



# JUST Love

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ECOLOGICAL INTEGRITY OF THE SISTERS OF CHARITY OF SAINT ELIZABETH

## The Prayer of the Six Directions Kimberly Borin, Academy of St. Elizabeth

The students in the Social Justice class at the Academy of Saint Elizabeth study a variety of topics celebrating Catholic Social Teaching. Recently in our class, we looked at the beautiful Prayer of the Six Directions. In this prayer, we look at creation all around us and see how the power of the spirit embraces us in the North, South, East, West in the Sky and on the Earth. For this class assignment, students took turns reading the Prayer

**Earth**

Mackenzie & Jordan

Dear God, please bless the ground that we walk on, the ground we use to live our lives each day in your glory. Continue to bless our Earth with fresh vegetation and water, things we need to survive. We thank you for all of the beauty you have blessed us with and in your name we say, Amen.

of the Six Directions. Then, they worked in groups to walk around the Academy grounds photographing images from each of the six directions. Then, they had to come back and collaborate using the pictures in

**Sky**

Lord, let us remember that you are with us and all around us.

a simple slide show and add a two sentence prayer of their own. The assignment gave students a new way to see the world around them, their connection to the natural world, and a chance to collaborate with one another. At this link you can learn more about the Prayer of the Six Directions <https://tekconf.org/prayer-in-six-directions> It was a wonderful way to see God all around us and to sing the praises of creation and how it brings life and inspiration to our days.

## Make the Holidays a Season of Reconciliation

The holiday season of Thanksgiving and Christmas is a time of many family gatherings which are a blessing but also often a source of stress and even strife. The following is a weekly reconciliation ritual in use at St. Isidore Catholic Worker Farm in Cuba City, WI. Consider instituting this practice in your family, community, parish and see how the quality of your relationships improves: We come together for weekly ritual of reconciliation because of our shared longing to live in such a way that all creation might flourish. We understand that the closeness of everyday life together requires an ongoing and mutual forgiveness. And so we share in this practice to become a healthier, more vibrant community, growing in greater love for, and intimacy with, one another.

1. Let us first examine our consciences in quiet.

2. Let us offer any apologies for ways we may have hurt one another or the community.
3. Let us share our grievances with one another, honestly expressing our feelings, needs, and requests, and receive grievances another has with us with openness and a lack of defensiveness.
4. Let us share affirmations with one another, recognizing the gifts each person brings to the community.
- Let us show our gratitude for one another through a sign of peace.

If you'd like to learn more about St. Isidore Catholic Worker Farm, watch this video of Farm founders Eric Anglada and Brenna Cussen-Anglada that was part of our video series on the 7 *Goals of the Laudato Si' Action Platform* <https://www.youtube.com/watch?v=6-4jbAo3dVE>



The holidays are a time of feasting and delicious food...and also of massive food waste. 200 million pounds of food (approximately 6 million turkeys) gets tossed out.

Only 6.3% of food waste gets composted. Here are some tips for a more sustainable Thanksgiving:

- If you have guests contributing dishes to the feast, keep tabs on what everyone's bringing so you can plan accordingly and avoid making too much food — or duplicating a guest's dish.
- Engage your family and friends in a quest for a more sustainable holiday. If they're contributing to the feast, ask them to bring food in reusable dishes rather

than disposable ones. Challenge guests to eat everything on their plates to cut down on wasted food.

Make things from scratch when possible Around 83% of greenhouse gas emissions from food come from its production. The less prepared and packaged food you buy, the lower your carbon footprint. Try your hand at baking dinner rolls, pies, and other items you might otherwise buy pre-made.

Buy local and organic when possible.

The closer your food is grown, the lower the environmental impact of what you eat. Shop farmers' markets or order a box of produce from a local farm offering that service. These options are likely to be organic, making it a double win. If you're buying a turkey, source it from a local farm, or at least choose an organic, cage-free turkey if possible.

## JPIC Dates to Commemorate in November

**1 All Saints Day** – Choose a holy person who is a model of a life given for justice. Make them your companion for the month and learn as much as you can about them.

**2 All Souls Day** – Pray for all those who have given their lives in the struggle for justice and all those who have died as victims of injustice.

**16 (1989) The Martyrs of the Jesuit University of El Salvador** <https://onlineministries.creighton.edu/CollaborativeMinistry/Martyrs/UCA/index.html>

**19 World Toilet Day** - Become more aware of the 3.6 billion people in the world who live without adequate sanitation <https://www.worldtoiletday.info/>

**24 Thanksgiving Day** - If the only prayer you ever say in your entire life is thank you, it will be enough. ~Meister Eckhart

**25 National Buy Nothing Day** <https://www.buynothingday.co.uk/>