

missio
Today. Tomorrow. Together.



Mission Today

Autumn 2025



World Mission Sunday

Building hope on World Mission Sunday

Pope Francis chose 'Missionaries of Hope Among All Peoples' as the theme for this year's World Mission Sunday, reminding us of our calling to be 'messengers and builders of hope' in this Jubilee Year.

Pope Leo XIV, in a recent address to Missio, echoes this: 'Our world, wounded by war, violence and injustice, needs to hear the Gospel message of God's love and to experience the reconciling power of Christ's grace.'

These are inspiring words, but they hold no value unless we convert them into acts of compassion, kindness and hope.

'Missionaries of hope are men and women of prayer', Pope Francis reminded us. Our missionary work must be grounded in prayer that trusts in a God who loves, forgives and guides.

Facing the evils of our age – poverty, injustice, violence and environmental destruction – we know God's goodness will prevail. What the world has divided will be made whole by us, 'a missionary Church that opens its arms to the world and becomes a leaven of harmony for humanity', in Pope Leo's words.

World Mission Sunday celebrates the hope that what we do now, in service of those in need, will bear fruit.



This edition of *Mission Today* highlights how the re-established Church in Cambodia is reaching out with open arms to those who have no hope – the sick, the dying, the forgotten, the broken – and raising them up by the power of God's love.

In Myanmar, where people suffer under a brutal dictatorship, the Church remains a beacon of hope that peace will come. Our solidarity with them in prayer and support brings them this hope: that they are not alone.

On World Mission Sunday, every Catholic community is called to celebrate the mission God has given us – his missionary Church. Our prayers, interest and support make us messengers and builders of hope – a hope that does not disappoint!

Father Tony.

Fr Anthony Chantry,
Missio National Director

See missio.org.uk/pray for the Pope's monthly prayer intentions

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Cover: Missionary Sr Rosa with young people at a camp for Internally Displaced People, Myanmar. Printed with permission from Missio Aachen ©HSchwarzbach

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What is World Mission Sunday?

A global celebration of faith, solidarity and hope

World Mission Sunday (WMS) is the one day in the year when the entire global Church comes together to support mission. It's a day of prayer, action and giving – uniting Catholics worldwide in sharing the Good News of God's love for all people.

When is WMS celebrated?

This year, WMS falls on Sunday 19 October. On this day, every Catholic parish around the world celebrates Mass and has a special collection for Missio, the Pope's charity for world mission. Together, we support missionaries and local faith communities in areas of poverty, conflict and hardship.

Why is WMS celebrated throughout the world?

World Mission Sunday is a celebration and reminder that we are one global family in Christ. On this day, Catholics everywhere are united in prayer and giving: finding new ways to make God's love visible in the world. Through Missio – part of the worldwide Pontifical Mission Societies – every Catholic can take part in supporting the outreach of the Church in places where it is young, growing or struggling.



Sr Regina with a family at a camp for Internally Displaced People, Myanmar

Why are all parishes asked to take part?

Mission is the responsibility of the whole Church. Everyone gives what they can to WMS and those in greatest need receive support. In 2024, Catholics in Rwanda raised £12,000; Ecuador raised £197,000; Italy raised £3.3 million; and here in England and Wales we raised £790,000.

How does WMS help missionaries?

Your support empowers missionaries to bring faith, education and care to the world's most vulnerable communities. From training seminarians and building chapels, to supporting schools, clinics and pastoral outreach – your prayers and donations help people encounter Christ's love in real and lasting ways.

Where does the money go?

Donations to Missio on WMS go directly to missionaries and local Churches in mission dioceses. These communities request the support they need – whether it's help to build a simple chapel, provide vital healthcare, set up a school, or create a safe space for children. Your support encourages communities to grow in faith, dignity and self-reliance.

What is Missio's role in WMS?

Missio exists to help you take part in this life-changing mission. We coordinate WMS, as the Pope's official charity for world mission, and ensure that support reaches communities most in need; helping them become strong, vibrant and self-sustaining, building a sense of belonging, and living out communion and solidarity among all the people of God. The Church is all of us, working together to create a world where

everyone is recognised and respected as a child of God.

What does it mean to support the Church's mission?

It means helping build communities where people can hear the Gospel, celebrate the Sacraments and live together in peace. Together, we live out our call to mission by reaching out to all with God's mercy; especially to those who suffer the most.

What is this year's theme?

'Missionaries of Hope' – a reminder that we are all called to share the hope of the Gospel. Everyone deserves to hear that God loves them and to be strengthened by God's Spirit – we can all become instruments of that hope.

How can I take part?

- Pray for missionaries and the people they serve and empower
- Give what you can to the WMS collection in your parish or donate directly to Missio
- Invite others to celebrate our belonging to the universal Church – in person or online – by sharing our appeal

Each of us is called to be a Missionary of Hope. Through your support of Missio on World Mission Sunday, you bring God's compassion, justice and peace to those who need it most.

Together, let's build a world where no one is forgotten and everyone experiences the love of Christ.

One-minute missions

This Mission Month, join us to explore ways to be 'missionary' right where you are, with simple daily acts of prayer, reflection, giving or connection.

