



## Scripture

**Old Testament:** "The Lord loves justice and right and fills the earth with his love." Psalm 32 (33) from the Breviary.

**New Testament:** "What good is it, my brothers and sisters if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, 'Go in peace; keep warm and eat your fill', and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead." James 2:14-17 from The Poverty And Justice Bible, Catholic Edition.

## Catechism

"The petition about our daily bread makes us people who await everything from the goodness of our heavenly Father, including the material and spiritual goods that are vitally necessary. No Christian can pronounce this petition without thinking about his real responsibility for those in the world who lack the basic necessities of life."  
YOUCAT #522

## Comment

"Regarding the debate about faith and works: It's like asking which blade in a pair of scissors is most important." CS Lewis, from "Mere Christianity". I think the point that CS Lewis is emphasising is that faith and love-in-action must work together, with a dash of common sense – as so eloquently explained in scripture by St. James.

## Organisation of the month

Asking children to learn on an empty stomach is a challenge in itself as well as being a barrier to learning and teaching in school. Mary's Meals is a charity that aims to tackle both hunger and a lack of appetite for education. It does this by providing free, nutritious meals to hungry children through the existing network of schools, thus providing both an incentive for pupils and parents to seek formal education in schools whilst at the same time receiving the nutrition needed for both learning and thriving. See the charity's webpage at [www.marysmeals.org.uk](http://www.marysmeals.org.uk) for more information.

## Pray, Think, Act

**Pray:** that God the Father, in the name of His Son Jesus Christ may, by the power and inspiration of the Holy Spirit, equip you with all manner of good gifts that the faith of others may be kindled.

**Think:** if you had to skip a meal, which meal would it be and why?

**Act:** Visit [www.marysmeals.org.uk](http://www.marysmeals.org.uk) for more information, including how you can donate to this worthy cause.

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