

Solidarity and Food Choices

Purchasing and consuming food is an action we perform every day. How can we practice solidarity with all peoples through our food choices?

- Purchase fair trade items.
- Purchase locally grown food whenever possible.
 - Grow some of your own food.
- Pray for those who depend on a just agricultural system for their livelihood and survival.

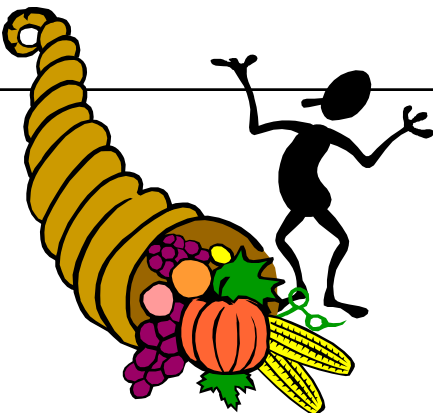
Even little changes can make a difference!

At SS John and Paul we practice some of these actions. We serve fair trade coffee at all of our socials. We also started a vegetable garden last year to grow our own food for donation to local food pantries. Below are some facts about our garden.

SSJP Community Garden Facts

Did you know?

- The community garden is located on the north east side of the church. It is a 75' by 75' fenced-in garden.
- Last year our volunteers harvested over 200 pounds of fresh vegetables for donation to the local food pantries.
 - Our community garden is an organic garden, we do not use harsh chemicals.
 - Our garden has its own sprinkler system.
- Planting day is in late May, and we continued to weed the garden and harvest the vegetables all the way until the first week of October.
- The community garden is a fun project for all ages—kids and adults have fun planting, weeding, and picking vegetables. This is a project that families can work on together.
- This project fits around YOUR schedule! When volunteering for the community garden you can pick your own time to do it—as much or as little as you have to spare.
- There are many reasons to have this garden. We aim to provide healthy, fresh food for the hungry. It is also a great way of showing our commitment to the people in our community and our dedication to being good stewards of creation.



For more information about the garden or volunteer opportunities call Bridget or Paula at church (586) 781-9010

G.R.A.C.E.

Growing and Responding As Catholic Everyday

Topic for April: The Catholic Social Teaching on Solidarity

Jesus said, "Amen, I say to you,
whatever you did for one of these least
brothers of mine, you did for me."

Matthew 25:40

"Catholic social teaching more than anything else insists that we are one family; it calls us to overcome barriers of race, religion, ethnicity, gender, economic status, and nationality. We are all one in Christ Jesus—beyond our differences and boundaries." *USCCB, Communities of Salt and Light*

"Solidarity...is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good; that is to say, to the good of all and each individual, because we are all really responsible for all..." *Pope John Paul II*

"The principal of solidarity, also articulated in terms of "friendship" or "social charity" is a direct demand of human and Christian brotherhood."

Catechism of the Catholic Church #1939

"The solidarity which binds all men together as members of a common family makes it impossible for wealthy nations to look with indifference upon the hunger, misery and poverty of other nations whose citizens are unable to enjoy even elementary human rights."

Pope John XXIII

"Today humanity appears much more interactive than in the past: this shared sense of being close to one another must be transformed into true communion. *The development of peoples depends, above all, on a recognition that the human race is a single family working together in true communion, not simply a group of subjects who happen to live side by side.*" *Pope Benedict XVI*