



focolare
movement

Stages of Spirituality

A Meditation Booklet for the Jubilee Journey





Welcome to the Jubilee of Hope 2025!


Hi! Are you ready for a special journey?

The Jubilee is a unique opportunity to set out on a path—whether physically in Rome or virtually from wherever you are. This journey isn't just about travelling through places, but above all, it's an experience with God and with the many people we'll meet along the way, which will help us grow in faith and hope.

We'll guide you through **4 key stages**, each with a key word:

- Pilgrimage & Profession of Faith
- Holy Door
- Hope
- Reconciliation

For each stage, you'll find activities and prompts to help you fully live out this experience:

- ✓ A moment of deep reflection
- ✓ A prayer
- ✓ A spiritual insight linked to the Charism of Unity
- ✓ A personal or group input of reflection
- ✓ A concrete action
- ✓ A final song 

You can follow these stages in any order, letting the Spirit and your fellow travellers guide you. Our goal? **To enter into relationship with God, with your companions on the journey, and with everyone you meet along the way.**





The Pilgrimage of the Seven Churches

An ancient tradition for a journey into today.

Our journey follows a historic route that has accompanied pilgrims since the 16th century: the Pilgrimage of the Seven Churches, designed by St. Philip Neri. A path of faith and fraternal communion, marked by prayer, hymns, and reflections on Christian life. This pilgrimage includes seven symbolic sites of Rome:

- ① Basilica of St Sebastian
- ② Basilica of St Paul Outside the Walls
- ③ Basilica of St. Mary Major
- ④ Basilica of St Peter's in the Vatican
- ⑤ Basilica of St Lawrence Outside the Walls
- ⑥ Basilica of the Holy Cross in Jerusalem
- ⑦ Basilica of St John Lateran

◆ Total route: 20 km

◆ An experience lived for centuries by thousands of young people and adults

If you'd like to follow the special program we've prepared for this pilgrimage in Rome, clicca qui:



[Pilgrimage of the 7 churches](#)




Pilgrim's Passport

During the journey, you'll have a Pilgrim's Passport!

At each church you visit, you can write down one word that captures what you experienced or what moved you the most. By the end, you'll have a unique keepsake of this extraordinary experience!

Are you ready to set out? **Happy travels!**



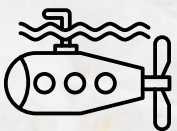
Pilgrimage and Profession of Faith

Pilgrimage is a powerful metaphor for change: you set out on the journey to shift from your starting point, to begin seeing yourself differently, and to rethink your relationship with yourself and others. Leaving home and embarking on a pilgrimage is an act of courage—it means stepping away from comfort, finding your path, and, above all, responding to that deep longing within every human heart.

This effort mirrors the Christian life, a reminder that faith is not static but a constant process of seeking, conversion, and growth. Every step taken on pilgrimage echoes the call to advance in the journey of faith.

Thus, pilgrimage becomes a living "profession" of faith—a moment when, united with the entire community, we publicly express our convictions and renew our commitment to God. Another tangible moment to profess our faith is in the Eucharist, the heart of Christian life and a pivotal point in our pilgrimage of faith. It is an act of communion with Christ that strengthens unity and fraternal love, fuels mission, and transforms individuals to live according to the Gospel.

IN-DEPTH



“(…) my faith, like that of Peter and like the faith of each one of you, is not just my doing, my attachment to the truth of Christ and the Church. It is essentially and primarily the work of the Holy Spirit, a gift of his grace. The Lord gives his Spirit to me as he gives him to you, to help us say: “I believe”, and then to use us to bear witness to him in every corner of the world.

Dear friends, (..) the journey of faith is part of everything that happens in our lives. God is at work in the concrete and personal situations of each one of us: through them, sometimes in truly mysterious ways, the Word “made flesh”, who came to live among us, makes himself present to us.

Dear young people, do not let the time that the Lord gives you go by as though everything happened by chance. Saint John has told us that everything has been made in Christ. Therefore, believe unshakeably in him. He directs the history of individuals as well as the history of humanity.

Certainly Christ respects our freedom, but in all the joyful or bitter circumstances of life he never stops asking us to believe in him, in his word, in the reality of the Church, in eternal life!

