

Catholic Social Teaching Reflection Journal



The questions contained in this journal are designed to help you reflect on the 'big question' and what you have learnt about the Catholic social teaching principles through the Caritas CST online toolkit.

At different points in the journaling process you will be asked to share reactions and identify personal, local (classroom and schools) and global implications and connections.

Reflection is a crucial component to our learning, as it enables us to identify tensions, share resolutions, and nurture knowledge into action. It helps us think more deeply about issues.

This is a safe place for you to make connections between yourself, global issues and Catholic social teaching, your actions and your personal development.

Reflecting means not only looking back on learning—how it has occurred and what impact it had— but also looking forward— looking at how to act in future situations with more thoughtful decisiveness and personal conviction. It is also an important part of our spirituality.

NOTE: The three pages at the back of the journal are for you to fill in as you go. For each principle, look through the statements on pages 20 and 21 and complete at least two. Page 22 provides ideas for further reflection if you would like to go deeper!

We encourage you to use this journal openly and honestly. You will only get out of it what you put in!

Reflection Journal



Read these quotes from Pope Francis and then complete the three stages of reflection in the box below.

"The times talk to us of so much poverty in the world and this is a scandal. Poverty in the world is a scandal. In a world where there is so much wealth, so many resources to feed everyone, it is unfathomable that there are so many hungry children, that there are so many children without an education, so many poor persons. Poverty today is a cry."

Pope Francis, Meeting with Students of Jesuit Schools—

Q & A, 2013

"Human rights are not only violated by terrorism, repression or assassination, but also by unfair economic structures that create huge inequalities."

Pope Francis, 2009

"In imitation of our master, we Christians are called to confront the poverty of our brothers and sisters, to touch it, to make it our own and to take practical steps to alleviate it."

Pope Francis, message for Lent 2014

Summarise the main message in two words.

How do they reflect God's desire for justice?

What advice do they give us for our every day actions for peace and justice?

Write your responses here:

Reflection Journal



Read these quotes from the Caritas poster and then complete the two stages of reflection in the box below.

“You are not making a gift of what is yours to the poor man, but you are giving him back what is his. You have been appropriating things that are meant to be for the common use of everyone. The earth belongs to everyone, not to the rich.”

St Ambrose

"I would say that today there is huge inequality in Brazil. There is social and racial inequality, and also inequality with jobs and the distribution of wealth."

**Maristely, Favela Young Leader,
São Paulo, Brazil**

What do they teach us?

Do I need to change my actions or thinking?

Write your responses here:

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Reflection Journal



Reflect on all that you have learnt about the Preferential Option for the Poor.

What is your response to the big question?

What is justice for the poor?

Write your responses here:

[illegible]

Reflection Journal



Read these quotes from Scripture and Church teachings, and then complete the three stages of reflection in the box below.

"Each person possesses a basic dignity that comes from God, not from any human quality or accomplishment, not from race or gender, age or economic status."

The Common Good, CBCEW, 1996, #13

Mark 12:30-31

New Revised Standard Version Catholic Edition (NRSVCE)

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbour as yourself.' There is no other commandment greater than these."

Summarise the main message in two words.

How do they reflect God's desire for justice?

What advice do they give us for our every day actions for peace and justice?

Write your responses here:

Reflection Journal



Read what Maristely says about how being a part of the Caritas program with MDF has impacted on her understanding of dignity, and then complete the three stages of reflection in the box below.

“Being a part of MDF has given me a lot of good things, like awareness of my dignity as a person, and critical thinking. What I think is that, yes, I live in a favela, but because of my perseverance I live in a better place and we are recognised for that.”

Maristely, Favela Young Leader, São Paulo, Brazil

How has learning about her dignity improved Maristely's life?

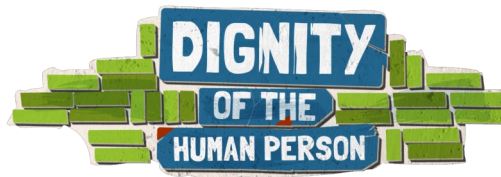
How has being aware of her dignity helped Maristely change my actions or thinking?

How will I change my every day actions and thinking because of my own increased awareness of dignity?

