

Five ways of sustaining faith in difficult times - reaching out

That challenge to reach out can be found throughout the Scriptures. Maybe we need to hear it now more than at any other time. The prophets are constantly inviting us to reflect on the call to be on the side of the little ones. Richard Rohr says 'any experience of grace tells us that history is not about us. In fact, my own life is not about me.' I think now more than any other time we have an opportunity to look out for our neighbours and to create what Pope Paul VI called a 'society of sharing solidarity and love.'

What can we do? In these challenging times we can keep our eyes open for those who are isolated, lonely and need help. We can make sure our neighbours have enough shopping. We can phone people and encourage people. We can make sure that we only buy what we need and not more than that. We can pray for others constantly, particularly those who are struggling. We can pray that we move away from our own individualism where it's me and my needs that matter to a place where we live for the common good and make decisions for the common good. We can focus our attention outwards rather than inwards and maybe we can change the world.

- **Take time each day to phone people you know.**
- **Take time each day to pray for others and for yourself.**
- **When shopping, look for what you need and not what you panic about.**
- **Have care for those in complete isolation and see what they need.**