

Sacred Heart Beats

e-news for the Social Justice Ministries at Cathedral January 2012

Happy New Year, everyone! I hope the year is rich in blessings and that your resolutions include walking more closely with the Lord in social justice. The best definition of the biblical understanding of justice is that it is the manifestation of love. It is social because it deals with society. This really speaks to the heart of work in social justice. I am always interested in ways the Lord calls you to walk in faith.

You can contact me at socialconcern@sacredheartcathedral.org

Peace and Joy in all you do,

Barbara Quinby MPS

JustReflecting

Contemplative reading means taking a single word or idea and really letting it sink into your interior life. I offer these reflections for just such contemplation.

Love is little, love is low, love will make our spirit grow. Grow in peace, grow in light, love will do the thing that's right.—Shaker Hymn

JustLearning

I am collecting names of those who might be interested in forming a Just Faith group and a JustFaith Engaging Spirituality group this coming fall. I have five names so far for each of the courses and I need to have class sizes of about 10 people each. You can check out the JustFaith website at www.justfaith.org Our Thomas Merton “Bridges to Contemplative Living” groups have started. I have a couple of spots left on Tuesday evenings. OR, if you have a small group of friends who would be interested in forming a group, please contact me so we talk about how to set it up for you.

JustLiving

January is Poverty Awareness Month--

Because compassion for those who are poor and vulnerable was a central part of Jesus' mission, the USCCB's PovertyUSA Campaign seeks to broaden the general understanding of and concern for people living in poverty in America. The Campaign strives to engage as many people as possible in our shared responsibility to care for those who are in need. Help shed light on the seriousness of poverty in America and find ways to do something about it by joining the Poverty Awareness Facebook Event in January.

From Allison Connolly—Do you know someone fighting cancer?

The Alexander YMCA is offering LIVESTRONG at the YMCA, a free, 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals.

This small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities.

Here's the great news: the program is free to the participants, and you don't have to be a member of the YMCA to participate.

If you have questions or want more information, contact Anthony Hall—Healthy Lifestyles Director—at Anthony.Hall@YMCATriangle.org or at 919-582-2284.

From Catholic Coalition on Climate Change--

Bon Secours St. Francis Health System in Greenville, South Carolina has completely eliminated its use of Styrofoam plates, cups, and bowls in cafeterias at both Greenville campuses as part of a 3-year-old, system-wide green initiative and as a way to be a model to the wider Greenville community.

Karen Schwartz, the hospital system's vice president for facilities, says that the move was inspired by the fact that as a petroleum-based product, Styrofoam doesn't decompose or go away over time in a landfill. It stays forever and it takes up space. If you throw it in the ocean, it floats and it can kill sea life. If you burn or incinerate it, the chemicals that were used in the manufacturing of it aerosolize and again has a negative impact on the environment...We really couldn't find a redeeming quality other than the fact that it held stuff. Schwartz added: We are all responsible for caring for God's creation and we are interdependent on one another. It is really short-sighted of me to think that my actions and behaviors don't impact someone in Haiti, Peru, Africa or China because they do. (Story from The Greenville News, 12/30/2011)

From Jewel Wendt--

Many of you may have already seen these, but they are worth a second look. These photos were taken on a cross country pilgrimage by a professional photographer.

He has some amazing photos of Cathedrals nationwide!

http://www.catholicphotographer.com/Cross-Country-Pilgrimage-1/Sacred-Heart-Cathedral-Jul-23/9024200_xdjxsp#600384597_Gpz9h

From Wheels for Hope--

We're a local faith-based car donation program that partners with other agencies in the community like Habitat for Humanity or Step-Up. When a family is involved with one of our agencies and needs transportation for work, to get to school or take care of their children, they are referred to Wheels4Hope for a car.

We want to let people know of our ministry and that they can contact us if they are interested in donating a car or volunteering to help us repair cars. Thank you very much for helping us increase community awareness about Wheels4Hope. For more information: www.wheels4hope.org

From Catholic Charities–Adoption--

The CCUSA nationwide adoption marketing program is entering phase two and looking for additional agencies to participate in its pilot collaboration with www.CAIRSolutions.com . Birth parents using social media sites such as Facebook and Twitter are able to find and access Catholic Charities pregnancy support and adoption programs more easily though the use of computers and smart phones. Waiting families are featured through the use of www.ParentFinder.com not only on each agency's adoption webpage, but also on the CCUSA–sponsored Catholic Charities Adoption website

Some items on the wish list for our Social Justice Ministries--

***Gabriel Project** is in need of diapers and wipes. Contact Jennifer Krizmanich at jkrizmanich1@gmail.com

***Catholic Parish Outreach** can always use food and paper products, especially toilet paper.

***Wake Interfaith Hospitality Network** needs volunteers for childcare during their life skills programs. This would be on Wednesday evenings 7–8 PM or Saturdays 10 AM to 1PM at the WIHN Center. Contact Sally Bruns at 832–6024 for more information.

***Door Fund** has cards if you would like to give an alternative gift in honor of someone. Cards are available in the parish office. With the economy continuing to be sluggish, many are suffering in our community with past due rents and eviction notices.

*We dream of a parish that is 100% involved in some aspect of social justice.

JustFutureHopes

Are there new outreach ministries that you would like introduced at Sacred Heart? Do you have a passion for a particular ministry not active at Sacred Heart? Please let me know.

JustComments

Contemplative living is the way to go in this hectic world of ours. Be sure to nourish your soul with quiet moments and exercise your soul with the work of social justice.

If you know of anyone who would like to receive this e–mail, have them contact me.

That also works if you do not wish to be on this mailing list.

socialconcern@sacredheartcathedral.org



Deep peace in these winter nights to you.