

# Newsletter No 2 March 2022



## Pope Francis' March Intentions

**“We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action”.**

## Reflection

Let us reflect on how we can more fully demonstrate our respect for all human life from conception to natural death.

Do I recognize the face of Jesus in those around me  
irrespective of race age or ability?

# Lent

In Jonah 3:4-10 we read how God relented when the people in the city of Nineveh, fasted and wore sackcloth for 40 days.

Jesus after his Baptism in the Jordan headed out to the wilderness where he remained for 40 days.

These stories remind us of the need for a period to reflect upon our relationship with God and with others.

Lent is

- **a time to reflect and to take stock of our lives.**
- **a time for conversion.**
- **a time for prayer, fasting and almsgiving.**

May we take time this Lent to reflect upon our prayer life to offer sacrifice through fasting or other forms of self-denial such as giving up something we like. Let us share with others our time, our talents, our money, or other possessions.

Seamus Mc Donald President, Fr. Andreas Jakober Ecclesiastical Assistant, Diamond Ovueraye VP,  
Francesco Campagna VP, Paul Okelo Odwori Treasurer, Gerald Harbinson Secretary General.

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## Other suggestions

Study and Read: Use our Lenten Calendar which has been circulated to follow reflections from Amoris Laetitia. For those who wish to further reflect the number provided refers to the paragraph from which the quotation is taken.

# Laudato Si



During Lent we could begin to begin to respond to the Cry of the Earth through

**Organize a family project.** Identify the animals that pollinate flowers in your area. Bring children or grandchildren into these efforts, helping them understand how pollinators protect our food systems. Learn what types of food and habitat these pollinators need.

**Participate** in a litter-removal campaign. If appropriate, reflect with children or grandchildren on litter as an expression of what Laudato Si' describes as the "throw-away culture"

**Reduce:** the use of plastics

**Save:** energy and water,

**Grow:** Plant vegetables, and eat more healthily

**Recycle /Reuse:** to reduce waste, repair clothes

**We also encourage everyone to become more active through enrolling in the Laudato Si Action Platform. Details to be found using the link below**

[Laudato Si' Action \(laudatosi.org/actionplatform\)](https://laudatosi.org/actionplatform)

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As mentioned earlier much planning has taken place in preparation for the Synodal consultation which begins this month.

You are encouraged to participate by responding the questionnaire which you will receive shortly. In preparation, we ask that you take some time to pray seeking guidance of the Holy Spirit on this journey, a process of listening, dialogue and discernment.

## Prayer for the Synod

*We stand before You, Holy Spirit, as we gather together in Your name.*

*With You alone to guide us, make Yourself at home in our hearts;*

*Teach us the way we must go and how we are to pursue it.*

*We are weak and sinful; do not let us promote disorder.*

*Do not let ignorance lead us down the wrong path nor partiality influence our actions.*

*Let us find in You our unity so that we may journey together to eternal life and not stray from the way of truth and what is right.*

*All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever. Amen*

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## Ukraine

The recent events in Ukraine are most disturbing. Through the upheaval caused by war many families have lost their possessions and been split. Let us remember in our prayers all those who have been affected by this war and in a particular way we pray for our friends in St. Volodymyr Foundation.

**Pope Francis in Fratelli Tutti reminded us that *“Francis of Assisi did not wage a war of words aimed at imposing doctrines; he simply spread the love of God.”***

**In paragraph 261 he reminded us of the effects of war *“Every war leaves our world worse than it was before. War is a failure of politics and of humanity, a shameful capitulation, a stinging defeat before the forces of evil.”***



Archbishop of Lviv meeting with Niall M Kennedy KCSG Past President in 2012

We join Pope Francis in his call for prayer and fasting for Peace. Through the intercession of Mary the Queen of Peace we pray for a swift conclusion to the war and that every person's rights will be respected with dignity.

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