

Justice, Peace & Integrity of Creation News

Congregation of the Sisters of Bon Secours

We're Going
Meatless
on
Mondays!



March, 2020

Vol. 5, Number 7



The JPIC Committee unanimously and enthusiastically recommends that the Congregation Team initiate Meatless Mondays throughout the Congregation.

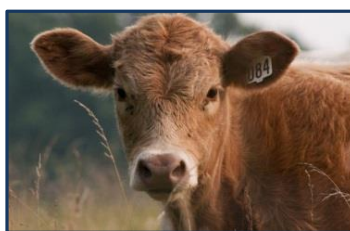
Approved by the Congregation Team, December 2019

Beginning Monday, March 2, the Sisters of Bon Secours are going "meatless" every Monday – no beef, pork, lamb or chicken – as a Congregation commitment to address climate change. Inspired by Pope Francis' encyclical, *Laudato Si'*, that challenges us to make lifestyle changes on behalf of our common home, we are hopeful that this concrete practice across our Congregation will enable us to live our Chapter call and mission focus to "defend and care for all creation".

At the same time we invite you, members of the Bon Secours Family, to join us in this practice. Increasingly, people across the globe are becoming more aware of the detrimental effects that livestock production have on our planet, as well as the benefits that a plant-based diet have on human health. In this issue of JPIC News you will find ways to join us in this Meatless Monday adventure and have some fun at the same time.

Did you know...?

- According to the UN, raising animals for food is one of the biggest contributors to greenhouse gas emissions. Meat production is responsible for an estimated 24% of global greenhouse gases every year.
- Global meat production tripled from 1971 through 2010 to an estimated 600 billion pounds produced annually. If numbers continue at that rate, sources estimate that meat production will double to about 1.2 trillion pounds of meat per year by 2050.
- Meat production is also one of the leading causes of resource depletion as it takes more land, water, and energy to produce meat than it does to grow foods for a vegetarian diet.
- Livestock takes up 30% of Earth's land surface. As demand for meat increases, so does the amount of deforestation and land degradation.
- By reducing our intake of meat not only are we helping protect the planet, but we're also helping protect animals, more than 72 billion of whom are raised and killed globally each year.
- Based on current data and consumption patterns, if everyone on the planet went without meat for one day per week, we could reduce emissions by an estimated 1.0 gigaton per year. That's equal to taking 273 million cars off the road. (Source: MeatlessMonday.com)



**"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,
Intergovernmental Panel on
Climate Change Report

March
JPIC Days of Remembrance

March 3
World Wildlife Day

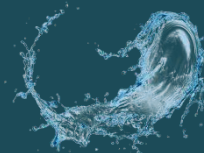


March 8
International Women's Day



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

Sisters of Bon Secours...Women of healing...defending and caring for all creation (Mission Focus)



For Your Health

A plant-based diet, which emphasizes fruits, vegetables, grains, beans, legumes and nuts, is rich in fiber, vitamins and other nutrients. And people who don't eat meat generally eat fewer calories and less fat, weigh less, and have a lower risk of heart disease than non-vegetarians do. Research shows that people who eat red meat and processed meats are at an increased risk of death from heart disease, stroke or diabetes.

Source: Mayo Clinic

Why Go Meatless?



For our Planet

- **Help Reduce Climate Change:** In its 2006 report, the United Nations said raising animals for food generates more greenhouse gases than all the cars and trucks in the world combined.
- **Help Conserve Water:** Producing one pound of industrial beef requires 1,700 gallons of water, one pound of pork 576 gallons and one pound of chicken 468 gallons. The United Nations has identified animal factories as major contributors of water depletion.
- **Help reduce destruction of wildlife habitats & endangered species:** The livestock industry is responsible for widespread deforestation and cultivation of vast tracks of land. Widespread cultivation of the land ruins animals' natural habitat and forces millions of them to be evicted from their homes each year, causing long-term harm to our wildlife.
- **Help ensure environmental sustainability:** Raising cattle is one of the most damaging components of agriculture. Studies on world food security estimate that an affluent diet containing meat requires up to 3 times as many resources as a plant-based diet.

Source: Downtoearth.org

We invite you to take a selfie of yourself eating a meatless meal on March 2nd!

Send the selfie to:

MaryBeth_Hamm@bshsi.org



For Animals

"Twenty-five years ago I was on a long drive and stuck by traffic next to a truck carrying cattle. It was a very hot summer day. One of the steer had a part of its horn caught in the slats of the side of the truck. Every turn, every bump on the road, he was jostled by the other cattle. His eyes were wide with fear and pain and I believe he was screaming. I had to drive next to this truck for many miles. After I got home I did research about factory farming and the treatment of livestock and realized that what I saw was just a small part of the horror. I said then, and 25 years later I still say, 'I may not be able to change that, but I will not be part of it.' That day I became a vegetarian." Anonymous, USA



What will be your greatest challenge in adopting Meatless Mondays? Your greatest benefit?

Peruvian Stuffed Avocados

A meatless recipe you can try in March!



Author: Peruvian Avocado Board

Quinoa Salad:

- 1 cup water
- ¾ cup quinoa
- ¼ cup fresh corn kernels
- ¼ cup diced tomato
- ¼ cup cooked, diced sweet potatoes
- 3 tablespoons minced red onion

Instructions

1. Bring water to a boil in a small saucepan.
2. Rinse quinoa in a fine mesh sieve and add to pot.
3. Cook, covered, over low heat for 12 minutes.
4. Remove from heat and let stand for 10 minutes; fluff with a fork, transfer to a medium bowl.
5. Add corn, tomato, yams and onion to bowl and mix well.
6. Puree all dressing ingredients in a small food processor or blender and stir into salad.
7. Cover and chill for at least 1 hour.
8. Cut avocados in half and remove pits.
9. Place avocado halves on 4 small plates and top with quinoa salad.
10. Garnish with cilantro leaves.

Lime-Jalapeño Dressing:

- ¼ cup extra-virgin olive oil
- 3 tablespoons lime juice
- 3 tablespoons fresh cilantro leaves
- 1 teaspoon sugar (or sweetener of choice)
- ½ teaspoon salt
- ½ jalapeño pepper, stemmed and seeded

For Stuffing: 2 ripe avocados

Share your favorite meatless recipes!

Because the Sisters of Bon Secours are an international Congregation we can enjoy delicious recipes from around the world. Imagine dining in Ireland on a scrumptious recipe from France or feasting in the USA on a savory dinner from Peru! Sisters Ji and Nathalie can offer their favorite meatless meals from South Korea and the Congo. Meatless Mondays are surely a way to develop an international palate! Send your favorite recipes to MaryBeth_Hamm@bshsi.org and we'll share them with the Bon Secours Family.



International Justice, Peace & Integrity of Creation Committee

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- Sr. Fran Gorsuch, CBS (USA)
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