Don't ever think then that you are unknown to him, as if you were just a number in an anonymous crowd. Each one of you is precious to Christ, he knows you personally, he loves you tenderly, even when you are not aware of it.

Dear friends, (...). Let yourselves be moulded by the Holy Spirit. Spend time in prayer, letting the Spirit speak to your hearts. To pray means to give some of your time to Christ, to entrust yourselves to him, to listen in silence to his word, to make it echo in your hearts.

In these days (...). Ask the Holy Spirit to enlighten your minds, ask him for the gift of a living faith which will forever give meaning to your lives, joining them to Christ, the Word made flesh.

May the Blessed Virgin Mary, who gave birth to Christ by the work of the Holy Spirit, Mary Salus Populi Romani and Mother of all peoples, and Saints Peter and Paul, and all the other Saints and Martyrs of this Church and of all the Churches to which you belong, sustain you on your journey.”

1



PRAYER

Lord, You who know what lies within my heart, I ask You to guide me on this pilgrimage. Strengthen my faith so that, despite all difficulties, my soul may always be turned toward You. Grant me the certainty that, at every moment, You are with me, and that every action, word, and thought may be directed by Your will—so I may live in unity with You and with others. May my life, O Lord, reflect Your love that unites, welcomes, and transforms, revealing Your goodness in every step I take.

Amen.

¹ Discorso del Santo Padre Giovanni Paolo II, Giornata Mondiale della Gioventù, durante la Cerimonia di accoglienza (2000)



FROM THE CHARISM OF UNITY

Amid the widespread devastation brought by war, a question arose in our minds: Could there be an ideal that no bomb can destroy? And suddenly, a light—yes, such an ideal exists. This is why we can truly dedicate our lives. This ideal is God. So we decided to make God the purpose of our lives.

And God revealed Himself to us in a certain way during the hatred of war, showing us what He truly is: Love. God loves, God loves us, God loved us. We made Him the ideal of our lives.
(...)

And it was an extraordinary adventure because, with love, God came among us. Where there is charity and love, there is God. And God made Himself manifest. And we felt in our hearts a joy we had never known before. We had a light to understand the meaning of life that we had never possessed. We had an ardor and a strength we had never had before. Once we were weak, but then we became strong. It was God in our midst who gave us this strength.


But precisely because we had Jesus among us, because we had God among us, for this very reason, we had with us what Jesus calls unity—we truly achieved unity. And in unity, as we know, an extraordinary phenomenon takes place—one I wish for all of you: to experience the presence of Jesus among us, for He says: "Where two or three are united in my name, there am I in their midst." And you see, dearest young people, that with Jesus, all things are possible.(...)

But I ask myself and ask you: Where is the secret of this growth? What is the secret, indeed, of this life?

We always say that the secret of this life—which is Jesus—is twofold: because we kept Jesus among us always, as much as possible—He who is Life itself—and because we always maintained the deepest unity with the hierarchy of the Church, with the Pope and the bishops, like branches united to the vine, for in them is Jesus. And so Jesus here, Jesus there, Jesus the Life, Jesus explodes, Jesus invades.(...)

So, we believe that if we pour out our lives—our small lives in comparison to the great Church—into the Church, we can contribute to the unity of the Churches and to the unity of the world. This is what we desire.

And all of this, as I said, began because we chose God.



Now, you too can do this. You can live a life like that—barely scraping by, following your own will—and then die: in a cemetery like everyone else, with a few roses and a few tears. Or, you can do something meaningful on this earth and follow Jesus—Jesus who is Life itself. Then, you will see life explode all around you.



INPUT OF REFLECTION

- What does starting a pilgrimage in your faith journey mean to you?
- In which areas of your life do you feel God is calling you to grow and change?
- What practical steps can you take to truly make Jesus the ideal of your life?
- How can you live out your faith authentically, even in an environment that doesn't always understand or support it?
- Do you believe that with Jesus, all things are possible? How have you experienced this reality in your life?
- What does it mean to you to be a witness of unity in Christ?



ACTION

Today, we invite you to live your pilgrimage in a tangible way. Set aside a moment of intimacy with God—ideally through the Eucharist—and commit to at least one act of service today (helping a weary companion or assisting with cleaning the space). These small gestures are a way to live out your faith. At the day's end, reflect on how these actions brought you closer to God and others.

