

A CATHOLIC MINISTRY TO PRISONERS

A SERVICE OF PAULIST EVANGELIZATION MINISTRIES

PO BOX 29121 ♦ WASHINGTON, DC 20017

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Put on the armor of God

The have a glorious heritage as Christians and followers of Jesus. We are fellow citizens of heaven with the saints and all the holy ones. We are members of the household of God (Ephesians 2:19). What truths to claim and embrace in this new year!

God's gift to us. We do not earn this because we are special. It is God's gift to us which we receive through baptism. But we have to hold on to these truths and cultivate them. We need to build our lives on the foundation "of the apostles and prophets, with Jesus Christ himself as the capstone" (v. 20).

Each of us has to be responsible for our own lives. We know that we have not always done this. Or maybe, not ever, or at least in a long time. That is why we are now facing time. We have to make a deci-

Dear Brothers and Sisters

in Christ,

We begin the new year, reminding ourselves that we are children of the light and of the day. We are called to

walk in the light (see 1 Thessalonians 5:1-6). As Jesus said, "I am the light of the world" (John 8:12).

On our daily journey, let us walk in his light. So, we "Put on the armor of God" (Ephesians 6:11), and walk with courage and hope. As we do, we will be surprised how more often we use the gifts we have been given to make the world around us a better place, including in prison.

Jesus is with you. Turn to him and rely on him. Walk in his light as a temple of God. Your life will be different, for the better.

Let us pray for one another.

Father Frank DeSiano, CSP President Paulist Evangelization Ministries sion to live in a new way and follow Jesus to new life. It is a great goal for the new year. No one can do it for us. We have to do it ourselves.

We can't get to heaven on the goodness of our grandmother, or on the efforts of someone else. We must do it ourselves. Their prayers and support help us, but we have to take daily actions to live in a new way. Again, a great goal in the new year.

"Put on the armor of God" (Ephesians 6:11). God gives us grace for new life. Draw your strength from that. St. Paul tells us how: "Stand fast with your loins girded in truth, clothed with righteousness as a breastplate, and your feet shod in readiness for the gospel of peace."



He continues: "In all circumstances hold faith as a shield. to quench all

[the] flaming arrows of the evil one. Take the helmet of salvation and the sword of the spirit, which is the word of God" (Ephesians 6:14-17).

Reflect on these words. Take them to heart. Let them guide you through your days. In our life-long journey with Jesus, they will help to change us because they will help us keep hold of Jesus. We will shine as a light to the world as we hold on to Jesus. This is our heritage as Christians and followers of Jesus. May this truth inspire us every day in the new year.

0&A

You are a temple of God!

Q. A lot of times I feel like I'm missing out on something with God. What's going on?

A. Part of the reason may be that you do not live as a child of God. Most of the time, we can be oblivious to our great heritage as a person baptized into Christ. St. Paul tells us this great truth about who we are: "Do you not know that you are the temple of God, and that the Spirit of God dwells in you?" (1 Corinthians 3:16).

Yes, we are temples of God. God dwells in us. Let us live by this truth! When we recognize this truth daily—and all through each day—we can live differently. We can set our eyes on the heavenlies and be more aware of loving God and loving neighbor. This is the Greatest Commandment (see Matthew 22:35-40) to which we are called.

So, remember who you are as a child of God baptized into Christ. When you feel pulled down in life by your time in prison, remember that you are a temple of God and that the Spirit of God dwells in you. True, easier said than done. But the more you are aware that you are a temple of God, the more you will live in that truth.

O. How can I live in this truth?

A. Commit to spiritual resolutions in the new year. Several times each year, we remind you of our spiritual resolutions which help us to keep out eyes fixed on Jesus and live as temples of God.

Here they are again. Reconfirm and recommit to them each day. At times, you will likely fail. We all do. But the more you follow these spiritual practices, the more you will recall who you are as a child of God.

