

Seven practices that can make a difference

MEET WITH TWO OR THREE PEOPLE

about an issue that concerns you, even if you do not know what to do about it yet. Then arrange a meeting again if you still don't know what to do about it.



MAKE AN EFFORT TO GET TO KNOW SOMEONE

from outside your own circle of friends.

ASK YOURSELF REGULARLY -

"Who needs me as a companion (or as a helper with a particular issue)?"

"Who is watching how I live and the choices I am making?"

"Who needs me to affirm them or maybe even to inspire or challenge them?"

BE DEPENDABLE

for those who count on you. All of us rely on networks of encouragement and opportunity.

AVOID VIOLENT IMAGES

which numb your response to genuine suffering and distract you from the true realities of our time. When you encounter injustice and violence let them move you to action.

STAY ALIVE TO BEAUTY

A sense of wonder creates hope.

DON'T BE A LONER

Find a group of support and challenge and invest your time, talents and money in keeping it alive for your own sake for God's sake and for the sake of the world.

Gandhi's Seven Social Sins

Politics without principle

Wealth without work

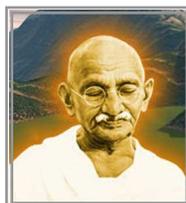
Commerce without morality

Pleasure without morality

Educations without Character

Science without Humanity

Worship without Sacrifice



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Seven Principles of Catholic Social Thinking

DIGNITY AND VALUE OF THE HUMAN PERSON

Human dignity comes from God.
Everyone is made in the image of God.

RIGHTS AND RESPONSIBILITIES OF THE HUMAN PERSON

All humans have the right to life, food, shelter, education, employment, political and religious freedom etc; and the responsibility to respect the rights of all others.

THE COMMON GOOD

Human beings are social beings. People are created through and for others.

DIGNITY OF WORK AND THE RIGHTS OF WORKERS

Work is participating in creation.
The economy exists for people, not vice versa.

OPTION FOR THE POOR

God seeks active partnership with the poor and he wants us to follow him.
Our spiritual task is to work on becoming poor in spirit.

THE PRINCIPLE OF SUBSIDIARITY

Everyone has the right and responsibility to be involved in policies that affect their lives and the lives of those they care for.

CARE OF GOD'S CREATION

We work with God to continue and complete creation.



Seven Conditions for faith based social action

BE PRAYERFUL

Prayer is not a substitute for action it is an action for which there is no substitute: Lord, lead us to love you through our work for peace and justice.

BE INCLUSIVE

Commit yourself to God, to the good of others and the good of all God's creation. The three go together.

BE PREPARED

Content counts. Study the details of the situation, clarify the principles and assumptions you are working with and know what you are talking about.

BE COMPETENT

Talk with competent people before you make your own assessments about complex issues.

BE CHARITABLE AND JUST

Charity is working for immediate needs; justice is working for social change.

BE SKILLFULL

SEE – carefully examine all the facts of a situation;
JUDGE – analyse and assess the facts;
ACT – carry out actions to change the situation of injustice.

BE HAPPY

"I want you to be happy, always happy in the Lord. I repeat, what I want is your happiness."
(Philippians 4, 4).

Seven Features of a Social Justice group

PRAYERFULNESS

PERSISTENCE

FRIENDSHIP

SERVICE

RECONCILIATION

EDUCATION

ACTION

