



JUBILEE PARISH RESOURCE

For it is a jubilee. It shall be holy to you. Leviticus 25:12a.

The theme of the 2025 Jubilee year is "Pilgrims of Hope". This is a year of hope for a world suffering the impacts of war, the ongoing effects of COVID-19 pandemic, and a climate crisis. The Pope has chosen six social action themes for prayer and reflection during the Jubilee Year: care for creation, food poverty, modern slavery, managing debt, forgiveness and rest.

This note provides resources on these six themes based on those created by the Catholic Bishop's Conference. They can be used by parish groups to discuss one or more of the themes and consider possible action. Caritas Diocese of Plymouth can also provide support to parishes wishing to explore any of these themes in greater details.

PARISH REFLECTION SESSION

The session might last between 1 – 1.5 hours

STRUCTURE FOR THE DISCUSSION:

Create a quiet space to start the session.

Have a Bible centrally placed in the space with a candle lit.

SUGGESTED OPENING PRAYERS

*God of Jubilee living,
Why are we so quick to queue for the sales
yet so slow to move our hearts?
Why are we so prompt in turning the tap
yet so sluggish in saving the water?
Why is the light switch an instant decision
yet helping the poor a long term vision?
Why is the food we eat a matter of when and not if,
Yet the hungry go starving before our checkouts?
God in the midst of the weak and the strong,
who cried as Christ in the stable bare,
who stands with us in the shopping street,
who comes to us in face of the poor,
grant us grace:
to love where love is yearned for,
to know where knowledge is truth,
to act where action is vital,
all for the world in which you are.
Amen.*

*God of Jubilees,
We delight in the good things
in our world and in our lives;
give us the grace to take up our cross
and continue your work here on earth.
Empower us to work for
justice for the poor, the oppressed,
the hungry and the homeless.
May we never ignore
our neighbour's needs
or the cries of creation.
Amen.*



STEP-BY-STEP GUIDE

Leader/participant to read the Scripture quotation [Suggested readings for each of the themes are attached].

The group reads the text in silence followed by quiet reflection for 5 minutes.

Consider the questions below making sure everyone speaks if they wish.

Reflect on the action points below in response to the issues raised.

Agree a small, achievable goal, and when to meet next.

Say together, the Our Father and the closing reflection below.

ACTION POINTS TO EXPLORE:

- What issue will you focus on?
- What will you do as individuals and as a parish?
- What will success look like?
- How will you inspire each other in prayer and action?
- Make some dates to meet again to take this forward.

CLOSING REFLECTION:

For just as the body without the spirit is dead,
so faith without works is also dead.

James 2:26

Our open hands give confidence.

They choose to value life.

Our open hands share with the poor and the oppressed.

They care for those who are hurt and in need.

Our open hands invite conversation and understanding.

They take responsibility for creation.

Our open hands are a gesture of love and friendship.

They are a symbol of affection for each other.

Our open hands inspire healing and forgiveness.

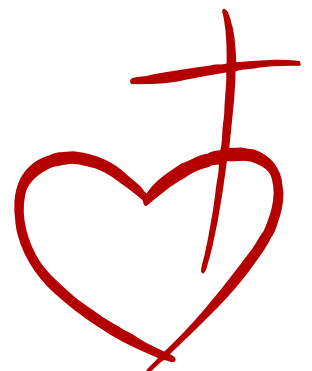
They remove barriers and chase away fears.

Our open hands are raised in prayer.

They build justice and peace between God and his people.

Let us open our hands in this Jubilee Year.

Amen.



SCRIPTURE AND RESOURCES FOR CARE FOR CREATION



SUGGESTED SCRIPTURE READINGS:

Woe to those who join house to house, who add field to field, until there is no more room, and you are made to dwell alone in the midst of the land. **Isaiah 5:8**

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations. No longer will there be anything accursed, but the throne of God and of the Lamb will be in it, and his servants will worship him. They will see his face, and his name will be on their foreheads and night will be no more. They will need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever. **Revelation 22:1-5**

CARE FOR CREATION

If you'd like to know what the Catholic Church is doing to address creation care, climate change and the environment visit: www.cbcew.org.uk/environment/

Diocese of Plymouth www.plymouth-diocese.org.uk/the-diocese/how-we-work/environment/

APOSTOLIC FARMING

Why not create an eco-garden in your parish? Set aside a small area where parishioners can grow and share organic fruit and vegetables.

