

# BE MORE Bios

## Dorothy Day (1897–1980)



Dorothy Day was a journalist, social activist and founder of the Catholic Worker's movement. She was a fierce defender of nonviolence and people experiencing poverty, hunger and homelessness. She began editing The Catholic Worker's paper from her kitchen. The paper publicised Catholic Social Teaching and promoted a peaceful transformation of society for all. Within 7 months 100,000 copies were being printed. The paper called on it's readers to make a personal commitment to creating a new social order.

In 1933 Dorothy cofounded the Catholic Worker movement which promoted nonviolence and hospitality. The movement is now comprised of 185 local communities providing social services as well as campaigning against violence, war and unequal distribution of wealth.



### Famous quotes

"We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy and doubt, that peace and abundance may manifest for all."

"We have all known the long loneliness and we have learned that the only solution is love and that love comes with community."

"The greatest challenge of the day is: how to bring about a revolution of the heart, a revolution which has to start with each one of us?"

"People say, "What is the sense of our small effort?" They cannot see that we must lay one brick at a time, take one step at a time."

### 'Be More' Dorothy Day

Invite someone over for a meal.

Sit with someone new at lunch.

Cook a meal for a family going through a difficult time.

Start a local social justice paper.



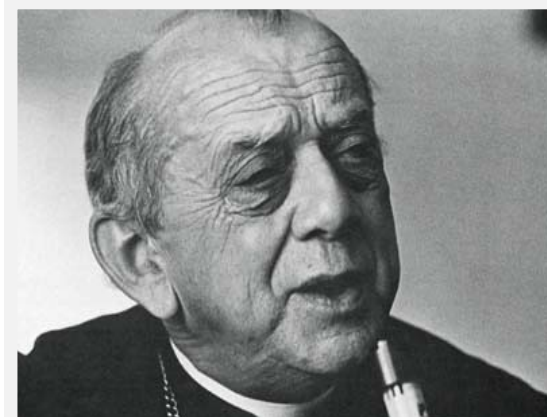
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## Dom Helder Camara (1909–1999)

Dom Helder Camara was the Archbishop of Olinda and Recife, Brazil. He was a man of peace, compassion and generosity. The Cardinal of Sao Paulo described him as a poet, a mystic and a missionary... "a man who brings the ideas of God to the hearts of people."

Camara was nominated for the Nobel Peace Prize in 1973 and was also awarded the Pacem in Terris Award (Peace on Earth) by the Catholic Church.



### Famous quotes

"When I give food to the poor, they call me a saint. When I ask why the poor have no food, they call me a Communist."

"Hope is to believe in the adventure of love, to bet on fellow human beings, to leap into the dark trusting in God."

"Do we help the poor if we do not ask why they are poor?"

### 'Be More' Dom Helder Camara

Commit to living simply and putting the needs of the others before your wants and desires.

Spend time researching and reflecting on the structural nature of poverty and injustice.

Stand up against injustice.

“Aspire not  
to have more,  
but to  
**BE** more”  
OSCAR  
ROMERO

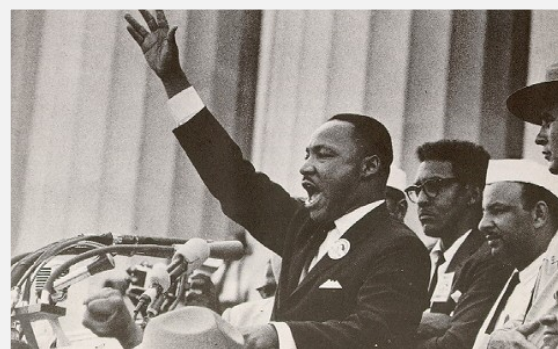
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## Martin Luther King Jr (1929–1968)

Martin Luther King Jr was a leader of the American Civil Rights movement during the 1950s and 1960s. He preached a message of non-violent civil disobedience and love in response to human rights violations and oppression of Black Americans. King spoke out against the injustices occurring both at home in the United States and abroad, particularly during the Vietnam War.

