

Justice, Peace & Integrity of Creation News

Congregation of the Sisters of Bon Secours



February, 2020

Vol. 5, Number 6



Be Faithful

All Christians need an 'ecological conversion', whereby the effects of their encounter with Jesus Christ become evident in their relationship with the world around them. (Laudato Si')

On Ash Wednesday we will be marked once again with the sign of our Baptism. The cruciform shaped ashes we will wear are a public expression of our deep desire to follow Jesus – to “turn away” from what is death-dealing in our lives and in our culture and to “turn towards” that which gives life. Lent is about conversion and interior transformation.

In his encyclical, *Laudato Si'*, Pope Francis challenged us to undergo a specific type of conversion - an “ecological conversion” – so that we can live in more mutually beneficial ways among the community of life on Earth. He invites us to “acknowledge the human origins of the ecological crisis” and then urges us “to move forward in a bold cultural revolution.” The Sisters of Bon Secours want to be part of this bold cultural revolution.

At our recent Chapter, the Sisters made a recommitment to boldly address climate change. In this issue of JPIC News you will find suggestions for the traditional Lenten practices of prayer, fasting and almsgiving that will help all of us in the Bon Secours Family address the critical global issue of climate change. What you “give up” for Lent can impact the whole world! In the spirit of Bon Secours let us enter wholeheartedly into this holy season knowing that our compassionate God is offering us the grace to be a healing and liberating presence on planet Earth, our one common home.

Reflection

Everything we are and everything in the universe and on Earth originated from stardust, and it continually floats through us even today. It directly connects us to the universe and everything in it, rebuilding our bodies over and again over our lifetimes. Most of the material that we're made of comes out of dying stars, or stars that died in explosions. We have stuff in us as old as the universe!
Karel Schrijver, Astrophysicist

Pray with this photo and excerpt in preparation for receiving ashes on February 26.

How does knowing you are made from stardust affect your perception of who you are and the close relationship and connectedness you share with all of God's creation?

*From what interior attitudes do you need to “turn away” this Lent (e.g., addiction to convenience, apathy, greed, selfishness) so as to be more faithful to the Gospel imperative to LOVE, especially in your relationship with Earth?
Allow God to work this conversion in you.*

Remember that you are dust – stardust.



Turn away from sin and be faithful to the Gospel.

February
JPIC Days of Remembrance

February 1-7
World Interfaith Harmony Week

February 2
World Wetlands Day

February 8
Feast of St. Josephine Bakhita



International Day of Prayer and Awareness Against Human Trafficking

February 11
World Day of the Sick

February 20
World Day of Social Justice

February 26
Ash Wednesday

International
STAND UP to Bullying Day

“We commit ourselves to both personal and communal conversion. We wish to move forward together in an orchestrated and coordinated response in listening to the cry of the Earth and the cry of the Poor as we go forth as instruments of hope in the heart of the world.” UISG Campaign for the Planet: Laudato Si and the Way Forward

Lenten Prayer



- Take a few moments each day to breathe deeply and become aware of the communion of air shared by all breathing things.
- Pray for those most affected by climate change – children of future generations who will pay the price of our selfishness today.
- Pray for those living in poverty who have the least resources to deal with climate change.
- Pray for animal species that have been displaced or lost their habitats due to climate change.
- Pray for the millions of fisher folk in the world whose livelihood is destroyed by warming oceans and ocean acidification.
- Pray for farmers whose livelihood is destroyed by irregular seasonal changes.
- Take a walk in your neighborhood and get to know your neighbors: those who are human as well as those of other species: trees, plants, birds, animals, bodies of water. Make this a prayer.
- Pray with the news headlines about climate change disasters.
- Make an act of contrition today for the ways in which you have harmed Earth, our common home.

-Living a Laudato Si' Lent, Fr. Terence Moran



Australia fires kill half a billion animals.

Lenten Fasting: What you give up for Lent can impact the whole world

- **Technology:** Unplug from electronic media and spend time in silence each day. Let the interior and exterior silence give you peace and calm.
- **Meat:** Participate in Meatless Mondays beginning on Monday, March 2. This practice allows us to eat lower on the food chain, saves water in meat production and decreases fossil fuels & greenhouse gases.
- **Water:** Reduce water consumption by taking a shortened shower, saving a toilet flush, and using gray water to water plants.
- **Plastics:** Scientists tell us that every bit of plastic that has ever been created is still in existence. About 8 billion tons of plastic have been produced since 1950. Notice how many single plastic items you use each day, especially single use plastics. Take steps to decrease your plastics footprint.
- **Consumerism:** Buy less. Adopt the adage: “Use it up, wear it out, make it do, or do without.”
- **Attitude:** Abstain today from a spirit of defeatism that despairs of facing and addressing climate change.



“Impelled by the Holy Spirit we will boldly address the causes of climate change with others.”

Sisters of Bon Secours, 2019 Chapter Direction

Lenten Almsgiving

- Get a potted plant and GIVE it your attention this Lent.
- GIVE a donation to an environmental organization.
- GIVE your members of Congress a call or an email to support environmental legislation.
- GIVE away clothes, shoes and other items that people who are poor can use.

Reflection

Save this Newsletter and use it throughout Lent.

At the end of Lent reflect on your Lenten journey and notice any attitudes about your relationship with the natural world that God is transforming in you.

How have your Lenten practices on behalf of Earth transformed the way you live?

Meatless Mondays



As we begin participating in Meatless Mondays on March 2, send us your favorite “meatless” recipes and we will share them with the Bon Secours Family. Send to: MaryBeth.Hamm@bshsi.org

International Justice, Peace & Integrity of Creation Committee

- Sr. Teresa Margot Benites Montero, CBS (Peru)
- Eileen Fernandini, Associate (USA)
- Sr. Fran Gorsuch, CBS (USA)
- Camille Grippon (USA and France Liaison)
- Sr. Mary Beth Hamm, SSJ Co-chair
- Sr. Mary Leamy, CBS (Ireland)
- Sr. Anne Marie Mack, CBS (USA) Chair
- Sr. Maria Pintado Peña, CBS (Peru)
- Sr. Katherine Tierney, CBS (Ireland)
- Sr. Yolanda Morales Valiente, CBS (Peru)
- Sr. Chris Webb, CBS (USA)