

Justice, Peace & Integrity of Creation News

Congregation of the Sisters of Bon Secours



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Oceans not only contain the bulk of our planet's water supply,
but most of the immense variety of living creatures, many of them still unknown to us.

Pope Francis, *Laudato Si'* #40

I recently had an opportunity to attend a JPIC conference that focused entirely on right brain activities: imagination, the arts and daydreaming! Who wouldn't enjoy three full days of this "work" that felt more like "play"? With that in mind, this Newsletter invites us to use our right brain as we explore the Ocean in celebration of World Oceans Day this month.

The concept of a 'World Oceans Day' was first proposed in 1992 at the Earth Summit in Rio de Janeiro as a way to celebrate our world's shared ocean and our personal connection to the sea, as well as to raise awareness about the crucial role the ocean plays in our lives and the important ways people can help protect it.

As you read this JPIC News I hope you will be inspired and awed by some amazing ocean facts. Savor the quotes and photos and allow them to transport you to dreamland by the ocean – or better yet, visit the ocean this month. You can also use the link in this newsletter to take a virtual trip under the sea and explore the gifts of God's creation found there. Finally, spend time relaxing with your crayons and colored pencils to complete the mandalas that accompany this Newsletter. In all these ways we can use our right brain to grow in our appreciation for the ocean and allow it "to hold us in its net of wonder forever".

June
JPIC Days of Remembrance

June 5
World Environment Day

June 8
World Oceans Day



June 12
World Day Against Child Labor

June 17
**World Day to Combat
Desertification & Drought**

June 20
World Refugee Day

June 21
June Solstice



Fascinating Ocean Facts – Be Amazed!

- The ocean is home to approximately 95% of all life.
- The ocean is our greatest source of oxygen.
- More than 90% of the Earth's lifeforms are unexplored and underwater.
- The Earth's longest mountain range is underwater and is 10 times longer than the Andes.
- The planet's largest waterfall is in the ocean.
- The world's biggest living structure is in the ocean.
- A single iceberg can supply a million people with drinking water for five years.
- The ocean has more relics than all the world's museums combined.
- There is an abundance of gold in the ocean.
- There's an internet connection in the ocean.
- The ocean – with its amazing biodiversity – offers many organisms for scientists to discover and develop new medicines. Two marine-derived drugs are already in use — an anti-tumor medication derived from sea squirts and a painkiller from a cone snail.

<https://www.environmentbuddy.com/environment/facts-about-the-ocean/>



"The sea,
once it casts its spell,
holds one
in its net of wonder
forever."

Jacques Cousteau



Source: Pinterest

Source: Photographers Nicholas Samaras & David Doubilet

Befriending the Ocean: An Underwater Adventure

Most of us reading this newsletter have not had an opportunity to go snorkeling so appreciating the beauty and immensity of the underwater world has most likely been absent from our lives. This month we can change that! Spend some time each day relaxing with this incredibly stunning footage of colorful sea life and celebrate the diversity of God's creation in the mystery of the deep.

<https://www.youtube.com/watch?v=G52dUQLxPzg>



Because all creatures are connected,
each must be cherished with love and respect,
for all of us as living creatures are dependent on one another.

Laudato Si' #42



California Sea Lion playing with a starfish. Hannes Klostermann/Coral Reef Image

The United Nations is deeply committed to educating communities on the importance of protecting our oceans. Secretary General Antonio Guterres stated that: 'Oceans ... are crucial for global food security and human health, they contribute to eradicating poverty, and they are the primary regulator of the global climate. Thriving oceans are closely linked with our health, maritime security, peace and prosperity. Despite this, oceans are continually degraded by human activities and threatened by climate change, marine pollution, the extraction of marine resources, and the destruction of coastal habitats and landscapes.' (Source: UN)

Protecting Our Greatest Natural Resource

- **Educate yourself:** <https://www.un.org/en/observances/oceans-day> (EN)
<https://www.un.org/es/observances/oceans-day> (ES)
<https://www.un.org/fr/observances/oceans-day> (FR)
- **Opt for Ocean and Earth-Friendly Products:** Monitoring single-use plastics is a great place to start. #1 is to demand plastic-free alternatives to items such as plastic water bottles, straws, plastic cutlery, coffee cups, bags, balloons, plastic-wrapped produce, and take-out food containers.
- **Keep an eye on your carbon footprint:** Investing more in wind and solar is a big way to slow down climate change and ocean acidification.
- **Eat With the Ocean in Mind:** Meat and dairy production create vast amounts of greenhouse gas emissions. When eating seafood, opt for sustainable seafood.
- **Enjoy the ocean in person:** To get to know something—anything—in greater depth tends to lead to greater understanding and appreciation. And the ocean is a deep soul to get to know.
- **Advocate! Big Picture Solutions Can Happen With Minor Advocacy:** Legislation is a key piece of a comprehensive ocean rescue plan. Citizens play a fundamental role in that by voting for public officials who support marine health and encouraging their network to do so across social media.

Source: <https://growensemble.com/save-our-oceans/>



World Oceans Day Prayer

Michelle Torigan

Swirling God, who at the dawn of creation swept over the face of the waters, hover over our oceans and all waterways with your blessed presence.

May each droplet of mist and sea be clean and fresh for all life who come in contact with these holy streams.

Bless each cell and molecule of life below the surface of the waters who trust in you and us to create a prosperous world.

Continually nudge us to nurture creation, joining together with humans all over this planet to covenant with one another and celebrate the gifts of water, air, fire, and land that you have given us. AMEN!



Be Creative...in imitation of our Creator!

Included in this NEWSLETTER are some coloring pages in the form of mandalas that you can use during the month of June to relax as you appreciate the gift of God's ocean. Mandalas are varied geometric figures that originated in India. Their literal translation is 'sacred circle'. They are symbols of healing, wholeness, union, and integration.

"Only now did I gradually come to realize what the mandala really is: 'Formation, transformation, the eternal mind's eternal recreation.'" (Carl Jung)



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