



## Scripture

"Come back to me with all your heart, fasting, weeping, mourning. Let your hearts be broken, not your garments torn"; turn to the Lord your God again, for he is all tenderness and compassion, slow to anger, rich in graciousness and ready to relent." *Joel 2:12-13 from the Breviary.*

"What does it profit, my brethren, if a man says he has faith but has not works? Can his faith save him? So faith, by himself, if it has no works, is dead. Show me your faith apart from your works and I by my works will show you my faith."

*James 2:14, 17, 18b from the Breviary.*

## 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

Whilst the majority of young people have coped well during the Covid-19 pandemic and its requisite restrictions, many children and especially teenagers and young adults have struggled with mental health issues and with their emotional wellbeing.

## Organisation of the month

Young Minds is a charity dedicated to improving the mental health and wellbeing of young people, particularly those who are especially vulnerable due to personal circumstances and may be at risk of self-harm.

## Think, Pray, Act

**Pray:** that God the Father may employ you, in the name of Jesus Christ His Son and inspired by the Holy Spirit, to be generous during Lent to the plight of emotionally vulnerable young people.

**Think:** are there family members, friends or colleagues that have experiences of mental health issues? How would you like to support them?

**Act:** Visit [www.youngminds.org.uk](http://www.youngminds.org.uk) for more information about how you can support their work.

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