



### Scripture

“It is He who keeps faith for ever, who is just to those who are oppressed. It is He who gives bread to the hungry, the Lord who sets prisoners free, the Lord who gives sight to the blind, who raises up those who are bowed down, the Lord who protects the stranger and upholds the widow and orphan.” Psalm 145 (146) from the Breviary

“Where a man sows, there he reaps. If he sows in the field of self-indulgence, he will get a harvest of corruption out of it, but if he sows in the field of the Spirit, he will get from it a harvest of eternal life.” Galatians 6:8 from the Breviary

### Catechism

“One acts justly by always making sure to give to God and one’s neighbour what is due to them.”  
YOUCAT 302

### Comment

At a time when Christmas decorations are already being put up by some (!), Christians can think of the light of Christians living in the land where the Incarnation took place. Christians’ livelihoods have taken a massive hit due to political pressure and restrictive legislation, with Coronavirus Covid -19 taking a toll not only on lives but livelihoods as pilgrims and tourists stay away. Christians must take global action to prevent the Church of the Middle East becoming a mere footnote in history books; the Church in the Holy Land must not be allowed to reduce to a memory.

### Organisation of the month

Friends of the Holy Land support Christians of different denominations in the Holy Land who are really struggling financially. FHL offers practical support to help with day-to day-living as well as costs for medical assistance, education and accommodation. Visit [www.friendsoftheholylnd.co.uk](http://www.friendsoftheholylnd.co.uk) for information.

### Think, Pray, Act

Pray: that you may be filled with God’s mercy and compassion in action;

Think: if you have to pay for emergency medical operations and you were already in debt due to food poverty, to whom would you turn?

Act: Visit [www.friendsoftheholylnd.co.uk](http://www.friendsoftheholylnd.co.uk) for ways in which you can help.

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

*Cagliari, November 13<sup>th</sup> 1875*