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CHURCH CALENDAR

IANUARY 2021

- 1 Mary, Mother of God
- 2 Sts. Basil the Great and Gregory Nazianzen, bishops and doctors
- 3 Epiphany of the Lord
- 4 St. Elizabeth Ann Seton, religious
- 5 St. John Neumann, bishop
- 10 Baptism of the Lord
- 17 Second Sunday in Ordinary Time
- 18-25 Week of Prayer for Christian Unity
 - 21 St. Agnes, virgin and martyr
 - 22 Day of Prayer for the Legal Protection of Unborn Children
 - 23 St. Vincent, deacon and martyr; St. Marianne Cope, virgin
 - 24 Third Sunday in Ordinary Time Sunday of the Word of God
 - 25 Conversion of St. Paul
 - 26 Sts. Timothy and Titus, bishops
 - 28 St. Thomas Aquinas, priest and doctor
 - 31 Fourth Sunday in Ordinary Time

FEBRUARY 2021

- 2 Presentation of the Lord
- 5 St. Agatha, virgin and martyr
- 6 St. Paul Miki and Companions, martyrs
- 7 Fifth Sunday in Ordinary Time
- 10 St. Scholastica, virgin
- 14 Sixth Sunday in Ordinary Time
- 17 Ash Wednesday
- 21 First Sunday of Lent
- 22 Chair of St. Peter
- 28 Second Sunday of Lent

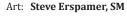
MARCH 2021

- 7 Third Sunday of Lent
- 14 Fourth Sunday of Lent
- 19 St. Joseph, Spouse of the Blessed Virgin Mary
- 21 Fifth Sunday of Lent
- 25 Annunciation of the Lord
- 28 Palm Sunday of the Lord's Passion

Let's Talk!

PEM President: Rev. Frank DeSiano, CSP

Editor: Mr. Anthony Bosnick
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Thank you for your help. PMLTH2101

You are a temple of God!

• First, read the Word of God—the Bible—a little each day, and pray and talk to God about what you are reading. Set aside some time each day to read Scripture. If you don't set time aside, you will not likely get to it.

• Second, we need to worship and pray.

If your prison has a Catholic Mass, attend it if you can. And more than attend it, pray it and let it touch your heart. Also, have a

time of personal prayer each day. At Mass and in your private prayer, talk with God and listen to him. He will guide you and give you hope.

- Third, take part in a community of believers. Don't be a "lone ranger." Other faithful disciples of Christ can be a great support in helping us be more faithful too.
- Fourth, care for and serve others. As we are aware of the needs of others, our hearts are opened and we experience the love of God in a deeper way. The most faithful followers of Jesus—the Saints—continually provide the example of this. Look around you, you can do this in prison too.

These are four simple ways to help you live in the truth. They are called a "Spiritual Discipline." They help you put on the armor of God each day. Decide to put them into practice in your life in this new year, even for just a month. You will be surprised at the change in your life in even that short time. That's how we set off on new life. We are sure you will be so pleased with the results, you will continue after one month.

More about the Rosary.

In our last issue, we wrote in the Q&A column about the value of praying the ro-

(continued from page 1)

sary. In this issue on pages 4 & 5, we have more tips on praying the rosary. We have put it into a pamphlet format available through Paulist Prison Ministries. We are making this available to prisoners as an easily copied English/Spanish three-fold pamphlet. Use it yourself and give it to friends.

You can write to us for a copy or ask your chaplain if any are available through the chaplain's office. See page 2 of

this newsletter for our address.



A reminder about the corona virus.

At the time of this writing in mid-November, the coronavirus

pandemic is still a challenge and is getting worse. The incidence of infection is higher in prisons than outside. Crowded prisons help the virus spread quickly. The U.S. Centers for Disease Control and Prevention (CDC) offer the following advice to help keep safe. Your prison probably also has guidelines. Pay attention to them.

Prevention tips include: Avoid close contact with sick individuals. Frequently wash hands with soap and water. Do not touch your eyes, nose, or mouth with unwashed hands.

Practice good respiratory hygiene:

Cover your mouth and nose with a tissue when coughing or sneezing. Use the nearest waste receptacle to dispose of the tissue after use. Perform hand hygiene (hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic handwash) after having contact with respiratory secretions and contaminated objects/materials.

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Prisoner Saint

St. Josephine Bakhita (1869 – 1947) + Bakhita was born in Sudan to a respected Muslim family. When she was 7 or 8 years old, she was kidnapped by Arab slave traders and forced to walk barefoot about 600 miles, sold and bought twice. In twelve more years, she was sold three more times and then given away. She found herself in Italy where she became a Catholic and lived faithfully as a religious sister until her death. When asked what she would do if she met her captors who held her in the prison of slavery, Bakhita answered, "I would kneel and kiss their hands. For, if these things had not happened, I would not have been a Christian and a religious today." Josephine Bakhita of Sudan was named a Saint on October 1, 2000 by Pope John Paul II.

