March 2023

Chapter Commitment Monthly Focus

In the Spirit of our Foundress Nano Nagle, Presentation Sisters and Associates commit ourselves to address the needs of women and children, especially as they are impacted by economic, environmental and racial inequity.

Prayer

An Individual Racial Awareness Examen

Lord, open my eyes and heart and shine a light on this sensitive subject so that I may increase my awareness. Let me look at myself and others non-judgmentally and with love.

Thank you Lord, for the diversity of this life—for the variety of plants and animals that add so much to the wonder and delight in this world, and for the diversity within the human species. As part of the natural world, we, too, vary: in our genders, our languages, religions, our skin, hair, and eye colors, our abilities and disabilities. We are all one, made in YOUR image, an image that encompasses all of creation.”

I think about my childhood. What were the demographics of the school I attended, my neighborhood, my church? I reflect on the present: the demographics of work, neighborhood, place of worship? When I see a person I don’t know, what is the first thing I consciously notice about them? (e.g., age, race, body type, clothing, appearance, etc.)

I consider how many of my friends or close colleagues are of an ethnicity other than mine. (Note: What “speaks the loudest” to me in reflecting on these questions? Seek awareness.)

What am I to learn from my reflection? Is there anything I need to be more aware of, change, or do as a result of my prayer today? (Note: Close by speaking to God, either in a familiar prayer like the Our Father, or one that comes from deep within you. Offer yourself and your life to God. Rest in God’s embrace.)

~Based on an Ignatian examen written by Elaine Ireland

Stations of the Cross: Overcoming Racism

Consider taking one Station a day for personal or communal prayer during the remainder of Lent.

“... (Bias) can happen unintentionally. It can happen unconsciously. It can happen effortlessly. And it can happen in a matter of milliseconds. These associations can take hold of us no matter our values, no matter our conscious beliefs, no matter what kind of person we wish to be in the world.”  ~Janet L. Eberhard

You are invited to consider at least ONE of the following YouTube links dealing with implicit bias and racism:

- [Cracking the Codes: History, Identity and Culture](https://www.youtube.com/watch?v=) - YouTube (14 minutes)
- [Cracking the Codes: Dr. Joy DeGruy “A Trip to the Grocery Store”](https://www.youtube.com/watch?v=) (4 minutes)
- [Cracking the Codes: Unconscious Bias](https://www.youtube.com/watch?v=) - YouTube (7 minutes)

**Suggestion:** Consider sharing these links with a friend or family member and commit to “having a conversation”!

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**March is Women’s History Month.**

You are invited to view an hour-long documentary on Sister Thea Bowman. It shines a light on her life and work as an advocate for racial justice and intercultural understanding. The documentary is a comprehensive look at Sister Thea, the first African American member of the Franciscan Sisters of Perpetual Adoration and one of six Black Catholics known as a “Servant of God.” Click on the link below:

- [Going Home Like a Shooting Star: Thea Bowman’s Journey to Sainthood](https://www.youtube.com/watch?v=) - YouTube