**SYMBOL:** At the beginning of this prayer we will bring an unlit candle and will place it in the center where we are gathered.

**INITIAL MOTIVATION:** Around the world we live with Human Rights abuses, injustice, violence, hatred... the world is convulsed by so many painful situations that take us away from the love of God. Let us remember some of these situations that cause us sadness and that are a concern on the national and global levels (*at this moment we can share some situations that threaten life and peace*).

We see this unlit candle... (A moment of silence) Now we listen to the Prophet Isaiah 40: 25-31:

“To whom can you liken me as an equal? says the Holy One. Lift up your eyes on high and see who created these: He leads out their army and numbers them, calling them all by name. By his great might and the strength of his power not one of them is missing! Why, O Jacob, do you say, and declare, O Israel, “My way is hidden from the LORD, and my right is disregarded by my God”? Do you not know? Have you not heard? The LORD is God from of old, creator of the ends of the earth. He does not faint or grow weary, and his knowledge is beyond scrutiny. He gives power to the faint, abundant strength to the weak. Though young men faint and grow weary, and youths stagger and fall, they that hope in the LORD will renew their strength, they will soar on eagles’ wings; they will run and not grow weary, walk and not grow faint.”

We light the candle.

**WE SHARE:** What does this text say to me? What am I invited to do?

Pope Francis is inviting us again and again to be signs of hope in the midst of this world, so troubled by war and hatred. Being signs of hope, first of all with my sister and my brother at my side, helping them to increase support in all situations which we share in community or in family. Starting with ourselves, to feel hopeful and to be women full of trust in God who makes everything well. This is to be a sign of hope in the small things of life: a greeting, a smile, a word. And then to be a sign of hope outside... on the street, in the service we provide to others. Yes! We are signs of hope because we believe and trust in the Lord, as Mary did, always saying FIAT in moments of darkness and light.
We listen to Pope Francis:

“The virtue of hope - perhaps less well known than that of the faith and charity – does not have to be ever confused with the human optimism, that is an attitude that depends on our mood. For a Christian, the hope is Jesus in person and your strength to be freed up and rebuild each life. Hope is a gift, a gift of the Holy Spirit and for this reason Paul says: 'It never disappointed'. Hope never disappoint, why? Because it is a gift that has given us by the Holy Spirit. But Paul tells us that hope has a name. The hope is Jesus. We cannot say: 'I have hope in life, I have hope in God, If you do not say: 'I have hope in Jesus, in Jesus Christ, a living person, who lives in the Eucharist, which is present in his word', that is not hope. It is good humor, optimism... "."

We share: what thoughts arise in me from this reflection? What commitment can I make for my life?

We hold hands and we pray the Our Father and then we say together:

“The Lord who is the hope of the glory, Who is the Center, Who is all, help us in our path: give us hope and passion for hope. And, as I have said, it is not always optimism but is what the Virgin, in her heart, lives in the darkness moments: from the afternoon of Good Friday until dawn on Sunday. She had that Hope. And that hope has returned to do everything. May the Lord will give us this grace”. AMEN (Pope Francis).  

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