



Reflection on Living an Ethical Lifestyle

The richness of our internationality with its missionary, apostolic and cultural characteristics challenges each of us to be and to live the Good News as women of the Gospel. Thus, we commit ourselves to

- Live an ethical style of life in which every choice we make is grounded in critical awareness of its impact on society and the planet. (Urgencies of the Congregation and the Planet – Chapter Directives 2009)

Symbol: An empty plate and a plate of fruit or bread

Reading: Directives of 2009

“Our Charism of unity impels us to go beyond ourselves and strengthen relationships which call us to a greater interdependence and partnership at all levels. ... we must transform our ways of thinking and work to change unjust laws and structures that prevent persons from receiving respect and accessing resources that are their basic right.”

Personal Reflection: (suggestion: have reflective music playing)

Facts on Hunger

- Throughout the world, 925 million people are hungry. Every five seconds a child dies of hunger related causes (Facts about Hunger and Poverty)
- 60% of the world’s hungry are women (U.N. Report 2010)
- The world produces enough food to feed all 7 billion people who live in it, but those who go hungry either do not have land to grow food or money to purchase it. (Facts about Global Hunger)
- Industrialized and developing countries waste or lose about the same amount of food each year – 670 million tons. Rich countries waste food at the level of consumers, while in developing countries food is lost due to weak infrastructure – poor storage, processing and packaging facilities and lack of capacity to keep food fresh. . (U.N. Food and Agricultural Organization)
- Large food markets encourage consumers to buy more food than they need often through the sale of various items. This results in unused and wasted food. (BBC Study on Food Waste)
- Food loss and waste also amount to a major squandering of resources, including water, land, energy, labor and capital, and needlessly produce greenhouse gas emissions, contributing to global warming and climate change. (Impacting Global Hunger)

Sharing:

In the light of our Chapter Directive to live in awareness that the choices we make have an impact on society and the planet, what is my response to the reality of hunger locally and globally? As I examine how I live, am I part of the problem or the solution? Is there some action I can take to bring about a change in the way I live as a consumer? Is there some practice we, as a local community, can take to have a positive impact on hunger?