Wednesday 1 October

St Thérèse of the Child Jesus

'Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.' *St Thérèse of the Child Jesus, Patron of Mission*

Connect: Sr Veronica in Nigeria is making a real difference to the lives of people who live in conflict-ridden areas. She says: *'We keep on partnering to empower women and youth, and to put smiles on the faces of the vulnerable.'*

Find out more about her work: missio.org.uk/minutemissions



Sr Veronica with a family, Nigeria

Thursday 2 October

The Holy Guardian Angels

Pray: 'O Angels of the missionaries who have left their native land to preach the Gospel in foreign fields, protect them from the dangers that threaten them and console their hours of discouragement and solitude.' *Prayer to the Guardian Angels*

Friday 3 October

Missionaries often leave their homes and all that is familiar to share God's love. Mill Hill Missionary, Fr Victor, recently travelled to a new mission in Uganda to serve the local community. Read more: missio.org.uk/minutemissions

Pray: For missionaries throughout the world who are experiencing doubts and fears due to the unfamiliarity of their environments. May God give them the strength and courage they need to share his Word.

Saturday 4 October

St Francis of Assisi

Reflect: 'The deeds you do may be the only sermon some people will hear today.' *St Francis of Assisi*

Sunday 5 October

Reflect: 'Beloved: I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear, but of power and love and self-control.' (Read: *2 Timothy 1:6-8, 13-14*)

Monday 6 October

As the first woman to be appointed Head of Communications for the Bishops' Conference of Papua New Guinea and the Solomon Islands, Sr Daisy uses her journalism training to share mission and amplify the voices of the people she serves. Find out more:

missio.org.uk/minutemissions

Connect: Share a post from Missio on social media today and show how technology can be a tool for hope and change.



Sr Daisy listening to locals, Papua New Guinea

Tuesday 7 October

Our Lady of the Rosary

May the Church heal wounds, build bridges, and bring the hope, love and peace of Christ to all those who suffer.

Missio's Mission Rosary

Give: Your pennies and pounds make a huge difference to people in great need throughout the world. Visit: missio.org.uk/donate to give what you can.

Wednesday 8 October

'Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." And he said to them, "When you pray, say: 'Father, hallowed be your name. Your kingdom come. Give us each day our daily bread, and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation.'" *Luke 11:1-4*

Pray: Recite the *Our Father* today for the mission of the Church in the world.

Thursday 9 October

St John Henry Newman

'God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission.'

St John Henry Newman

Reflect: Each of us has a mission in this world. Find a quiet moment to ask yourself: How am I taking part in God's mission and how can I share my gifts and blessings?

Friday 10 October



A Kutchi Kohli community praying, Pakistan

'One who hears but does not act, denies Christ.' *St Denis*

Connect: Mill Hill Missionaries Fr Zach and Fr Clement are in Pakistan, serving the Kutchi Kohli people. Read here how they are walking alongside struggling families and taking action to bring about change for the better: missio.org.uk/minutemissions If you can, share their story today.

Saturday 11 October

St John XXIII

'And in that day the mountains shall drip sweet wine, and the hills shall flow with milk, and all the streambeds of Judah shall flow with water.' (Read: *Joel 3:12-21*)

Reflect: 'The nations of the world are becoming more and more dependent on one another, and it will not be possible to preserve a lasting peace so long as glaring economic and social imbalances persist' *St John XXIII*. How can we build a world where resources are shared better?

Sunday 12 October

'This is the missionary spirit that must animate us: not closing ourselves off in our small groups, nor feeling superior to the world. We are called to offer God's love to everyone, in order to achieve that unity which does not cancel out differences, but values the personal history of each person.' *Pope Leo XIV, Inaugural Mass, 2025*

Give: Every donation to Missio is a way to share God's love with everyone. Can you give up a treat today and put what you didn't spend into the Red Box? Or text REDBOX5 to 70085 to donate £5 via your phone.



Sr Anastasie with the Red Box, Lebanon

Monday 13 October

St Edward the Confessor

'I shall not die but shall live. Departing from the land of the dying, I hope to see the good things of the Lord in the land of the living.'

St Edward the Confessor

Connect: Spread encouragement today. Leave a Missio prayer card, leaflet or a copy of *Mission Today* where others might read it and be inspired with hope.

Tuesday 14 October

'Did not he who made the outside make the inside also? But give as alms those things that are within, and behold, everything is clean for you.' (Read: *Luke 11:37-41*)

Reflect: What can I give of myself today?

Wednesday 15 October

St Teresa of Ávila

Pray: 'May you be content knowing that you are a child of God. Let this presence settle into your bones and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us. Amen.'

St Teresa of Ávila

Thursday 16 October

St Margaret Mary Alacoque

Pray: 'Hail, most loving Heart, inflame me! Hail, most merciful Heart, work within me! Hail, most humble Heart, dwell within me! Hail, most patient Heart, support me! Hail, most faithful Heart, be my reward! Hail, most admirable and most worthy Heart, bless me!'

