

[Weekly Reflections](#)[Unsubscribe](#) | [View in browser](#)[Our Work](#)[Donate](#)[Get involved](#)

Based on the gospel for 10 October, Twenty-eighth Sunday in Ordinary Time:
Mark 10:17-30

“Go and sell what you own and give the money to the poor... then come follow me.”

In my experience it has always been those with less who are more willing to give. Whether it's food, money, or time I have always been astounded by the generosity of those who seemingly have very little.

In this gospel Jesus breaks us down to our very core, he asks us what are our motivations? Is it faith that motivates us, or property and wealth? Is it the people around us or the home comforts?

We may find comfort in busy lives, material goods and property. We can find it hard to give this up and live a simpler life, but we don't need to do it all at once. One step at a time to a simpler life, take our Live Simply schools and parishes as an example.

So what step can I take today? Am I willing to give up the time to write a letter to my MP or to sign a petition, or am I ready to welcome the next person who appears on my doorstep for a chat?

All Jesus asks is that we give of ourselves, from our hearts, and more than we think we can, to our brothers and sisters, especially those most vulnerable.

Eternal God,

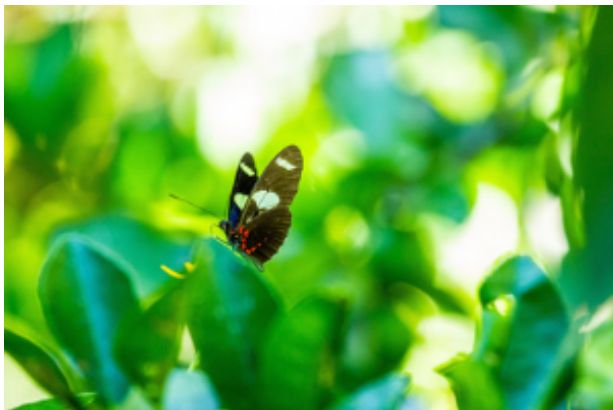
Guide us in the steps towards a more compassionate, selfless life. May we always seek to support, welcome and live in solidarity with our global brothers and sisters by giving of ourselves. Help us build your kingdom on Earth filled with generosity, love and care for each other. Amen.



Climate Crisis Appeal

Donate to our appeal and stand alongside communities like Ivanilde's as they care for the earth.

[Donate now](#)



Care of creation rosary

Throughout the month of October join us in praying these joyful mysteries for the care of creation.

[Pray with us](#)



Fratelli Tutti one year on

A year after the release of the encyclical, Francis in our Theology team reflects on its inspirations and the vision it offers.

[Read more](#)

This reflection and prayer were written by Juliette Bone, a CAFOD volunteer and a Faith in Action volunteer with the Columbans in Birmingham.



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 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 2021 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,