

# A MISSION JOURNEY

Here are suggestions of simple things you can do to show gratitude for your blessings and help children less fortunate. Your contributions and prayers may seem small in light of the great problems facing children in mission areas, but together they can add up to real change! Use one, several, or all of the following ideas. You can do this anytime throughout the year!

1. **Take less of what you like and more of what you dislike at meals today.** There are hungry children who eat whatever they can get, even if it's from the garbage.
2. **Take nothing to drink during meals.** There are poor children who don't even have clean drinking water.
3. **Drink only water today;** in appreciation for the clean drinking water you do have.
4. **Do not use seasoning and condiments (salt, pepper, ketchup, mustard, etc.) on your food today.** Many poor children have only bland food to eat as their one meal per day.
5. **Avoid listening to the radio at all today.** Most mission children do not have radios.
6. **Take nothing to eat between meals today.** Give thanks for the 3 meals you get everyday.
7. **Avoid any T.V. or videos;** instead say prayers for the suffering children in the missions.
8. **Pray the World Mission Rosary** for missionaries who serve the poor and the people in mission lands. Color symbolisms: **Green = Africa, Yellow = Asia, Blue = the islands of the Pacific, Red = the Americans, and White = Europe.** Missionaries sometimes put themselves in danger to bring the Gospel message, hope and Jesus' love to people everywhere.
9. **Use your patience today in all things.** Think of how Jesus would respond.
10. **Don't complain all day.** Offer up your "sufferings" in silence.
11. **Don't show any anger today;** go out of your way to be kind to the person who caused your anger.
12. **Don't be distracted with someone else's business.** Focus on what you should be doing.
13. **Avoid any gossip today;** instead ask God to bless the person or situation you were tempted to gossip about.
14. **When asked to do something extra, do so with a positive attitude and without complaining.** Give thanks for your health and abilities.
15. **Avoid using the phone today.** Say a special prayer for those you were going to call.
16. **Tell the truth - always.** Jesus said "I am the Way, the Truth, and the Light; No one comes to the Father except through me."
17. **Avoid any selfishness today.** Put the needs of others first.
18. **Help someone anonymously today.** Do good without expecting anything in return.
19. **Show courage;** walk away from any impure situations today.
20. **Pray a rosary today for a nonbeliever somewhere in the world to believe in God.**
21. **Visit someone who is sick or lonesome today.** Offer to pray with them.
22. **Go to confession.** Cleanse your soul.
23. **Have a prayer night with your family.** A family that prays together, stays together.
24. **Give unused toys or clothes to a charity.** There are many children who have very little or none of these.
25. **Give \$1 to the Missionary Childhood Association (MCA) to help mission children.**