



### Scripture

**Old Testament:** "Is not this the sort of fast that pleases me – it is the Lord Yahweh who speaks – to break unjust fetters and undo the thongs of the yoke, to let the oppressed go free and break every yoke, to share your bread with the hungry and shelter the homeless poor, to clothe the man you see to be naked and not turn from your own kin? Isaiah 58:6-7 from The Jerusalem Bible.

**New Testament:** "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 itself, 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

"Nobody may be forced to act against his convictions, nor is anyone to be restrained from acting in accordance with his conscience in religious matters in private or in public, alone or in association with others, within due limits." 34 This right is based on the very nature of the human person, whose dignity enables him freely to assent to the divine truth which transcends the temporal order." Catechism of the Catholic Church #2106

### Comment

Countries with a poor human rights record will often experience violations of religious freedom. The reverse is also true; states that attempt to stifle, control or eradicate the most intimate relationship between the creature and the Creator will not hesitate to violate other laws that pertain to human freedom.

### Organisation of the month

Aid To The Church In Need (ACN) is a pontifical foundation seeking justice and freedom to those who are persecuted for the Faith. It raises awareness in this country about the plight of our brothers and sisters around the world who are suffering, at best, prejudice and discrimination in educational settings and in the work place and others who, at worst, are suffering abduction, rape, torture, forced marriage, forced labour, forced conversion to the majority world religion of the country, extrajudicial murder and even execution by the state. Visit [www.acnuk.org](http://www.acnuk.org) for more information.

### Pray, Think, Act

**Pray:** that God the Father, in the name of His Son Jesus Christ may, by the power of the Holy Spirit and the intercession of Mary Help of Christians, bring relief to all Christians of all denominations from the scourge and terror caused by religious persecution.

**Think:** if the Faith were proscribed and outlawed tomorrow, how would you still witness to Christ and His Church?

**Act:** Visit [www.acnuk.org](http://www.acnuk.org) for more information as to how you can support their mission, through prayer and donations amongst others.

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