Create your own Psalm 23 garden www.biblesociety.org.uk/get-involved/psalm-23-garden/

Reflect on your own, or in a group, on one of these Bible passages that speaks of growing your own food and living sustainably: Ecclesiastes 2:5 and Isaiah 65:21; Jeremiah 29:5 and Amos 9:14 Matthew 13:32 and Luke 13:19

Action Points to explore:

What will you do as individuals and as a parish?

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SCRIPTURE AND RESOURCES FOR FOOD POVERTY



SUGGESTED SCRIPTURE READINGS:

When you reap the harvest of your land, you shall not reap to the very edges of your field, or gather the gleanings of your harvest. You shall not strip your vineyard bare, or gather the fallen grapes of your vineyard; you shall leave them for the poor and the alien: I am the Lord your God.

Leviticus 19:9-10

Thus says the Lord: "For three transgressions of Israel, and for four, I will not revoke the punishment, because they sell the righteous for silver, and the needy for a pair of sandals.

Amos 2:6

Then he said to his servants, 'The wedding feast is ready, but those invited were not worthy. Go therefore to the main roads and invite to the wedding feast as many as you find.' And those servants went out into the roads and gathered all whom they found, both bad and good. So the wedding hall was filled with guests.

Matthew 22: 8-10

FOOD POVERTY

A survey by the Food Foundation, a food poverty charity, found that in January 2023, 17.7% of households in the UK ate less or went a day without eating because they couldn't access or afford food). Use this information to raise awareness about food poverty in your area:

- Can you buy a product at your supermarket for a local food charity every time you shop there?
- Can you volunteer for your SVP conference or parish pastoral group?
- Can you support Caritas Diocese of Plymouth to help people in need www.plymouth-diocese.org.uk/donate/to-caritas/
- Can you invite a parishioners to help host a fellowship meal for people living in poverty or isolation in your area? Or support an existing lunch scheme for people in your neighbourhood?
- Give thanks for the food you have by blessing your food at every meal.
- Encourage your friends and family to support you in buying local food, saving on wasted food and packaging wherever possible.
- Encourage CAFOD Live Simply awards – www.cafod.org.uk/campaign/livesimply-award

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SCRIPTURE AND RESOURCES FOR MODERN SLAVERY



SUGGESTED SCRIPTURE READINGS:

“What do you mean by crushing my people, by grinding the face of the poor?” declares the Lord God of hosts.

Isaiah 3:15

And the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written, “The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord’s favour.”

Luke 4: 17-19

MODERN DAY SLAVERY

According to the International Labour Organisation (ILO), 49.6 million people were living in modern slavery in 2021, of whom 27.6 million were in forced labour and 22 million in forced marriage. Modern slavery is happening here in the UK, hidden in plain sight. There are actions we can take:

- Write to your MP asking them to encourage our government to continue their commitment to tackling modern day slavery.
- Support Stella Maris and their work to tackle modern slavery affecting seafarers.
- Organise for a speaker from Caritas Diocese of Plymouth to talk to your parish - email caritas@prcdtr.org.uk
- Explore what you can do to raise awareness and take action for those enslaved at home and abroad.
- To find out about the Catholic Church’s campaign against Trafficking and Slavery visit [Human Trafficking and Modern Slavery – Catholic Bishops’ Conference \(cbcew.org.uk\)](http://HumanTraffickingandModernSlavery-CatholicBishopsConference.cbcew.org.uk).
- Visit the diocesan website for ideas www.plymouth-diocese.org.uk/caritas-2/refugees-migrants/

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SCRIPTURE AND RESOURCES FOR MANAGING DEBT



SUGGESTED SCRIPTURE READING:

“Therefore the kingdom of heaven may be compared to a king who wished to settle accounts with his servants. When he began to settle, one was brought to him who owed him ten thousand talents. And since he could not pay, his master ordered him to be sold, with his wife and children and all that he had, and payment to be made. So the servant fell on his knees, imploring him, ‘Have patience with me, and I will pay you everything.’ And out of pity for him, the master of that servant released him and forgave him the debt. But when that same servant went out, he found one of his fellow servants who owed him a hundred denarii, and seizing him, he began to choke him, saying, ‘Pay what you owe.’ So his fellow servant fell down and pleaded with him, ‘Have patience with me, and I will pay you.’ He refused and went and put him in prison until he should pay the debt. When his fellow servants saw what had taken place, they were greatly distressed, and they went and reported to their master all that had taken place.”

