Pope Francis asks that this March we pray for bioethical issues and that all treatment discovered keeps at the heart of its work the value and dignity of all human life from conception to the grave.

The dignity of all human lie is intrinsic to Catholic, Jewish, and Muslim teaching. All three world religions trace their roots back to the teachings of Genesis and the words of Gen 1: 27:

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We are made in the image of God and as such our life is precious and deserves to be protected.

No-one watching the news can fail to be moved by the plights of refugees from Afghanistan, Ukraine, and other areas of the world. The very idea of one day having to simply, get up, leave your home and travel to the next country with nothing but the items you can carry to your name, is beyond horrific. It simply does not uphold the teaching that all people are born free and equal.

Lent is a time of almsgiving, prayer, and confession. It is a time to reflect upon just how lucky you are, to repent for all the times that you have taken so much for granted and to dig as deep as you can to support those less fortunate.

Lots of us have and are continuing to, support food banks, Ukrainian appeals and CAFOD's Walk against Hunger. In doing this work we know that we work to support the human dignity of all people. Yet this weekend complete one other task....... pray for peace and recognition across the world that all people have their human dignity upheld.

For whatever position you rise to be, from president to parent, from leader to follower, you will have no greater title than "Child of God" and in that title we are ALL equal.

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