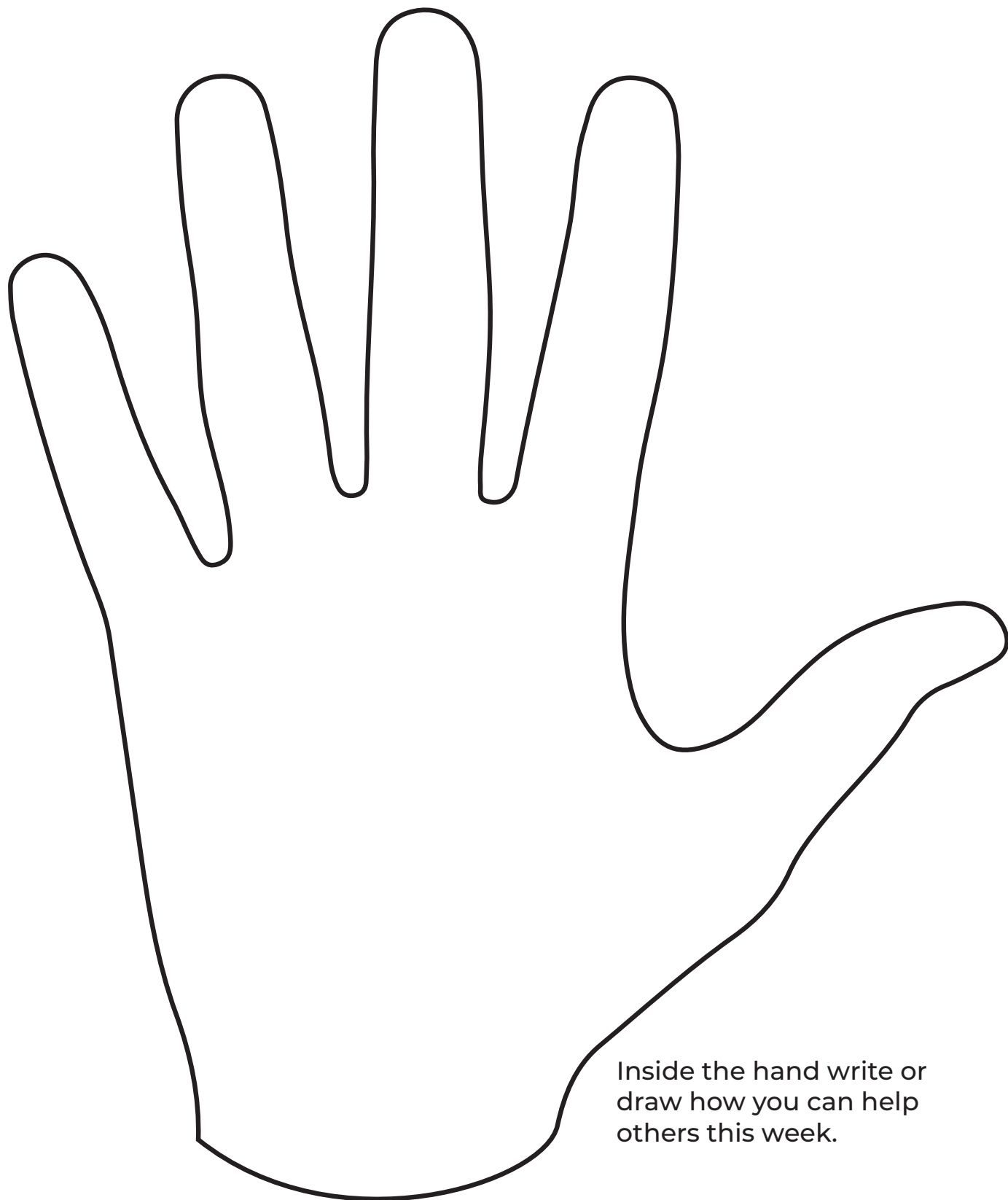


*Thirty-first Sunday in Ordinary Time*  
*Gospel: Matthew 23:1-12*



Inside the hand write or  
draw how you can help  
others this week.

CAFOD is the overseas aid agency for the Catholic Church in England and Wales.  
Find out more and get involved at [cafod.org.uk/families](https://cafod.org.uk/families)