



Based on the gospel for Sunday 14 January, Second Sunday in Ordinary Time: John 1:35-42

“Jesus turned round, saw them following him, and said: What do you want?”

If Jesus asked us today “What do you want?”  
I wonder how we might reply.  
We might say  
“I want something to strengthen my hope for peace  
now and in the future, for all children.”

There are so many sad and dangerous events  
happening around our world.  
CAFOD reports on them regularly,  
and tells us how help and hope is being given.  
Encouraging as these reports are,  
many of us might be thinking,  
like John Laurie in “Dad’s Army”  
we’re all doomed!

Colin Parkes wrote:  
“Goodness is not gone from the world  
because one good person has died.  
Meaning has not gone from life,  
because one who meant so much is no longer present.  
The loss of one trusted person  
need not undermine trust in all of those who remain.”

Even so, holding on to hope  
is not an easy thing to do,  
but if we believe in the message of Jesus,  
we have to do it.

## Prayer

God of all people,  
may our belief and trust  
in the message of Jesus  
help to strengthen our hope  
when we reflect on the troubles  
in our world.  
Amen.



## Year of Prayer

Pope Francis has designated 2024 a Year of Prayer in preparation for the 2025 Jubilee year “Pilgrims of Hope”. Find out more and explore our prayer resources for this year.

[Find out more](#)



## Peace Sunday

This Sunday is Peace Sunday. Join us as we continue to pray for true and lasting peace in our world, so that all people may live free from violence and conflict.

[Pray for peace](#)



## Big Lent Walk

Challenge yourself and take on The Big Lent Walk! Walk when and where you choose over 40 days, alone or with friends. Raise money to help people as they overcome poverty.

[Sign up now](#)

This reflection and prayer were written by Barry Anderson from Willingdon, Sussex.

### ♥ You make our ongoing work possible

To fund the vital lifesaving work we do across the world, we rely on the generosity of our supporters. If you can, please consider [donating £2 a month](#). It really makes all the difference and will only take a short moment of your time. Thank you.



This CAFOD email includes weekly reflections on a gospel passage. To ensure your email newsletter reaches you every time, add [news@email.cafod.org.uk](mailto:news@email.cafod.org.uk) to your address book or contacts list. We protect your privacy and don't share personal data with third parties. [Read our privacy notice](#).

The Catholic Agency for Overseas Development (CAFOD) is the official aid agency of the Catholic Church in England and Wales and part of Caritas International. Charity no 1160384 and company no 09387398.

© CAFOD 2024

If you don't wish to hear from us any more, we're sorry to see you go, but you can [unsubscribe](#).

Catholic Agency for Overseas Development,  
Romero House, 55 Westminster Bridge Road,  
London,  
SE1 7JB