From St Margaret Mary Alacoque's prayer to the Sacred Heart of Jesus

Friday 17 October

St Ignatius of Antioch

Reflect: 'Being a Christian is more than making sound professions of faith. It should reveal itself in practical and visible ways. Indeed, it is better to keep quiet about our beliefs, and live them out, than to talk eloquently about what we believe, but fail to live by it.' *St Ignatius of Antioch*

Saturday 18 October

St Luke

'Go your way; behold, I am sending you out as lambs in the midst of wolves. Carry no money bag, no knapsack, no sandals, and greet no one on the road. Whatever house you enter, first say, "Peace be to this house!" And if a son of peace is there, your peace will rest upon him. But if not, it will return to you.' (Read: *Luke 10:1-9*)

Connect: Missionaries embody the call to bring the message of Christ to everyone, fully trusting in God as they do so! Will you share a post, story or message from Missio today?

Find posts to share on:



facebook.com/MissioUK
facebook.com/MillHillSocialCommunications



x.com/MissioUK
x.com/MillHillMission



instagram.com/Missio_UK
instagram.com/MillHillMissionaries



youtube.com/MissioUK

Sunday 19 October

WORLD MISSION SUNDAY



Sr Regina with a family at an IDP camp, Myanmar

'Here I think especially of those of you who are missionaries *ad gentes*. Following the Lord's call, you have gone forth to other nations to make known the love of God in Christ... In this way, you are signs of the universal vocation of the baptised to become, by the power of the Spirit and daily effort, missionaries among all peoples and witnesses to the great hope given us by the Lord Jesus.' *Pope's Message for World Mission Sunday 2025*

Pray: May the compassion, kindness and faith of missionaries be a sign of God's love for all people. Together with them, may we be messengers and builders of hope, sure in the knowledge that God's goodness will always prevail.

Give: On World Mission Sunday, please give what you can to help missionaries respond to the physical and spiritual needs of our sisters and brothers who are experiencing terrible poverty, violence and injustice.

Visit: missio.org.uk/donate

Monday 20 October

'One glance at the crucifix renews my courage and gives me wings with which to work.' *St Maria Troncatti*, Italian missionary who worked in Ecuador, canonised on World Mission Sunday this year.

Pray: Inspired by the faith of St Maria Troncatti, let us pray for all missionaries around the world today and ask God to awaken the missionary spirit in each of us.

Tuesday 21 October

'Stay dressed for action and keep your lamps burning, and be like men who are waiting for their master to come home from the wedding feast, so that they may open the door to him at once when he comes and knocks.' (Read: *Luke 12:35-38*)

Reflect: How can I stay ready to welcome Christ into my heart and life?

Wednesday 22 October

St John Paul II

'I plead with you – never, ever give up on hope, never doubt, never tire, and never become discouraged. Be not afraid.'

St John Paul II

Connect: Since 2017, ongoing conflict has raged in Cameroon, leaving hundreds of thousands of people displaced. In Fundong Parish, missionaries and parishioners have continued to risk their own safety to ensure children can get an education – giving them hope for the future. Read more about it: missio.org.uk/minutemissions

Thursday 23 October

'The Kingdom of God grows like a seed in the ground, and the women and men of today, even when seemingly overwhelmed by so many other things, still yearn for a greater truth; they search for a fuller meaning for their lives, desire justice, and carry within themselves a longing for eternal life.' *Pope Leo XIV, Angelus 6 July 2025*

Reflect: How can we be loving disciples who bear witness to the Kingdom of God in our lives every day?

Friday 24 October

St Anthony Mary Claret

'A son of the Immaculate Heart of Mary... is a man who unceasingly expends himself to light the fire of divine love in the world. Nothing stops him.' *St Anthony Mary Claret*

Connect: Committing to a vocation to the priesthood is no small task! With the prayers and support of the Missio family in England and Wales, 1,751 young men were trained for the priesthood in 2024. Read more about the training of future priests in mission dioceses: missio.org.uk/minutemissions



Studying for the priesthood, Sri Lanka

Saturday 25 October

'If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.' *Romans 8:11*

Reflect: It is through the power of the Holy Spirit that we can experience the love of God, that we can understand the teachings of Jesus, and that we are moved to put them into action. What is God asking of us? How can each of us be missionary? How can we make a difference in our world and in the mission of the Church? Visit: missio.org.uk/minutemissions

Sunday 26 October

Pray: Lord Jesus, walk beside your missionaries as they seek to proclaim your Gospel. Cherish, guide and strengthen them; help them to be patient, and encourage them when they are disappointed. Lead them, we beseech you, along your path. **Amen.**
Prayer for Missionaries, Missio

Monday 27 October

Reflect: In today's Gospel (*Luke 13:10-17*), Jesus challenges us to think about the balance between honouring the structures and traditions of religion, and responding to the need that we see around us. How can I keep balance between making time for prayer and renewal, and living out compassion?

Tuesday 28 October

Ss Simon and Jude

'And all the crowd sought to touch him, for power came out from him and healed them all.' (Read: *Luke 6:12-19*)

Pray: Sometimes the problems of our world seem insurmountable. However, today's Gospel reminds us that God's healing power is beyond our comprehension. Think of a situation or an event that seems hopeless, and, sure in the hope that God's goodness will always prevail, pray for St Jude's intercession.

Wednesday 29 October

Reflect: 'Remember that God has created each one of you with a purpose and a mission in this life. Use this opportunity for listening, for prayer, so that you may hear more clearly God's voice calling you deep within your hearts.' *Pope Leo XIV to young pilgrims, July 2025*



Thursday 30 October

Sr Mary with Winfred, Kenya



St Paul's Letter to the Romans reminds us that whatever life throws at us, nothing 'in all creation, will be able to separate us from the love of God' (Read: *Romans 8:31b-39*).

