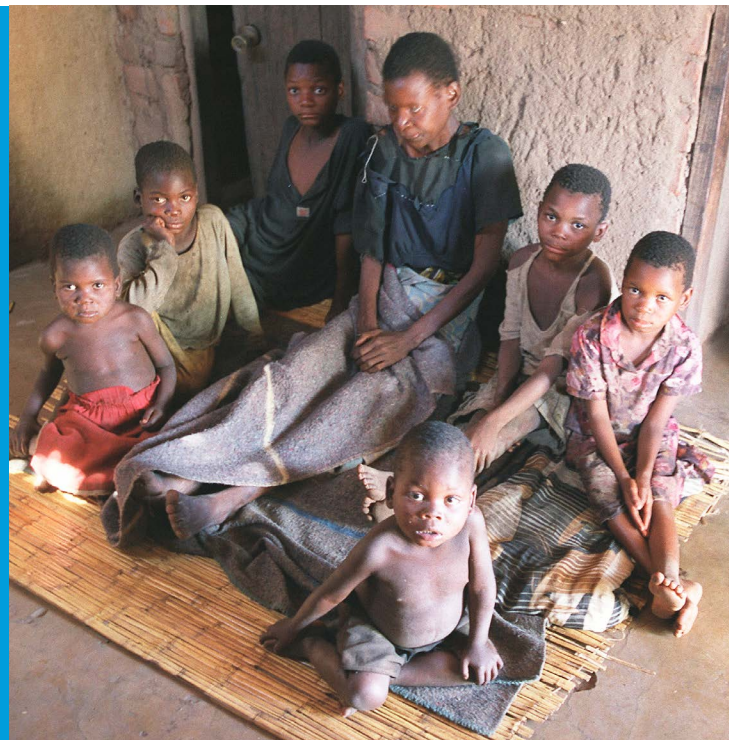
## 1. Mary's Meals is the Simple Solution to World Hunger



