



### Scripture

‘Wash, make yourselves clean, take your wrong-doing out of sight. Cease to do evil. Learn to do good, search for justice, help the oppressed, be just to the orphan, plead for the widow. Come now, let us talk this over, says the Lord: though your sins are like scarlet, they shall be white as snow; though they are red as crimson, they shall be like wool.’ Isaiah 1:16-18 from the Breviary

‘The kind of religion that is without stain or fault in the sight of God our Father is this: to go to the help of orphans and widow in their distress and keep oneself untarnished by the world.’ James 1:27 from the Breviary

### Catechism

‘The spiritual works of mercy are: to instruct the ignorant, to counsel the doubtful, comfort the sorrowful, admonish the sinner, bear wrongs patiently, forgive all injuries and pray for the living and the dead’. YOUCAT 451

### Comment

The crisis in Ukraine and beyond its borders has demonstrated the worst and the best in humanity. Love and concern for others is the signature of Christians, lived out in prayer, fasting and almsgiving in Lent, a period of particular significance as we recall the exodus of the Israelites from their own oppression.

### Organisation of the month

The Salesians of Don Bosco UK are continuing to raise money for those affected by the violence in Ukraine, whether within the borders of Ukraine or beyond. Please visit [www.salesians.org.uk](http://www.salesians.org.uk) for more information or visit the designated page on the website for donations:

<https://www.salesians.org.uk/news/2022/03/salesians-help-for-ukraine>

### Think, Pray, Act

**Pray:** that God the Father, through Jesus Christ His Beloved Son and by the power of the Holy Spirit, may make you generous with all, particularly with those who are of one faith with us. (cf. Galatians 6:9-10). Please continue to pray that truth, justice and peace may prevail in Ukraine, in Russia and between these two nations.

**Think:** about the Ukrainian community in this country. Is there someone you know whom you could contact to offer solace?

**Act:** Visit [www.salesians.org.uk](http://www.salesians.org.uk) for more information about how you can donate to the people of Ukraine in their hour of need.

*“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*