Connect: Read how Winfred, despite many setbacks and trials, was able to let the love of God heal him with the support of Sr Mary: missio.org.uk/minutemissions

Friday 31 October

'Dear brothers and sisters, the Church and the world do not need people who fulfil their religious duties as if the faith were merely an external label. We need labourers who are eager to work in the mission field; loving disciples who bear witness to the Kingdom of God in all places.' *Pope Leo XIV*

As Catholics, we are called to be messengers and builders of hope among all peoples. Please support the celebration of World Mission Sunday and help to ignite hope around the world!

Visit: missio.org.uk/donate to give a gift today.

Cambodia: From bullet holes to hope

In this Jubilee Year, World Mission Sunday focuses on hope. A wonderful example of missionaries working together with local communities to rebuild hope is evident in Battambang, Cambodia.

On the wall of Mary, Mother of the Church is a plaque which draws attention to the bullet holes defacing it.



During the Civil War of 1967-75 and the subsequent brutal oppression of 1975-79, hundreds of local people – Catholics and non-Catholics alike – sought and found safety within these walls, while the regime rained machine gun fire from helicopters.

Tragically, many people were killed and are buried around the church. Thankfully, many also found refuge.

Mary, Mother of the Church is so-called because it is the only surviving church building from before the war. Thoem, a catechist in the parish, explains:

‘Because of our history, the Church had to start again in 1991. Many Catholic families at that time had been refugees in Thailand. When they came back to Cambodia, the Church started again.’

The building was returned to the Church in 2003 and in an agreement with the government, the Church built a school which still serves the local community. From these scarred bricks and mortar a community has flourished; building connection between young and old, Catholic and Buddhist, and inviting everyone to share in hope. Here, you will find a warm welcome, a hot meal, guidance and advice, and a chance to pray and grow together in faith.

One Saturday in 2024, local catechists hosted a youth formation day for the parish.



Around 30 young people – both Buddhist and Catholic – gathered to explore the Catholic faith. As evening fell, they made their way to the river beside the church to launch floral lanterns they had crafted.

These floating lanterns, a Buddhist tradition marking the end of Cambodia’s Water Festival, symbolised how the Church is embracing Khmer culture within Catholic life. Led by catechists, the group prayed in Khmer, offering thanks to God for water, and reciting the Hail Mary and Lord’s Prayer. Then, by the glow of lanterns, they released their lights into the dark river.

Sokha* is one of the oldest members of the parish. During the war, she, along with everyone else, was sent away from her home to work on farms. She witnessed terrible things and saw members of her community brutally killed.

Baptised in 2011, Sokha had wanted to learn about Christ because of the witness of missionaries and Catholics in her community. Sokha found that after the horrors she had witnessed, she could find peace in the Church:

‘I became Catholic because I had faith in Jesus and in the power of forgiveness.

I believed Jesus was the Saviour, and that Jesus can help us. I started to pray.

‘When I see so many children and young people here at church it gives me hope for the future; that the Church here will grow and build a good community. This makes me happy.

‘The young people come here because we show them God’s forgiveness and healing and we encourage them not to be ashamed, but to be proud of their Khmer traditions and identity. Hopefully they will bring others to Jesus also.’

This is a community facing huge challenges of poverty in the present, whilst still coming to terms with a past which has left deep scars. But Mary, Mother of the Church stands as a beacon of hope in this community.

**Name has been changed*



To donate to World Mission Sunday and help missionaries to reach out to those who have lost all hope, like struggling communities in Cambodia, please visit: missio.org.uk/donate

Message of His Holiness Pope Francis

This is an abridged version of the late Holy Father's message for World Mission Sunday 2025. The full text, with references, is available at missio.org.uk/wms

'Missionaries of Hope Among all Peoples'

Dear brothers and sisters!

For World Mission Sunday in the Jubilee Year 2025, I have chosen the motto: 'Missionaries of Hope Among all Peoples'. It reminds individual Christians, and the entire Church, of our fundamental vocation to be messengers and builders of hope.

In the footsteps of Christ our hope

Christ is the fullness of salvation for all, and in a particular way for those whose only hope is God. Jesus commended everything to God the Father, obediently trusting in his saving plan for humanity; a plan of peace for a future full of hope (cf. Jeremiah 29:11). In this way, he became the divine Missionary of Hope: the supreme model of all those down the centuries who carry out their own God-given mission, even amidst extreme trials.

The Church is constantly impelled by the love of Christ to persevere, in union with him, on her missionary journey and to hear, like him and with him, the plea of suffering humanity.

May we too feel inspired to set out in the footsteps of the Lord Jesus, to become signs and messengers of hope for all. May all the baptised, as missionary disciples of Christ, make his hope shine forth in every corner of the earth!

Christians, bearers and builders of hope among all peoples

In following Christ the Lord, Christians are called to hand on the Good News by sharing the concrete life situations of those whom they meet, and thus to be bearers and builders of hope. Indeed, 'the joys and hopes, the grief and anguish of the people of our time, especially of those who are poor or afflicted, are the joys and hopes, the grief and anguish of the followers of Christ.' (*Gaudium et Spes* 1).

