



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

1. The Style of Practice

Anyone Can Participate Anytime, Anywhere, in Any Way, and for an Unlimited Length of Time

The Donate-a-Meal Movement does not aim to offer our surplus food but to share something valuable and necessary for us all.

The core principles of the movement are Empathy, Prayer, and Donation. Based on these three principles, the movement is shaped by the practice of skipping a meal, praying for the happiness of people around the world, and making a donation while sparing a thought for people who do not have enough to eat.

However, “a meal” does not necessarily mean the meal on our tables. With today’s diverse lifestyles, people’s values and things they cherish are also varied. Just as the things that enrich our lives differ from person to person, the ways we show our thought and care should also be unique to each of us.

Why don’t we put these three principles into practice in a way that suits us? Let’s expand the circle of kindness through a My Personal Donate-a-Meal Practice that aligns with our hearts.

2. The Four Steps of Practice

STEP 1: Choose Your Personal Donate-a-Meal Practice

Decide what you will practice: When will you practice it? What will you share?

Consider a practice that fits your lifestyle, such as

skipping one meal out of three, refraining from indulging in something you enjoy, or sharing something that is important to you.

Examples:

■Skipping a meal or snack

- Skipping lunch once a week
- Refraining from snacks or coffee shop visits at least once or a few times a month
- On Sundays, sharing a single piece of bread with family members to experience the importance of sharing

■Choosing something other than meals to share, based on your lifestyle

- Avoiding in-game purchases twice a month
- Giving up a monthly nail salon visit
- Going to bed early on weekends, instead of staying up late, and donating the saved electricity costs (caring for yourself while also supporting those in need)
- Walking one stop instead of taking the bus or train and donating the saved fare (sharing the joy of looking after your health)

■Setting special days to practice

- On a day when a happy event occurs (as an act of sharing joy)
- On special personal days, like family or friends’ birthdays or anniversaries
- On days when your favorite TV show airs





STEP 2: Make the Personal Sacrifice You Chose

Sacrifice something that is essential to your life. By experiencing a brief moment of hunger or deprivation, reflect on the struggles of those facing poverty and conflict daily.

STEP 3: Pray for the Happiness of People Around the World

Pray for the happiness of those in distress, and pray for world peace.

In Rissho Kosei-kai, we reflect on what we can do to help, and we offer the following prayer with the wish to be of service:

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)

The style of prayer is not limited to offering the above Words of Prayer. Feel free to express your thoughts and wishes in the way that is most meaningful and appropriate for you.

STEP 4: Make a Donation

Donate the amount you saved to organizations that support people suffering from poverty and conflict.

If you wish to make a donation through Rissho Kosei-kai's Donate-a-Meal Fund for Peace, please contribute to the following account:

Donate-a-Meal Fund for Peace Donation Information

Bank: Mizuho Bank, Nakano Branch

Account Type: Savings Account (USD)

Account Number: 9115262

Name of the Account Holder: RISSHO
KOSEI-KAI ICHIJIKI HEIWAKIKIN

(We are currently considering online payment transfer methods.)

Alternatively, you may donate to an organization in your local community or a group that promotes activities you personally support. By making donations, we can not only provide assistance to others but also cultivate a heart that appreciates and finds contentment in what we have.

3. The Movement That Rejoices the Heart Through Donating a Meal: What Matters Most in the Movement Today

When we take action to help someone and receive a heartfelt "thank you," we feel a sense of joy. Equally, or even more so, we may feel a great sense of happiness and pride in ourselves. This is when our compassion is expressed and nurtured within us.

When you practice donating, take a moment to reflect on your own feelings—the pain of giving up something you want, the warmth that gently spreads through your heart, and the sense of accomplishment from fulfilling your commitment. What kind of emotions do you have in your heart?

The Donate-a-Meal Movement is an initiative that benefits others in the world, but it is also a voluntary and independent practice that makes your own heart happy. We hope to share this experience of donating a meal and rejoicing our hearts with as many people as possible.



Children at a refugee camp in Uganda