

# Mater Dolorosa Outreach

The parishioners of Mater Dolorosa Parish in Kensington, Johannesburg, have organised themselves to reach different groups of people in need, drawing from the good will and energy of the parish.

05/20/2025

On Mondays, we cook for around 350 homeless people, a meal of stew with chicken, and stiff pap, made from maize meal, to accompany the stew. On Wednesdays, we normally offer

sandwiches to them. On Thursdays, we go to a creche in the squatter camps to offer some snacks to the toddlers. On Fridays, we go to five old people's homes to give a meal to the elderly. In this way, we help the children, the homeless and the aged.

To keep the show moving week after week, we have built an industrial kitchen in the parish to be able to cook for large numbers of people with ease and efficiency. An organised roster of cooks and helpers keeps the momentum. To do all of this, we rely on the generosity of the parishioners and businesses to provide the ingredients for the food we offer. During the year, we also offer other items people bring to us, such as blankets for winter, food parcels for Christmas and clothing. We are proud of our contribution, even though it is a drop in the ocean.

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ke/article/mater-dolorosa-outreach/](https://opusdei.org/en-ke/article/mater-dolorosa-outreach/)  
(01/18/2026)