



Scripture

“The firstborn of the poor shall graze and the needy lie down in safety.” Isaiah 14:30 from The Poverty and Justice Bible, Catholic Edition

“For those who do not love a brother or sister whom they have seen cannot love God whom they have not seen.” 1 John 4:20 from The Poverty and Justice Bible, Catholic Edition

Catechism

“The petition about our daily bread makes us people who await everything from the goodness of our heavenly Father, including the material and spiritual goods that are vitally necessary. No Christian can pronounce this petition without thinking about his real responsibility for those in the world who lack the basic necessities in life.” YOUCAT para. 522

Comment

You can't expect young children to pray when they are hungry.' These words have remained with me for over twenty years. Drawing inspiration from the Catechism of the Catholic Church, Christians are motivated to feed the hungry and, in the case of Mary's Meals, provide the young with an education as well, thus feeding tummies and minds.

Organisation of the month

Mary's Meals provides young children around the world in communities of vulnerability with one good meal a day provided at a place of education, thus ensuring that children receive food for thought as well as food for their bodies. Visit <https://www.marysmeals.org.uk> for ways in which you can donate.

Think, Pray, Act

Pray: that God the Father, by the power of the Holy Spirit, may make you channels of Christ's compassion to the hungry young;

Think: can you concentrate when you are hungry? Think about this impact on children in education.

Act: Visit <https://www.marysmeals.org.uk> for more information

“Do as much as you can. God will do what we ourselves cannot do.” St. John Bosco, Letter to

Cagliari, November 13th 1875