

"The salvation which God has wrought, and the Church joyfully proclaims, is for everyone. God has found a way to unite himself to every human being in every age." Through his Cross and Resurrection, Christ united the one human race to the Father. However, even though Christ's victory over sin and death is complete, we still live in a world affected by them. As bishops of the Catholic Church in the United States, we want to address one particularly destructive and persistent form of evil. Despite many promising strides made in our country, racism still infects our nation."

"Our life is a living conversation with God"

Sr. Gail Trippett, CSJ

This reflection invites you to sit with Jesus and listen to our common call to love as our Father in heaven loves. The divinity within each of us is part of the solution to our common problems. Tap into the glory that lies within your spiritual DNA by listening to the Holy Spirit.



Discernment #1

What we fear controls us. What we face frees us.

Set aside some quiet time to reflect on the following question. What would our country look like if every person understood the vision of the Kingdom Jesus allowed himself to be crucified to restore? What does it mean when the bishops remind us that Christ united the one human race to God? Use the space below to write your reflection.

Go the following link and listen to the following song:

Tasha Cobbs Leonard – “You Know My Name”

<https://youtu.be/JpYzwASoEVO>

Jesus counts on each one of us to continue his mission.

Spend some quiet moments with Jesus. (Clear your mind by baking, walking, meditating, working in the yard, whatever you enjoy that stops the chatter in your mind.) Write your reflections below.

Discernment #2

Watch the following video:

<https://youtu.be/tnVn1SjAs90>

"True peace is not merely the absence of tension; it is the presence of justice."

—Stride Toward Freedom, 1958, Dr. Martin Luther King, Jr.

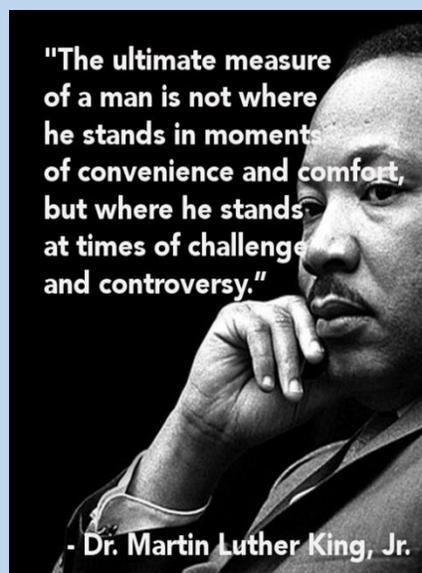
Open Wide Our Hearts:

What is needed, and what we are calling for, is a genuine conversion of heart, a conversion that will compel change and reform our institutions and society. Conversion is a long road to travel for the individual. Moving our nation to a full realization of the promise of liberty, equality, and justice for all is even more challenging. However, in Christ we can find the strength and the grace necessary to make that journey.

In this regard, each of us should adopt the words of Pope Francis as our own: let no one "think that this invitation is not meant for him or her." All of us need personal, ongoing conversion. Our churches and our civic and social institutions need continuing reform. If racism is confronted by addressing its causes and the injustice it produces, then healing can occur. In that transformed reality, the headlines we see all too often today will become lessons from the past.

CENTERING THOUGHT:

Guilt does not come from God. Grace is given when a soul allows Jesus to walk him/her back to its highest spiritual essence. God created each person to accomplish the good that will bless the world because of your presence. What good do you want to leave with each soul you encounter?



Discernment #3

Watch the following and listen to the song - "Mary Did You Know"

video:<https://www.bing.com/search?q=pentatonix+mary+did+you+know+video&FORM=QSRE3>

Open Wide Our Hearts

For a nation to be just, it must be a society that recognizes and respects individuals, and people's legitimate rights. These rights precede any society because they flow from the dignity granted to each person as created by God. We are reminded of this fundamental truth in the earliest passages of the book of Genesis:

Then God said: Let us make human beings in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, the tame animals, all the wild animals, and all the creatures that crawl on the earth. God created humanity in his image; in the image of God, he created them;

CENTERING THOUGHT:

What song do the angels want to sing to God about your life, as you intentionally live the passage above?

What song would you want them to sing about you? Write your thoughts below.

Type the following link in your phone or computer menu bar and view the video:

<https://www.youtube.com/watch?v=jD8tjhVO1Tc>

*"If there be therefore any consolation in Christ, if any comfort of love,
if any fellowship of the Spirit, if any bowels and mercies,
Fulfill ye my joy, that ye be likeminded, having the same love,
being of one accord, of one mind." (Philippians 2:1-2)*