

LOVE IN ACTION



INTRODUCING LOVE IN ACTION

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Going to see Monique who can no longer get out of her home very easily. Bringing a few cans of food to Mass on a Sunday. Helping Yasmina fill in an application form, as English isn't her first language. Working with Marvin to cook up a simple meal at homeless support centre, The Passage. It's love in action, or the Latin word, Caritas. It's living out our faith. It's charity, justice, love.



One of our treasures is Catholic social action... We have a word which beautifully describes this practical expression of Christian love: Caritas.

Cardinal Nichols

When Pope Francis speaks of "a poor church for the poor", he is encouraging all of us to get our hands dirty. He's encouraging us not to just talk about living lives of faith, but to show that we are people of love, people of Christ.



Pope Francis, *The Joy of the Gospel*, 2011

I fear that these words too may give rise to commentary or discussion with no real practical effect. That being said, I trust in the openness and readiness of all Christians, and I ask you to seek, as a community, creative ways of accepting this renewed call.

How can we be a Caritas people, who see the need around us, reflect on what we can do about it inspired by our faith and, through prayerful reflection, take positive action?

Over the coming weeks we are going to explore the guiding principles of Catholic social teaching – ways in which we can look at the reality of life in our community and the global community, and reflect on how we can put love into action, and be a Caritas people.

