

# Mary's Meals Fasting Initiative

Join us to pray, fast and raise awareness of global hunger.

Mary's Meals – a fruit of Medjugorje – helps hungry children to gain an education by working with communities to serve daily meals in school. An important part of this mission is to invite people to pray for our work.

One of the core messages of Medjugorje is that we should fast in accordance with the tradition of the Church. We invite you – wherever you are in the world – to join us in fasting and prayer, standing in solidarity with hungry children living in poverty.

## In Medjugorje

Pilgrims gather at the Mary's Meals visitor centre in Medjugorje on Wednesdays and Fridays 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.

## Around the world

Please join us, wherever you are, to fast and pray for Mary's Meals. We would love to hear from you and encourage you on this journey.

Get in touch: [medjugorje@marysmeals.org](mailto:medjugorje@marysmeals.org)

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

Fr Slavko Barbaric



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

Your prayers and sacrifice help to strengthen our mission. **Thank you** for your vital support!

## Join us online

Find out how you can help our website or one of our social media channels

Follow our Facebook page: [@MarysMealsMedjugorje](https://www.facebook.com/MarysMealsMedjugorje)

Scan the QR code for our Instagram Page:



# Mary's Meals Prayer

**Our Father**

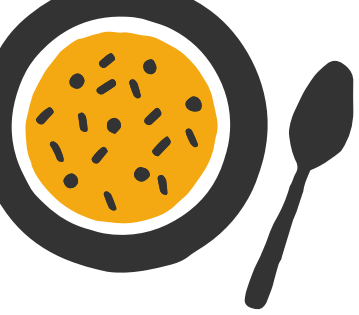
**Give us this day our daily bread  
and forgive us for the times when we take more  
than our share of the bread that belongs to all.**

**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.**



**Aa**

**Bb**

**Cc**

**Dd**

$$2 + 2 = 4$$

