

JSP Week 3

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; Where there is injury, pardon;

Where there is doubt, faith; Where there is despair, hope;

Where there is darkness, light; Where there is sadness, joy;

*O Divine Master, grant that I may not so much seek to be consoled, as to console;
to be understood, as to understand;*

to be loved, as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life. Amen.

(French Prayer c.1920, often attributed to St Francis of Assisi)

We thought about how we have faced crises in our lives, and particularly how we have received support from those around us.

We particularly reflected that we often receive support from unexpected people, and on how the Cathedral can be home and family for us.

There is an importance in receiving support from those who have had the same experience.

We looked at our reading: Mark 7.24–31

asking:

- **What can we learn from Jesus in this story?**
- **Which people in our communities remind you of the Syrophenician woman and her**

daughter?

- **How can we introduce them to Jesus and share his healing and compassion?**
- **What can we learn from the Syrophenician woman?**
- **What can we learn from people and groups around us who are different from us in background and faith?**

This led us to reflect on:

- how we might know which groups we might reach out to
- which groups are left out and marginalised
- how the pandemic is impacting on our mission
- remembering that people often come to the Cathedral because they can be anonymous
- the qualities we need to embody in our mission and welcome