Feast Day: February 8

Pope Francis' Prayer Requests for January/February/ March 2021

Each month the Pope entrusts prayer intentions to the Apostleship of Prayer, his Worldwide Prayer Network. His monthly prayer intention is a global call to transform our prayer into "concrete gestures" of service. It is a monthly action plan mobilizing us to join together to build a more human and caring world.

In addition to the monthly requests below, the Holy Father at the beginning of the month offers a second prayer intention for his immediate concerns, a "last minute" intention to get us out of the "globalization of indifference." Your chaplain or volunteer may be able to get this request for you.

JANUARY

Evangelization: *Human fraternity:* May the Lord give us the grace to live in full fellowship with our brothers and sisters of other religions, praying for one another, open to all.

FEBRUARY

Universal:

Violence against women: We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

MARCH

Evangelization:

Sacrament of reconciliation: Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.

Pope Francis invites you to join him in praying for these intentions. Your prayer is needed and can help change the world. Black Catholics, Part 1

By Deacon Dennis Dolan

Racism is a sin in the Catholic Church

Peaches: I am so "in the flesh" today, Deacon!

Me: Trouble in paradise?

Peaches: Yeah, it's my cellie. I'm about to go "lock in sock" on her!

Me: OK! You need to simmer! What's the issue?

Peaches: That girl will not say, "Black lives matter"! She keeps saying "All lives matter"!

Me: So you're arguing over two true statements?

Peaches: Really, Deke? I'd have thought that you would get it!

Me: Oh, I do. "All lives matter" is a statement that would logically include the idea that "Black lives matter" to be a true statement. But it's kind of like one of my daughters asking me, "Dad, do you love ME?" She needs to hear, "Yes, I love YOU" not "I love ALL my daughters".

Peaches: Exactly!

Me: And for my money no one can truthfully say, "All lives matter" if they are NOT willing to say, "Black lives matter".

Peaches: How come she doesn't get it, Deke?

Me: I don't know but you could try my daughter example on her and see if she can hear the question behind the statement "Black lives matter". Some people these days are so trapped in the political polarization that they cannot get out of that box to hear the moral question underneath.

Peaches: Moral, huh?

Me: Yes, moral and for us Catholics, a question of sin. Racism is a sin!

Peaches: Sin? Really?

Me: Yup. You can find it in the teachings of the Second Vatican Council (GS, n. 29; LG, n. 32), *The Catechism of the Catholic Church* (n. 1935), and pastoral letters from the U.S. Conference of Catholic Bishops and in papal teachings. Racism is a sin—S.I.N.—sin!

Peaches: Really! I'm surprised. I don't hear any sermons on that!

Me: Me neither and unfortunately, I'm guilty as a preacher. I just don't think of it because generally we preach homilies not sermons.

Peaches: They're not the same?

Me: No. A sermon is a talk on a topic, like racism or another area of morality or belief. A homily is unpacking the scripture readings of the day and applying them to our lives. Racism does not jump out at you from the

Gospels. It's a more recent problem. So a homily is where we just go by habit, but a sermon is a decision so you hear them way less often on any topic.

Peaches: Well, we are a white church so ...

Me: No. Actually, we're not. Most Catholics across the globe are not white.

Peaches: Well, here in the U.S. we are.

Me: Less and less all the time. U. S. Church is only 60 percent white European descent today. The 40 percent non-white is the fast-growing part.

Peaches: Interesting. But we're not a black church.

Me: Well...

Peaches: C'mon, Deke!

Me: Well, we are the largest black church in the USA. AME Zion church is the largest single black church in this country and we have half a million more black Catholic members than they do, so, in a way....

Peaches: How many black American Catholics do we have?

Me: Three million or so in our country and the majority of black *Christians* in the Western Hemisphere are Roman Catholics as well.

Peaches: OK. I get it. We're not as white a church as I think.

Me: Well, we are pretty white here in the Northeast.

Peaches: Why don't we have more black Catholics in this country?

Me: Because historically, Catholics were not the big slave owners in the U.S., especially around here. Most enslaved people adopted the religion of their plantation owner.

Peaches: OK. Let's see if I've got this: Most Catholics on the planet are not white.