Here I think especially of those of you who are missionaries *ad gentes*. Following the Lord's call, you have gone forth to other nations to make known the love of God in Christ. You are signs of the universal vocation of the baptised, to become missionaries among all peoples and witnesses to the great hope given us by the Lord Jesus.

Impelled by this great hope, Christian communities can be heralds of a new humanity in a world that shows serious symptoms of human crisis: a widespread sense of bewilderment, loneliness and indifference to the needs of the elderly, and a reluctance to make an effort to assist our neighbours in need. In the most technologically-advanced nations, true relationships are disappearing and our obsession with efficiency and attachment to material things are making us self-centred and incapable of selflessness. The Gospel, experienced in the life of a community, can restore us to a whole, healthy, redeemed humanity.

For this reason, I once more invite all of us to carry out the works mentioned in the *Bull of Indiction of the Jubilee* (Nos. 7-15); with particular attention to the poorest and weakest, the sick, the elderly and those excluded from materialistic and consumerist society. And to do so in God's 'style': with closeness, compassion and tenderness, cultivating a personal relationship with our brothers and sisters in their specific situation (cf. *Evangelii Gaudium*, 127-128). Often they are the ones who teach us how to live in hope. Through personal contact, we will also convey the love of the compassionate heart of the Lord. 'We have been sent to continue this mission: to be signs of the heart of Christ and the love of the Father, embracing the whole world' (*Address to Participants in the General Assembly of Missio [the Pontifical Mission Societies]*, 3 June 2023).

Renewing the mission of hope

Faced with the urgency of the mission of hope today, Christ's disciples are called

first to discover how to become 'artisans' of hope and restorers of an often distracted and unhappy humanity.

Let us not forget that prayer is the primary missionary activity and at the same time 'the first strength of hope' (*Catechesis*, 20 May 2020).

By praying, we keep alive the spark of hope lit by God within us, so that it can become a great fire, which enlightens and warms everyone around us, also by those concrete actions and gestures that prayer itself inspires.

The missionary activity of handing down and shaping a mature faith in Christ is work that requires communion of prayer and action. Here I would emphasise the importance of the Church's missionary synodality and the service rendered by Missio (the Pontifical Mission Societies) in promoting the missionary responsibility of the baptised and supporting new local Churches. I urge all of you – children, young people, adults and the elderly – to participate actively in the evangelising mission of the Church by your witness of life and prayer, by your sacrifices and by your generosity. Thank you!

Let us turn to Mary, Mother of Jesus Christ our hope. To her we entrust our prayer for this Jubilee and for the years yet to come: 'May the light of Christian hope illumine every man and woman, as a message of God's love addressed to all! And may the Church bear faithful witness to this message in every part of the world!' (*Bull: Spes Non Confundit*, 6).

+ Francis

25 January 2025

Missionaries of hope in Myanmar

Myanmar, once known as Burma, has a rich history and a deeply rooted culture that stretches back millennia. Today, the country is facing multiple challenges – political, environmental and humanitarian – which have left thousands of people killed or injured and millions displaced from their homes.



Since the military coup in February 2021, Myanmar has descended into a state of turmoil. The military junta is using brutal force: live ammunition and airstrikes to suppress dissent. It continues to deliberately bomb villages; looting and burning everything in sight and attacking schools and hospitals. The military is not even sparing churches in its attacks.

The military's iron grip on power has crippled the economy, disrupted essential services and exacerbated poverty. Meanwhile, the recent earthquake and subsequent flooding in Mandalay has added further strain to an already fragile health system. The country's educational infrastructure is crumbling, and the general population faces increasing levels of food insecurity, malnutrition and lack of medical care.

In addition to the violence, Myanmar has long struggled with the displacement of ethnic minorities. The situation for refugees and internally displaced persons (IDPs) remains dire, with inadequate access to food, healthcare and basic needs.

Despite the numerous challenges it faces, the Catholic Church in Myanmar is providing vital assistance. Priests, religious, and missionaries are working tirelessly to help the local people. They are providing IDPs with food, clothing, medicine and creating educational opportunities for children and young people so they can have a better future.

The National Director of Missio in Myanmar, Fr Stephen (right), recently told us: 'Priests and Religious Sisters are living alongside the people in refugee camps, offering spiritual encouragement and physical accompaniment. Despite having very limited resources they are doing all they can. Unfortunately, while some camps



receive partial financial support, many others receive nothing at all.'

Sr Regina, of the Good Shepherd Sisters, works at the St Joseph IDP Camp located in the grounds of Mary of the Holy Rosary Catholic Church in Mandalay. The Camp provides shelter and one hot meal a day to 512 civil war refugees who are living in makeshift communal accommodation in very cramped conditions. Many of these families have been living there for more than three years.

The Sisters provide care and therapy through their pastoral work and psychosocial support. Sr Regina shares: 'Many are suffering from fear, anxiety, uncertainty and many don't want to live anymore.'

'Many have experienced sudden, tragic deaths of family members in front of them. It's very hard for mothers who have seen their children die in front of them, or other relatives who have died.'

