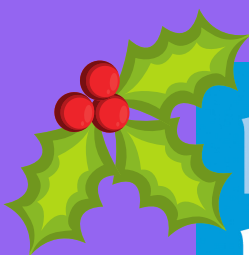




Advent Appeal



The theme for the first week of advent is hope. How can you live out HOPE this week. Through supporting our advent appeal you help others feel more hopeful about the future.



mary's meals



"I see Jesus in every human being. I say to myself, this is hungry Jesus, I must feed him. I serve because I love Jesus."



**SCHOOL
+ FOOD
= HOPE**

WORD OF THE WEEK



Matthew 25: 35-40

I was hungry and you fed me, thirsty and you gave me a drink; I was a stranger and you received me in your homes, naked and you clothed me; I was sick and you took care of me, in prison and you visited me.' The righteous will then answer him, 'When, Lord, did we ever see you hungry and feed you, or thirsty and give you a drink? When did we ever see you a stranger and welcome you in our homes, or naked and clothe you? When did we ever see you sick or in prison, and visit you?' The King will reply, 'I tell you, whenever you did this for one of the least important of these brothers and sisters of mine, you did it for me!'

ADVENT

For many people, the four weeks of Advent are just a countdown of shopping days to Christmas. For Christians, Advent is a special and holy time leading up to the birthday of their saviour Jesus Christ. The word Advent means 'the coming'. When someone special is coming to visit, it is usual to get ready. During Advent, Christians get ready and prepare themselves for the coming of Christ.

During the time of Advent and Christmas many people are moved to do something to help people less fortunate than themselves. Some people give to charity, buy Christmas cards from charities, or just share some of their time with people who need someone to talk to.

This year, as a school, we are going to help a charity called Mary's Meals. They provide a good meal to some of the world's poorest children and young people. It costs just £13.90 to provide one meal a day for a young person for a whole year.



Have a think about how much you spend a week at lunch time. Do you take for granted how easy it is to buy something to eat when you're hungry?



It would be great if you could pray this prayer everyday this week. It is a great reminder for our advent appeal and of our responsibility to help. It reminds us of how lucky we are to have what we have.

PRAYER FOR THE WEEK

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 the scraps from our table. Teach us how to share what is not ours to keep. Cloth 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.



WHAT CAN YOU DO TO HELP?



As a form this week come up with a plan of how you are all going to raise money or collect backpacks and schools supplies for Mary's Meals.

- You might want to assign items to each person in the class so you are able to collect everything on the list.
- Could everyone in your form donate one day's lunch money to help feed young people who don't know when their next meal will come?
- Could you go without a bag of popcorn or a drink from the vending machine and donate the money to Mary's Meals instead?
- Or could you all donate £1. How many young people could you help if you donated £1 each?

During Advent we prepare for the coming of the Lord. If we prepare our hearts and minds for Jesus' birth we will appreciate Christmas all the more.

Advent is our time for preparation. Today we begin this special journey. We should aim to be ready so that Jesus will find a welcome reception in our hearts and in our world.

Let us pray:

Jesus, help us to begin our Advent journey of faith and preparation. Prepare our hearts to receive you by ignoring all the distractions going on around us at this time. Make our preparations for Christmas one that centres on you and helping others, not ourselves and material things. Amen.