Me: Right.

Peaches: Almost half of Catholics in the U.S. are not white.

Me: The fastest growing part!

Peaches: And racism is an actual, official sin in the Catholic Church.

Me: Correct! Go to Confession! **Peaches:** Did I forget anything? **Me:** Yup, "Black lives matter!"

Deacon Dennis Dolan is a retired chaplain from York Correctional Institution in Connecticut. He continues his ministry with and for prisoners through his writing.



Misterios del Rosario

Misterios Gozosos

La Anunciación (lunes y sábado)

La Presentación en La Visitación de la Virgen María La Natividad

El Niño perdido y el templo

hallado en el templo

Misterios Dolorosos martes y viernes

La Oración del Huerto Los Azotes atado a la columna

La Coronación de

La Transfiguración la institución de la

> lesús muere en la cruz La Cruz a cuestas

Eucaristía

La Coronación de María **Misterios Gloriosos** (miércoles y domingo) a Resurrección Espíritu Santo La venida del La Ascensión La Asunción

Misterios Luminosos (jueves)

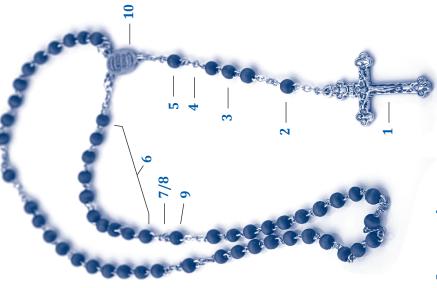
Las bodas de Caná El Bautismo en el esús proclama el Reino de Dios rio Jordán







Bajar el folleto en www.pemdc.org/Rosarypamphlet



Instrucciones

- 1. Haz la señal de la cruz y reza el Credo de los Apóstoles.
- Rezar el "Padre nuestro".
- 3. Decir tres "Ave Marías".
- 4. Rezar el "Gloria al Padre"
- Anunciar el Primer Misterio; luego rezar el "Padre nuestro".
- Rezar diez "Ave Marías", y meditar en el misterio. 9
- 7. Rezar el "Gloria al Padre".
- Después de cada decena rezar la "Oración de Fátima".
- Repetir el 5,6,7 y 8 continuando con el Segundo, Fercer, Cuarto y Quinto Misterio de la misma 9.
- 10. Rezar la "Salve" después de completar las cinco decenas.

Oraciones del Rosario

Credo de los Apóstoles

el poder de Poncio Pilato, fue crucificado, muerto comunión de los santos, el perdón de los pecados, la Creo en Dios, Padre todopoderoso, Creador del cielo y de la tierra. Creo en Jesucristo, su único Hijo, nuestro Señor, que fue concebido por obra y gracia del Espíritu Santo; nació de Santa María Virgen, padeció bajo y sepultado, descendió a los infiernos, al tercer día resucitó de entre los muertos, subió a los cielos y está sentado a la derecha de Dios, Padre todopoderoso. Creo en el Espíritu Santo, la santa Iglesia católica, la Desde allí ha de venir a juzgar a vivos y muertos. esurrección de la carne y la vida eterna. Amén.

Padre nuestro

en la tierra como en el cielo. Danos hoy nuestro pan de cada día; perdona nuestras ofensas, como también nosotros perdonamos a los que nos ofenden; no nos Padre nuestro, que estás en el cielo, santificado sea tu Nombre; venga a nosotros tu reino; hágase tu voluntad, dejes caer en la tentación, y líbranos del mal. Amén.

Ave María

Dios te salve, María; llena eres de gracia; el Señor es contigo; bendita Tú eres entre todas las mujeres y bendito es el fruto de tu vientre, Jesús. Santa María, madre de Dios ruega por nosotros, pecadores ahora y en la hora de nuestra muerte. Amén.

Gloria al Padre

Gloria al Padre, y al Hijo, y al Espíritu Santo. Como era en el principio, ahora y siempre, y por los siglos de los siglos. Amén.

