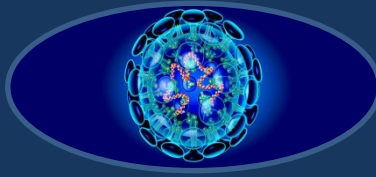


Justice, Peace & Integrity of Creation News

Congregation of the Sisters of Bon Secours



Global Solidarity



April, 2020
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“Solidarity is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good; that is to say to the good of all and of each individual, because we are all really responsible for all.”

Saint John Paul II - Sollicitudo rei socialis

Global Solidarity is one of the tenets of Catholic Social Teaching, and this current pandemic makes explicitly clear that we are “our brothers’ and sisters’ keepers”. If there is a lesson that we can embrace as we navigate the coronavirus pandemic and the subsequent sacrifices and changes in lifestyle that its presence is demanding of all of us, it’s the realization that we are all bound to one another in this health crisis, for better or worse. As we experience lockdowns, practice social distancing and self-quarantine, re-adjust our schedules due to school and business closures, experience the loss of receiving the Eucharist in many countries and work remotely we embrace these sacrifices in solidarity, care and concern for one another. Solidarity is also expressed in the positive and creative ways people are sharing their talents during this heightened time of fear and anxiety: Italians are singing together from their balconies to lift the spirits of their neighbors, professional musicians are offering FREE live-streaming of performances, health professionals are working at great risk to themselves and untold numbers of people are being “good help” to one another in ordinary ways.

When Sr. Carol Zinn spoke to the JPIC committee several months ago she told us: “Whatever you offer as you do the JPIC work, whether it is an article, an action or meeting, let it encourage a shift in mind, heart or perspective...so as to transform our consciousness.” That is the intent of this Newsletter. As you read the perspectives offered in this issue relating to COVID-19, let your mind be opened and your heart moved to see perhaps a hidden blessing in this global pandemic.

“Try this perspective shift.

Instead of seeing “social distancing” and travel bans as panic, try seeing them as acts of mass cooperation intended to protect the collective whole. This plan is not about people going into hiding.

It’s a global deep breath... an agreement between humans around the planet to be still.

Be still in the hopes that the biggest wave can pass without engulfing too many of the vulnerable among us.”

Dr. Lindsay Jernigan

Reflection

What does this quote evoke in you?
Is there a phrase that attracts you?
If yes, why?

As you reflect on this Newsletter in light of the coronavirus, what moved you?
What encouraged a new perspective?
What words do you want to live by in the days ahead?

April
JPIC Days of Remembrance

April 7
World Health Day
We pray for all those suffering from the coronavirus and all health professionals ministering to them.

April 22
International Mother Earth Day
50th Anniversary



We pray for restored health for our common home – Our Mother Earth.

April 24 – 30
World Immunization Week
We pray for all those without vaccines and those working to find a vaccine for the coronavirus.

April 25
World Malaria Day

In solidarity with one another, we pray...



A Daily Examen During COVID-19

Take a moment to settle. Take a deep breath. Get comfortable.

- Acknowledge to God how you are honestly feeling in this moment. God wants to be present in all parts of our lives—not just the easy or serene moments.
- Ask for light and insight as you prepare to review your day.
- Review the day with gratitude: Take a moment to think about how COVID-19 has impacted your life this day. Even as we are being asked to distance ourselves from one another socially, ask yourself what connections you find yourself grateful for? Who makes you feel grounded and connected to God?
- As you think of the ways we are connected or disconnected to one another, pick a connection (or lack thereof) that seems important, significant, or is manifesting itself the strongest. Pause and reflect on where you're being invited to grow from that moment. If you are a person of faith, take a moment to pray with it.
- God gifted us with limitless creativity and imagination. Even in this time of separation and possible isolation, what is one way you can maintain meaningful connection to others—whether directly, through technology, or intentional focus and attention?
- Take a deep breath and moment of quiet. When you are ready, return to your day. ~ By Susan Haarman

In Retrospect

When this is over may we never again take for granted

A handshake with a stranger
 Full shelves at the grocery store
 Conversations with neighbors
 A crowded theatre
 The taste of Communion
 The school rush each morning
 Coffee with a friend
 A sports stadium roaring
 Each deep breath
 Life itself.

When this ends may we find that
 we have become more like the people
 we wanted to be,
 we were called to be,
 we hoped to be
 and may we stay that way
 better for each other --
 because of the worst.

Laura Kelly Fanucci

What won't you take for granted "when this is over"?
What invitation does this poem offer you?

Prayer for a Pandemic by Cameron Wiggins Bellm

May we who are merely inconvenienced
 Remember those whose lives are at stake.
 May we who have no risk factors
 Remember those most vulnerable.
 May we who have to cancel our trips
 Remember those who have no safe place to go.
 May we who are quarantined at home
 Remember those who have no home.
 May we who are told to wash our hands as a precaution
 Remember the millions of people without clean water.
 As fear grips our countries, let us choose love.
 When we cannot physically wrap our arms around each other,
 let us find ways to be the loving embrace of God to our neighbor. Amen.

**Pray this prayer from the perspective of a homeless person,
 a refugee, a health care professional, a person who just lost their job.**



Pandemic

What if you thought of it
 As the Jews consider the Sabbath —
 The most sacred of times?
 Cease from travel.
 Cease from buying and selling.
 Give up, just for now,
 on trying to make the world
 different than it is.
 Sing. Pray. Touch only those
 to whom you commit your life.
 Center down.

And when your body has become still
 reach out with your heart.
 Know that we are connected
 in ways that are terrifying and beautiful.
 (You could hardly deny it now.)

Know that our lives
 Are in one another's hands
 (Surely, that has come clear.)
 Do not reach out your hands.
 Reach out your heart.
 Reach out your words.
 Reach out all the tendrils
 of compassion that move, invisibly,
 where we cannot touch.

Promise this world your love —
 for better or for worse,
 in sickness and in health
 so long as we all shall live.
 ~ Reverend Lynn Ungar



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