Welcome! The Pope invites people of good will to come together and pray:

That consecrated religious men and women may bestir themselves, and be present among the poor, the marginalized, and those who have no voice.

Getting started:
I find a quiet place and a comfortable position. I concentrate on my breathing and listen to the sounds around me. I thank God for the care and love that He has showed me and for surrounding me with loving people.

Short story:
Sister Anastasia Gill is a beacon of hope for poor prisoners languishing in India's largest jail awaiting trial. She said about 70 percent of some 14,200 people in Tihar Central Prison are accused of petty crimes. Some remain incarcerated even after being allowed bail because they are unable to raise the surety money. The 50-year old nun began the mission five years ago. Clad in a beige-coloured sari, she is a familiar figure at this prison in the capital, New Delhi. She is a criminal lawyer and has special permission to enter the prison where she regularly offers legal help to needy inmates. Hundreds of them, mostly Dalits with a tribal background, remain in jail simply because they are too poor to find a lawyer or are too illiterate to file a bail application. Sister Gill says that they find no one to take up their case. Moreover, the inmates have no idea about the functions of legal and court procedures. She addresses this by teaching them through 'role-plays', acting out small scenes to understand simple court rituals like where the judge sits and how the proceedings work. This helps instil confidence and prepares the accused for their appearance in the courtroom. Sister Gill tells prisoners about their rights and how to present the facts to judges. During the past five years, the courageous nun has helped 800 people to either get bail or be released. The nun also appears in court for those inmates, often poor or abandoned by relatives, who cannot afford to pay for a lawyer.

Time to reflect:
How often do I realise that I lead a privileged life and that millions of people around the world are poor, marginalized or have no voice?

Let us pray:
Lord I would like to pray for consecrated religious men and women so that they will follow in your footsteps and serve the needs of the poor, the marginalized, and those who have no voice.

Inspiration:
When a poor person dies of hunger, it has not happened because God did not take care of him or her. It has happened because neither you nor I wanted to give that person what he or she needed.  

          — Mother Teresa

Hands on:
I will try to find persons who are poor or marginalised and I will do something positive to make their life a little easier.