Finally, don't forget to write the word in your pilgrim's passport! It's a tool to help you anchor the highlights of this journey in your heart.



SONG

3



Ci vuole coraggio (it takes courage)

NB: The song's Italian, and here's the translation.

G - D - Am - C

Even when it's hard sometimes
To walk through this world
Every single moment in life
Is a choice, a goal, an uphill climb
There's something that binds us
Stirs within us, pushes us beyond ourselves
Especially when we feel fragile

Because it takes courage
To change things, to ask for help
To lift your eyes and tell someone:
"I'll be there for you"
It takes courage
To get your hands dirty and start from scratch
To make a small gesture
But really mean it—really, really, really!

No one can ever extinguish
What we feel inside
We'll always keep
Looking into the eyes of those who pass by
There's something that binds us
Moves within us
Pushes us to give our best
Even in the simplest things

Because it takes courage
To change things, to ask for help
To lift your eyes and tell someone...

"I'll Be There for You"
You have to be brave
To get your hands dirty and start from scratch
To make a simple gesture
But really do it—do it, do it

We have been called
This is our journey
We'll turn darkness into light,
Doubts into courage
Against injustice, we'll raise our voices
We'll tear down walls and seek peace

One city is not enough!
Only love remains!
We'll leave a mark,
Even just a glimmer—
A sign of hope for a better world

Cause we need to be braver
Let's go out there and try
To change all things all around
Ask for help and look up now
And tell someone:
"I'll be there for you"

One city is not enough!
Only love remains!
To make a small gesture
But really mean it—mean it, mean it!

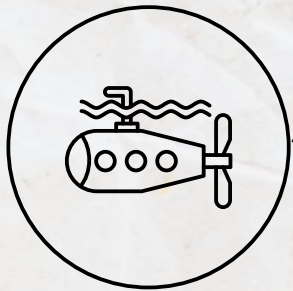
Holy Door

The Holy Door is an invitation to a new life. Life is made of transitions—moments of shadow and light, pain and joy, doubt and certainty. Each of these moments challenges us, but can also become an opportunity to trust, to move forward, to acknowledge our stumbles, and to feel the merciful embrace of God.

Passing through the Holy Door is a symbol that translates into a decision to walk with renewed purpose, leaving the past behind. It reminds us that the path to God is never closed to those who seek His love. For this reason, more than a physical act, it is an act of faith.

A free faith—not imposed by external rules, but lived as a personal journey where we discover the path God has dreamed for each of us. Faith is not a limitation, but a horizon calling us to explore the vastness of God's love.

On this journey, joy is an inseparable companion—not just a fleeting or superficial emotion, but the deep certainty of knowing we are loved by God, of experiencing His mercy, and of living with the confidence that He upholds every step we take.



IN-DEPTH

From the Gospel St. John 10:7-10.

Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. All who have come before me are thieves and robbers, but the sheep have not listened to them.

I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture.

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.



PRAYER

Lord Jesus, in this Jubilee Year, we approach the Holy Doors with hearts full of hope and longing for renewal. We know these doors symbolise a passage, an opportunity to leave the past behind and embrace Your mercy.

Guide us on this journey: free us from what weighs us down and keeps us from You. Give us strength to overcome trials, refuge in Your presence, and the fullness of Your grace.

May this crossing be a moment of deep transformation a chance to rediscover the joy and peace that only You can give.

Amen



FROM THE CHARISM OF UNITY

“The first step will be to recognize ourselves as sinners in need of God’s forgiveness, with an attitude of boundless trust in Him.

It may happen that our repeated failures discourage us, making us withdraw into ourselves. Then we must at least leave the door of our heart slightly ajar.

In the early 1940s, Chiara Lubich wrote to someone who felt incapable of rising above their own miseries:

“We must clear every other thought from our soul. And believe that Jesus is drawn to us by the humble, trusting, and loving exposure of our sins. On our part, we have and do nothing but wretchedness. On His part, regarding us, He possesses but one quality: Mercy. Our soul can unite with Him only by offering as a gift—our only gift—not our virtues, but our sins! [...] If Jesus came to earth, if He became man, if He longs for anything [...] it is solely this: To act as Savior. To act as Healer! He desires nothing else.”⁴

⁴ PAROLA DI VITA Marzo 2024 «Crea in me, o Dio, un cuore puro, rinnova in me uno spirito saldo» (Sal 51[50],12). A cura di Augusto Parody Reyes e del team della Parola di Vita.



