



# Pioneer Total Abstinence Association of the Sacred Heart

## Lenten Challenge & Invitation

The 2025 Lenten message of Pope Francis is a challenge and an encouragement for us to **journey in hope together**. Our Holy Father encourages us - as he always does - to move out of our comfort zones and to engage with others. This is all the more essential in “a world which seems to have lost its heart”.

Abstaining from alcohol is one way of offering hope and support to those who are living under the shadow of addiction. A **Pledge for Lent** can be taken in a parish Pioneer centre or via **[www.pioneerassociation.org](http://www.pioneerassociation.org)**.

You might be the first person in your family, school or workplace to take a few steps as a **Pilgrim of Hope** during this Jubilee Year. Consider inviting a few others to join you on the journey! You will be helping them - as their sponsor or anchor - to kindle the fire of God’s love in their hearts.

Think also about **prayerfully adopting** a person who is waiting on a place in Cuan Mhuire or as part of a Residential Treatment Program. You might also pray for those at local level who are being sustained - one day at a time - by the **12 steps of the AA fellowship**.

Messages of prayerful support for people who are living with addiction can be posted to Fr Robert McCabe, PO Box 13492, Dublin 7 or can be sent by email to [prayer@pioneers.ie](mailto:prayer@pioneers.ie).

Additional information is available at **[www.pioneerassociation.org](http://www.pioneerassociation.org)**.

