

Moments of Mercy

Each month during the Extraordinary Jubilee of Mercy our *Moments of Mercy* will offer brief reflections and concrete suggestions of how we can live out the mercy that God offers us all. These are perfect for busy days since they help us to slow down for just a few minutes and think about the gifts God has blessed us with and how we can share them.

JANUARY 2016

When we think about pilgrimages, we probably think about medieval people walking great distances to awe-inspiring churches. Yet, Pope Francis describes what is at the heart of pilgrimage and encourages us to each make one during this Jubilee of Mercy. He writes that “life itself is a pilgrimage, and the human being is a *viator*, a pilgrim traveling along the road, making his way

to the desired destination” (MV, no. 14). Pope Francis encourages each of us to make a pilgrimage to the Holy Door in our diocese some time during this Jubilee of Mercy. Being committed to the journey of pilgrimage helps us focus our attention on our spiritual journey and walk closer with God. Similarly, our daily journey to live out the mercy of God “is also a goal to reach and requires dedication and sacrifice” (MV, no. 14).

1. With your family or a parish group, plan a pilgrimage to the Holy Door within your diocese for some time during this year.
2. Each day, give yourself one small goal of mercy, compassion, and love to journey toward—for example, being kind to a difficult coworker—so that, by those actions, you are able to walk closer to God on the pilgrimage of Christian life.