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Based on the gospel for Sunday 14 March – John 3:14-21

**“Jesus said to Nicodemus, ‘Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.’”**

Today, the Church celebrates Laetare Sunday. Laetare from the Latin means “to rejoice” or “to be joyful” and there is much to celebrate in our readings today, which are full of reminders of the new life that God brings us.

In today’s gospel, Jesus speaks powerfully of the generous, self-giving love of God. It is a gospel that assures us of God’s care for the world, for each of us as his sons and daughters. As this Sunday is Mothering Sunday, we also think of the love we have received from our mothers and all those who have been reflections of God’s love for us.

Today we have the opportunity to thank all the people in our lives who care for us, who show us kindness and compassion. We can also reach out in love to the many mothers who, due to poverty and lack of opportunity, find every day a struggle.

Delinah brought her seven-month-old baby, Muzina, to a CAFOD- supported mobile health clinic in Zimbabwe. She was worried that Muzina wasn’t growing. Delinah said: “I saw he wasn’t gaining weight and it pained me.”

Muzina was severely malnourished. Through the mobile clinic, he was referred to the hospital for an emergency nutrition paste made from peanuts. Delinah has also been encouraged to join a CAFOD-funded support group for local mums, so she can get support in keeping Muzina healthy.

This Mothering Sunday, let’s pray for mothers everywhere.

Loving God,  
we give you thanks for your nurturing love  
and for all who care for us, who have encouraged us and helped us to grow.  
We pray today for all mothers, especially those who struggle due to poverty and injustice.  
Amen.



## Lent Calendar

Join us in prayer and reflection each day during Lent with our interactive calendar.

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## Stations of the Cross

Every Friday in Lent, we will walk through the Stations of the Cross online.

[Pray with us](#)



## 'Healthy mum and baby' Gift

This Mothering Sunday help mothers and babies receive urgent medical treatment.

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This reflection and prayer were taken from our Lent calendar.



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