

Justice, Peace & Integrity of Creation News

Congregation of the Sisters of Bon Secours

Sowing Hope for the Planet



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As we welcome this New Year 2020 we anticipate the milestones it will hold for our common home, Earth. This year is the 50th anniversary of Earth Day as well as the fifth anniversaries of *Laudato Si'*, the Paris Climate Agreement and the Global Catholic Climate Movement. Each of these commemorations will help us stay attentive to and passionate about living our mission focus to "defend and care for all creation".

Each New Year also offers opportunities for new beginnings and 2020 is no exception. In this issue of JPIC News we will share some new initiatives that the International JPIC Committee hopes to implement throughout the Congregation during this year in response to our Chapter Direction to BOLDLY address climate change and the UISG invitation to participate in the *Sowing Hope for the Planet Campaign*. We invite all of you, our Bon Secours Family, to participate in these initiatives with us as you are able.

January
JPIC Days of Remembrance

January 1
World Day of Peace
(Catholic Church)

January 21
Martin Luther King Jr. Day (USA)

January 24
Foundation Day
Sisters of Bon Secours of Paris



In the spirit of our Foundress,
Josephine Potel,
may we be a healing,
compassionate and liberating
presence on and for Earth,
our common home.

January 27
International Commemoration
for Victims of the Holocaust

Sowing Hope for the Planet

In June 2018, the International Union of Superiors General (UISG) Board launched the campaign "Sowing Hope for the Planet" focused on sharing efforts of UISG member Congregations in implementing *Laudato Si*. At the UISG meeting in 2019, all UISG member congregations were asked to "look at the ways we have been guilty of environmental destruction and our disregard for all the consequences of it to one another and especially to poor people.

Women Religious were reminded that "we are present in countries where our lifestyle negatively impacts the rise in temperature, effecting climate change (France, Great Britain, Ireland and USA) and we are also present in countries where people are most affected by climate change (Peru, Democratic Republic of Congo). Our communities are both intimate with the cause and effect. Therefore, the UISG proclaim this commitment:

"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

As a response to this commitment, Sr. Pat Eck asked the International JPIC Committee to identify and recommend initiatives for our Congregation that would advance the UISG *Sowing Hope for the Planet* campaign. The JPIC Committee unanimously and enthusiastically recommended that the Congregation take these four bold steps as we move forward as a way to "defend and care for all creation" and the Congregation Team has approved them.

- Initiate Meatless Mondays throughout the Congregation (The focus of this Newsletter)
- Reduce our personal water consumption
- Reduce use of plastics/eliminate single use plastics
- Transition to alternative energy sources and gradually divest from fossil fuel use





Meatless Mondays

The Meatless Monday movement began in 2003 in the United States and is now a global movement that is active in over 40 countries and continues to grow as more and more people are finding innovative ways to make meatless dishes part of their diet for their own health and the health of the planet.

Why Monday? Research suggests that people are more open to trying healthy behaviors at the start of the week. Monday offers an opportunity to “reset” and get back on track after any lapses over the weekend and studies show people who get back on track at the beginning of the week are better able to maintain progress over time.

Why Meatless? Replacing meat with plant-based choices each Monday can offer numerous health benefits and help you take action against climate change by reducing your carbon footprint and conserving precious environmental resources.

For the Planet: Reducing consumption of meat can help contain production of greenhouse gases that impact climate change. It can also help lessen the demand for precious environmental resources such as land, water, and energy.

- Livestock production creates more greenhouse gases than the entire transportation sector – all the cars, trucks, planes, and trains in the world.
- Livestock production uses 75% of the earth's agricultural land.
- Producing ONE quarter-pound beef burger uses 425 gallons of water – enough water to fill 10 bathtubs
- Producing ONE quarter-pound beef burger uses up enough energy to power an iPhone for 6 months
- Skipping one serving of beef every Monday for a year saves the equivalent emissions to driving 348 miles in a car.

By intentionally “fasting” from meat one day a week each one of us can consciously affect the amount of methane in the environment and we can be in solidarity with one another knowing we are all involved in this practice together.

Source: *Meatless Mondays*

Learn More about This Global Movement



Launched in **France** in January 2019, the Meatless Monday initiative “**Lundi Vert**” translates to “Green Monday.” It is supported by 500 personalities in France (including leading scholars in nutrition) as well as the main NGO working in environmental and animal defense fields. Learn more: <https://www.lundi-vert.fr/>



“**Lunes sin Carne**”, Meatless Monday **Peru**, was launched in 2014 inspired by the movement in Brazil. The campaign launch was a big success with hundreds of participants learning about Meatless Monday through informational flyers and recipes. Peru plans to make “Picnic Sin Carne” a regular Meatless Monday sponsored event. Learn more: <https://www.facebook.com/lunessincarneperu/>

**“As a planet,
we need to transition away from a dependence on
livestock,
just as we need to transition away from fossil fuels,
if we are to have any chance of reaching the goals
of the Paris Climate Agreement.**

Professor Pete Smith, senior author of
Intergovernmental Panel on Climate Change Report

Launched in the **UK** in 2009, **Meat Free Monday** aims to raise awareness of the detrimental environmental impact of eating meat, and to encourage people to help slow climate change by having at least one meat free day each week. Learn more: <https://www.meatfreemonday.com/>



With the average American eating as much as 75 more pounds of meat each year than in generations past, our message of “one day a week, cut out meat” is a way for individuals to do something good for themselves and for the planet. Learn more: <https://www.meatlessmonday.com/>



Eileen Fernandini



Camille Grippon



Sr. Maria Pintado Peña

Welcome New JPIC Committee Members!

☞ **Eileen Fernandini**, who is currently retired, is a Bon Secours Associate who has spent her lifetime ministering with the Sisters at the Bon Secours Hospital in West Baltimore, USA.

☞ **Camille Grippon**, Director of Global Ministries for Bon Secours Mercy Health, is a longtime friend and colleague of the Sisters. Camille, who is fluent in French, will act as a liaison with France.

☞ **Sr. Maria Pintado Peña** joins our committee from Peru.

Coming soon...
Próximamente...
arrive bientôt...

The JPIC Committee members will be sharing more details about Meatless Mondays and the other *Sowing Hope for the Planet* initiatives with those in their areas in the coming months.

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)