Sr Regina with a family
at St Joseph IDP Camp,
Myanmar



'Some people don't want to talk – they are just gazing [into the distance], they are not with their body. Then they may talk about burning and fleeing experiences, being chased by the authorities, running away during the night.

'We try to provide hope by just being with them. Reflecting with them and telling them "I am with you, I know you, I accept you". You build up a relationship and trust. I follow what their heart is telling them. Then they know they are not alone... the majority say, "We will go home, even if we don't have a house, we will build a small hut and share together".

'It gives me hope – we will never give up. We will strive for a better life for our poor people who have suffered so much.'

Fr Stephen goes on to explain: 'The presence of Priests and Religious among the displaced is a true source of hope for many. They

walk with the people, both spiritually and physically, bringing comfort and faith in a time of uncertainty. However, to be truly effective messengers of hope during the time of crises, the Priests and Religious themselves also need support – they need our prayers and our practical help so that they can continue their vital ministry.'

By standing in solidarity with them and sharing what we can, we too can be signs of hope. It is crucial that we offer our support through our prayers and whatever we can give.

With thanks to Missio Aachen for their original material.

This World Mission Sunday, please help Sr Regina and so many missionaries like her, who offer help and hope to communities in greatest need: missio.org.uk/donate

If you have to kill, shoot me

Sr Ann is a Sister of St Francis Xavier and a trained nurse. After the military coup in Myanmar, she confronted police who were targeting young people and became a global icon.

The police chased and shot at demonstrators. Most of them were children and teenagers. They were hiding in our clinic.

'I wanted to save their lives. That's why I knelt down in front of the police officers. "Don't shoot the young people," I begged them. "They're unarmed. If you have to kill, shoot me."

'The first time, on 28 February 2021, police officers ordered me to move out of the way. They said, "If you don't leave, we'll shoot you." But I stayed, and they left.

'On 8 March 2021, I saw police beating, arresting and shooting young people. I ran into the street, knelt before them, and said, "Please don't shoot the young people."

'They shouted at me, "Go away!" But they stopped shooting. Two hours later, the military arrived. They shot the young man in the head right in front of me. I was shocked. Two people were shot that day. Many were injured.

'I wanted to save the lives of young people in trouble. I believed that God was using me to save lives. God gives me strength and courage.'

Sr Ann comes from a large family in Myanmar. She remembers her childhood when everyone in her village had to flee from their homes due to the military driving them out. She recalls leaving everything behind while some of her neighbours were killed and others arrested.



Sr Ann with the photograph that shocked the world

She explains: 'Ever since I was young, whenever I see people wearing uniforms of policemen and soldiers, I'm afraid of them. This is because they killed the innocent people. They burned the villages.'

Sadly, for her own protection, Sr Ann had to leave Myanmar but she continues to pray for her people: 'I hope that, with the grace of God, we will soon become a peaceful and happy country. Please help the people of Myanmar who are suffering. Please pray for Myanmar.'

Missionaries of hope among all peoples

Fr Gerry Hastie MHM, Vicar General of St Joseph's Missionary Society, shares his reflection on the theme for this year's World Mission Sunday:



Fr Gerry MHM preaching at a Mission Mass in Swansea recently

While serving in Uganda, there was an outbreak of tuberculosis (TB) in the local village. One of the villagers, Peter, who was already living with HIV, contracted TB and was sent to the local health centre. I went to visit him when the sun was still high in the cloudless sky and the unrelenting heat of the dry season was beating down. I found Peter lying on a mat under the shade of a tree, beside his son.

As I approached, I was shocked by Peter's almost unrecognisable figure. His complexion was a sallow grey, and the bones in his hands appeared to be pushing through skin that seemed stretched too tightly over his emaciated body. I could not but help thinking that Peter didn't have long to live and I felt myself already grieving for him and his loved ones.

As I stood there, Peter opened his eyes and looked at me. I smiled and as I went to sit down beside him, his son moved away to give us some space. We exchanged a few words, but the effort of speaking was too much for Peter, who needed what little energy he had for breathing: each breath seemed laboured and painful. After half-an-hour his son reappeared to take up

his position by his father's side once again. As I was leaving, I noticed the son wiping his dad's face with a damp cloth – trying to keep him cool in the heat of the day.

Three months later, I was standing outside when I saw Peter hobbling towards me, supported by a cane. He had finally been deemed fit to return home. We smiled at one another and, as Peter lowered himself into a chair, he asked me if I remembered the first time I visited him. Peter said that on that day, when he saw the look on my face, he knew that I thought he was on his way out.

What kept him going, and gave him hope, was the presence of his son: each time he felt the damp cloth being pressed against his dry lips, or the towel wiping his face, or his son's hand gently holding his own, then he knew – as he drifted in and out of consciousness – that he was still alive. He would then make the effort to take another breath; to keep going.

This story came to mind when I reflected on the late Pope's chosen theme for this year's World Mission Sunday: 'Missionaries of Hope Among all Peoples.' How can we follow in the footsteps of Christ, our hope, 'in a world over which dark shadows loom'?

In the darkness of his pain and suffering, the enduring presence of his son became a source of hope and light for Peter: he was not alone, he was loved and cared for.

