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**February 3, 2020**

**"Because everything is interdependent, there are no simple, single causes and effects. Every action creates not just an equal and opposite reaction, but a web of reverberating consequences." —Starhawk**

**February**

**Black History Month**

Feb. 1-7 World day of Harmony Week

Feb. 8 St. Josephine Bakhita

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**TAKING ACTION**

**Be a voice for the voiceless
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***Support Aid to Puerto Rico***

 Democrats in the U.S. House of Representatives have just introduced a $4.7 billion Puerto Rico aid bill that can help the island manage its immediate and critical needs relating to education and the welfare of children and their families.

The emergency aid bill is up for a vote, and it’s crucial that our legislators hear from us. [**Send a letter to your representative right now urging him or her to vote in support of the emergency aid funding for Puerto Rico.**](https://u1584542.ct.sendgrid.net/mps2/c/HgE/ni0YAA/t.2yw/e8fMurMNQl-R-OcWabSScw/h0/CA0gLXQEKb6jqGkD7RqZiZ68-2FuJEwwKRNY3KQnepVolyUPTn2zv7pB31d4oJ9NF3HEA5VUoEbXGV7FktFv2j7ZqremdFkl-2FNrynYAk0hCE2xAkSPc16GZVS5ehUr4K1kcwyvs4Z-2FpB1vGYjUtxYJfB82cK7TnNxjprJM3dd73bQNawGJgHz4-2F-2FkR18rG2jmXKKixOOlQt-2BRd-2BIqcPNRneuud92DQdlYL8y5uaOKZgwD6EZo2cMzSja-2BCRFWMST21dkyyXEBvPQSIWk3UPDnBCq76N94G21MJ-2FlMNLBXA7cBvKAP4-2By1TRl309PBKkFQM3guaIWxDtwGXG3kW-2BpFwRCjh9qG4YPXef4dPtyzP80KZrLGahjtWOG86YUFLHO8-2Ftn-2F8sq7Lox-2B7ORIqeC-2B5iGVKlsXARmwiuMZXeH-2B-2F1nnlnbZMYkAiGZLdJKFp-2FrEH/T4xl)

[***Let your Representative know how they scored on NETWORK's 2019 Voting Record today!***](http://cqrcengage.com/networklobby/app/thru?ep=AAAAC2Flc0NpcGhlcjAxCEgY0-Rz8ONJl_-Nb7pBlbZSbny1Ydy-gfPxLjI92TT9u8xS6AgQP4Y9kU2LKlMMjo1VDRRWd1pjJ0UrzgwdaRiTO7tR6owX5P_pb3n4WP-SPpylKWb1SA0sIMQC4pN6HrPKvlEiIFtezhVEExgL7psfA6kmmM6XbuEHLrR1QF8&lp=0)When you email your Representative, a sample message (that you can edit) will auto-generate whether they scored a 100%, passed, failed, or are a non-voting official.

Thank you so much for your continued activism! Your voice makes our advocacy on Capitol Hill stronger!

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| [**Email Your Representative Now!**](http://cqrcengage.com/networklobby/app/thru?ep=AAAAC2Flc0NpcGhlcjAxfuFJSH63W31LRdMJcw_-vikBDZJ8o31iV7Hth7ExaL6McGHpIBikTB8xIaWrISA2tUX_qHjQRdYgAS8k1fUcaplce8uWtcY0-RqO0NEvqKJZBktpTQe1_Olnmc9EOamFzBd6k9N8HQtsG2JuX9b8wqb3csiqNvjr6tUFfSnv-fo&lp=0) |

***Protect the right to Organize***

Lawmakers, in 2019, introduced the Protecting the Right to Organize (PRO) Act, H.R. 2474, which would give millions of America’s workers additional protections to organize and negotiate for better pay and benefits, and a voice on the job.

The U.S. House of Representatives will vote next week on this crucial piece of legislation. But greedy CEOs will do everything they can to oppose working people standing together.

[**Can you make a call right now to tell your representative to pass the PRO Act**](https://u1584542.ct.sendgrid.net/mps2/c/GQE/ni0YAA/t.2yy/jUpRK6wnSju35_VjalPnvw/h0/CA0gLXQEKb6jqGkD7RqZiT8OBkXPvclblsAC2tjBY6SWSaBcHFUBXXgmO6hoVSqG526yRyxqc9Hyn6iC1nN2UKEw2aUbsp1lzr2nrh1tpM6-2BOK2rv-2BX1CvLQ8dAr62q4MBFkmag2QlCr-2FdjXNgNyTPIBymEn45TbP27R1SyugtndiNTNxaAglRI7AbN-2Bv3bGUp513GgAKi07o3R4c7t7-2BOlC141lgg7Du8SyMowUGJquaghsNU2qL5cq-2FwfRIl5KFfRN-2FRIzkGbK-2BQYMrTh5Zf5ow9CHECWgR-2BucXLFB4WwDM1NZ-2F6oWXer4-2FSNvUj-2FZC3YiGdY5HIzSrKQtpS0Rxg-3D-3D/W-xe)

***Ending Asylum***

[Raices](http://www.raicestexas.org/) has prepared a very simple and powerful 4 minute video explaining the dangers of President Trump’s policy designed to end asylum.

