

Based on the gospel for Sunday 4 November – Mark 12:28-34

“You must love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength. The second is this: You must love your neighbour as yourself. There is no commandment greater than these.”

This Sunday we are asked to think about love. When asked which of the commandments is the most important, Jesus’ answer was to love God and to love your neighbour.

Here at CAFOD we believe that through love we can make a world of difference. By showing compassion to others, we can help them to reach their full potential.

Saint John of the Cross said, “In the evening of life, we will be judged on love alone”. We are all part of a global family and we are called to work together to create a more loving and peaceful world.

In the coming weeks we are holding our annual Memorial Masses across the country in honour of all our friends and family who have sadly died.

May we take this time to reflect on the impact they have had on us as individuals and the world as a whole. They showed us what it was to care immensely and to share their love of God with those around them.

We pray that we may emulate their kindness and continue the work that they started – bringing our brothers and sisters around the world together through love and compassion.



[Join us at a Memorial Mass this November](#)



[Keep a loved one's light shining through CAFOD's work](#)



[Pray with us for those who mourn](#)

God of light,

Today, on All Souls' Day, we pray for our loved ones who have died, as we remember the kindness that they brought to this world and to our lives. We pray that we may find comfort in you during times of grief and that they may find peace in your arms. Fill us with your love and let your compassion shine through us, so that all members of our global family may flourish.

Amen.

This reflection and prayer were written by Roisin Beirne, who works in CAFOD's Legacy and Remembrance team.