



# Catholic Social Teaching

## One Person Makes a Difference

Huda al Amin is from the Sudan. There, she was stigmatized as a working woman who refused to conform to the strict codes of the state that forbade women to own and work the land and required women to follow strict rules about what to wear and what to think. Arrested numerous times and whipped, Huda was determined not only to build her own life but to fight for her beliefs and promote the rights of all women.

Huda sought asylum in Egypt where she became involved with the Sudanese human rights organization. She traveled back to Sudan and videotaped the plight of women and children there. Huda's human rights activism made the authorities in Egypt uncomfortable. Fearing she would be sent back to the Sudan, Huda fled to England. Spending twenty-one days on a ship, she arrived in England where she immediately claimed asylum. A year later Huda gained refugee status.

Today Huda runs Mosaada, an organization that supports women refugees by providing hostels for them. Mosaada means "help." The women to whom Huda reaches out are frightened, illiterate, unable to speak English, and confused by the new country where they find themselves. It is all too easy for them to become victimized. Without Mosaada these women would be forgotten.

As a woman refugee now helping other women refugees, Huda is deeply committed to her work in England. She is hopeful about Sudan, her home country. Huda believes that she has gained valuable experience and skills and looks forward to one day returning to the Sudan.

## Solidarity of the Human Family

Solidarity of the human family is a basic teaching of our Church. We are one human and global family. We need to work to eliminate the sinful inequalities that exist among people and work for the improvement of living conditions of people. We are to share our spiritual blessings, even more than our material blessings.