INPUT OF REFLECTION

- “We must clear our souls of every other thought. And believe that Jesus is drawn to us through the humble, trusting, and loving confession of our sins.” — Chiara Lubich

Question: Is there a part of you that hesitates to trust God completely? What would it be like to cross the Holy Door with full confidence in His love?

- “It reminds us that the path to God is never blocked for those who seek His love.”

Question: Where in my life do I feel the path to God is obstructed, and how can I actively seek His love to clear the way?

- “Crossing the Holy Door is a symbol that can translate into a decision to walk with a renewed heart, leaving the past behind.”

Question: What specific burdens or past habits am I called to leave behind as I step through this symbolic door?



ACTION


Reflect on the different transitions in life (for example, from childhood to adolescence, starting a new school, or making major decisions). Draw a timeline and mark moments of hesitation, fear, excitement, courage, and growth. Where do you see God’s presence?

If possible, cross a Holy Door whether in Rome or one closer to you in your diocese—either as a group or individually, while holding a specific prayer intention in your heart.



SONG

click here

 [Walk On Holy Ground](#)⁵

From the moment I first heard your call
Lord, I left the rest behind me
You alone became my all
Grant that I may keep my eyes on you
May I learn to look within and see beyond

And I will walk on holy ground
I'll hear your voice, I'll see your face
I will find you in the crowd
Lord, I will go where you will lead me
I will walk on holy ground

Lord, you came to set the captives free
And to heal the broken-hearted
Reaching out to those in need
Servant of the poor, now you send me
As your sign of love for all humanity

And I will walk on holy ground
I'll hear your voice, I'll see your face
I will find you in the crowd
Lord, I will go where you will lead me
I will walk on holy ground

You are near,
You are here,
Here beside me Lord

In the cries of all the hungry and the homeless
You are there
In the eyes of the forsaken and forgotten
You are there
In my fears and in my failures,
In the silent depths of my own poverty
You are there

Et avec toi, j'irai Seigneur,
J'entends ta voix, et je te vois
dans les pauvres autour de moi
Je te suivrai où tu me conduis
Je te vois auprès de moi

Y junto a ti caminaré
Te seguiré, me guiarás
Oh Señor te encontraré
Entre la gente codo a codo
Tu amor yo llevaré

Je te vois près de moi
You are here
On holy ground

Hope

The 2025 Jubilee, themed "Pilgrims of Hope," is a special opportunity to rediscover our faith and rekindle hope!

Faith and Hope are inseparable companions! In his papal bull "Spes non confundit," Pope Francis reminds us that in the Bible, hope is deeply tied to faith—without faith, there is no hope, and without hope, faith risks fading away.

In today's world, we often face a crisis of hope, and this is precisely where the Jubilee becomes a unique occasion—a time to encounter God anew and place Him back at the center of our lives.

There are different kinds of hope:

Human hope, common to all people, believers and non-believers alike, which looks forward to future events or desires. This is already a positive and universal feeling.

Christian hope, which believes that not everything ends with death—we trust that life does not fade because Jesus is risen. This is our Hope, built on the rock of His Word, a hope that stretches into eternity. It's dizzying to contemplate: we don't hope in something measurable, but our gaze soars so far that it meets God's own gaze, for God is Eternal.

To walk in hope means believing that love is stronger than anything and that every act of love we make endures forever—because God is Love, and Jesus revealed this truth to us. To hope is to love and to set out on a lifelong journey, rich with discoveries.

A Friend We'll Meet on This Journey: Cardinal Van Thuan

François-Xavier Nguyễn Văn Thuận (1928–2002) was an extraordinary man, a witness of faith, hope, and reconciliation, even in the darkest moments of his life.

