

# JUST Love

AUGUST 2017



MONTHLY NEWSLETTER OF THE OFFICE OF PEACE, JUSTICE AND  
ECOLOGICAL INTEGRITY OF THE SISTERS OF CHARITY OF SAINT ELIZABETH

## What can I do to help?



There are plenty of reasons for us to feel overwhelmed these days. Most of us have a full plate of personal and family challenges to face before we ever begin to look at the major problems facing our planet. That's why it's all the more amazing the first question people of good will usually ask when confronted with a situation of injustice or need – “What can I do to help?” Find below a few interesting things all of us can do to answer a question that comes from the best place in ourselves.



### *Send a Postcard*

This book contains 20 beautiful postcards that you can send to elected officials on a variety of issues “Make America Think Again.” “Liberty, Justice, and Healthcare for All!” “We Are All Immigrants.” Buy the book, place one of the cards in your prayer space and pray about the issue for a while, then send a thoughtful message to a legislator. <https://us.macmillan.com/books/9781250169754>

### *Buy a Wonderbag*

The wonderbag is a slow cooker that doesn't use energy (after initial boiling of food). It slow cooks and keeps food hot for up to 12 hours. There's no battery, plug or fuel required; Light and easily portable & compact for easy stow away; Conveniently operates without supervision; Fail-safe and will never overcook or burn your dishes; Doubles as a cooler bag to keep food and drinks chilled. Since Americans are the among the largest consumers of unsustainable energy in the world, this is a wonderful way to reduce your carbon foot print. And for every Wonderbag purchased, one is given to a woman in Africa. Thanks to Seton Hill Sister of Charity Maria Goetschalckx for the great suggestion!

<https://thewonderbagshop.com/>



### *Plant a Tree*

Ecosia is the search engine that plants trees with its ad revenue. Get the free browser extension and use Ecosia every time you search.

<https://www.ecosia.org/>

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## Use your Email to Educate

Add a quote on an issue of justice, peace, or integrity of creation to the signature of your email. Each email provider has a slightly different way to do this but it's relatively simple. If you have trouble, ask a ten year old to help you! Change the quote regularly. Here are a few from Pope Francis to get you started:

“Solidarity with the poor is thinking and acting in terms of community, of the priority of the life of all over the appropriation of goods by the few.”

“I would insist, let us not be afraid to say it: we want change, real change, structural change.

This system is by now intolerable: farm workers find it intolerable, laborers find it intolerable, communities find it intolerable, peoples find it intolerable ... The earth itself – our sister, Mother Earth, as Saint Francis would say – also finds it intolerable.”

“The Gospel commands us to go out to the peripheries of society, and to find Christ in the suffering and those in need. The Lord tells us, in no uncertain terms, that is what he will judge us on!”

## Ideas are Sprouting at Convent Station

On July 17, a committee of Sisters of Charity and Seton Associates had a lively meeting to explore the idea of an organic garden on the motherhouse campus in Convent Station. We could not have had a better facilitator – Sister of Charity of New York Mary Ann Garisto. Mary Ann was a founder and longtime administrator of Sisters Hill Farm. Located in Dutchess County, New York, Sisters Hill Farm is a Community Supported Agriculture not-for-profit farm sponsored by the Sisters of Charity of New York. Since its beginning in 1999, the farm has grown and shared over 1 million pounds of the freshest, most delicious produce with its members and charities. The interest in a garden at Convent Station comes from a number of different directions – the desire for a different relationship with our land; our commitment to those made poor by providing healthy produce for food pantries; perhaps offering a place where our immigrant neighbors can come and garden. A committee has been formed to examine options and move the idea forward. Stay tuned to see what's growing at Convent Station.



*Sister Mary Ann Garisto rejoices in the abundance of Sisters Hill Farm.*

For further reading on religious communities and gardens:

Sisters Hill Farm <https://www.sistershillfarm.org/about.html>

Genesis Farm <http://csgatgenesisfarm.com/>

Religious Communities and Gardens <https://vocationnetwork.org/en/articles/show/569-more-gardens-of-religious-communities>

## JPIC Dates in August



### 6 Feast of the Transfiguration/ Anniversary of the Atomic Bombing of Hiroshima

“The face shining brighter than the sun that saves the world is not “Little Boy” over Hiroshima or “Fat Man” over Nagasaki, but the Son of Man shining over Tabor. When Jesus was transfigured, God spoke from heaven and said, “This is my beloved Son in whom I am well pleased; listen to him!” Jesus is what God has to say.” Brian Zahnd

### 10 Feast of St. Lawrence, Deacon of Rome

The Prefect of Rome thought the Church had a great fortune hidden away. So he ordered Lawrence to bring the Church's treasure to him. The Saint said he would, in three days. Then he went through the city and gathered

together all the poor and sick people supported by the Church. When he showed them to the Prefect, he said: "This is the Church's treasure!"

**11 Feast of St. Clare of Assisi**, first women to write a religious rule approved by the Church. “We become what we love and who we love shapes what we become.”

**22 Queenship of Mary** – Pray the Magnificat. What would the world look like if the values of Mary ruled?

**28 Anniversary (1963) of Martin Luther King's “I Have a Dream” speech** <https://www.archives.gov/files/press/exhibits/dream-speech.pdf>