Watch it here: <https://www.raicestexas.org/2020/01/30/one-of-trumps-cruelest-immigration-policies-a-year-on/?ms=em20200129_mpp&emci=b4d039ca-b343-ea11-a1cc-00155d03b1e8&emdi=2ec084eb-b543-ea11-a1cc-00155d03b1e8&ceid=207216>

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**INFORMATION/RESOURCES**

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***Good News for the Earth***

As [Nat Geo's **Sarah Gibbens** reports](https://email.nationalgeographic.com/T/v40000016ff371181290f1826e96c65220/60949d8a269445640000021ef3a0bcc9/60949d8a-2694-4564-b212-d794c5d720cd?__dU__=v0G4RBKTXg2GtTHJDsy7ii3waBSrIwMXGZJ7x_OARFKFQAIe3mwx22JG_r9Sy1LWLGyMVrrFIdudbYjwKGAKz6iTAgyV5XAM3SbSN-FzJU9XXpFWtSFRxbGw4nHcgLdnvWYAVcbDlQyQtE1-NmUBscmA==&__F__=v0fUYvjHMDjRPMSh3tviDHXIoXcPxvDgUUCCPvXMWoX_0JoZLAZABQF30xF0sKPois3VqfW5bf1WlfvPhqF6LHwC5xiRF0xcvsaXE6YZgfYFVsdwYZE47acmKOc2gK_PLZ4fl9OMCS7l393GcABTFIKaqAmZS6nwhDg-r_JMVAgcNNWMDOnSmeOYwxzJp2rQfMMDpqj8bl7Pnsq0L-lE3awFtpWAoU-9Guqz8nKQ4qVE0RLSPaqVmLchIzrEcjj8BixvE4MIvA6wYmtU-TODPqPtHpKsEo0HN_s645mbfKXm4FLmjwNbDvNXD-m7hHaIrZ_Ao3AouNnfjbPoh0k7o9zt7w2ZpjUlHV1NO7dxGJGR6Pt2sG63kYxlvCv-NgS3QXFQGK1UO87aF8Zm4cVegPDD3kIBA95ADYevtcZx03S4uKhnpMFzzzXyy4dpqOnHn6lELmwtC-_8rc44Nt5IA6cFIpv7Vj47CKlV6gfpj1tv3vCAE2DsHsaLXUZDVeZIYg), the average Super Bowl game generates about 80,000 pounds of consumer waste, a lot of which is plastic. But this year’s big game will be replacing plastic cups with aluminum, which is easier to recycle, and it will be replacing most plastic cutlery and straws with compostable options.

In addition to limiting plastic trash, this year’s event will donate leftover food, recover kitchen oil for biofuel, and use energy-efficient lighting, among other green measures. And all that gives me a whole new reason to cheer on Super Bowl Sunday.

***Message from a Holocaust Survivor***

Holocaust survivor Werner Reich recounts his harrowing adolescence as a prisoner transported between concentration camps — and shares how a small, kind act can inspire a lifetime of compassion. "If you ever know somebody who needs help, if you know somebody who is scared, be kind to them," he says. "If you do it at the right time, it will enter their heart, and it will be with them wherever they go, forever."

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| [Watch now »](https://ted.us1.list-manage.com/track/click?u=07487d1456302a286cf9c4ccc&id=c2213d7691&e=21df47c728) |

***How Cutting Food Stamps Can Add Costs Elsewhere***

The U.S. Department of Agriculture recently finalized a rule that could take SNAP away from nearly 700,000 Americans. While the new rule is supposed to save nearly $8 billion over five years, research suggests that it is not clear how much would actually be saved due to costs that would result from a decline in the health and well-being of 14.3 million food-insecure households in the U.S. Read more: [https://www.nytimes.com/2019/12/31/upshot/food-stamps-lower-health-care-costs.html](https://www.nytimes.com/2019/12/31/upshot/food-stamps-lower-health-care-costs.html?eType=EmailBlastContent&eId=1931c92b-879d-466b-b5ab-eb03ff397984)

***Season for Nonviolence***

The Season for Nonviolence, launched at the United Nations in 1998, marks the annual 64 calendar days between the memorial anniversary of the assassination of Mohandas K. Gandhi on January 30 and that of the Rev. Dr. Martin Luther King, Jr. on April 4.

The Season teaches that every person can move the world forward in the direction of peace through daily nonviolent choices and actions.

The Franciscan Peace Center has created a series of daily one-minute audio reflections about nonviolence recorded by the Sisters of St. Francis, Clinton, Iowa.

You can listen to the first reflection of the season [HERE](https://soundcloud.com/clintonfranciscans/day-01-courage) - the theme for today is "courage."

We invite you to listen to, ponder, and share each new daily reflection.  The recordings will be posted daily on the [Clinton Franciscans website](http://www.clintonfranciscans.com/our-mission-active-nonviolence.html) and [Twitter](https://twitter.com/ClintonSisters), and will also be available on [Facebook](https://www.facebook.com/SistersOfStFrancisClintonIa) and on [SoundCloud](https://soundcloud.com/clintonfranciscans).  You can also [sign up](https://lp.constantcontact.com/su/I2xtEby) to receive the daily reflections via email.

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***Words to Ponder***

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"We have been loved before the beginning."

—Julian of Norwich

"Let me seek, then, the gift of silence, and poverty, and solitude, where everything I touch is turned into prayer; where the sky is my prayer, the birds are my prayer, the wind in the trees is my prayer, for God is all in all."

—Thomas Merton