## 2. Edward

**“I would like to have  
enough food to eat and  
I would like to go to  
school one day.”**

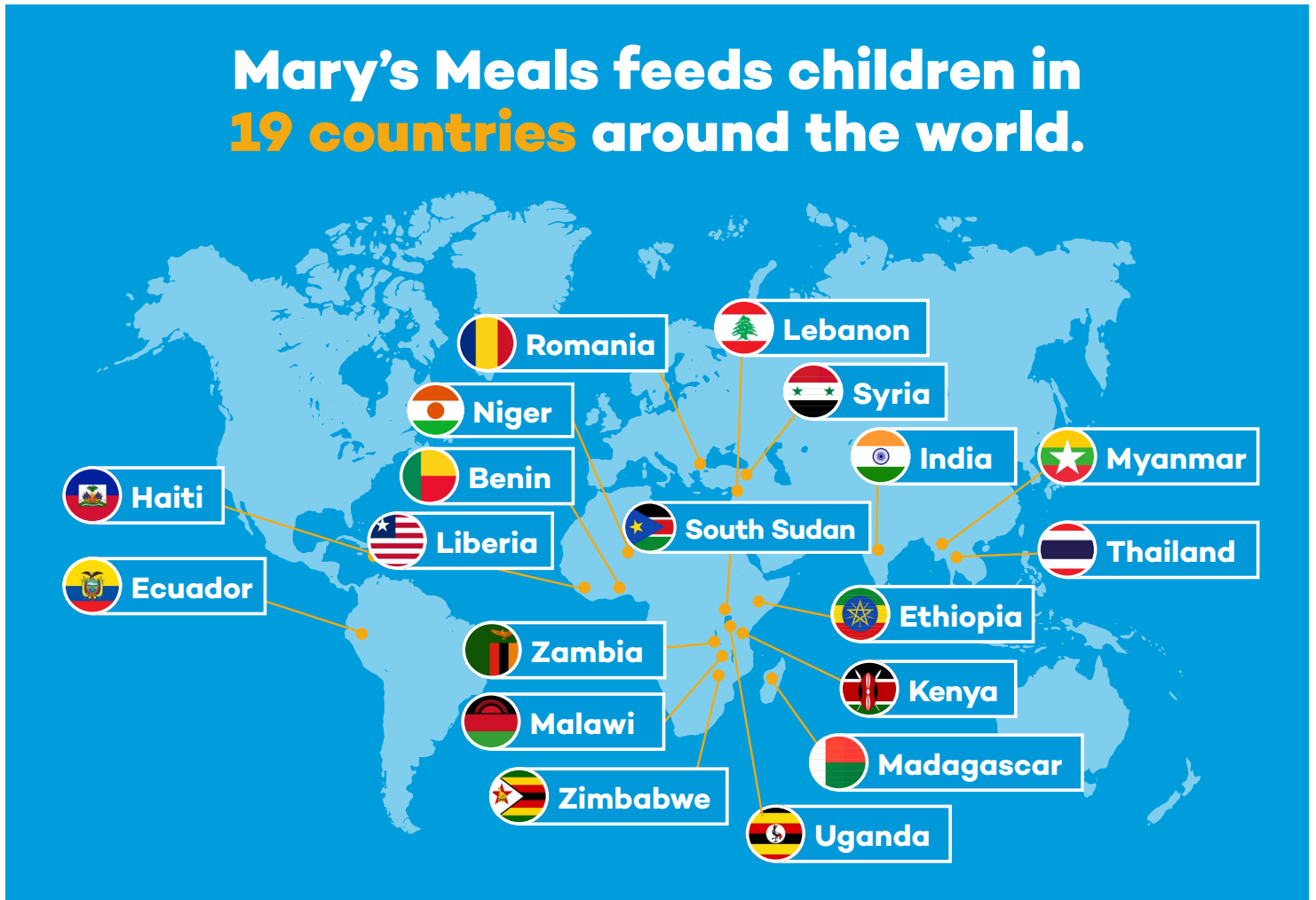
**Edward, Malawi**





### 3. Where we work

Mary's Meals feeds children in **19 countries** around the world.



### 4. The children who receive Mary's Meals



## An Introduction to Mary's Meals

These notes accompany the pictures provided to provide the participants with a good understanding of the Mary's Meals story.

### 1. Mary's Meals is the Simple Solution to World Hunger

We provide children in the world's poorest countries with a daily meal in their place of education. This encourages them into the classroom where they gain a basic education that provides an escape route from poverty and gives them hope of a better future.

#### How did it all begin?

Our founder, Magnus Macfarlane Barrow, a young fish farmer in the Scottish Highlands had visited Medjugorje as a teenager with his sister and cousins. His faith deepened from that experience and when the Bosnian War broke out in the early 1990s, he felt the need to put his faith into action and help those people who had been so kind to him many years previous.

He borrowed a shed from his father and began asking his local community for aid- clothes, blankets and food that he could drive over to Bosnia. The local community were so generous and there was enough to bring truck-loads of aid to people in need. When he returned after that first trip, the shed was full to the roof again with aid and in that moment, Magnus made the decision to quit his job and sell his house in order to continue reaching out to those most in need in Bosnia and throughout the world.

Between 1993- 2002 Magnus and his charity Scottish International Relief delivered aid to people in crisis situations throughout the world included Romania, Latin America and West Africa.

### 2. Edward

It was the chance encounter with a young boy called Edward that gave the work direction and eventually lead to the establishment of Mary's Meals.

When Magnus visited Malawi during 2002, during a time of famine, he met a young mother Emma and her six children. Emma, a young widow, was dying and she was particularly worried about what would happen to her children when she was gone. During this visit, Magnus, trying to lighten the mood, struck up a conversation with her oldest son Edward (back of the picture) who was 14 at the time. Magnus asked him what his hopes and dreams for the future were. Edward's answer was 'I would like to have enough food to eat, and I would like to go to school one day.'