Jesus continuously reached out to those who endured the darkness and pain of exclusion: the untouchable, the outcast, the public sinner, the poor and the sick. Through the presence of Jesus, the Son, these suffering people came to experience the enduring love of God, the Father: to know that they were not alone, they were loved and cared for.



Bible sharing group, Uganda

This is the hope that we carry: that in our own pain and darkness, God – like Peter's faithful son – never abandons us, but holds us, healing our brokenness and providing water for our parched lips. And we, following in the footsteps of Jesus, are called to witness to this unquenchable love of the Father to all people; most especially to those in the darkness of pain and suffering. We are called to be signs of hope: to sit with, to stand in solidarity with, and to ensure that no one is made to feel excluded from his love.

I would like to thank the Red Box holders who, through your prayers and donations, have supported us Mill Hill Missionaries in our efforts to be messengers of hope to those on the margins of society and those in areas of conflict and persecution.

This year we are blessed with ten new missionaries who, after ordination, will be sent out to Kenya, India, Malaysia, South Sudan, Cameroon, Uganda, Pakistan and the Democratic Republic of the Congo. Please keep them in your prayers as they witness to the hope and new life they have encountered in Christ.

Together in mission

Our Mission Masses give us the chance to come together with supporters and volunteers. We pray for missionaries, meet Mill Hill Missionaries to hear about their experiences and get inspired to be missionaries in our own parish communities.

Recently, people came from across the Archdiocese of Cardiff-Menevia for our Mass at St David's Priory Church, Swansea. Fr Gerry, the Vicar General of the Mill Hill Missionaries, and Missio's Diocesan Director, Canon Paul, concelebrated Mass. The people of the parish were so welcoming.

In his homily, Fr Gerry shared some of his first-hand experiences as a missionary in Africa, as well as his recent visit to communities in Cameroon which are served by Mill Hill Missionaries and supported through the Red Box.

'Fr Gerry's homily gave us an insight into what's really going on,' says Susan. 'Because we live so far away, in such a safe environment, we don't always hear that sort of thing.'

'I thought it was very inspiring,' agrees Local Secretary, Ann. 'It makes you think: "what can I do?"'

'It's always a pleasure and a privilege to come to different places and meet the people who are behind our missionary work,' Fr Gerry shares. 'It's lovely to meet them, but also to share some of the stories that they're making possible through their support.'



We want to say a huge thank you to everyone who joined us in Swansea and all of our Mission Masses throughout the year. Each of you is a vital part of our global mission – to ignite God's love in all corners of the world!

As Local Secretary, Anne-Marie, says:
'You don't have to be a missionary going out on foot. Even if you're just counting a Red Box in your house, you're spreading that message.'

We would love to see you at our Mission Masses and events. Find one near you at missio.org.uk/mission-masses-and-events or call us on 020 7821 9755.



Children are missionaries, too!

Mission Together is the children's branch of Missio. In England and Wales it has an important task: to help children realise that each and every one of them is called to share God's great love with other children throughout the world.

Headteacher, Mrs Wright, of St Mary's Catholic Primary School in Crewe recently shared: On Friday 23 May, the children and staff came together for a special non-uniform day. The pupils brought in donations and celebrated the day with joy, helping to raise awareness and vital funds for Mission Together.

The day was not just about dressing differently – it was a valuable opportunity for pupils to reflect on their faith and the importance of charity. Throughout the day, staff supported the children with short class

assemblies, prayer and worship sessions, and discussions linked to Catholic Social Teaching. Together, they explored the themes of solidarity, compassion and gratitude; recognising the importance of helping those who are less fortunate.

The event was a huge success, with the school community raising an incredible £402.36! This generous contribution will go towards supporting mission projects that provide education, healthcare, faith formation and hope to children and families around the world.

If you would like to find out more or get free school resources, visit missiontogether.org.uk for primary or missio.org.uk/secondary



Who do you think you are?

Pelagius was a Celtic Monk from Wales who lived about 360-430AD.

Writing to a young woman who was seeking some spiritual direction, he gave her a foundational spiritual truth:

‘Have regard for your origin, consider your lineage, respect the honour of your noble stock. Acknowledge you are not only the daughter of a man and a woman, but the daughter of God as well, graced with the nobility of divine birth. Present yourself in such a way that... your divine nobility shines forth clearly.’

Pelagius was writing to a young woman about 1,700 years ago, but he could have been writing to us today!

Our birth into this world is both human and divine. Our being, our unique identity, is sacred. Even before our Baptism into the Christian community, the love of God birthed us. We were blessed from our very conception.

When we are not faithful to our own sacredness and the sacredness of others (and of the earth!) then we should not be surprised when there is communal strife, abuse, wars and conflict. Our calling in this life is to awaken to the sacred dignity of our being – both in ourselves and in one another.

Father Peter

You can write to Fr Peter at:
41 Victoria Road, Formby,
Liverpool L37 1LW

Mass Offerings

When we ask a priest to celebrate Mass for a special intention it is customary to make a donation – a ‘Mass offering’ – which helps towards his upkeep and the upkeep of the parish.

This is also a wonderful way to support missionaries and parish priests overseas, especially in areas where war, famine and natural disasters mean that they have no stable income.

Many of our supporters send their Mass offerings to priests overseas via Missio and you might like to send us your intentions too, especially in November when we remember in prayer family and friends who have gone before us.