In 1964, King became the youngest person to receive the Nobel Peace Prize. He was posthumously awarded the Presidential Medal of Freedom (1977), the American Liberties Medallion (1965). In 1986 Martin Luther King Jr. Day was established in the United States as a national holiday.



### Famous quotes

"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

"I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin, but by the content of their character."

"In the End, we will remember not the words of our enemies, but the silence of our friends."

"I believe that unarmed truth and unconditional love will have the final word in reality."

"Life's most persistent and urgent question is, 'What are you doing for others?'"

"Our lives begin to end the day we become silent about things that matter."

"Injustice anywhere is a threat to justice everywhere."

"A right delayed is a right denied."

### 'Be More' Martin Luther King Jr

Be committed to non-violence.

Speak up about the things that matter.

Speak the truth. Stand up for the truth.



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## Mohandas Gandhi (1869–1948)

Gandhi was born in Porbandar, India. He became one of the most respected spiritual leaders of the 1900's. The Indian people called Gandhi 'Mahatma', meaning Great Soul.

Gandhi studied law in London and returned to India in 1891 to practice. In 1893 he moved to South Africa to secure the rights of Indian people.

He employed the principles of Satyagraha (courage, nonviolence and truth) as the most appropriate methods for obtaining political and social goals. Gandhi used fasting as a nonviolent method of action.

In 1915 Gandhi returned to India and within 15 years became the leader of the Indian nationalist movement. Using the principles of Satyagraha he led a campaign for Indian independence from Britain. He was arrested many times in both South Africa and India for his activities.

India gained independence from Britain in 1947 and it was partitioned into India and Pakistan. Rioting between Hindus and Muslims followed. Gandhi had been an advocate for a united India where Hindus and Muslims lived together in peace.

On January 13 1948 he began a fast with the purpose of stopping the bloodshed. After 5 days the opposing leaders pledged to stop fighting and Gandhi broke his fast. Twelve days later a Hindu fanatic, Nathuram Godse, who opposed Gandhi's program of tolerance for all creeds and religion assassinated him in New Delhi.

### Famous quotes

"When I despair, I remember that all through history the way of truth and love has always won."

"An eye for an eye makes the whole world blind."

"There are many causes that I am prepared to die for but no causes that I am prepared to kill for."

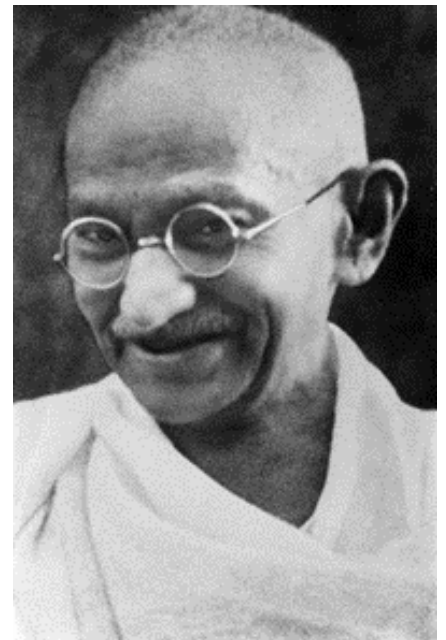
"You must be the change you wish to see in the world."

### 'Be More' Mohandas Gandhi

Commit to living simply.

Commit to bringing peace to your family, community and world.

Speak the truth.



