

become completely frustrated... We do not know where to tap: the problem overwhelms us. We do not know how to channel the tremendous energy tapped by our anger, and it turns to feelings of guilt...

changes how we live out our lives. Saying God is more of a verb than a noun leads one to action...

to become vulnerable in the moment... to know others on our common human level...

enter into a new kind of relationship with the poor... friendships are formed... emphasis is more on acts of justice than on acts of mercy... on being with the poor than doing for them

Solidarity seeks to go beyond itself to total gratuity, forgiveness, and reconciliation. It leads to a new vision of the unity of humankind... All the peoples of the world belong to one human family... though we may be separated by distance, language or culture...

it is something we must do

