“If we truly wish to encounter Christ, we have to touch his body in the suffering bodies of the poor, as a response to the sacramental communion bestowed in the Eucharist.”

—Pope Francis, Message, First World Day of the Poor

“Being unseen and unheard.”
—Female, 70, Washington, household of one, income of $8,860 to $11,939

“It means having to do without basic needs. It means being last, forgotten, judged wrongly by others.”
—Male, 44, Delaware, household of three, income less than $8,860

“You are treated as a second class citizen.”
—Male, 47, Oregon, household of one, income less than $8,860

“You can be working and be poor, because all your money goes out for medical bills.”
—Female, 46, Ohio, household of four, income of $8,860 to $11,939

Scripture Passage for Reflection:
The spirit of the Lord GOD is upon me, because the LORD has anointed me; He has sent me to bring good news to the afflicted, to bind up the brokenhearted,
To proclaim liberty to the captives, release to the prisoners,
To announce a year of favor from the LORD and a day of vindication by our God;
To comfort all who mourn.
—Isaiah 61:1-2, NABRE

Questions for Reflection:
• How does the Eucharist open my heart to my brothers and sisters in poverty?
• Many face barriers to breaking the cycle of poverty due to discrimination or racism: What stereotypes distort your vision of members of your local or global community?