Write your responses here:

[illegible]

Reflection Journal



Reflect on all that you have learnt about the Dignity of the Human Person.

What is your response to the big question?

How is dignity upheld?

Write your responses here:

Reflection Journal



Read this quote from Pope Francis and then complete the three stages of reflection in the box below.

“I would like to ask all those who have positions of responsibility in economic, political and social life, and all men and women of goodwill: let us be ‘protectors’ of creation, protectors of God’s plan inscribed in nature, protectors of one another and of the environment.”

Pope Francis, Homily at Inauguration, 2013

Summarise the main message in two words.

How do they reflect God’s desire for justice?

What advice do they give us for our every day actions for peace and justice?

Write your responses here:

Reflection Journal



Read these quotes from the Caritas poster and then complete the two stages of reflection in the box below.

Matthew 6:19-21 New Revised Standard Version Catholic Edition (NRSVCE)

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves

treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

"We see a lot of consumerism in society. People just want more and more things, especially with technology. We try to help these people understand that it is not a car or a new mobile that will give them a better future, but that other things, such as helping others, or using kind words, will."

**Maristely, Favela Young Leader,
São Paulo, Brazil**

What do they teach us?

Do I need to change my actions or thinking?

Write your responses here:

[illegible]

Reflection Journal

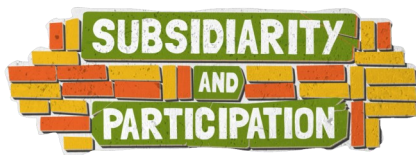


Reflect on all that you have learnt about Stewardship of Creation. What is your response to the big question?

How do I show respect for creation?

Write your responses here:

Reflection Journal



Read this Church teaching on Subsidiarity and Participation, and then complete the three stages of reflection in the box below.

“The characteristic implication of subsidiarity is participation, which is expressed essentially in a series of activities by means of which the citizen [...] contributes to the cultural, economic, political and social life of the civil community to which he belongs.”

Compendium of the Social Doctrine of the Church (189)

Summarise the main message in two words.

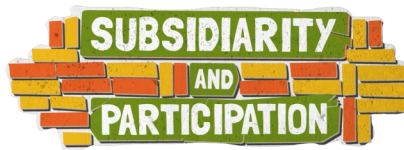
How do they reflect God's desire for justice?

What advice do they give us for our every day actions for peace and justice?

Write your responses here:

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Reflection Journal



Read these quotes from the Caritas film on this CST principle and then complete the two stages of

"For me, the government's role is very Important in creating a more just and fair world. It should make sure each citizen has a house, a fair job with a decent wage, and that all rights are respected, regardless of their profession."

Maristely, Favela Young Leader, São Paulo, Brazil

"We visit families to talk about the situation in the favela. It is important for the families to see that if we sit down and talk about the things we are going through, we are all going through the same difficulties, and if we all get together we can come up with a solution."

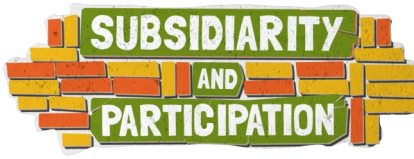
What do they teach us about subsidiarity and participation?

What does this mean for the way I think and act?

Write your responses here:

[illegible]

Reflection Journal



Reflect on all that you have learnt about Subsidiarity and Participation.

What is your response to the big question?

How can we contribute to building a more just and fair world?

Write your responses here:

[illegible]

Reflection Journal



Read this quote from Pope Paul VI and then complete the four stages of reflection in the box below.

“Each person is a member of society [...]. It is not just certain individuals but all people who are called to further the development of human society as a whole.”

Pope Paul VI, *Populorum Progressio*, On the Development of Peoples, 1967, #17

Summarise the main message in two words.

**How do they reflect
God's desire for
justice?**

What advice does it give us for every day actions?

How does it impact our actions for peace and justice?

Write your responses here:

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Reflection Journal



Read these quotes from the Caritas film and then complete the two stages of reflection in the box below.

“MDF teach us how to use digital tools for inclusion. [...] These tools give us the power to inform others about our reality, and to change things.”

