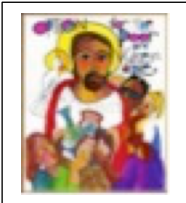


FAITH IN ACTION: Promoting Equality & Justice

The U.S. Conference of Catholic Bishops (USCCB) highlights seven key themes of Catholic social tradition to guide us in the building of a just society and living lives of holiness in modern society



Catholic Social Teaching #4: **Option for the Poor and Vulnerable** encourages us to imitate Christ's love for the poor by working to create a society where the needs of the poor and the powerless are always considered first. It calls us to strengthen the whole community by assisting those who are most vulnerable.

[https:// www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/option-for-the-poor-and-vulnerable](https://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/option-for-the-poor-and-vulnerable)

Action Opportunities:

Join the San Diego Diocese Virtual Walk for Life, January 11-16

Buy Fair Trade goods when available

Investigate the causes and effects of poverty and solutions that move the poor to self sufficiency

Donate your time at a local pregnancy & family support center

Become an English tutor for a new immigrant

Write your legislators to support legislation and policies that create affordable healthcare, low-income housing, and a living wage

Volunteer at the St. Leo Medical-Dental Clinic

Write uplifting letters or create art to send to isolated elderly or homebound patients

Lesson plan for teachers and parents:

<https://www.archmil.org/ArchMil/Resources/WMM/Curriculum/Pref-Option-Poor-Lesson.pdf>

Prayer Response:

God of Justice open our eyes to see you in the face of the poor. Open our ears to hear you in the cries of the exploited. Open our mouths to defend you in the public squares as well as in private deeds. Remind us that what we do to the least ones, we do to you. Amen.

—from Being Neighbor, the Catechism and Social Justice, Catholic Campaign for Human Development, ©1998 United States Conference of Catholic Bishops

For more information or to sign up to join the Faith in Action Committee:

<https://stjamesandleo.org/faith-in-action-committee/>