

Be Kind

Every person is worthy of being respected in every dimension, be it economically, politically, socially, ecologically, and spiritually. The dignity of the human person is at the heart of Catholic Social Teaching, not because of who they are, but who we are.

Economic

It is easy to find initiatives to help others economically: donating items to a thrift store, sending boxes of joy to kids in impoverished countries, or working at a homeless shelter. But this also includes being kind to the hard workers at our local fast food stores, and gas stations. We are called to give food to the hungry and drink to the thirsty, but we are also called to be kind to those who serve us.

Political

My dad loved to debate, but he had a rule: you can always disagree with the other person's stance on a topic, but you may never attack the person. He was a smart dad! This is going to be a very "charged" political season and you will come across people you disagree with. Listen to my dad: never attack the other person. When they attack you, know that they are on the defense.

Social

It has been said "it's not what you know, but who you know" to get ahead. This is a symptom of a sad state of affairs, and I have witnessed it at work, in our schools, and sadly, at church. The people who donate more or dress better tend to be treated better. We need to treat everyone with dignity and respect, not because of who they are, but because of who we are.

Ecological

The most recent NCCW Convention's theme was Caring for God's Creation and spoke at length of how we are stewards of the earth. We can make a difference, not only for us, but also for future generations. Caring for God's creation is really honoring and respecting the dignity of people yet to come. Creation is intrinsic to God's plan of salvation. "All things are created through Him and for Him." (Col 1:16)

Spiritual

Everyone is on a journey. Everyone's journey is different. Everyone is battling with their own struggles. We only see the "highlight reels" of other people's lives. We do not know their inner battles. Our flippant phrases such as "you'll get over it" don't help at all. We are called to journey with each other. Pope Francis said, "Faith is an encounter with Jesus, and we must do what Jesus does: encounter others."

In every circumstance we are called to treat all people with dignity and respect. When we get caught up in comparisons, we are judging them. **"If you judge people, you have no time to love them."** ~ Saint Mother Theresa.

Lorraine Riedl, President



Everyone you meet is
fighting a battle you
know nothing about.

Be kind.

Always.

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