



JUST Love



MONTHLY NEWSLETTER OF THE OFFICE OF PEACE, JUSTICE AND
ECOLOGICAL INTEGRITY OF THE SISTERS OF CHARITY OF SAINT ELIZABETH



25 WAYS TO PROMOTE JUSTICE, PEACE, AND THE INTEGRITY OF CREATION IN 2018

January is the month for making resolutions. Here are 25 ways in which you can “up your game” in making the world a more peaceful, just, and verdant place.

1. Spread the word – include a social justice message as part of your email signature, share links to good articles, bring up JPIC in conversations.
2. Tithe time with people on the margins. If you work 40 hours a week, dedicate 4 hours a week with people on the margins. The most effective advocates are those who have direct experience with people not just convictions about issues.
3. Listen more – people are more disposed to listen to an opposing view if they feel that their perspective has really been heard.
4. Reclaim your neighborhood as a community. Get to know your neighbors and find some common cause on which you can work together.
5. Adopt a politician – let her or him know that you are praying for them. Sister Susan Francois, CSJP has tweeted President Trump everyday since his inauguration.
6. Embrace diversity – consciously choose to eat in a restaurant, read a book, watch a movie, buy a work of art from a culture different from your own.
7. Never honk your car horn in frustration or annoyance – only when it is needed for safety.
8. Pray the news.
9. Engage in local government. Many crucial decisions are made not at the state or federal level but at the local level – town councils and school boards.
10. You can't worry about everything – but choose one issue that you will explore deeply – go beyond the information in news sound bites.
11. Show up as an ally at demonstrations and meetings to show support.
12. Share your skills. Are you an artist, bilingual, a web designer, can you set up tables and chairs? There is a social justice organization out there that can use you.
13. What's your ideal activism speed? Keep from crashing by doing realistically what you can.

14. Be conscious about saying “thank you” and making an effort to value everyone’s contribution.
15. Money is frozen energy. How do you want to release that energy in the world? *The Better World Shopper* shows you how <http://www.betterworldshopper.com/>
16. Research a justice issue that is new to you.
17. Donate social justice books for children to your local library or school. *A Is For Activist* is a good one to start with <http://www.aisforactivist.com/books/a-is-for-activist-english/>
18. Get together a group of people at your place of workshop. Walk around it and ask yourselves – Does our space communicate values of welcome, inclusivity, sustainability?
19. Introduce a group to which you belong to the United Nations Sustainable Development Goals and choose one to promote <https://sustainabledevelopment.un.org/sdgs>
20. Two of the most significant things you can do to reduce carbon emissions – fly less and eat less meat.
21. Forward *JustLove* and the *Sisters of Charity Action Alerts* to ten of your friends.
22. Take risks. For some the risk of speaking out or taking action presents serious safety concerns. However, if all that's at stake is mild discomfort, then what do you have to lose? What stops you from speaking up, speaking back, or showing up?
23. Justice begins at home. Are you living your highest ideals in your relationships with those closest to you?
24. Complain less. Recognize the ways you benefit from privilege and don't make a big deal about your small inconveniences. When you say, “I've had a horrible day!” - Have you really?
25. Be ready for the long haul. Make this Buddhist vow: Aware of suffering and injustice, I, _____, am working to create a more just, peaceful, and sustainable world. I promise, for the benefit of all, to practice self-care, mindfulness, healing, and joy. *I vow to not burn out.*



JPIC DATES TO REMEMBER IN JANUARY

1 World Day of Peace – Reflect on the message of Pope Francis https://w2.vatican.va/content/francesco/en/messages/peace/documents/papa-francesco_20171113_messaggio-51giornatamondiale-pace2018.html

4 Feast of St. Elizabeth Ann Seton “God is everywhere, in the very air I breathe, yes everywhere.”

7-13 National Migration Week <https://justiceformigrants.org/take-action/national-migration-week/>

11 National Trafficking Awareness Day

12 Anniversary of the earthquake in Haiti (2010) that killed 200,000 and left 2.3 million people homeless. Pray for the Haitian people and the Sisters of Charity who minister there.

15 Martin Luther King Day “We must accept finite disappointment, but never lose infinite hope.”

18-25 Week of Prayer for Christian Unity “Authentic reconciliation between Christians will only be achieved when we can acknowledge each other's gifts and learn from one another, with humility and docility, without waiting for the others to learn first.” Pope Francis

19 March for Life - “All life has inestimable value even the weakest and most vulnerable, the sick, the old, the unborn and the poor, are masterpieces of God’s creation, made in his own image, destined to live forever, and deserving of the utmost reverence and respect.” Pope Francis

28-February 3 National Catholic Schools Week – Write a letter of appreciation to someone who ministers in Catholic education.