



Scripture

“As the rain and the snow come down from the heavens and do not return without watering the earth, making it yield and giving growth to provide seed for the sower and bread for the eating, so the word that goes from my mouth does not return to me empty, without carrying out my will and succeeding in what it was sent to do.” Isaiah 55:10-11

If a man who was rich enough in this world's goods saw that one of his brothers was in need, but closed his heart to him, how could the love of God be living in him? My children, our love is not to be just words or mere talk, but something real and active.” 1 John 3:17-18 from the Breviary

both verses from the Breviary

Catechism

“love is the central commandment for all Christians; through it we profoundly belong to each other and are fundamentally dependent on one another. ‘You shall love your neighbour as yourself’ (Matthew 22: 39)” YouCat #321

Comment

As in many parts of the UK, people are looking forward to the lifting of Coronavirus Covid-19 restrictions, the lifting of such restrictions may bring anxiety to some. For others who are still living in the shadow of the virus, the continuing presence of the pandemic may cause or exacerbate issues with mental health and emotional well-being, particularly amongst the young who may not have the experience to have built up sufficient levels of emotional resilience.

Organisation of the month

Papyrus is a charity that specializes in working to prevent suicides amongst the young (those under 35 years of age). It seeks to achieve this by encouraging people to talk and change the way that they may perceive life through their designated telephone line Hopeline (0800 068 41 41) This is crucial for young people as two hundred school children take their own lives every year; suicide is the leading cause of death for young people under the age of thirty-five in the UK.

Think, Pray, Act

THINK: about someone you know who may have experienced bereavement through suicide. Reflect on the impact that the loss of life has, not just on the deceased, but on their loved ones.

PRAY for those who have lost their lives through suicide and for the bereaved.

ACT: : Visit www.papyrus-uk.org for more information about how you can support those making a difference to the lives of some of the most vulnerable in our society at this time.

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