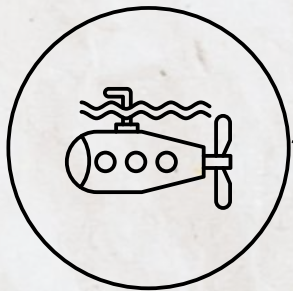
Born in Vietnam, he was appointed Coadjutor Archbishop of Saigon in 1975—just before the city fell to the communist regime. Arrested without trial, he spent 13 years in prison, nine of them in solitary confinement. Yet, he never stopped praying, hoping, and loving: he celebrated Mass in secret, scribbling messages of encouragement on tiny scraps of paper that he managed to smuggle out of prison.

After his release in 1988, he moved to Rome and became President of the Pontifical Council for Justice and Peace, dedicating himself to building a more just world.

Our traveling companion, Cardinal Van Thuận, had a special relationship with the Focolare Movement and Chiara Lubich. He felt deeply in harmony with the spirituality of unity and brotherhood, and participated in several international Focolare gatherings, bringing his testimony of forgiveness and hope. He saw in the Charism of Unity a concrete path for reconciliation among peoples, and joyfully lived in fraternity with many people.

Chiara Lubich always considered him an example of the Gospel lived out, capable of transforming pain into love for others. Today, his life continues to inspire countless young people, and his beatification process was opened in 2007. His story reminds us that even in the most difficult situations, hope is stronger than any prison!

Let us continue our pilgrimage journey with this new friend!



IN-DEPTH

“We, however, by virtue of the hope in which we were saved, can view the passage of time with the certainty that the history of humanity and our own individual history are not doomed to a dead end or a dark abyss, but directed to an encounter with the Lord of glory. [...] that in facing death, which appears to be the end of everything, we have the certainty that, thanks to the grace of Christ imparted to us in Baptism, “life is changed, not ended”, forever. [...] The Jubilee, however, offers us the opportunity to appreciate anew, and with immense gratitude, the gift of the new life that we have received in Baptism, a life capable of transfiguring death’s drama”.⁶



PRAYER

Lord, when the path grows uncertain,
grant me the light of Your hope.
When fear paralyzes me,
let me feel Your presence beside me.

⁶ Spes non confundit, Papa Francesco 2024, nn 19-20

When the world seems dark,
help me to see with the eyes of faith.
Lord, teach me to hope even in difficulties,
to trust in You without hesitation,
to believe that good always triumphs,
even when I don't see it right away.
Fill my heart with courage,
make me a witness of hope for those around me,
and help me to bring light and love wherever I go.
Amen.




FROM THE CHARISM OF UNITY

Imprisoned for Christ

"Jesus,
yesterday afternoon, on the Feast of the Assumption of Mary,
I was arrested.
Taken overnight from Saigon
to Nhatrang—
four hundred fifty kilometers away—
sandwiched between two policemen,
I began the experience of a prisoner's life.
So many confused feelings in my mind:
sadness, fear, tension,
my heart torn apart
at being taken from my people.
Humiliated, I remember the words of Scripture:
'He was counted among the wicked' (Lk 22:37).

I traveled by car through my three dioceses—
Saigon, Phanthiet, Nhatrang—
with so much love for my faithful;
but none of them know their Shepherd
is passing through
the first station of his Way of the Cross.

Yet in this sea of utter bitterness,
I feel freer than ever. I have nothing with me,



not a single coin to my name— nothing but my rosary
and the companionship of You and Mary.

On this road to imprisonment, I prayed:

‘You are my God and my all.’

Jesus, now I can say with Saint Paul:

‘I, Francis, am in prison for Christ’ (Eph 3:1).

In the darkness of night,
amid this ocean of anxiety and nightmares,
I slowly awaken:

‘I must face reality.’

I am in prison.

If I wait for the perfect moment
to do something truly great,
how many such opportunities will life ever give me?

No—I seize the small chances
that come each day, to do ordinary things in extraordinary ways.

Jesus,

I will not wait.

I live fully in the present moment,
filling it with love.

A straight line is made of millions of tiny points
joined together.

So too, my life is made of millions of seconds
and minutes fused as one.

If I place each point perfectly,
the line will be straight.

If I live each minute perfectly,
my life will be holy.

The path of hope
is paved with small steps of hope.

A life of hope is built of brief moments of hope.

Like You, Jesus,
who always did what pleased Your Father.

Every minute, I want to tell You:

‘Jesus, I love You—
my life is an everlasting covenant with You.’

