

**To Break Every Yoke
Human Rights**

**Ash Wednesday, Year A
Overview**

Focus Text: Isaiah 58:1-12

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

**Pastoral Reflection by Patrick O’Neill, Co-founder, Fr. Charlie Mulholland
Catholic Worker House, Garner**

There are countless ways in which we can make these passages come to life in our own lives and in our society so that “We can be the change we want to see in the world.” Once again, following Jesus’ example is our best starting point. In Matthew 25, Jesus says the depth of our faith is measured by the depth of our relationship with those society labels “outcasts.”

In Jesus’ day, outcasts were lepers, prostitutes and tax collectors to name a few. Today, outcasts include those with HIV and AIDS, gays and lesbians, Latinos, Muslims and prisoners, among others. Each of these groups of people faces scorn and vilification in our culture, but Christians must be different. We are called to provide love to those who are rejected and hated.