



### Scripture

'Thus says the Lord: Act with justice and righteousness and deliver from the hand of the oppressor anyone who has been robbed. And do no wrong or violence to the alien, the orphan and the widow, nor shed innocent blood...' Jeremiah 22:3 from the Poverty and Justice Bible: Catholic Edition

'I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me'. Matthew 25: 35-36 from the Poverty and Justice Bible: Catholic Edition

### Catechism

'Charity is the power by which we, who have been loved first by God, can give ourselves to God so as to be united with him and can accept our neighbour for God's sake as unconditionally and sincerely as we accept ourselves.' YOUACT art.309

### Comment

Whilst the devastation in Ukraine continues, with loss of life and widespread destruction, the refrain of the popular hymn becomes all the more pertinent:

'And they'll know we are Christians by our love, by our love. Yes, they'll know we are Christians by our love.' (Peter Scholtes)

### Organisation of the month

CAFOD (Catholic Agency for Overseas Development) is the official overseas aid agency of the Catholic Church in England and Wales. Please visit their website [www.cafod.org.uk](http://www.cafod.org.uk) for ways in which you can contribute. NB. There is a special tab which enables you to donate directly to CAFOD's Ukraine Emergency Fund.

### Think, Pray, Act

**Pray:** that God the Father may fill you with mercy, through Jesus Christ His Son by the power of the Holy Spirit;

**Think:** about how the faithful are suffering in Ukraine. Do you know anyone with family and friends in Ukraine? How else might you support them?

**Act:** Visit [www.cafod.org.uk](http://www.cafod.org.uk) for ways in which to donate.

*"Do as much as you can. God will do what we ourselves cannot do." St. John Bosco, Letter to Cagliero, November 13<sup>th</sup> 1875*