

You take note of misery and sorrow; / you take the matter in hand. / To you the helpless can entrust their cause; / you are the defender of orphans.

—Ps 10:14

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“ We must never allow the throwaway culture to enter our hearts, because we are brothers and sisters. No one is disposable!”

—Pope Francis, World Youth Day 2013, address to the community of Varginha, Brazil

Think About That

Pope Francis is helping us to see that there are two fundamental ways of looking at another person: as a brother or sister, or as an object or thing. The second way involves a profound rejection of the dignity and worth of every human being. “No one is disposable!” This means everyone matters.



Take Action

Some individuals or groups do believe that others are disposable. They often want to eliminate the most vulnerable members of our society, such as the elderly, migrants or refugees, unborn babies, or those with a physical or intellectual disability. Take some time this week to visit someone who is homebound or sick, or someone who has recently arrived in our country.

Say a Prayer

Father, all of us are made in your image and likeness. We are all your children, so we are all brothers and sisters. Thank you for the dignity and worth of every human being. Help me see everyone I meet this week as my brother and sister.