## Looking Forward



19<sup>th</sup> March 2023 4<sup>th</sup> Sunday of Lent In the Gospel of John, \_\_\_\_\_Jesus says

"I am the light of the world."



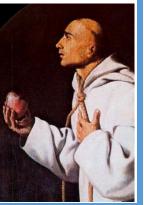


Looking Forward in Charity

## "SWARGASTHANAAYA NJANGALUDE PITHAAVE"

## HOLY MARTYRS OF ENGLAND AND WALES

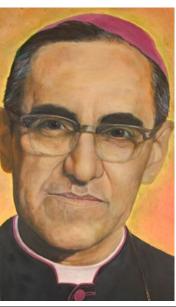
**St John Houghton** (1486-1535) was the first Catholic martyr to die under Henry VIII. Thomas More saw John and his friends being taken to their execution and said : "Look at these blessed Fathers cheerfully going to their deaths as bridegrooms to their marriage!"



"Enthusiasm demonstrates this: that one has something of God inside."

## Saint Oscar Romero : 24th March

Oscar Romero was the Archbishop of San Salvador during a time of widespread violence and oppression of the poor. In 1977 a personal friend was assassinated for speaking out; this deeply affected Romero, who wrote "If they have killed him for doing what he did, then I too have to walk the same path." He spoke out and urged people to live out Christ's message of love. He was shot dead while saying Mass in 1980.



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- Pope Francis, Papal address, 2014

