



Sisters of Christian Charity JPIC Office

Lent - Open Wide Our SCC Hearts

*“This is the fast I desire.... (Isaiah 58)
untying the thongs of the yoke...
setting free the oppressed...”*

What Breaks Your Heart?

Solidarity With Ukraine

As we watch the horrendous ravages of war in Ukraine unfold before our eyes, our hearts are broken and we are moved to want to do something to help the suffering people of Ukraine. Here are some prayers, actions and information that may inspire us to do more. <https://www.lirs.org/ukraine-crisis>

As a community we are supporting the efforts of the Ukrainian American Cultural Center of NJ in Whippany that is sponsoring a humanitarian aid drive to help victims of the war. Sr. Ann Lavelle is coordinating the efforts collecting donations of items and money. Our Sisters in Metuchen are also organizing a collection to support Ukrainian families in hiding who are related to some of the school families of Ukrainian descent. I am sure many of you are already supporting groups who are involved in reaching out to provide assistance. If not, you can send your donations to Sr. Ann Lavelle or Sr. Patrice at our Motherhouse for ongoing relief efforts. Let us continue to pray for an end to this devastating war that is affecting so many civilians.



Wage Peace Prayer –by Lori True <https://youtu.be/lqDHkIc0cGU>

This is the fast I desire...

*....caring for the oppressed
and the homeless.*

Border Stories

Richard Barber, a producer-editor at CBS News, made a series of short films on the situation at the border. ***"To Right the Wrong: Border Stories"*** weaves these films into a short documentary, tracing the arc of witness at the Border from the Texas-Mexico border to a Florida detention center and beyond. It is a powerful documentary that portrays the reality of the lives of our immigrant sisters and brothers who are in search of safety and a better life for their children.



This is the fast I desire.....

*....breaking every yoke...
.....not turning your back on your own."*



Do you want to help? We will again provide Blessing Bags for our homeless sisters and brothers in Morris County through the Sheriff's Office Hope One Project.

Please send your donations of items (travel size) or money to Sr. Patrice.

Deadline: March 12th

Open Wide our SCC Hearts...

Pray for the Elimination of Racial Discrimination

International Women's History Month

March is **Women's History Month** and March 8-14 we celebrate **Catholic Sisters Week**. The theme is: **Caring for Earth, Caring for You**. We celebrate the impact women religious are making as they promote environmental stewardship and seek to respond to the cry of the earth both globally and locally.



Sr. Bette Ann Jaster OP describes preserving a 'community of life'

Prayer Service for International Women's Day (Sisters of Mercy)

How will you care for Creation?

March 19 - Prayer to St. Joseph the Worker

Let us pray that all workers will be treated with the human dignity they deserve and that they will be free from oppression and injustice.

Prayer to St. Joseph the Worker

"Joseph can teach us how to show care; he can inspire us to work with generosity and tenderness in protecting this world which God has entrusted to us." -Pope Francis

March 22 - World Water Day

How much do we reverence the gift of water? Watch this short video clip to raise awareness of the precious gift of water we take for granted.
Groundwater: Making the Invisible Visible

World Water Day 2022



March 24 - Feast of St. Oscar Romero Voice for Justice

Watch the inspiring movie *Romero* On YouTube.

“The ones who have a voice must speak for those who are voiceless.” – Oscar Romero

How do we speak for those who have no voice?



Laudato Si' Action Platform Goals

Goal 3 - Ecological Economics

Lower your carbon footprint by:

- 1) Eating less meat and more plant based foods
- 2) Washing clothes in cold water
- 3) Recycling - buying less; saving more

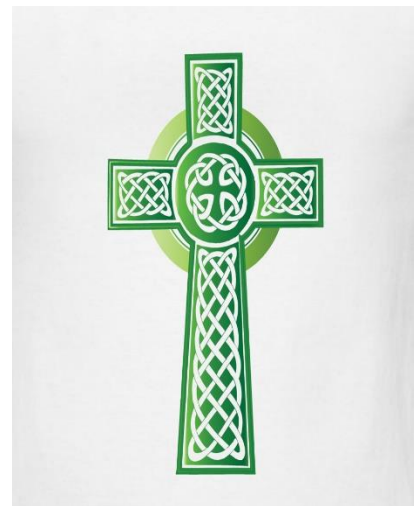
How will you lower your carbon footprint this Lent?

Breastplate of St. Patrick

*I arise today through the strength of heaven,
light of sun, radiance of moon, splendor of fire, speed
of lightening, swiftness of wind, depth of the sea,
stability of earth, firmness of rock.*

*I arise today through God's strength to pilot me,
God's eye to look before me, God's wisdom to guide
me, God's way to lie before me, God's shield to
protect me.*

*Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me,
Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ
when I sit down, Christ when I arise, Christ in the heart of everyone who thinks of me,
Christ in the hear of everyone who speaks of me. I arise today....*



PRAYER

Prayer for Peace in Ukraine

O Prince of Peace,
Once more we hear the guns of war,
Once more we see the faces
Of frightened children.

We pray for the people of Ukraine,
That they may be granted peace;
We pray for the people of Russia,
That they may demand peace;
We pray for our country,
That we may be a positive part
Of peacemaking in this world.

O Prince of Peace,
Lead us from this dark time
To a deeper understanding
Of the global human family,
So all may break bread together
In the secure embrace of peace.

Amen

Jane Deren, Ph.D.