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

**For a generous welcome of the victims of human trafficking, of enforced prostitution, and of violence.**

**Getting started:**
Choose a comfortable place. Try to recollect yourself in the presence of God and thank Him for your freedom, for the possibility to choose your own path in life.

**Short story:**
In 2006, Cambodian Vannak Prum arrived in Malai, a city located in northwestern Cambodia along the Thai border, with the promise of a job. He was a victim of deception and forced labour and would not see his family for four years. Prum left his pregnant wife in the hope of returning home in a few months with the money to support his growing family. Instead he was forced into slavery on a Thai fishing boat where he endured torture, starvation and the constant threat of death. After three years, Prum managed to escape. After spending the night in the forest, he made his way to a police station. Instead of helping him, the officers picked up a phone, placed a call and soon a red car arrived to pick him up. Prum watched as the driver and the officials exchanged money. He had been sold to work on a palm oil plantation. One night, a fight broke out. While he tried to break up the quarrel and help his friend, Prum was slashed across the collarbone with a knife and wounded. He was taken to hospital to have his injuries treated. From the hospital he was taken before a Judge and put on trial. He was sentenced and jailed for three months for being an illegal immigrant. However, he was only released after seven months. After four years, Prum was finally able to return home to Cambodia in May 2010. On his return, he made it his mission to educate the people of Cambodia on the dangers of human trafficking.

**Time to reflect:**
What is our attitude towards people who have been victims of human trafficking, or forced prostitution, or violence? Do we really help them escape their past and catch their fall? Or do we take advantage of their situation for our own benefit?

**Let us pray:**
Dear Lord, please help me to open my heart to listen to, to see and to help people who have, against their own will, been put through experiences which degrade the humanity of the person.

**Inspiration:**
Human trafficking is an open wound on the body of contemporary society, a scourge upon the body of Christ. It is a crime against humanity.  

*Pope Francis*

**Hands on:**
I challenge myself not to, in any way, directly or indirectly, take advantage of people who are in a desperate situation and to report abuse such as forced labour, forced prostitution and violence to the competent authorities.