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SALT & LIGHT

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NEW DIRECTOR OF A & SM

Please welcome Marcus Ebenhoe to the position of Director of Advocacy and Social Ministry at Catholic Family Center. Having been on staff at the Cathedral Community for more than 6 years, Marcus brings a deep understanding of parish life and its challenges and opportunities. While at the Cathedral, Marcus was instrumental in setting up a food pantry then expanding it into a variety of services meant to engage and assist the neighborhood, including a community garden, furniture ministry and job readiness program. He has already been deeply engaged in community interfaith activities as a parish representative at RocACTS and other community groups including GRCC-faith in Action.

Marcus brings a strong educational background in Catholic social teaching and pastoral care, including a Masters of Divinity and a post-Masters certificate in spiritual direction. His work as a hospital chaplain and his Gamael organizer training will bring additional gifts to his outreach to parish social ministers. He is married to Elizabeth and is the father of Camden and Fitzpatrick.

Marcus' official start date is Monday, April 8 at which time his email will be mebenhoe@cfcrochester.org. He will also continue to have his marcus.ebenhoe@dor.org address. You can meet Marcus and welcome him at our upcoming social ministry conference. Please see the attached Justice Peace and Life newsletter for details.

MORE STATIONS OF THE CROSS



Good Friday, April 19, brings many opportunities to reflect on Jesus' sufferings in light of the world's pain today. In addition to the GRCC Good Friday Walk (9:00 a.m. to about 10:30 a.m. Aenon Baptist Church, 175 Genesee St., here

are three other events, all occurring on Good Friday:

Christ Crucified in Rochester. Meet at Rochester City Hall, 30 Chestnut St. at 11:00 AM "For twenty years, **the House of Mercy, St. Joseph's House of Hospitality and Rochester Pax Christi** have gathered to commemorate Good Friday, the day on which Jesus was executed by the Roman Empire. We remember Jesus'

suffering and death, but we also call to mind ways in which the Powers and Principalities crucify Jesus today, by oppressing and killing the poor and marginalized in order to maintain and increase governmental and corporate power. While we expose and denounce these Powers, we also bear in mind that on Easter Sunday, as Christians, we will celebrate Jesus' triumph over the power of death, through His Resurrection."

The Church of the Assumption, 20 East Ave., Fairport, from 7:00 - 8:00 p.m. "will celebrate the Stations of the Cross in a unique and deeply moving way. **Women of the Well** will tell the true story of the four American martyrs (El Salvador 1980) as they responded to God's invitation to care for the poor. Letters home to their parents, siblings and friends express their love for the people they served. The program also includes prayers of new Saint Oscar Romero."

The **Pro-Life Planning Committee** invites you to a *Good Friday Prayer Service and Stations of the Cross in Reparation for Abortion*. "We will begin with a prayer service in the chapel at McQuaid Jesuit High School, 1800 S. Clinton Avenue, Rochester, beginning at 9:00 AM and lasting approximately 1/2 hour. We will then pray the Stations of the Cross and the Chaplet of Divine Mercy, led by a number of priests, deacons and religious sisters, outside of a nearby abortion facility." Questions? Please call Bob/Amy Dorscheid (585) 732-8994.

EASTER PRAYER FROM CRS

Lord and Father of all,

Help us rise each day to Easter
 Teach us to practice resurrection
 To seek love and forgiveness and new life
 In our relationships
 In our work
 In our play
 In our busy, distracted, lonely world
 Lord and good Father to us all
 Remind us as the earth re-blooms
 That new life is available to us every day
 Our portion is abundant
 If we will but empty our hands
 Of the things that would distract us from you
 And open wide to receive your resurrection blessings
 So that we may be your blessing to others

Amen

HOW'S YOUR LENT GOING?