Every minute,
I want to sing with the whole Church:

‘Glory to the Father, and to the Son, and to the Holy Spirit...’”



INPUT OF REFLECTION

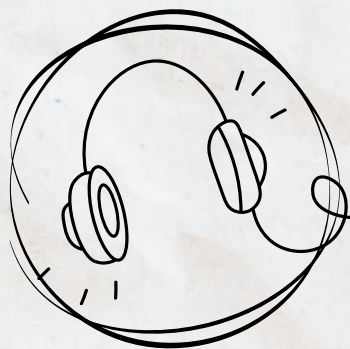
- What does it mean for me to "look forward" with trust, even when things don't go as I'd like?
- What personal experiences or others' testimonies have shown me that God can truly transform everything?



ACTION

- Choose one phrase from Cardinal Van Thuan that you liked the most.
- Share this phrase with someone who is walking the Jubilee journey with you and, if you wish, explain why it is meaningful to you.
- Write on a strip of paper a concrete action you can take to bring hope into your life or the lives of others (e.g., an act of kindness, a word of encouragement, a commitment to service, a choice to trust in God...).
- Invite your friends who are making the Jubilee journey with you to do the same.
- During a group gathering, build a paper chain with the strips you've written. Each person can read aloud what they wrote.
- Reflect together on how small personal choices can grow into a larger movement of hope.
- Discuss these questions:
 - How did I feel seeing my action joined with those of others?
 - How does this experience inspire me to be a bearer of hope every day?

Try to put your written action into practice in the coming days, and if possible, share your experience during your next group meeting.



SONG

click here

 [Stay with Us O Lord](#)⁸

The shadows they are falling
Still I hear the evening calling
The mountains they call out to me
In the whisper of your voice
I hear the melody of eternity
I feel you holy presence with me
A new beginning
A troubled past is ending
As we walk towards this new day
You and I

Stay with us Oh Lord
The day is nearly gone
Stay with us Oh Lord
The night will never come

Your presence flows around me
In the sea of love you give me
And it's hard to just imagine
What my life was like
Before you came and broke
The confines of my soul
And what was broken, Lord you made it whole
It burns so bright
We're blinded by your light
As we walk towards this new day
You and I

Stay with us Oh Lord
The day is nearly gone
Stay with us Oh Lord
The night will never come * 2

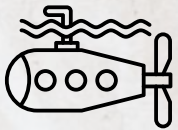
Davanti a noi l'umanità lotta, soffre e spera
(In front of us, humanity struggles, suffers, and hopes)
come una terra che nell'arsura
(like a land that in the heat)
chiede l'acqua da un cielo senza nuvole,
(like a land that in the heat)
ma che sempre le può dare vita.
(but that can always give it life.)
Con Te saremo sorgente d'acqua pura,
(With You, we will be a source of pure water,)
con Te fra noi il deserto fiorirà.
(with You among us, the desert will bloom.)

Resta qui con noi il sole scende già
(Stay with us Oh Lord, the day is nearly gone)
Resta qui con noi, Signore sera ormai.
(Stay with us Oh Lord the night will never come)

Reconciliation

We will explore the profound meaning of reconciliation through different dimensions, focusing on Embrace, Promise, Redemption, and Conscience. Through selected Gospel passages, questions, and activities, we will delve deeper into the theme of reconciliation. We hope that, in the end, you may feel a call to action that encourages you to put these teachings into practice.

IN-DEPTH



- **The embrace** is the central theme of the parable of the prodigal son (Lk 15:11-24) - it represents unconditional love and acceptance.

The embrace is a gesture that welcomes a person as they are. This gesture has the power to heal and soothe. God embraces His people every time He reestablishes the covenant, making them feel closer to Him despite their fragilities and shortcomings. We embrace each other because we feel accompanied on life's journey, and this connects us both with God's grace and with others - them for me and me for them.

- **Redemption** emphasizes liberation from guilt and personal failure, showing how God's mercy can redeem and heal (Isaiah 43:1-7).

This involves recognizing our fragility, while remembering we were made to love rather than identify with our failures - to move forward rather than be overwhelmed by the wounds of our falls. It also means embracing the transformative power of God's mercy. True reconciliation doesn't simply mean fixing a mistake or erasing the past, but being redeemed, renewed and freed from the burdens that oppress us.