Oración de Fátima

Oh, Jesús mío, perdona nuestros pecados! Líbranos del fuego del infierno. Lleva al cielo a todas las almas, especialmente a las más necesitadas de Tu misericordia. Amén.

a ti suspiramos, gimiendo y llorando en este valle de ágrimas. Ea, pues, Señora, abogada nuestra, vuelve a este destierro muéstranos a Jesús, fruto bendito de Dios te salve, Reina y Madre de misericordia, vida, dulzura y esperanza nuestra: Dios te salve. A ti clamamos, nosotros esos tus ojos misericordiosos; y después de tu vientre. Oh clemente, oh piadosa, oh dulce Virgen María. Ruega por nosotros, Santa Madre de Dios. Para que seamos dignos de alcanzar las promesas de nuestro Señor Jesucristo. Amén

Mysteries of the Rosary

(Monday and Saturday) The Joyful Mysteries

The Annunciation

The Nativity The Visitation

The Presentation in the Temple

The Finding in

the Temple

The Sorrowful Mysteries

The Agony in the Garden (Tuesday and Friday)

The Scourging at The Crowning the Pillar

The Carrying of with Thorns

The Crucifixion the Cross

and Death



The Wedding Feast The Baptism of Christ in the Jordan at Cana

Jesus' Proclamation Kingdom of God of the Coming of the

The Institution of the The Transfiguration



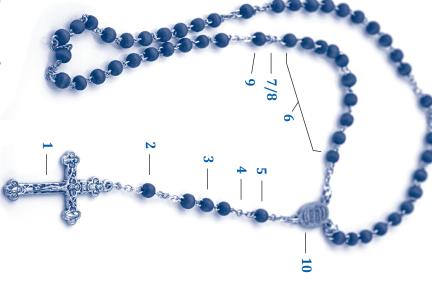


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Instructions

- 1. Make the Sign of the Cross and say the "Apostles' Creed."
- Say the "Our Father."
- 3. Say three "Hail Marys."
- 4. Say the "Glory be to the Father"
- 5. Announce the First Mystery; then say the "Our Father."
- on the Mystery. Say ten "Hail Marys," while meditating
- 7. Say the "Glory be to the Father."
- 8. After each decade say the "Fatima Prayer."
- **9.** Repeat 5,6,7, and 8 continuing with the Second, Third, Fourth and Fifth Mysteries in the same way.
- 10. Say the "Hail, Holy Queen" after the five decades are completed.

Prayers of the Rosary

Apostles' Creed

the body, and life everlasting. Amen. saints, the forgiveness of sins, the resurrection of Spirit, the holy catholic Church, the communion of right hand of the Father; from there he shall come dead. He ascended into heaven, and is seated at the was crucified, died and was buried. He descended of the Virgin Mary, suffered under Pontius Pilate, our Lord, who was conceived by the Holy Spirit, born to judge the living and the dead. I believe in the Holy into hell; on the third day he rose again from the heaven and earth; and in Jesus Christ, his only Son, I believe in God, the Father almighty, Creator of

temptation, but deliver us from evil. Amen. earth as it is in heaven. Give us this day our daily name; thy kingdom come; thy will be done on Our Father, who art in heaven, hallowed be thy those who trespass against us; and lead us not into bread; and forgive us our trespasses as we forgive

us sinners, now and at the hour of our death. Amen. art thou among women, and blessed is the fruit of Hail Mary, full of grace, the Lord is with thee. Blessed thy womb, Jesus. Holy Mary, Mother of God, pray for

ever shall be, world without end. Amen. Holy Spirit; as it was in the beginning, is now, and Glory be to the Father, and to the Son, and to the

Fatima Prayer

in most need of Thy mercy. Oh my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those

The Hail Holy Queen

of the promises of Christ. Amen. O holy mother of God. That we may be made worthy clement, O loving, O sweet Virgin Mary. Pray for us, show unto us the blessed fruit of thy womb, Jesus. O eyes of mercy towards us; and after this our exile, tears. Turn then, most gracious advocate, thine our sighs, mourning and weeping in this valley of sweetness, and our hope. To thee do we cry, poor Hail, holy Queen, mother of mercy, our life, our banished children of Eve; to thee do we send up

Open Wide Our Hearts, Part 2

Do Justice. Our call.

Racism is a tough topic to deal with. But it is currently front and center because of the deep racial strife in the U.S. this past summer, and in recent years. Also, the year 2019 marked the four hundredth anniversary of the introduction of slaves in English-speaking America, in the Virginia colony. Slavery is part of our heritage, and so too is racism.