Matthew 18:23-31

MANAGING DEBT

According to the United Nations Development Programme (UNDP) 165 million people fell into poverty between 2020 to 2023. The UNDP is calling for a Debt-Poverty Pause to mitigate poverty until the multilateral system addresses debt restructuring at speed and scale. For more information visit CAFOD – [Debt, finance and economic justice \(cafod.org.uk\)](https://www.cafod.org.uk)

Actions we can take:

- Write to your MP asking them to encourage our governments to cancel the debt of the poorest nations. Create a petition signed by members of your Church and local community.
- Organise a speaker from CAFOD or Caritas Diocese of Plymouth to talk at your church or youth group.
- Support your SVP conference or parish pastoral group helping people in crisis or donate to Catholic Children’s Society (Plymouth) who work with families in poverty.
- Explore what you can do to raise awareness and take action for those in debt.
- Shopping is now a universal obsession. Yet while millions consume their lives away, millions more die daily of poverty and debt. Let’s rewrite our weekly shopping list for the wellbeing of the world. Let’s start shopping lighter.



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SCRIPTURE AND RESOURCES FOR FORGIVENESS



SUGGESTED SCRIPTURE READINGS:

“Seventy weeks are decreed about your people and your holy city, to finish the transgression, to put an end to sin, and to atone for iniquity, to bring in everlasting righteousness, to seal both vision and prophet, and to anoint a most holy place.”

Daniel 9:24

“Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.”

Luke 6:37-38

FORGIVENESS

A rabbi asked his students how they could tell when night had ended and day was on its way back. ‘Is it when you can see an animal in the distance, and tell whether it is a sheep or a dog?’ ‘No,’ answered the rabbi. ‘Is it when you can look at a tree in the distance, and tell whether it is a fig or a peach tree?’ ‘No.’ ‘Well then,’ the students demanded, ‘When is it?’ ‘It is when you look on the face of another human being and see that he or she is your brother or sister. Because if you cannot do that, then no matter what time it is, it is still night.’

The Jubilee year is an opportunity to make peace with ourselves and with others. The sacrament of reconciliation is a way to help us find that forgiveness and peace. The Jubilee year is an opportunity for collective penance and reconciliation. We are invited to stand together to confess our sins, to ask for forgiveness, to forgive those who have offended us, and to make peace with each other. Speak to your Parish Priest about organising a Celebrating Reconciliation service in your church.

Resources for reconciliation can be found at www.cbcew.org.uk/home/our-work/catechesis/confession/



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PRAYERS, SCRIPTURE AND RESOURCES FOR REST



SUGGESTED SCRIPTURE READINGS:

“For six years you shall sow your land and gather in its yield, but the seventh year you shall let it rest and lie fallow, that the poor of your people may eat; and what they leave the beasts of the field may eat. You shall do likewise with your vineyard, and with your olive orchard. Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed.”

Exodus 23:10-12.

And he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath.”

Mark 2:27-28

REST AND WORSHIP

Rest is an important idea in the Bible because it protected slaves, servants and animals from exhaustion and because it provided a day for worshipping God each week with one's family or community. Not all of us can take time off easily especially with so many people holding multiple jobs or long-hours jobs just to cover the bills. Those in retirement may have caring responsibilities and other commitments. Many people are not able to do paid work due to ill health or because of other caring responsibilities but they do not benefit from rest either.

Helping yourself and others to rest:

- Is there half an hour you can set aside to sit and be with God each week or month?
- Choose a day when you don't open up your emails first thing in the morning or late at night.
- If you live alone, make some time to join a new group online or in person.
- If you live alone, make time visit a local place where you can relax in the company of strangers.

The purpose of the Year of Jubilee is to turn our anxieties away from our debts (or our debtors), our jobs, our busy lives, and reflect on God as our provider. We rest because God rested. Our prayer and worship sustain and support us to make a difference in the name of God.



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