



# Donate-a-Meal Movement

The Donate-a-Meal Movement by Rissho Kosei-kai celebrates its fiftieth anniversary this year. In honor of this milestone, we are sharing more about this initiative every other month throughout the year.

## Let Your Heart Rejoice

### What Is the Donate-a-Meal Movement?

This movement invites people to reflect on those suffering from conflicts, disasters, and poverty in the world. By donating a portion of the money you might spend on meals or personal indulgences, you contribute, in the spirit of sharing, to the movement's activities.

If you are fortunate enough to have food on your plate, a family to talk to, and a safe place to live, we encourage you to share that happiness with those who lack these necessities. We hope you'll experience the joy that comes from the act of sharing.

### A Movement That Rejoices the Heart Through Donating a Meal

This initiative highlights the joy and fulfillment that come from acting thoughtfully toward others. Through this practice, we cherish the feeling of kindness and compassion growing within ourselves.

While the basic practice involves skipping a meal several times a month and donating the money you saved, we hope you will also find other ways of your own to practice donation. For instance, you could donate money by cutting back on your hobbies or luxury items. Or, on days when you are particularly happy, you could donate money to share some of your good fortune.

We suggest you participate in the movement in a way that brings joy to your own heart.

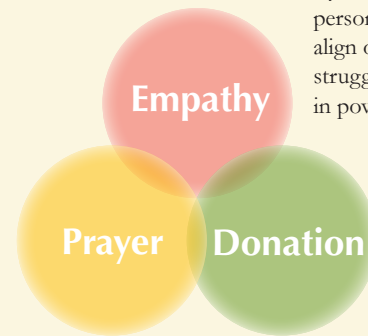


*Children in Malawi, Africa, eat lunch supplied through the School Meal Program.*

"I eat delicious porridge made of corn and soybeans every day! Before the school meal program began, I often felt hungry and couldn't concentrate in class. But thanks to these meals, I can study hard and even look forward to going to school. I'll keep attending school every day and do my best in my studies."

—Benson, thirteen years old

### The Three Pillars of the Donate-a-Meal Movement



By forgoing a meal or personal indulgence, we align ourselves with the struggles of people living in poverty or conflict.

We pray for peace for those in difficult situations. We also reflect on the preciousness of life and deepen our wish to create a peaceful society.

We donate money saved from skipping meals to support people in need. This act allows us to reflect on our mind and foster a spirit of having little desire and knowing satisfaction.

When we practice donation, we recite the Words of Prayer and observe a moment of silence.

#### Words of Prayer

I pray:

Let there be peace on earth

Let more people be considerate of others

Let it begin with me

(Moment of silence)



*Children in Myanmar enjoy fortified biscuits received through the WFP's School Meal Program.*