

July 2007

Apostolic Action Newsletter

Mother Cabrini Region of the Secular Franciscan Order



Family: from Joe Rice, SFO

These suggestions are based on the article about Family which appears in the June 2007 edition of *St. Anthony Magazine: Faith-Filled Family* by Susan Hines-Brigger.

Searching for God: Some suggestions:

1. Stop and look around. Take five minutes out of your busy day and look for God. You might be surprised at all the things you'll notice - and in a new way.
2. Talk with your kids. Ask them to tell you how they think Good looks like. You might get some interesting replies. Share your mental image of God with them.
3. Tune in. The writer mentions that her family tunes in to the TV show *Extreme Makeover* to find examples of God working thru others. For those stories that are not as uplifting, reflect and know that God is still with those who are suffering.
4. Be open. Try to be open to new things or perspectives. Embrace mysteries. Pray, meditate or just sit still and quiet. Seek insight from someone you would not normally turn to. It is in these moments of letting go and opening up that you just might see God.

Ecology: RiverSweep

Our Regional Ecology commissioner, Daniel Willenborg, has enlisted New Lenox Lutheran Pastor Douglas Hoag to assist in the effort as this event has grown into a New Lenox wide Christian celebration encompassing many denominations. If you are interested in either starting a RiverSweep event near your fraternity meeting place or joining the Sweep at Pilcher Park talk to **Daniel Willenborg at djwillenborg@sfoecology.org or 815-462-3592**. If you intend to help in New Lenox, you may pre-register so as to be assured that your t-shirt, gloves, and garbage bag will be waiting for you by contacting pastor@trinitynewlenox.org or Douglas Hoag at (815) 485-6973

Shooting the Messenger

Our Church is often maligned because individuals do not understand what She teaches. In the past, we were expected to blindly follow. Current generations need explanations - which many do not have the training or understanding to offer in an easily understood fashion. Luckily, the current and past Pope have done an excellent job.

Tenets regarding even tough topics such as Abortion and Homosexuality have not changed. The Church IS concerned with over population. The Church IS concerned with the need to feed everyone. The Church IS concerned with our happiness. And this is seen through the writings thru the ages.

Fasting used to be not only food oriented, but sexual activity was also part of the fast. This makes sense. If a child is conceived in Lent (March/April-ish) they will be born in December - in the beginning of the lean months.

Biodynamic gardening is a form of organic gardening that allows farmers to produce up to four times the food (often with higher nutritional value) on a plot of land than current conventional farming practices - without genetic modification nor with chemical fertilizers. The tenets of this mode of farming resemble the charts for planting that can be found in the medieval books of hours, and the rotation of crops that were common in that timeperiod.

Our faith, Catholicism, realizes that all life is interconnected. And having dominion over the Earth means that we must be husbands to the Earth and all the creatures God has created. We must nurture this garden of eden by choosing wisely, daily.

How do we do this? Read what the Church teaches. Read the words right from the encyclicals. Read the words right from the Doctors of the Church. It is what we professed to do.

Ecology/Family: Food supply



1 stone = apostolate for the individual

From FEED, the newsletter of the Union of Concerned Scientists:

Pet food recall highlights concerns about animal feed

The recent pet food scandal sparked an investigation that revealed melamine, the contaminant that killed dogs and cats across the country, was also fed to chickens and hogs destined for Americans' dinner tables. The discovery exposed serious inadequacies in the Food and Drug Administration's oversight of the food and feed supply, particularly with regard to imported products. Read more about melamine in livestock feed from the *Washington Post*. Even without melamine contamination, animal feed contains many ingredients that are unnatural and potentially hazardous, such as rendered carcasses, animal waste, plastics, and arsenic. See UCS information on animal feed ingredients at www.TheyEatWhat.com

What you can do: Keep antibiotics working

An estimated 70 percent of all antibiotics used in the United States are added to the feed of livestock and poultry that are not sick—a practice with serious consequences for human health. Bacteria that are constantly exposed to antibiotics develop resistance to the drugs. This means that when people get sick from resistant bacteria, the antibiotics prescribed by doctors don't work. Please write to your representatives in Congress today and ask them to support the Preservation of Antibiotics for Medical Treatment Act of 2007 (S. 549, H.R. 962), a bill that would preserve clinically important antibiotics for human use. Call your library for phone numbers.

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your comments and suggestions are welcome!
The opinions expressed here are my own. I hope you will be encouraged to say a prayer, write a letter, volunteer to help and... make a difference!

Ecology/Family: Mosquito Spraying

Although news reports about West Nile seem to indicate that there are confirmed cases in Northern Illinois, a perusal of the Center for Disease Control's website shows that there are NO *human* cases as of yet.

The Centers of Disease Control and Prevention (CDC) state that "spraying adulticides, pesticides intended to kill adult mosquitoes, is usually the least efficient mosquito control technique. Aside from adverse health effects posed to humans, adulticiding may actually increase the number of mosquitoes by destroying their natural predators. Additionally, mosquitoes that survive the spraying may become resistant, longer-lived, more aggressive, and have an increased prevalence of the virus within their bodies. Despite these problems, adulticides are often used in the battle to control mosquitoes."

from *Beyond Pesticides*:

Organophosphates, which include malathion (Fyfanon), naled (Dibrom) and chlorpyrifos (Mosquitomist), are a highly toxic class of pesticides that affect the central nervous, cardiovascular and respiratory systems. Some organophosphates have been linked to birth defects and cancer. Exposure to cholinesterase-inhibiting pesticides has been linked to impaired neurological development in the fetus and in infants, chronic fatigue syndrome, and Parkinson's disease. Breakdown times range from a few days in direct sunlight, to several months in damp, dark environments. **Symptoms of exposure include: numbness, tingling sensations, headache, dizziness, tremors, nausea, abdominal cramps, sweating, incoordination, blurred vision, difficulty breathing, slow heartbeat, unconsciousness, incontinence, convulsions and fatality.** If you suffer any of these symptoms, call Poison Control and your village to let them know.

to read more:

<http://www.beyondpesticides.org/mosquito/media/feldmanstatement.htm>

http://www.pesticideinfo.org/Docs/ref_toxicity6.html#CholinesteraseInhibitors