

■ Spiritual

Learning intention To celebrate ways of meeting God in our communities.

Introduction and content

The Christian life is easily summarised: love the Lord your God with all your heart and all your soul and love your neighbour as yourself. We are enabled to strive to do this through nourishing our relationship with God through prayer and sacrament, as Pope Francis encourages:

When we celebrate the Eucharist it is the living Jesus who brings us together, forms us into a community, allows us to adore the Father.

Each one of us, in fact, through Baptism, Confirmation and the Eucharist, is incorporated into Christ and united to the entire community of believers.

Every encounter with Christ, who in the Sacraments gives us salvation, invites us to 'go' and communicate to others the salvation that we have been able to see, to touch, to encounter and to receive, and which is truly credible because it is love.

In this way, the Sacraments spur us to be missionaries.

Pope Francis further reminds us that the poor save us because they enable us to encounter the face of Christ and as his disciples. Through love of God and service of others we meet God in our Home, School, Parish and Diocesan communities where we are enabled and nurtured in sowing seeds of hope for those less fortunate than ourselves.

This may consist of active fundraising for various charities, such as, CAFOD, St Vincent de Paul Society, Mini Vinnies, Food Banks, HCPT, Homeless, RNLI or Air Search and Rescue organisations. It may also involve actively participating in church as altar servers, readers or members of choir.

"Good spirited individuals, when united as a community, enables a strength to lift heavy burdens that an individual alone cannot. Sharing responsibility provides the opportunity for 'all types' of people to contribute to the greater good, even those that are hindered by anguish."

Anonymous