



## **We believe in Solidarity**

**Solidarity arises when we remember that we belong to each other.**

**We reflect on this in a special way at Mass.**

**The Catechism of the Catholic Church states, “The Eucharist commits us to the poor.**

**To receive in truth the Body and Blood of Christ given up for us, we must recognise Christ in the poorest.”**

**Solidarity spurs us to stand side by side with our sisters and brothers, especially those living in poverty.**

**Focus of Year 3**