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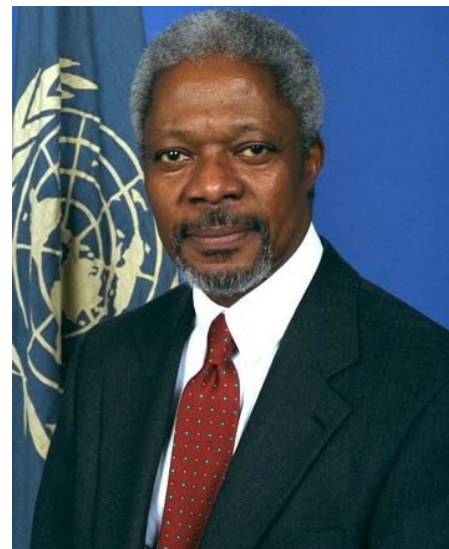


## Kofi Annan

Kofi Annan, born 8 April 1938 in Ghana, served as the Secretary-General of the United Nations from 1997 to 2007.

Annan is a strong advocate for human rights and was central in creating the Global Fund to fight AIDS, tuberculosis and malaria which has since received some \$1.5 billion in contributions.

He has been the recipient of many prizes, medals and honors including the Nobel Prize for Peace in 2001.



### Famous quotes

“To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there.”

“We may have different religions, different languages, different coloured skin, but we all belong to one human race.”

“Education is a human right with immense power to transform. On its foundation rest the cornerstones of freedom, democracy and sustainable human development.”

“Gender equality is more than a goal in itself. It is a precondition for meeting the challenge of reducing poverty, promoting sustainable development and building good governance.”

### ‘Be More’ Kofi Annan

Support Caritas Australia’s advocacy campaigns.

Write to the Prime Minister to ask that the government commit 0.7% of the budget to aid.



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## Mother Teresa (1910–1997)

### Saint Teresa of Calcutta

Founder of the religious sisters' group called Missionaries of Charity, Mother Teresa ministered to the poor, sick, orphaned, and dying for over 45 years.

An advocate for the poor and marginalised she won the Nobel Peace Prize in 1979 and India's highest civilian honour, the Bharat Ratna in 1980.

The Missionaries of Charity sisters work in 123 countries throughout the world and work with people including those living with HIV/AIDS, leprosy and tuberculosis. They run hospices, homes, kitchens, orphanages and schools.



### Famous quotes

"People who love each other fully and truly are the happiest people in the world. They may have little, they may have nothing, but they are happy people. Everything depends on how we love one another."

"The poor do not need our sympathy and our pity. The poor need our love and compassion."

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin"

"If you judge people, you have no time to love them."

"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."

"If we have no peace, it is because we have forgotten that we belong to each other."

### 'Be More' Mother Theresa

Reach out to the marginalised in your community.

Smile.

Join a social justice group in your community.



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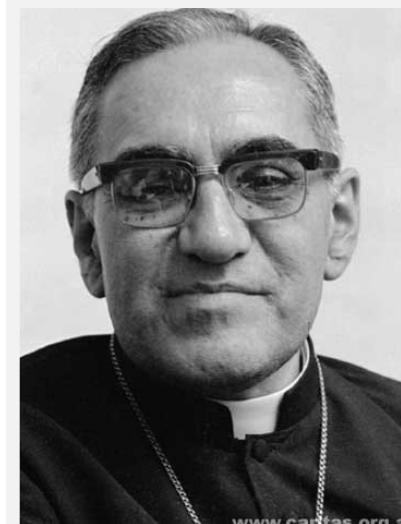


## Saint Oscar Romero (1917–1980)

Oscar Romero, Archbishop of El Salvador's capital San Salvador, was a voice for those experiencing poverty and a beacon of truth when thousands of Salvadorians were being killed and kidnapped by the military.

Romero spoke of hope and justice in a time of darkness and made many profound speeches about poverty, injustice, consumerism, the environment and the need for love, peace and solidarity.

On March 24, 1980, only a day after he called for soldiers to lay down their guns and seek a peaceful end to government repression, he was assassinated by an unidentified gunman while celebrating mass. His voice, however, was not silenced but continues to bear witness to peace, justice and truth.



### Famous quotes

"Aspire not to have more, but to be more"

"If they kill me, I shall arise in the Salvadoran people."