There's still time to simplify your meals in solidarity with much of the rest of the world. Here's an older Tanzanian recipe from CRS RiceBowl:
Bean Soup with Ugali

1 small onion, finely chopped • 1 green pepper, finely chopped • 4 tablespoons olive oil • 1 teaspoon curry powder • 1 teaspoon salt • ¼ teaspoon black pepper • 1 tomato, chopped • Two 16-ounce cans kidney beans • 3 cups unsweetened coconut milk

In a large pot, sauté onion and green pepper in oil until soft. Add curry powder, salt, black pepper and tomato. Simmer for 2 minutes, add beans and stir. Add coconut milk and simmer for 10 minutes on low heat. Serve with Ugali:

• 4 cups water • 2½ cups cornmeal

Boil water, then stir in cornmeal. Simmer until mixture is thick and water is absorbed. Stir often to prevent burning. Shape the mixture into round balls, one for each person.

OPIOID EDUCATION

The Department of Health and Human Services is offering a new series of webinars on addictions and mental health. Past presentations have been quite helpful. **Mental Illness 101: A Practical Primer Series for Faith Communities**

With one in five people experiencing some form of mental illness each year, it comes as no surprise that faith communities are contending with this reality in their congregations and neighborhoods. The HHS Partnership Center is hosting a timely series of webinars aimed at educating, equipping, and engaging communities on this often unspoken epidemic.

- help faith and community-based groups and their leaders understand commonly diagnosed mental illnesses;
- recognize signs and symptoms prevalent in adults, teens, and children; and
- guide individuals toward recommended levels of care for these conditions.

April 10 at noon: What are Co-occurring disorders?
Register at bit.ly/CFOI-MH-141019

May 19 at noon: Anxiety Disorders
Register at bit.ly/CFOI-MH-050919

CRUEL AND UNUSUAL:

Solitary confinement as torture in the U.S. prison System—A call to action. April 18th at Brockport Downtown, 161 Chestnut Street, Roch., Room 148

6 to 8:30 p.m. with refreshments available 6 to 6:30 – no registration fee required.

A full-size replica of a typical solitary confinement cell will be on display during this event to give participants the chance to experience the effects of isolation.

WE ARE ONE FAMILY

From Justice for Immigrants:

In Fall 2018, the Administration issued a Presidential Determination (PD) setting the annual U.S. refugee admission level at 30,000 refugees, the all-time-lowest number in the history of resettlement. This record low comes when there are over 25 million refugees worldwide with 1.4 million needing resettlement. The average refugee admission goal over the nearly 40 years of the program has been 95,000.

Midway through the fiscal year, the U.S. has only admitted 11,425 refugees. At this rate, our country is on pace to admit less than 23,000 refugees by the end of the year, far short of the annual goal of 30,000.

We continue to be deeply concerned that low admission numbers mean that refugees fleeing persecution are left in harms' way, that refugee families are left separated across the continents, and that those welcoming refugees lose the cultural and economic benefits that refugees bring to U.S. communities. Speak out today at <https://justiceforimmigrants.org/category/action-alerts/>

SUPPORT THE SSJS

The Sisters of St. Joseph are welcoming community input in their *New Era for Mission: Growing Partnerships* on Saturday, May 11, 8:30-11:45, 150 French Road. The sisters will be sharing information about their ministries and seeking input from participants through small group sessions. A panel of local leaders will review work being done by local groups on important issues of racism, the environment, children's issues, and women in the Church followed by a panel on "Bridging Divisions". Participants are invited to bring toiletries to be donated to local programs. RSVP to Sr. Beth LeValley at srbeth@ssjrochester.org or call 585-721-4918.

Green Tip

Retailers that take plastic grocery bags for recycling also take most clean plastic bags and wrap, including bags from newspapers, dry cleaning, bread, produce. Also return plastic wrap from toilet paper, napkins, paper towels, snack and drink cases, diapers, and air pillows. Take off strings, rigid handles, closing mechanisms, no soil bags or bubble wrap. Also, your newspaper carrier has to buy those newspaper bags. Return them to your paper delivery person so he/she can reuse them.