This is the second article in our multi-part series on racism. The inspiration for the articles comes from "Open Wide Our Hearts. The Enduring Call to Love," the 2018 Pastoral Letter Against Racism issued by the United States Conference of Catholic Bishops. (All the page numbers in this article refer to "Open Wide Our Hearts".)

Do what is good. The Old Testament prophet Micah inspires us with these words: "You have been told, O mortal, what is good, and what the Lord requires of you: Only to *do justice* and to love goodness, and to walk humbly with your God" (Micah 6:8).

In this article, we will focus on "do justice." In following articles we will look at "love goodness" and "walk humbly with your God."

The Bishops take the words "do justice" from Micah and use them to teach about the call to face racism in our country, Church, and personal lives. As followers of Jesus, we are called to promote justice. The Bishops write, "God demands what is right and just" (p. 7). That means we need to respect the rights of all people. The reality is that we have fallen far short of respecting those human rights in the U.S. and in our personal lives.

The human rights all people "flow from the dignity granted to each person as created by God" (p. 5). God has no favorites. He loves us all equally and deeply. God calls us to love all people in the same way, equally and deeply as well. And just as important, we cannot put people of other races down and consider them less than or inferior to us.

Signs of racism in our lives. If we make jokes about people of other races, put them down as inferior, talk rudely or crudely to and about them, attack them physically, and don't make an effort to get to know them as fellow human beings, we are displaying signs of racism. These are all racist acts. **Action Step:** Take some time to prayerfully examine your life to see if and when you act in these ways to people of other races. Make an account of your life, and ask God's forgiveness and grace to change.

These types of behavior are wrong in the eyes of God because "We are meant to love God with our whole being, which then overflows into love for our neighbor" (p. 6). So, if we want to

be faithful disciples of Jesus on our journey, we must take this call to love our neighbor seriously. At the same time, we have to change those behaviors contrary to the way of Jesus. Racism is one of those behaviors.

Racism still festers. The Bishops make the point that "the evil of racism festers" because "there has been very limited formal acknowledgement of the harm done to so many, no moment of atonement, no national process of reconciliation and, all too often a neglect of our history" (p. 7). There has been little or no attempt to do justice.

So, the Bishops call us "to listen and know the stories of our brothers and sisters. We must create opportunities to hear, with open hearts, the tragic stories that are deeply imprinted on the lives of our brothers and sisters, if we are to be moved with empathy to promote justice" (p. 7). And we are to seek to change, to become new in Jesus. This applies not only to African Americans, but to Native Americans and Hispanics as well.

Our hope is that in Christ, the Holy Spirit can change our hearts. "In examining the generational effects of racism on families, communities, and our Church, each of us can begin to act in solidarity to change the prospects for future generations" (p. 13).

Prayer is a good place to start. Let us join in the prayer which the U.S. Bishops have given us:

A Prayer for Repentance and Conversion of Heart

Mary, friend and mother to all, through your Son, God has found a way to unite himself to every human being, called to be one people, sisters and brothers to each other.

> We ask for your help in calling on your Son, seeking forgiveness for the times when we have failed to love and respect one another.

We ask for your help in obtaining from your Son, the grace we need to overcome the evil of racism and to build a just society.

We ask for your help in following your Son, so that prejudice and animosity will no longer infect our minds or hearts but will be replaced with a love that respects the dignity of each person.

Mother of the Church, the Spirit of your Son Jesus warms our hearts: pray for us.

From: "Open Wide Our Hearts"

If you want to read more on the Church's teaching on racism, you can download a copy of "Open Wide Our Hearts" on the internet.

~ Anthony Bosnick

You are a temple of God! continued from page 2

If you have access to a computer, check out this link for more information: https://www.cdc.gov/coronavirus/2019-ncov/index.html. Or you can google: "Center for Disease Control Coronavirus."

A plan to follow. In these times, let's remember that God is with us. We must be prudent and cautious and follow the health guidelines, but also not to be overwhelmed by fear, for God loves us and is with us.

Let's Talk! responds to prisoners' questions. Write to us at the address on page 2 of this newsletter. We like hearing from our readers.

Pray for our benefactors *Let's Talk!* and its Spanish translation *¡Hablemos!* are supported by donations. They are given free of charge to prison chaplains for distribution to inmates by Paulist Prison Ministries. Please pray for our benefactors. To help support this ministry, please send your donation to the address on page 2 of this newsletter.