



Current Issues in Prayer

July 2022

Welcome! The Pope invites people of good will to come together and pray **for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility.**



Getting started:

I find a quiet place where I can stay comfortably. Then I take a few deep breaths until I feel calm. As soon as I feel tranquil enough, I read the story.



Short story:

Maria was on her usual weekly bus trip, that runs along a number of panoramic views. This time round, besides the usual farmer, there was an elderly woman. She asked Maria whether she was on the right bus to Rabat. Maria assured her that it was and that there was no need to worry since the bus stopped in Rabat. She also suggested to the elderly lady where to sit so as to enjoy the best views of the coast. The elderly woman observed that Maria was open for some conversation and set off by explaining that she had long been planning this trip. As they passed through the areas which she used to frequent in her youth for hikes with the Catholic Action or MUSEUM groups, she pondered on how much energy they must have had in their early years. But now she could only enjoy those places while sitting in a bus! She had no relative to take her around in car trips. It was only thanks to this bus ride that after so long she could revisit these places. The elderly lady was also glad that she had found someone to chat with.



Maria got off the bus and hurried off to her errands. She was feeling happy and was glad to have had the good fortune of meeting the old lady and to have listened to what she was saying. She had learned to appreciate and enjoy the simple things in life.



Time to reflect:

When I pass by elderly people walking slowly down the street do I just look past them? Does it occur to me that such people once had a busy, hectic life which they faced with the energy of younger people?



Let us pray:

Gracious Lord, may I remember that humans reach old age thanks to your bountiful grace. Help us to appreciate better all the endeavours of all those who lived before us and not label them as 'old people'. Let us not forget the many sacrifices they made and all the benefits we are enjoying today because of them.



Inspiration:

Elderly people are a source of wisdom.

Pope Francis — 2013



Hands on:

Whenever I come across an elderly person, I offer them a sincere smile. And when possible, I dedicate some time to run an errand for elderly people, who could be my neighbours or relatives. Such simple occasions can allow us to have some small conversations and keep them company. This will help them to avoid feeling that everybody is too busy to care about them.