"Peace is not the product of terror or fear. Peace is not the silence of cemeteries. Peace is not the silent result of violent repression. Peace is the generous, tranquil contribution of all to the good of all. Peace is dynamism. Peace is generosity. It is right and it is duty."

"Let us not tire of preaching love; it is the force that will overcome the world."

"If we really want an effective end to violence we must remove the violence that lies at the root of all violence: structural violence, social injustice, exclusion of citizens from the management of the country, repression. All this is what constitutes the primal cause, from which the rest flows naturally."

### 'Be More' Oscar Romero

Commit to bringing peace to your family, community and world.

Speak the truth.

Support the work of Caritas Australia.

“Aspire not  
to have more,  
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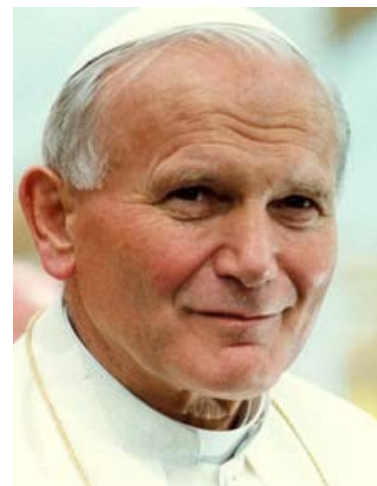
## Pope Saint John Paul II (1920–2005)

Karol Jozef Wojtyla was known as Pope John Paul II after his election as Pope in 1978. John Paul II was known for his openness to all people, his commitment to peace and his tireless missionary spirit.

During his time as pope he made 104 pastoral visits around the world, meeting with millions of people including 738 Heads of State and 246 Prime Ministers.

His love for young people inspired him to establish World Youth Day, bringing together millions of young people from across the world to create dialogue, friendship and solidarity.

Pope John Paul II was beatified in 2011 by Pope Benedict XVI and made a saint in 2014 by Pope Francis.



### Famous quotes

“Freedom consists not in doing what we like, but in having the right to do what we ought.”

“The truth is not always the same as the majority decision.”

“Anything done for another is done for oneself.”

“Peace is not just the absence of war. Like a cathedral, peace must be constructed patiently and with unshakable faith.”

“Love is never defeated.”

“True holiness does not mean a flight from the world; rather, it lies in the effort to incarnate the Gospel in everyday life, in the family, at school and at work, and in social and political involvement.”

“War is a defeat for humanity.”

### ‘Be More’ Pope St John Paul II

Spend time with others.

Be committed to peace.

Encourage a young person in their journey.





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## Desmond Tutu

Archbishop Desmond Tutu, born 7 October 1931, first became known as an opponent of the apartheid regime in South Africa. He condemned the regime, calling to the world for freedom and peace for all South Africans. He condemned violent retaliation and instead called for peaceful reconciliation which recognised the human dignity of all.

Following South Africa's freedom in 1994 Tutu has consistently advocated for Human Rights, reconciliation, people living with AIDS, freedom, democracy and religious dialogue.



In 1984 he received the Nobel Peace Prize and in 2005 the Gandhi Peace Prize.

### Famous quotes

"Do your little bit of good where you are; its those little bits of good put together that overwhelm the world."

"If you are neutral in situations of injustice, you have chosen the side of the oppressor."

"My humanity is bound up in yours, for we can only be human together."

"Without forgiveness, there's no future."

"I don't preach a social gospel; I preach the Gospel, period. The gospel of our Lord Jesus Christ is concerned for the whole person. When people were hungry, Jesus didn't say, "Now is that political or social?" He said, "I feed you." Because the good news to a hungry person is bread."

### 'Be More' Desmond Tutu

If you have a disagreement with someone work for forgiveness and reconciliation.

Stand up for human rights.

Work for peace.



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## Eddie Koiki Mabo (1936–1992)



Eddie Koiki Mabo was born on the island of Mer (Murray Island) in the Torres Strait.

He was an activist in the 1967 Referendum that resulted in the inclusion of Indigenous people in the national census and gave the Australian Government the ability to create laws for Indigenous Australians.

