

Journeying Together...

*Come into a quiet place...
Focus on your breath...
Clear your mind of other thoughts...
Settle into a feeling of hope and calm...
Be still, silent and listen...*

*Light a candle.
"Open my mind to know your voice."
"Open my hands to do your work."
"Open my heart to feel your presence."*

As I embark on this journey through life, I am reminded of the deep truth that hope is not simply a fleeting feeling or distant dream. It is a theological virtue, a gift from God, that I am invited to nurture in my heart. Pope Francis calls me to begin again with hope in this Jubilee year, and today I open my heart to His presence, to the life raft that is Christ.

Who is my life raft?

In the midst of life's challenges and the storms I face, Jesus offers me an unshakable anchor: **the hope** that Christ is with me. I know that I am never alone, that the Lord dwells within me.

St. Peter reminds me to
"Proclaim the Lord Christ holy in your hearts and always have your answer ready for people who ask you the reason for the hope that you have."

1 Peter 3:15

It is You, Jesus. You are the one who holds me steady in times of doubt and despair. You are the one who brings peace when chaos surrounds me. You are the anchor of my soul, my strength in times of trial. Let me never forget that I do not walk this journey alone. May the presence of Christ within me become my firm foundation, and may I always share this hope with others.



Becky Eldridge (2025) reminds me that, as a pilgrim of hope, I carry three tools on my journey: **The Heart of Christ, Eyes of Compassion, and Hands of Hope.** These tools are my invitation to live out the hope that I carry within.

The Heart of Christ

Lord, I know that my heart is meant to be Your dwelling place. I am called to carry Your love and to be a beacon of hope to those who need it most.

Romans 5 : 5 - "And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us."

Am I a support for others?

Is there someone who supports me?

What does it mean for me to carry Christ in my heart as a pilgrim of hope?



Let me not be afraid to reach out in love and compassion, knowing that I am Christ's instrument of peace.

Eyes of Compassion:

Compassion is the lens through which I am called to see the world. I am invited to see the suffering of others, to let it touch my heart, and to draw near to help.

As Saint Teresa of Avila prayed, "Christ has no body now on earth but yours. Yours are the hands, yours are the feet, yours are the eyes."

I am called to live as Your hands and feet, to act in Your name, to be Your love in action.

Do I recognise the suffering of others?

Does it move my heart?

How am I moved to act on this feeling?



May I always have eyes that are open to the pain of those around me and a heart that responds with love. Compassion is not passive; it is an active force that compels me to be present with others and to alleviate their suffering. Through compassion, I show others the hope that lives within.

Hands of Hope:

Lord, as I carry Your hope in my heart, I am called to put that hope into action. My hands are Yours, and I am sent to be Your hands in the world. In times of fear or uncertainty, I can reach out to You, knowing that You hold me securely in Your embrace.



Do I act in Christ's name?

Do I reach out to those in need, knowing that in doing so, I am acting as Christ's hands?

May my actions bring hope to others, as I act boldly on behalf of Your love. In this pilgrimage of life, Lord, I am never without hope. Christ is my life raft. You are the source of my hope, my strength, and my courage. You call me to walk alongside others as a pilgrim of hope, to share the love that resides within my heart, and to be a sign of Your presence in the world.

Prayer

I pray, in this Year of Jubilee for the grace to see through eyes of compassion, to act with hands of hope, and to always remember that You, Christ, are the anchor of my soul. May I be a vessel of Your hope to a world that so desperately needs it. In times of trial, may I never forget that You are with me, guiding me, loving me, and offering me the strength to begin again with hope.
Amen.

Isaiah 40 : 31 - "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."

"Be calm and full of hope."

"Believe in the whisperings of God to your own heart."

"Find happiness in making others happy."

"Let us try to keep God with us by charity in thought, word and act."

Mary MacKillop

Jubilee Prayer

Father in heaven,
may the *faith* you have given us
in your son, Jesus Christ, our brother,
and the flame of *charity* enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed *hope*
for the coming of your Kingdom.

May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within both humanity and
the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, *Pilgrims of Hope*,
a yearning for the treasures of heaven.
May that same grace spread
the joy and peace of our Redeemer
throughout the earth.
To you our God, eternally blessed,
be glory and praise for ever.

Amen.