



# MISSION MATTERS

## monthly



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### QUOTE OF THE MONTH

*“Overcoming poverty is not a gesture of charity. It is an act of justice. It is the protection of a fundamental human right, the right to dignity and a decent life.”*  
Nelson Mandela

### CATHOLIC Q&A

What is the Church document *Fratelli Tutti*?

click [here](#) for the answer

### INTERFAITH CALENDAR

click [here](#) for more information

- 01/01: Mary, Mother of God - *Catholic Christian*
- 01/01: Feast of Saint Basil - *Orthodox Christian*
- 01/01: Shogatsu Gantan-sai (New Year) - *Shinto*
- 01/05: Guru Gobindh Singh birthday- *Sikh*
- 01/06: Epiphany - *Christian*
- 01/07: Feast of the Nativity - *Orthodox Christian*
- 01/13: Maghi - *Sikh*
- 01/17: Tu B'Shvat - *Jewish*
- 01/18: Week of Prayer for Christian Unity begins - *Christian*
- 01/21: Chinese New Year - *Chinese*
- 01/30: Mahayana New Year - *Buddhism*

### ANNUAL WEEK OF PRAYER FOR CHRISTIAN UNITY

By Fr. James Loughran, SA

“We saw the star in the East, and we came to worship him” (cf. Matthew 2:2) is the theme for the 2022 Week of Prayer for Christian Unity. It was discerned by the Middle East Council of Churches (MECC) in Beirut, Lebanon, and finds its origins in the Gospel of Matthew (Matthew 2:1-12).

“The star in the east above Judea led the Magi to the birthplace of Jesus Christ, the one true king and savior,” said Fr. James Loughran, SA, Director of Graymoor Ecumenical & Inter-religious Institute. “Two thousand years later, it still beckons us, lighting the way to Christ, who is the light of the world.”

The Middle East Council of Churches (MECC) discerned the theme for 2022 and drafted the materials. An international group appointed jointly by the Pontifical Council for Promoting Christian Unity and the Faith and Order Commission of the World Council of Churches finalized the texts, working remotely due to the pandemic. Fr. James Puglisi, SA, director of the Centro Pro Unione, a ministry of the Friars of the Atonement that includes an ecumenical library and research center in Rome, serves on the international team.

Founded in 1974, the MECC is a regional ecumenical organization that brings together the Evangelical, Oriental Orthodox, Eastern Orthodox and Catholic churches in the Middle East to work towards the unification of church visions, perspectives, and attitudes, especially on issues related to Christian presence and witness in the region and Christian-Muslim relations. CLICK [HERE](#) TO LEARN MORE.



مجلس كنائس الشرق الأوسط  
The Middle East Council of Churches

### CREATE A HAPPIER ENVIRONMENT AT WORK!

By ACTIONFORHAPPINESS.ORG

Happiness at work is a win-win. Happy, engaged people are healthier, more productive, they have more ideas, are more likely to contribute over and above the responsibilities of their job and help out colleagues, are less likely to leave or be off sick and are more likely to get to work on time. They are better to be around as happiness is also catching. So, if your team is happy - you and others around them are more likely to be happy too.

As a supervisor, manager, or leader you can and will have an influence on how happy those you lead feel. This doesn't mean you should be constantly laughing or joking or can't be serious. There is a lot more to happiness at work than that. Nor does it mean not delivering tough messages, if and when these are necessary.

Recent research is showing more and more ways that we can increase our own and others' happiness. Many of us spend a large proportion of our lives at work, so if happiness is good for people and for business, if you are in a position to make a difference, isn't it a good thing to try to do?

Changing an organization's culture or incentive system can be complicated and take a long time and may not always be possible if you are not near the top of the hierarchy, but here are some ideas for things that will make a difference and are likely to be possible for most supervisors, managers and leaders.

CLICK [HERE](#) TO READ FULL ARTICLE!

ACTION FOR HAPPINESS

## OUR CORE VALUES

Justice and Peace



Transformation



**RESPECT FOR HUMAN DIGNITY**



Compassion



Solidarity with the Poor

2021-2022 Focus

## A "Respect for Human Dignity" Reflection:

Learn more about the *Coalition on Human Needs*

Founded in 1981 by organizations concerned about President Reagan's proposals to consolidate targeted federal funding for human needs programs into block grants, the Coalition has since expanded its work into other issue areas. The Coalition promotes adequate funding for human needs programs, progressive tax policies and other federal measures to address the needs of low-income and other vulnerable people.

The Coalition serves as a clearinghouse of information on poverty and human needs issues for our members and the general public. CHN publishes a bi-monthly legislative newsletter, the Human Needs Report; legislative analyses; issue briefs; fact sheets; action alerts and other informational materials. We also sponsor educational seminars and briefings on issues of concern to the human needs community such as our annual Budget Briefing and a variety of issue specific briefings. You can learn more about the positions that CHN takes on various issues by checking out our issues pages or reviewing our public policy document.

CHN convenes meetings, forums, and working groups of our member organizations to share information, forge consensus positions, and develop and implement collaborative strategies on public policy issues. A cornerstone of this activity is our CHN Advocates' Meetings held every other Friday while Congress is in session to discuss the latest legislative developments.

More and more groups across the country benefit from the work of the Coalition on Human Needs (CHN) as our alliance of national, state, and local organizations continues to grow. Since 1981, CHN has played a vital role in bringing human needs organizations together to expand and defend federal investments in health care, income assistance, education and training, housing, and other services for young and old. Knowledge is power, and CHN is a reliable source of essential information, presented in a straightforward manner, to enable advocates to be more effective. CHN is proud to join with advocates nationwide in the fight for low-income and vulnerable people and to make Congress respond to human need.

Yet in more than two decades, defenders of low-income and vulnerable people have never faced a bigger challenge in maintaining essential social services and protecting the federal role in meeting basic human needs for all Americans. CHN can help, but only with a strong and growing membership. Click [here](#) to learn more.



COALITION ON HUMAN NEEDS

## MARTIN LUTHER KING JR DAY 2022!

On Monday, January 17th our nation celebrates the life and teachings of Rev. Martin Luther King Jr. Click [here](#) to learn more about this amazing man.



**Happier January 2022**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

**ACTION FOR HAPPINESS** Happier · Kinder · Together

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Sister Mary Josette Food Pantry:

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