

SALT & LIGHT

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DO YOU KNOW ABOUT LIFEROC.ORG?

One of the best kept secrets of our diocese is the wonderful resources found at www.liferoc.org. It is run by the diocesan Life Issues office and has information about a wide variety of life issues including caring and end of life issues, medical decisions, pregnancy support, special needs, new parent and family life. Go check them out now!



THE GREAT REALISATION

This video has been going around social media recently, but in case you have not seen it, I thought I would share it with all of you. It's a sweet, hopeful story of a father telling his child about how the pandemic of 2020 started a change in society. It is written by New Zealand born Welch poet Tomas Roberts who goes by the stage name of Tom Foolery. It is too long to share here, but check it out at the link below.

<https://www.youtube.com/watch?v=Nw5KQMXDiM4&feature=share>

ADVOCACY ON BEHALF OF CFC

Please help CFC by contacting your elected officials urging them to put \$38.5 billion in the next stimulus package to provide emergency funds to substance use and mental health disorders service organizations. Funds are necessary to ensure the fiscal viability of service providers like CFC and to ensure access to critical community-based services at a time when substance abuse is spiking.

Email me for more details and a sample letter.

LAUDATO SI WEEK MAY 16-24

2020 occasions the fifth anniversary of the encyclical *Laudato Si'*, which was signed on 24 May 2015.

The theme of *Laudato Si'* Week is "everything is connected." During *Laudato Si'* Week, we come together as one people around the world to prayerfully discern the lessons of this moment. While the world experiences a history-defining crisis, we reflect and prepare to build a better world. Here are a list of some of the week's virtual events put on by the Global Catholic Climate Movement:

- May 16th, **Laudato Si' Retreat**: learn and deepen your spirit.
- May 17, **Laudato Si' Retreat**: learn and deepen your spirit
- May 18, **Introduction to Laudato Si' Week with the Vatican's Fr. Josphrom Kureethadam**
- May 19, **Eco-Spirituality**: explore the links between our faith and ecology
- May 20, **Sustainability**: practical tips and innovative solutions to reduce environmental impact
- May 20, **Advocacy**: hands-on guidance to advocate for creation and the most vulnerable
- May 22, **Social Action**: grow in solidarity as we protect the most vulnerable.

Register at laudatosiweek.org/activities/#events

The USCCB is also putting on a variety of events

and have provided parishes with many resources as mentioned in last week's *Salt & Light*. One I did not mention is below:

You are invited to a Bishops' Roundtable!

On Wednesday, May 20th at 2 p.m. EDT. As part of their *Laudato Si'* Week activities, the United States Conference of Catholic Bishops is hosting a *Laudato Si'* Week Bishops' Roundtable Conversation. Marianne Comfort, justice coordinator for the Sisters of Mercy and member of the Covenant's Steering Committee, will facilitate a dialogue between Archbishop Paul S. Coakley, Bishop Robert Barron, and Bishop Robert W. McElroy.

Visit usccb.org/environment on May 20th to participate. **The live video feed will appear on the top of the webpage on May 20th.**



LIST OF ONLINE MASSES

The Catholic Courier has compiled a list of places to watch/live stream masses. Find it here:

<https://catholiccourier.com/articles/list-of-parishes-with-live-streams-available>. To receive notifications of the livestreams and facilitate viewing, subscribe to the *Courier's* YouTube channel (youtube.com/catholiccourier).

JOIN US FOR A FREE JUST FAITH MINI-PROGRAM



What is *JustFaith* you ask? According to their website "*JustFaith Ministries was birthed in the effort to invite and prepare people of faith for the life-changing and world-changing call of the Gospel to help heal the world and, in so doing, experience a deeper faith, a more fulfilling life, and a community of care and vitality.*" In short, it help us look at the world differently, to see how we can shape it into the kingdom God promised us by digging prayerfully and deeply into different social justice issues. **They are provided one-off mini-reflection sessions for free.** We met virtually for the first time last week and the group wants to continue to explore what contemplation looks like at this time. We will be doing a contemplative practice, followed by a reflection. If you'd like to join our next meeting will be Tuesday May 19th from 11:00-11:45am and . **Contact me at mebenhoe@cfcrochester.org to sign-up** or with any questions.

CENSUS REMINDER

If you haven't responded to the Census yet, you should have received a paper copy in the mail last week. You can fill this out and return it or you can go online or call to submit your household's information. Go to www.2020census.gov to fill it out online or call [844-330-2020](tel:844-330-2020) to do it over the phone.

Did you Know?

Census results effect funding for women and families Family Violence Prevention and Services/Grants. It also determines support for emergency Food Assistance Program (Food Commodities) and Emergency Shelter Grants Program. These essential life services need to be there when people are in need. Be sure your community gets the resources they need!

QUOTE OF THE WEEK

Immediately following Roe the first anti-abortion college group, [The National Youth Pro-Life Coalition](#), linked oppositions to the Vietnam War and to abortion: "The coalition is deeply concerned that our contemporary society is not consistent in its respect for human life" and challenged those who were "antiabortion, pro-war and pro-capital punishment to moral consistency because true conservatism should involve a willingness to 'conserve' all human life." -Jim Kelly, Professor Emeritus, Ford University

CALL TO ACTION BY THE USCCB

Hunger is criminal, food is an inalienable right. – Pope Francis

Families are struggling to put food on the table during this time of economic crisis. Churches and charities are working overtime to meet this rising need, but more must be done. SNAP effectively addresses hunger by delivering resources directly to low-income households to help families keep food on the table.

It's also a proven tool to boost the economy - every dollar spent on SNAP generates between \$1.50 and \$1.80 in economic activity. Congress has the opportunity to protect those who are most vulnerable by strengthening SNAP for the duration of the economic crisis.

Tell Congress to prioritize SNAP in the next COVID-19 relief bill by:

- Increasing the maximum SNAP benefit amount by 15%
- Increasing the minimum SNAP benefit amount, which is currently only \$16
- Suspending all SNAP rule changes that limit eligibility and benefits

Send your representatives a letter here:

www.votervoice.net/USCCB/campaigns/74161/respond



CNS Photo/Paul Haring

"I urgently appeal . . . for a new dialogue about how we are shaping the future of our planet. We need a conversation which includes everyone, since the environmental challenge we are undergoing, and its human roots, concern and affect us all." (*Laudato Si'*, no. 14)



NEED EMOTIONAL SUPPORT?

If you experiencing emotional distress related to the COVID-19 pandemic, crisis counselors are available 24/7, 365 days a year.

**Call 1-800-985-5990
or text "TalkWithUs" to 66746.**



If you are in crisis or or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

**Call 1-800-273-8255 (TALK)
or text "MHA" to 741741.**