Welcome! The Pope invites people of good will to come together and pray that by the virtue of baptism, the laity, especially women, may participate more in areas of responsibility in the Church.

**Getting started:**
I try to set aside all that happened during the day and try to calm down while I focus on my breathing.

**Short story:**
The Church was packed for Miriam’s funeral. I was surprised that such a quiet woman was known to so many people. Miriam was a nurse, married and had four children. She was a joyful person and she was always smiling. It was impressive the way she balanced her work and family life. Miriam never missed hearing Mass. She offered her services to the community and sat on the group committee for married persons. For a long time, Miriam helped the local youths’ group, organising trips and barbecues in the summer. The youths loved and respected her, even commenting on Facebook that they had lost their second mother. Her qualities were truly maternal for she helped and cared for her neighbours and friends like she was their mother.

Just after receiving the sad news of her cancer, I met Miriam at the hospital. With a resolute voice she said: “Where there is life there is hope!” What a great woman she was! A woman who worked hard and in silence in the local church and who made a great impact on so many people. In my last goodbye to Miriam, I was reminded of all the blessings in our community, particularly all those women and mothers, young and old, who have different responsibilities within the church.

**Time to reflect:**
Have I ever thought about the potential that women have, to be active in the community? Do I appreciate the effort that these people make in spite of the commitments in their private lives? Do I explore possibilities to become more active in the community?

**Let us pray:**
Lord, help me become aware of the ways that can make me more active in my community. Help me use the time and talents that you have given me to the service of my community.

**Inspiration:**
The gifts of the laity, men and women, are many and your apostolate is various, and whatever you do, is aimed at promoting the mission of the church by making sure that the temporal order is underpinned and perfected by the Spirit of Christ and aimed at the coming of his reign.

*Pope Francis* (2014)

**Hands on:**
I try to find out how I can offer any kind of service in the community with the aim of helping the church to convey the message of the Gospel.