

**Info Alert 235**

**December 9, 2025**

"But when people are living good lives, and many of them for 10, 15, 20 years, to treat them in a way that is extremely disrespectful to say the least — and there's been some violence unfortunately — I think that the bishops have been very clear in what they said,"... "I would just invite all people in the United States to listen to them." *Pope Leo XIV Interview*

#### Day of Prayer

As women of faith, our intentional acts and our prayer stand as a beacon of light shining in the darkness of our times. Many religious and people of faith feel the call to respond to the divisions within our country with love through contemplative prayer and action. On January 6, we will lift our hearts in Evening Prayer live-streamed or in person from Camilla Hall at 4:00 p.m. Invite all people who share in ministry and mission to pray with us this evening.

#### Fasting

From earliest biblical times, fasting has been used as a way to center our hearts more intentionally on God and the needs for which we pray. Fasting may take a traditional form of refraining from eating between meals or denying ourselves dessert on January 6, but fasting may also take other forms. Perhaps, we could fast from any negative comment for the day, and instead, try to be complimentary toward each other. Perhaps we could fast from any electronic devices for two hours and spend extra time in prayer. We are encouraged to fast individually but to also choose some communal action.

#### Advocacy

While there are opportunities for advocacy in the Info Alert, you may wish to do something, specifically on January 6. Attached is a template to help you get started in writing to your state senators. You may choose any issue that is close to your heart. The addresses of your senators are available online. Please mail your letter from your convent. If several sisters in your convent are writing, you may put them into one envelope.

If you prefer to call your senators and representatives, there is a webpage and App named *5 Calls*: <https://5calls.org/>. If you choose to make phone calls, you can use this webpage or App to help generate a script for your calls.