

Giving Up Indifference for Lent

“Usually, when we are healthy and comfortable, we forget about others (something God the Father never does): we are unconcerned with their problems, their sufferings and the injustices they endure... Today, this selfish attitude of indifference has taken on global proportions, to the extent that we can speak of a globalization of indifference. It is a problem which we, as Christians, need to confront.”

- Pope Francis, Message for Lent 2015

While you may be giving up candy, TV or some other small pleasure this Lent, the Holy Father challenges you to go even bigger. Consider giving up **indifference**. Think of the good we could do if, as our Lenten discipline, all of us put our energies towards caring about and then acting to end suffering and injustice. Here are some ideas on how to begin:

*** Do you care about babies in utero who are in danger of being aborted?** If so, then take action: Current proposals in our State legislature would allow abortion through all nine months of pregnancy and open the door for non-doctors to perform abortions. **Contact your New York State Assembly member** (even if you already signed the Public Policy weekend petition) about opposing the abortion expansion provision in the Women’s Equality Agenda while supporting the other life-affirming provisions in that legislative package that defend the dignity of women.

To find your assembly member go to <http://assembly.state.ny.us/mem/search/>

Lenten Prayer for Ash Wednesday

*May Lent be for us
A time of learning to see
Where Christ is crucified today,
A time of learning
To recognize the complex roots of injustice,
To recognize the Gethsemanes
In our global community.
May we witness the suffering
Of God's children
As Mary witnessed
Her beloved son's suffering.*

*May Lent be for us
A time of learning to become
An Easter people,
A time of learning
To recognize the deep roots of compassion,
To recognize we too are called
To witness the empty tomb and
To announce
To a world in despair
the Hope of the Resurrection.*

*~Jane Deren
Education for Justice,
www.educationforjustice.org*

***Do you care about people killed or made homeless by typhoons, coastal flooding and drought?**

The greenhouse gasses produced from the burning of fossil fuels (oil, coal, natural gas) and from agricultural practices and deforestation are the main causes of climate change. The extreme weather caused by climate change is already producing enormous destruction and suffering.



The Global Catholic
Climate Movement

If you care about the people affected, take action:

Drive less, carpool more to work, school, and Mass
Turn down the thermostat even a couple degrees
Weatherize your house You’ll save money too!
Divest from the fossil fuel industry

Invest your money instead in solar and wind power and businesses that view protecting the environment as part of their purpose.

Join the Lent Fast for Climate Justice on March 16, sponsored by the Global Catholic Climate Movement. Fast in solidarity with the victims of climate change, to urge political leaders to commit to reducing greenhouse gas emissions. You can fast from food (during a whole day or at least one meal) and/or from activities that produce carbon dioxide (reducing our use of fossil fuels, electricity, plastic, paper and toxins). Sign up here

<http://catholicclimatemovement.global/fast/>

40 Days of Lent for the 40th Anniversary of Rice Bowl

This year marks the 40th anniversary of Catholic Relief Services' Rice Bowl! The Rice Bowl is an opportunity to show that we are NOT indifferent about people living in poverty.

Through the Rice Bowl you can make your Lenten sacrifices even more meaningful. Donate the money you save by giving up snacks, restaurant meals, meat, coffee, dessert etc. The money collected in our Rice Bowls supports both local and international efforts. In poor countries around the world, CRS funds:

- Agriculture projects that help farmers improve harvests
- Water and sanitation projects that bring clean water to communities
- Microfinance projects that support small businesses
- Mother and child health projects that offer health and nutrition services
- Education and job-training projects that help people reach their potential

Additionally, 25% of Rice Bowl funds come back to our area to fund hunger-relief projects across the diocese, including local food pantries, soup kitchens and "backpack programs" that provide food over the weekend to school children.

At the Rice Bowl web site, www.crsricebowl.org, you'll find meatless recipes, prayers, family activities, lessons for kids and teens, and a trove of other information on how participating in the CRS Rice Bowl can make Lent more fruitful for you and your family. You'll also learn about four countries that are the special focus of Rice Bowl's educational component this year: Tanzania; Nicaragua; Niger; Lebanon; and the Democratic Republic of Congo. You can read about people in those countries whose human dignity has been upheld by the work of CRS.

To learn more, contact our Diocesan CRS liaison Kathy Dubel at KDubel@dor.org or 607-734-9784 ext. 2135.



**THE OPPOSITE OF
LOVE IS NOT HATE,
IT'S INDIFFERENCE.**

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