

Justice, Peace & Integrity of Creation News

Congregation of the Sisters of Bon Secours



A Laudato Si' Lent

March, 2022
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We have forgotten that we ourselves are dust of the earth;
our very bodies are made up of her elements,
we breathe her air and we receive life and refreshment from her waters. (LS #2)

On a recent Zoom call to discuss the Laudato Si' Action Platform (LSAP) survey results in the USA, one of the Sisters remarked that completing the survey was like undertaking an examination of conscience. Then, with a smile on her face and a twinkle in her eye, she shared that she was going to use the season of Lent to "do better". Like this Sister, so many of our survey respondents indicated that they, too, wanted to do better in caring for our common home and Lent offers us this opportunity.

The season of Lent is primarily about "conversion" – a transformation of hearts and minds toward greater love of God, each other, and creation that finds expression in our actions. How might a Laudato Si' focused Lent assist us in our own personal "ecological conversion" that Pope Francis invites of us? How might we use the LSAP goals as the touchstone for choosing how we will live out the traditional Lenten practices of prayer, fasting and almsgiving that nourish and nurture our spiritual lives?

As we enter into this sacred season of transformation, may our prayer truly help us cultivate ecological virtues. May our fasting help us live more simply and sustainably on this planet that God so loves. May our almsgiving deepen our solidarity with and our response to those who are poor. And at the end of these 40 days, may we celebrate the inner transformation God worked in us that found expression in all the ways we "did better" to care for our common home.

March
JPIC Days of Remembrance

March 3
World Wildlife Day



March 8
International Women's Day



Globally, women and girls are the primary water collectors for their families and for this reason many girls do not attend school.

March 22
World Water Day



March 25
International Day of Remembrance
of the Victims of Slavery and the
Transatlantic Slave Trade

Prayer

LSAP Goal 6: Developing an Ecological Spirituality

Pick One Ecological Virtue to Cultivate this Lent



Only by cultivating sound virtues will people be able to make a selfless ecological commitment. LS #211

Ecological conversion entails a loving awareness that we are not disconnected from the rest of creatures but joined in a splendid universal communion. LS #220

Allow these quotes to be your teacher this Lent.

Praise: Look out your window (or better yet, get outside) and contemplate one gift of creation each day. Praise God for the beauty, diversity and exquisite design of creation – every day for 40 days

Gratitude: Start a gratitude journal and write down 5 things you are grateful for each day – for 40 days.

Humility: "Remember you are dust." Remember you contain the remnants of stardust as does every being on our planet. Amazing! Sit with this reality every day for 40 days. Let it change your perspective of who you are and who you are called to be during your lifetime.

Reverence: Slow down. Reverently touch, feel, hold some living being (person, plant, creature) each day for 40 days. Be present to God who created this gift.

Sobriety: 'Tis a gift to be simple – to not overindulge. Each time you shop this Lent ask yourself, "Do I really need this?"

Solidarity: Pray for the people of a country other than your own each day of Lent, especially countries covered on the world news. Start with Ukraine.

“ Many things have to change course, but it is we human beings above all who need to change. We lack an awareness of our common origin, of our mutual belonging, and of a future to be shared with everyone. ”
(LS #202)

Fasting

Todo lo que necesitas es menos



Tout ce dont vous avez besoin est de moins

LSAP Goal 4: Embracing a Simple, Sustainable Lifestyle

“Humanity is called to recognize the need for changes in lifestyle, production and consumption, in order to combat this warming of the planet or at least the human causes which produce or aggravate it.” [LS 23]

What change in lifestyle is God inviting of you this Lent?

This Lent consider fasting for creation care, sacrificing some comfort, giving up a wasteful practice, or modifying your actions to reduce harm to the environment. Consider:

A Meat Fast. How about adding a meatless Monday to meatless Friday? Or eating chicken or sustainable fish instead of beef, pork, or lamb? If you are vegetarian, consider a fast from cheese.

A Single-Use Plastics Fast. Fast from the “Big 4”: plastic straws, plastic bottles, plastic bags, plastic coffee cups or at least one of the “Big 4”.

An Energy Fast. Turn the thermostat down a degree or two and put on an additional sweater. Turn the water heater down. Wash clothes in cold water. Unplug appliances.

A Water Fast. Try reducing your shower to 3 minutes. Or turning off the water between brushing and shaving. Run the dishwasher when fully loaded.

A Gasoline Fast. Slow down to use less gas. Plan errands to minimize mileage. Carpool, walk or bike when possible.

LSAP Goal 2: Responding to the Cry of Those who are Poor

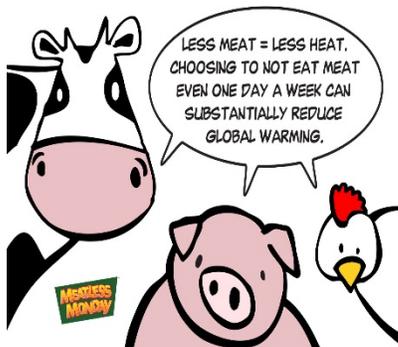
We need to strengthen the conviction that we are one single human family. There are no frontiers or barriers, political or social, behind which we can hide still less is there room for the globalization of indifference. (LS #52)

Notice when you speak or think in terms of “us” and “them” this Lent.

What might you do to strengthen your perspective of humanity as one single human family?

- Contribute to an organization that supports people who are marginalized: immigrants, asylees, homeless people, LGBTQ people, etc.
- Volunteer your time at an organization that reaches out to people who are poor.
- Donate to a food pantry or participate in an outreach program sponsored by your church or a civic organization in your town.
- Organize a project at your place of work. Eg. hygiene kits for homeless people, food collection, etc.
- Call, email, write or talk to elected officials so they know you care about legislative issues and how that legislation will affect people who are poor and marginalized.

“We must not think that these efforts are not going to change the world. They benefit society, often unbeknown to us, for they call forth a goodness which, albeit unseen, inevitably tends to spread.”
LS #212



One Day a Week, Go Without Meat!
Sisters of Bon Secours
Celebrate 2 Years of Meatless Mondays!

LSAP Survey Responses

46% of respondents globally participate in Meatless Mondays. Ireland tops the list with **74%** of respondents participating!

57% of respondents globally have eaten less meat in the last two year as a way to address climate change.

Almsgiving



Sr. Fran Gorsuch and Amy Kulesa provide water filters to people in Peru through the Water with Blessings project.

International Justice, Peace & Integrity of Creation Committee

- Sr. Teresa Margot Benites Montero, CBS (Peru)
- Sr. Rosa Elena Lozada Escobar (Peru)
- Eileen Fernandini, Associate (USA)
- Camille Grippon (USA and France Liaison)
- Sr. Mary Beth Hamm, SSJ Chair
- Sr. Mary Leamy, CBS (Ireland)
- Sr. Anne Marie Mack, CBS (USA)
- Rachel Moccia, Bon Secours Young Adult
- Sr. Maria Pintado Peña, CBS Co-chair (Peru)
- Sr. Katherine Tierney, CBS (Ireland)
- Sr. Chris Webb, CBS (USA)