Maristely, Favela Young Leader, São Paulo, Brazil

"We try to show the reality of young people living in a favela, to raise awareness amongst the young people and those who don't live in the favelas, to lead to a greater understanding by all and perhaps see some hope and faith for improvement."

Maristely, Favela Young Leader, São Paulo, Brazil

How are young people in the favelas working towards the common good?

What do I learn from this that I can put into action for change?

Write your responses here:

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Reflection Journal



Reflect on all that you have learnt about the Common Good.

What is your response to the big question?

What is 'true community'?

Write your responses here:

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Reflection Journal



Read these teachings on Solidarity and then complete the four stages of reflection in the box below.

“Solidarity [...] is a firm and persevering determination to commit oneself to the common good; that is to say, to the good of all and of each individual, because we are all really responsible for all.”

Pope Paul VI, Sollicitudo Rei Socialis, On Social Concern, 1987, #38

“To love God and neighbour is not something abstract, but profoundly concrete: it means seeing in every person the face of the Lord to be served, to serve him concretely. And you are, dear brothers and sisters, the face of Jesus.”

Pope Francis, Address during Visit at the Homeless Shelter “Dono Di Maria,” 2013)

Summarise the main message in two words.

**How do they reflect
God's desire for
justice?**

What advice does it give us for every day actions?

How does it impact our actions for peace and justice?

Write your responses here:

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Reflection Journal



Read this Scripture and quote from Maristely and then complete the three stages of reflection in the box below.

Micah 6:8

New Revised Standard Version Catholic Edition (NRSVCE)

*“He has told you, O mortal, what is good;
and what does the LORD require of you
but to do justice, and to love kindness,
and to walk humbly with your God?”*

"For those who wear them, the moment they put these solidarity rings on they feel that there is a commitment to the most disadvantaged people in our society— to be there with them, work with them, get together and even just smile with them, just to say that 'I am here with you and we are going to build a better future for us all.'"

Maristely, Favela Young Leader, São Paulo, Brazil

What does this verse and what Maristely says teach us?

Do I need to change my actions or thinking?

How do they impact our actions for peace and justice?

Write your responses here:

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Reflection Journal



Reflect on all that you have learnt about Solidarity.

What is your response to the big question?

What is authentic power?

Write your responses here:

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Catholic Social Teaching Reflection Journal



Use these reflection ideas to help you think about what you have learnt, and prepare to learn more about global social justice!

I used to think... now I think...	This information makes me want to...	I am most surprised by...	I am most inspired by...
I want justice because...	I am worried about...	This reminds me of a....bible story/ book/movie/song/ situation.	Think, Pair, Share. Talk to a partner about what you think about this topic. Ask your partner what they think and why.
I wonder why...	If I could tell a large audience one thing about this, I would say....	One question I have...	Now I know... I will...
I'm still not sure about...	I found... really encouraging because...	This challenges me because....	This makes me imagine...
What if...	What stood out to me most was...	Some of the possible problems I see are...	Another viewpoint to consider is...

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Use these reflection ideas to help you think about what you have learnt, and prepare to learn more about global social justice!

I am going to try to be more....	The skills I need to make a change are...	One thing Jesus did that inspires me is....	One way that this information/ learning will change my action is....
Why do you think that person took those actions?	Now I know I can make a difference by....	How does this change my thinking?	What knowledge and tools do I have now to contribute to change?
How can I help change happen?	What can we do to help each other now?	What does this mean for my choices?	How does this relate to a global social justice issue?
How is the dignity of each person being respected?	What are some challenges to human dignity?	Does everyone have access to enough resources to meet their needs?	How do my actions affect the lives of others?
What is most unfair/fair about the situation?	Have those affected by this decision had enough say?	How is the earth being used/cared for in the situation?	How do you feel about this information/ event?

Catholic Social Teaching Reflection Journal



Use these reflection ideas to help you think about what you have learnt, and prepare to learn more.

Write a letter to

Scrapbook your
learning and thoughts

Write a prayer

Write a poem

Graffiti Wall

Record a video

Write a comic
strip

Write a short
play

Make a collage

Write a letter to
yourself in the future

Use a reflection

Write and
record a song

Draw/Paint a
Picture