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Based on the gospel for 3 April, Fifth Sunday of Lent: John 8:1-11

"Neither do I condemn you,' said Jesus. 'Go away, and don't sin anymore.'"

When the scribes and Pharisees bring a woman who has been caught committing adultery to Jesus, he suggests that the person who is without sin should cast the first stone.

How often are we quick to judge others without taking time to recognise our own faults and failings? Perhaps we should reflect a little today on times when we have fallen short against our own and others' expectations of us.

But it is the final sentence of the reading that is one of the most powerful. Not only does Jesus not condemn the woman – he tells her to go away and not to sin anymore.

It is not enough to be sorry for our past actions. True repentance calls for a change in our behaviour – ceasing whatever was harmful, committing to do better in the future.

We have recognised as a society that we have caused damage to our planet. It is time to stop and to make radical changes to the way we live. Not just on an individual level, but on a national and international level as well.

At the COP26 climate change conference last November promises were made about keeping global temperature rises to within 1.5C, phasing out coal, putting a stop to deforestation and ending finance for fossil fuels.

But promises aren't enough. As Neil Thorns, CAFOD's Director of Advocacy says, "For communities living with the reality of climate change, it's the implementation of these things that's critical."

Merciful God, forgive us our sins. May we be inspired to go away and make a change so as to sin no more, both as individuals and a global community, so that all creation may flourish. Amen.



Campaigning next steps

Join us online at 7pm on 7 April, to celebrate the success of Parliament in your Parish and think about the next steps.

Register now



Culture of encounter workshop

Join our interactive zoom workshop on 5 April at 7pm. We'll be exploring what Pope Francis means by "a culture of encounter" and how it is relevant to CAFOD's work.

Book your place



Stations of the Cross

Meditate on Christ's journey to the cross, through stories, scripture and prayer.

Pray with our Stations

This reflection and prayer were taken from our [Lent Calendar](#).



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