- **Promise** reflects on faithfulness and hope, drawing inspiration from Abraham's trust in God's covenant (Genesis 12:1-4).

Abraham is called to leave behind everything familiar to embark on a journey toward an unknown destination, guided only by God's promise. This requires trust and reveals to us that God is a constant companion on our journey. We are called to leave behind past mistakes, wounds, and doubts, entrusting ourselves to the path that leads to healing and renewal—a journey where we discover that God's promise is alive, His presence is with us, and transformation is always possible.

- **Conscience** deepens self-awareness and moral discernment, using Zacchaeus's story to illustrate the transformation that occurs through encountering Christ (Luke 19:1-10).

Though Zacchaeus's life was marked by corruption, he never completely lost his conscience. His encounter with Jesus reawakened his desire to change. This urges us not to judge others—or ourselves. We must remember that reconciliation is not just about regaining dignity but also rediscovering God's love, which has always been there, ready to transform us.



PRAYER

Heavenly Father, you are the God of new beginnings, you call us to leave behind our burdens, fears, and brokenness, and trust that You Walk with us, guiding us toward healing and renewal.

Lord, give us the courage to reconcile, to let go of past wounds, to forgive as we have been forgiven. Heal the wounds we carry, and open our hearts to see beyond judgment, recognizing the pain and longing in others. Make us instruments of peace, witnesses of Your unfailing love, and reflections of Your promise—that nothing is beyond redemption, and that in You, all things are made new.

Amen



FROM THE CHARISM OF UNITY

Do all you can to recompose unity. (With this link you can find a brief video and text of Chiara speaking on reconciliation and how to rebuild Jesus in the midst when it is lost)



INPUT OF REFLECTION

- We all carry hurts—things said, things done, things left unresolved. Before moving forward, we must acknowledge them. Take a moment to identify a relationship in your life where reconciliation is needed.”

Question: What hurt am I holding onto? Have I ever felt like a prisoner to my past mistakes?

- Jesus calls us to forgive, not because it’s easy, but because it sets us free. Reconciliation begins with the desire to heal. Like the father of the prodigal son, God always moves toward us first. But He invites us to take a step, even a small one, toward healing.

Questions: What is stopping me from forgiving? What is one small step I can take toward reconciliation?

- God’s mercy is limitless. When we step toward Him, He embraces us as His beloved. Reconciliation is ultimately about love.”

Question: Can I trust God’s grace to heal what I cannot fix on my own?

- Abram followed God’s call without knowing the full destination.

Question: How does this challenge my own need for certainty in my faith and relationships?




ACTION

- We challenge you to perform an act of reconciliation. For example: Writing a message or a letter of apology, visiting someone you have distanced yourself from, making a commitment to change a negative attitude.
- We invite you to do an examination of conscience and afterwards go for confession.



SONG

click here
 **Ritornando (Returning)**⁹
NB: The song's Italian, and here's the translation.

Ea Sol_m Mi b Si b
What shall I say returning like this
A miserable wreck
Of a life I've destroyed
On the parchment wound
Of remorse and regret
I've never missed my home so much

What will He say seeing me like this
After all this time passed
And His love trampled upon
At the door I present myself
With the pangs of hunger
Like a stray expecting stones

Not even time to knock
Nor to ask forgiveness
When He runs to me I almost hear Him shout:

"I've waited for you so long
In your tears I too have wept
I don't see this mud
I see you

Day after day I stayed
Hoping for your return
That light in the window
Was for you
Was for you"

What can I say of a Love so vast,
Greater than all the world?
It sweeps you away to your depths,
Beyond what you've ever dreamed—
This extravagant Love
That seeks you out when you're most broken.

What can I say of a Love like this?
It melts centuries of ice
In the flame of an embrace,
A gentle strength that caresses,
A profound force of infinity—
And grows greater the more you've wounded it.
I barely have time to knock,
Or even ask for forgiveness,
When He comes running toward me—
I almost hear Him cry:

"I've waited for you so long...
...this was for you.
Today is a feast—a great feast!
This was for you.
Your home will always be here.
It's a feast for you!

Today is a feast—a great feast!
Your home will always be here.
That light in the window?
It was for you.
It was for me."



Sen