

Fast with Mary's Meals



mary's
meals

a simple solution
to world hunger



Fasting
INITIATIVE

Fast for their future

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marysmeals.org/medj
or joining our Facebook group:
Mary's Meals Medjugorje
Fasting Initiative


MARYS_MEALS_
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“Fasting leads us to a new frame of heart and mind.”

Fr Slavko Barbaric

Join us at the Mary's Meals visitor centre every Wednesday and Friday from 12 noon to 2.30pm for fasting, prayer and conversation.

Everyone is welcome. Fresh bread, kindly donated by local bakers, and ice-cold water will be available for all.

One of the core messages of Medjugorje is that we should fast in accordance with the tradition of the Church. It is an act of penance, which brings us closer to God and enables us to stand in solidarity with our brothers and sisters around the world who live in poverty and hunger.

Today, Mary's Meals reaches more than one million children with daily school meals.

Your prayers and sacrifice help to strengthen our mission.

To learn more, visit our visitor centre in Medjugorje, near to the Church of St James.

Our vision is that every child receives one daily meal in their place of education and that all those who have more than they need, share with those who lack even the most basic things.

Please pray and fast for Mary's Meals. Thank you for your vital support!

Visit marysmeals.org to find out more.