Koiki helped found the Townsville Aboriginal and Islander Health Service and in 1970 he became president of the all-black Council for the Rights of Indigenous People. In 1973, concerned that his children were losing their language and cultural traditions, with Harry Penrith (later known as Burnum Burnum) he set up the Black Community School in Townsville and served as its director until 1985. Disenchanted with the approach to Indigenous education within the Queensland State Education system, Eddie volunteered to work for half pay to help establish the school.



When Koiki learnt that the land of his people on the island of Mer was Crown land he worked hard for land rights. The Mer islanders decided they would be the ones to challenge the claim of terra nullius in the High Court. Koiki Mabo was chosen as leader.

On 20 May 1982, Koiki and fellow Mer Islanders began their legal claim for ownership of their lands on the island of Mer. With Koiki as the first named plaintiff, the case became known as the 'Mabo Case'.

Ten years later, on 3 June 1992, the High Court of Australia decided in favour of Eddie Koiki Mabo and his fellow plaintiffs. Unfortunately, Eddie Koiki Mabo did not live to see the fruits of his life-time commitment and passion. He passed away from cancer aged fifty-six on 21 January 1992.

The High Court decision in the 'Mabo case' altered the foundation of land law in Australia. In the following year, the Native Title Act 1993 was passed through the Australian Parliament and opened the way for further claims of traditional rights to land and compensation.

Three years after Koiki's death, with the traditional mourning period over, his people gathered in Townsville for a memorial service. Overnight his grave site was vandalised. Koiki's body was reburied on Murray Island, the land he loved and fought for so hard. That night, the Islanders performed a traditional ceremony not seen on the island for eighty years. It meant that Koiki Mabo had been buried as a king.

### Famous quotes

University historians Noel Loos and Henry Reynolds recall a meeting with Eddie Koiki Mabo while he was working as a gardener at James Cook University.

"...we were having lunch one day when Koiki was just speaking about his land back on Mer, or Murray Island. Henry and I realised that in his mind he thought he owned that land, so we sort of glanced at each other, and then had the difficult responsibility of telling him that he didn't own that land, and that it was Crown land. Koiki was surprised, shocked... he said and I remember him saying 'No way, it's not theirs, it's ours.'



### 'Be More' Eddie Koiki Mabo

Be informed. Learn more about the history of First Australians.

Source: <http://www.abc.net.au/btn/v2/australians/emabo.htm>  
<https://aiatsis.gov.au/explore/articles/eddie-koiki-mabo>

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## Caroline Chisholm (1808 - 1877 )



Caroline was an advocate for women, awakening the colony's conscience to the lack of dignity with which many female immigrants were treated.

She was a pioneer in Australian society in advocating strong social justice principles. She was also a prophet within the Church in articulating the same principles of social justice which were not articulated until the encyclical *Terum Novarum* written by Pope Leo XIII in 1891, fourteen years after her death.

The main focus of her work was to alleviate poverty and the associated moral dangers. Caroline was very concerned for the wellbeing of young unaccompanied women immigrants many of whom found themselves alone on the streets of Sydney.

Caroline became a familiar figure on the waterfront as each ship arrived. She began taking girls into her own home, but soon realised the need for a systematic approach and lobbied Governor Gipps for assistance in establishing a home where these girls would be housed until suitable employment could be found for them.

Caroline responded to the needs of those around her and very soon her role expanded to assist unemployed single men and families. In response to economic depression and unemployment in the city, Caroline was able to place many of the unemployed in the countryside where labour was still scarce.



### 'Be More' Caroline Chisholm

Reach out and connect with others in your area; the elderly, the lonely.

Be a voice. Use your gifts to amplify the voice of others who are experiencing marginalisation.

Source: <http://adb.anu.edu.au/biography/chisholm-caroline-1894>

<http://www.abc.net.au/btn/v2/australians/chisholm.htm>

