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Based on the gospel for Sunday 15 March, Fourth Sunday of Lent: John 9:1-41

**"As Jesus passed by, he saw a man blind from birth"**

This Sunday the Church celebrates Laetare Sunday and, in the United Kingdom, it is also Mothering Sunday. Laetare from the Latin means 'to rejoice' and it seems a fitting occasion to share the story of Rejoice, a mother from South Sudan.

Rejoice and her three children fled when the ferocious conflict engulfing South Sudan reached her village. Her husband was on a business trip. She still doesn't know what happened to him. After a dangerous journey, she and her children reached relative safety in neighbouring Sudan, but when war broke out there too, they were forced to return home.

On arrival, however, Rejoice found her village submerged by widespread floods. She had no proper shelter and very little food for her family. At last a lifeline came, when she was offered training from CAFOD's partner in techniques for growing food in floating gardens.

She tells us: *"This has improved my life. The yields from the garden help me feed my family."*

As we reflect on the story of Jesus healing the man who was blind from birth, let's pray that we will not be blind to the needs of others. Instead, like Jesus, may we seek to be a source of healing and love.

Let's also pray for all mothers, especially those who, like Rejoice, face painful and challenging circumstances.

## Prayer

Dear God,  
we thank you for mothers  
throughout the world.  
Be close to those who are struggling  
because of violence or poverty,  
and fill every home with your love.  
Amen.



## Lent appeal

Give to our Lent appeal and help mothers like Rejoice build a better future for their families.

[Find out more](#)



## Stations of the Cross

This Lent, meditate on Christ's journey to the cross, through scripture, stories and prayer.

[Pray the stations](#)



## Big Lent Walk

This weekend we thank the parishes and groups taking part in our community Big Lent Walk. Find out more about how you can support those walking for water this Lent.

Support the Big Lent Walk

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

### ♥ You make our ongoing work possible

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