### 3. Where we work

Since 2002, our work has grown through prayer and action thanks to our many supporters and volunteers across the globe. Today we are feeding more that 1.8 million children across 19 different countries.

Why is it called Mary's Meals?

Mary's Meals is named after Our Lady. As a mother herself, she brought up her son Jesus in poverty and our work is entrusted to her.

### **How is possible to feed so many children every single school day?**

Mary's Meals is a global movement of people who believe children should have at least one good meal at school each day and do all they can to ensure it happens. In our programme countries, the feeding programmes are owned by the local communities. It is the families of the children receiving the meals that prepare the food and ensure the smooth running of the programmes. Mary's Meals simply provides the food, which we buy from local farmers, and ensures that the volunteers are adequately trained and have the equipment needed. Finally, throughout the world including in the UK, we have a multitude of volunteers who spread the word about our work and help us to fundraise so that we can afford to keep our daily promise to the children we feed. It costs £15.90 to feed a child for a full school year, which is about 8p per meal.

What kind of food do the children eat?

The food is bought locally so it is usually the types of meals that would suit the children's diet.

### **4. The children who receive Mary's Meals**

**Top left:** Children in India eat vegetable curry with rice.

**Top right:** Children in Malawi eat maize and soya porridge, fortified with essential vitamins and minerals.

**Bottom left:** Children in Haiti eat rice and beans with a sauce made from vegetables or fish.

**Bottom right:** Children in Thailand eat rice with meat or fish, and vegetables.

### **Group Discussion**

How can you get involved in the work of Mary's Meals and in doing so live out the message of the Sacrament of Confirmation?

What gifts of the Holy Spirit do you see people like Magnus living out in the choices and paths they have taken in their lives?

In what ways can you live out your faith by supporting the work of Mary's Meals? How can you help them reach more hungry children?

Why do you think Mary's Meals feeds in the places that it does?

Mary's Meals believes every child should have enough food to eat and be able to go to school. Why do you agree or disagree with this comment and does your faith effect your answer?

Why do you think it is important for the Mary's Meals feeding programmes to be owned by the local community and the food that they serve locally produced?

## Time of Prayer

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.

## Films from Mary's Meals

There are a number of films produced by Mary's Meals that may be of use for your preparation with your Confirmation group.

### **Child 31**

Child 31 is an inspirational short film about the work of Mary's Meals. It follows our founder and CEO Magnus MacFarlane-Barrow as he travels to our school feeding projects in Malawi, India and Kenya.

Watch [Child 31](#)

### **Generation Hope**

Generation Hope is a beautiful film which tells the stories of just some of the young people who, having enjoyed Mary's Meals as children, are now part of a new generation beginning to find its voice and build a brighter future.

Watch [Generation Hope](#)

### **Love Reaches Everywhere**

Journey with Gerard Butler, Hollywood actor, on a heart-warming adventure to find out what happened when he swapped the bright lights of Hollywood for classrooms in Haiti and Liberia.

Through the film, you can travel with him as he meets some of the communities we serve, see our work in action and find out why Love Reaches Everywhere. We hope you enjoy the film!

Watch [Love Reaches Everywhere](#)

### **Other films**

Other short films and clips can be found on our [YouTube channel](#)



## Guest speaker from Mary's Meals

We would be delighted to come and speak to your Confirmation group about Mary's Meals as part of their preparation. If you would like to arrange this, or you have any questions about the charity, please contact:

Anna Dunne (Supporter Engagement Officer covering the Archdiocese of Liverpool)

**Email:** [anna.dunne@marysmeals.org](mailto:anna.dunne@marysmeals.org)

**Mobile number:** 07934296559

Alternatively, you can also visit the website for further resources and information:  
**[www.marysmeals.org.uk](http://www.marysmeals.org.uk)**



It costs just  
**£15.90**  
to feed a child  
Mary's Meals for  
a school year!

**School = + food = hope!**

**[www.marysmeals.org.uk](http://www.marysmeals.org.uk)**

mary's  
meals

a simple solution  
to world hunger