If you would like to send a Mass offering to a missionary overseas in remembrance of a relative or loved one, please complete your details and the Masses section on the form opposite. You can also make a Mass offering by credit or debit card by contacting us on **020 7821 9755** during office hours.

In Remembrance

We remember all living and deceased supporters of Missio and the Mill Hill Missionaries at Mass in our chapels. Mill Hill Priests also offer Mass for the deceased in November, remember them at Mass every Sunday and in their Daily Office.

You can find the names in our Books of Remembrance at missio.org.uk/pray

Please fill in the form below and return it in the **freepost envelope attached** (Missio, 23 Eccleston Square, London SW1V 1NU)

Your details (PLEASE PRINT)

*Required fields

Autumn 2025

Title*

First Name*

Surname*

Address*

Postcode*

Tel

Parish

Email

☐ Please send me the monthly **Missio eNewsletter** (provide email address above)

☐ I want Missio to treat all donations I have made for this tax year and any donations I make in the future or have made in the past 4 years as **Gift Aid** donations until I notify Missio otherwise. I confirm that I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I will notify Missio if I want to cancel this declaration, change my name or home address, or no longer pay sufficient tax on my Income and/or Capital Gains.

Date

N.B. Please ensure the box is ticked.

SUPPORT

☐ I enclose a donation of £_____ (please make cheques/postal orders payable to Missio-Mill Hill)

☐ I enclose a donation of £_____ towards the training of future Priests and Sisters (please make cheques/postal orders payable to Missio)

You can set up a Direct Debit or give by Card overleaf, or online at missio.org.uk or call us on **020 7821 9755** (office hours).

☐ I would like to become a volunteer for Missio and the Mill Hill Missionaries in my parish

☐ Please tick if you do not require a receipt

☐ Please send me information on how to leave a gift in my Will

MASS

☐ I would like _____ (please state number) Mass/es offered for the following intentions (please use a separate sheet if necessary):

Intentions:

☐ I enclose £_____ (the recommended offering is £10 or more per Mass; please make cheques payable to Missio Mass a/c or see over to pay by card)

☐ Please tick if you do not require a receipt

If you would like to receive a Mass Card, please contact us on **020 7821 9755**

I would like to pay by: ☐ Visa/Mastercard ☐ Maestro/Delta/Visa ☐ CAF Charity Card

Card No*

Name on card (PLEASE PRINT)*

Expiry date* / CVC* Issue No MAESTRO ONLY

Signature* _____ Date* _____

☐ Please tick if you **do not** require a receipt

*REQUIRED FIELDS

I wish to pay Missio the sum of (please tick):

☐ £5 ☐ £10 ☐ £50 ☐ £100 ☐ Other £ _____

☐ Monthly ☐ Quarterly ☐ Twice yearly ☐ Annually

On the: 5th day of the month 15th day of the month 28th day of the month

Starting on month _____



Please fill in the whole form using a ballpoint pen and send to:
Missio, 23 Eccleston Square, London SW1V 1NU

Name and full postal address of your bank or building society

To: The Manager Bank/building society

Address

Service user number

2	5	4	5	8	8
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Reference (for office use)

Postcode

Branch sort code

Bank/building society account number

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□ □ □ □ □ □

Name of account holder(s)

Instruction to your Bank/building society: Please pay Missio Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Missio and, if so, details will be passed electronically to my bank/building society.

Signature of account holder(s) _____ Date _____

Banks and building societies may not accept Direct Debit instructions for some types of account.

Leave a lasting legacy of faith for future generations

Would you like to share your faith in a God of love and mercy with future generations? By remembering Missio in your Will, you can make a gift that lasts forever.

Your legacy will support future missionaries, priests and sisters as they serve communities in need; responding to local crises and bringing hope to those facing injustice and hardship. Your kindness will help rebuild communities after conflicts and tragedy,

empowering them to live with dignity and to be strengthened in their faith.

One in four Missio projects is funded by legacy gifts. Every contribution, big or small, adds up to make a real difference to our sisters and brothers in our global family.

By remembering Missio in your Will, you will help bring God's kingdom of mercy, peace and justice to the world.

**Thank you for considering this
life-changing act of faith.**



Children in Myanmar

If you would like to find out more about how to make a legacy gift to Missio and/or the Mill Hill Missionaries you can call and speak with Angelica (in confidence and with no obligation on your part) on 020 7821 9755 or email: legacy@missio.org.uk

You can also visit missio.org.uk/legacies or complete the form on page 25 and tick the yellow box.



Will you help missionaries, like Sr Regina in Myanmar, to be messengers and builders of hope today?

You can make a donation:



Send a cheque: Make it payable to Missio and post it to **World Mission Sunday, 23 Eccleston Square, London SW1V 1NU**



Give online:
Visit missio.org.uk/donate and select 'World Mission Sunday'



Give via text: Text **MISSIO 5** (to donate £5) or **MISSIO 10** (to donate £10) to **70085**
This costs £5 or £10 plus your standard rate message



Give via phone: Call us on **020 7821 9755** during office hours to donate with your credit or debit card



Bank transfer:
Account Name: Missio
Sort Code: 16-00-16
Account Number: 10824230
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Mission Today

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