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It shouldn't be this hard to access food. Besides nourishing you, food acts as a comfort. It is a reminder of your culture and reconnects you to your identity. Having a restricted access to your comfort foods due to financial constraints can feel disheartening.

Where I come from, when you visit someone – even spontaneously – you will be welcomed with food and asked to stay for a while. When you leave, you'll be given food to take away with you from the visit. Food brings that feeling of **togetherness and welcome.**

I like to reconnect with that feeling, so I sometimes volunteer with another charity, cooking for others. I see how people light up when they come to serve and share in the meal. They always enjoy the food, which makes me happy, especially when nothing is left!”

Nayla, a refugee friend supported by the Jesuit Refugee Service UK

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The integration of migrants and refugees makes our communities more and more a reflection of the multi-faceted gifts of God to human beings.

POPE JOHN PAUL II

**Lord Jesus,
Give us joy that we might serve others,
for in tending wounds of those who suffer,
we sense your healing grace at work in us.
Amen**

Prayer from JRS UK

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