

Justice, Peace and Life

October 2024

“In a frail human being, each one of us is invited to recognize the face of the Lord, who in his human flesh experienced the indifference and solitude to which we so often condemn the poorest of the poor, whether in developing countries or in wealthy societies.

Every child who, rather than being born, is condemned unjustly to being aborted, bears the face of Jesus Christ, bears the face of the Lord, who even before he was born, and then just after birth, experienced the world's rejection...

And every elderly person, even if he is ill or at the end of his days, bears the face of Christ. They cannot be discarded, as the “culture of waste” suggests! They cannot be thrown away!” -Pope Francis



“I CAME SO THAT THEY MIGHT HAVE LIFE”

*Read the full Respect Life Reflection
from the USCCB at this [link](#)*

“We are each called by God to be that light of Christ that breaks through the darkness. We are called to be his disciples, continually transformed by our encounter with him and sharing in his mission. Jesus came that we might have life.

Part of the impetus for the Eucharistic Revival was a concern that some Catholics do not believe, or at least do not understand, that Jesus is truly present in the Eucharist. Even though our human senses perceive bread and wine, the Eucharist is Jesus—body, blood, soul, and divinity.

Similarly, many people do not realize or acknowledge the sanctity of human life when it is hidden in the womb. Both instances call for us to help others recognize these sacred gifts that may not be perceivable through our human senses. We need to help others understand that just because something may not be apparent to our eyes does not mean that it is not there or that it is not important.

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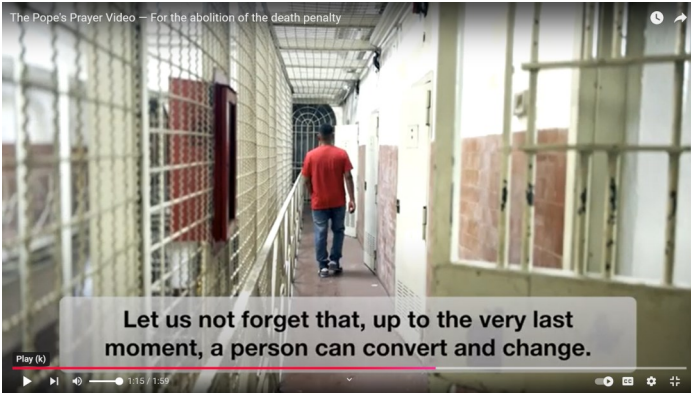
Let Us Pray for Greater Respect for Life

Join in the Respect Life Novena from October 22-30. This novena prays for the protection of human life, from conception to natural death, and includes reflections and suggested actions to help build a culture of life. Click [here](#) to see it.

respect life month novena



OCTOBER 22-30
respectlife.org



Screen shot from “The Pope's Prayer Video – For the abolition of the death penalty”. Watch it at this [link](#)

Respect for the Life and God-given Dignity of People on Death Row

There have been 9 executions in 7 states in the U.S. since August 1.

One happened the day before this newsletter is being sent out.

Advocate to save the lives of people who are slated to be executed and learn more about the effort to abolish the death penalty at Catholic Mobilizing Network’s [web site](#).

During Respect Life Month, Catholic Mobilizing Network invites you to join in a Novena to End the Death Penalty, found at this [link](#).



Respect for the Lives of People with Mental Health Issues (including respect for our personal mental well-being!): National Catholic Mental Health Campaign

People with acute mental health issues are some of the most isolated and misunderstood people among us. As children of God, their lives should be respected and valued but often aren't.

The U.S. Conference of Catholic Bishops has begun a year-round initiative called the National Catholic Mental Health Campaign, with the goals of: raising awareness of the mental health crisis in the U.S.; combatting stigma around the topic of mental health; and advocating for all those impacted.

They **write**: *Mental illness and mental health challenges are exceedingly common, perhaps more so than many realize. Eventually, these challenges touch the lives of all. We express particular closeness to all who are suffering, either directly, or with a loved one, with special compassion for persons who have considered suicide or have lost a loved one to suicide. You are not alone! You are loved. You are welcome in the Catholic Church.*

In honor of World Mental Health Day, October 10, read Bishop James Conley’s **recent letter** on his own mental health struggles; request workplace training on how to recognize and respond to emotional distress; and **pray** for all those affected by the mental health crisis in our country (and that’s all of us).

It's time to
prioritize
Mental Health
in the Workplace



Ideas from Mentalhealthfirstaid.org on How to Care for Your Own Mental Health

*Reconnect with a friend. Call, text or mail them a card.

*Start that book you’ve been wanting to read.

*Take a nap. **Sleep is critical** to your mental health!

*Unfollow or hide social media accounts that aren’t relevant to you or bring you down.

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