

# Prayer Guide for the week 17 to 23 March

**"You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, 'Lord, I don't know how to pray!' you can be sure you've already begun."**

**St Josemaría Escrivá**

There is a group of elderly caregivers who started a self-help organisation in Khayelitsha called *Grandmothers against Poverty and Aids (GAPA.)* Today all over South Africa there are grandmothers holding together families affected by HIV/AIDS and poverty. Often these women are the sole bread winners in a household. They may also be nursing the dying and bringing up orphaned grandchildren on their own. Calling on experts to assist, *GAPA* has a two-pronged approach: education and psychosocial support for the *Gogo's*.



We can draw inspiration from ordinary people like the caregivers in Khayelitsha and others, who despite their own poverty, give up their time and energy, working in and for the communities around them.

In our prayers

- † Give thanks for the work of those with little or no means and often little education who give so much of themselves for others
- † Give thanks for those in our own church who quietly provide food and help others in so many ways.
- † Pray for support in the work they do, for financial, technical and physical assistance from the communities around them
- † Pray for those they serve, that the support they receive will touch them and give them the life skills they need.

