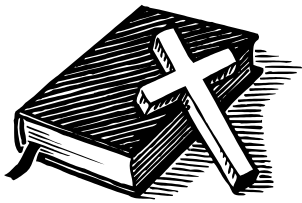




This is a prayer said by the many children, under the care of the Fr Ray foundation, before they have a meal.



The world has so many poor and suffering people.

Don't waste food- think of those who have nothing to eat.

Each bowl of rice, each piece of food, is valuable.

It takes a lot of work to produce it.

Thanks to Fr Ray, Mums Dads and benefactors. You care for us each, teach us and give us a happy family.

Thanks to myself too for being a good and diligent child.

And now I will eat everything on my plate