



Scripture

Old Testament: "Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry....?" Isaiah 58: 6-7 from The Poverty and Justice Bible, Catholic Edition.

New Testament: "for I was hungry and you gave me food..." Matthew 25:35 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." YOUCAT #309

Comment

With the abiding cost of living crisis, more families than ever are struggling to eat. Yet an astonishing amount of food is thrown out each day. See below to learn about one organisation that tries to redress this balance.

Organisation of the month

Fareshare is a registered charity that works to distribute surplus food to the people who need it most, thereby feeding the needy and reducing food waste. Visit www.fareshare.org.uk for more information about how you can help.

Pray, Think, Act

Pray: that God the Father of mercies, through His Son Our Lord Jesus Christ may, by the power of the Holy Spirit and assisted by the Holy Mother of God and all the saints, may make you an instrument of His compassion to those who hunger;

Think: about the next time you write a shopping list. If you could only afford half of the items, which ones would you have to jettison from your shopping list and why?

Act: Visit www.fareshare.org.uk for ways in which you can donate and help.

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