

LAUDATO SI' ACTION PLAN

Congregation of Jesus Mary Joseph



2023-2025

God makes all things beautiful in His time.....

We, the sisters of the Congregation of Jesus Mary Joseph, engrained in the apostolic zeal of our Founder, Fr. Mathias Wolff SJ, and being sensitive to the signs of our times, commit ourselves to both personal and communitarian conversion, journeying together with a unified effort to respond to the cry of the Earth and the cry of the Poor. We move forward as radical followers of Christ, as instruments of hope, empowering the vulnerable people to human dignity and safeguarding the creation.

Founded in 1822, the Congregation's 200 years of legacy and missionary spirit of the pioneering sisters continue to inspire the members to commit themselves to liberate those oppressed and care for the planet earth through its various apostolic ministries, being open to movement of the Spirit on our journey towards the new path ways.

The Charism of the Congregation of 'an ever-adaptable apostolic availability' enables us to respond generously to serve the marginalized and care for creation in support Laudato Si' Action Platform (LSAP) initiated by the Holy See. Being aware of Laudato Si' Goals, our Congregation has launched into various apostolic activities like - introducing ecological education in our schools and colleges, creating awareness on the basic human rights among the most susceptible sections of the Society and providing them clean drinking water, eradicating human trafficking, solidarity with the vulnerable, participating in for justice and peace issues.

The common Laudato Si' Goals action platform certainly drives the JMJ's to join hands with the like-minded people in mutual commitment as we move forward 'Lord of the World for the world of the Lord'. I sincerely thank the entire Congregation and Mission cum JPIC Office for creating an awareness on the Laudato Si' Action Platform (LSAP) and the activities that have been already initiated in every community and the institutions in the provinces and region.

This document highlights the interventions of the Congregation in favour Laudato Si' Action Platform (LSAP) and presents the proposed new initiatives under each of the seven Laudato Si Goals. Sent by the Lord, and moved by His Spirit, let us journey together with other people of goodwill to design a future filled with hope for the people and the planet.

God makes all things beautiful in His time. Wish you all the best.

Sr. Innamma Yeruva CJMJ
Superior General



Vision

“In total surrender to the Will of the Father, with passion for God’s Kingdom, like Mary and Joseph, we follow Christ the Saviour to liberate the oppressed humanity through the ministries of mercy celebrating connectedness of all God's creation”

Mission

“Stirred by the apostolic zeal of the Founder, Mathias Wolff, we are sent to serve the poor and marginalized, living our Charism –
‘An Ever-Adaptable Apostolic Availability’
with a global concern for justice, caring for the integrity of Creation”



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Congregational Commitments



1.

RESPONSE TO THE CRY OF THE EARTH

‘That deeper awareness and respect for the environment evolves from a simplicity of life leading to a commitment to use earth’s resources responsibly’ (CJM Const S 14:1)

1.1 CURRENT INITIATIVES:



Plastic free Campus drive-Most of the campuses of the communities have become plastic free with an year long campaign undertaken by the members of staff, students, women, youth and families by promoting the use of bags made of jute and cloth. Many members of staff and students have started to use reusable bags and cloth bags.



Journey towards Laudato Si Movement (LSM) in the Educational Institutions- In view of addressing LSM, Planting of trees, clearing of the ground, weeding, plant trimming and pruning had been carried out systematically as an expression of our respect and care for God’s creation. NCC (National Cadet Corps) students had taken a vital role to clean the river banks addressing the climate crisis which is critical part of caring our common home. Rainwater harvesting, and conservation of water was initiated to solve the long-term problem of shortage of water in some communities.




1.2 PROPOSED INITIATIVES:

Care for the existing plants and maintain the garden to 'Go Green'

- Install Rain water harvesting system to maintain the retention of water level and utilisation of water for the growth of plants.
- Adopt segregation of plastic, metal, paper, glass.
- Display of Motivational movies and video clippings to the students, beneficiaries, members of staff and co-workers to care for the Earth.
- Encourage to grow organic vegetables and fruits with the help of manure from the kitchen disposal.
- Motivate and encourage the villagers to develop seed bank facility in the adopted villages by CJMJ Communities.

Save Water And Natural Resources

- Organize awareness program on health and hygiene.
 - Motivate the students, members of staff, patients and public to save water.
 - Poster making Competition once a month with the topic related to natural resources.
 - Environment Conservation with the focus on plastic pollution for both the direct and indirect beneficiaries-using reusable cloth bags.
 - Create awareness to protect the trees through street plays, songs on nature and paintings.
 - Teach the students hand wash technique & importance of sanitation.
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2. RESPONSE TO THE CRY OF THE POOR

‘ The preferential option for the poor needs to find expression in the life of every sister of the congregation, in our community life, our apostolic choices and services.(**CJMJ Const 15**)

2.1 CURRENT INITIATIVES:



Adoption of Green Slums- Teachers from our schools have initiated coaching in English Language and basic computer literacy to the underprivileged children living in the slums. Reading, writing and listening skills via practice sheets and oral recitations were undertaken as right to education is the right of every child. Also applied for Government scholarships for the eligible students and had taken measures to improve literacy rate among the children from the underprivileged areas.

Solidarity in Action- Under disaster management our communities have rescued people caught in floods, had carried out relief operations that helped people to get out of their flooded homes, take shelter in relief camps of the Government. Distributed food and other essential things to the people in the affected areas.






2.2 PROPOSED INITIATIVES:

Solidarity with the vulnerable

- Organize motivational sessions to the members of staff and students to help the poor and the needy.
- Organize and Enrol in Vocational Skill Training for school dropouts to promote self-employment.
- Offer Remedial classes/ centres to the slow learners, among children and the youth, to mainstream in the education system.
- Visit the sick and the vulnerable students as per their need and extending our support.
- Distribute food provisions to aged and destitute people in our surroundings on special occasions.

Assist employee and neighbourhood families to sustain in their livelihood

- Conduct awareness and sensitization programs on United Nations (UN) system to know their rights and responsibilities.
 - Organize counselling sessions to drug addicts, alcoholics and family counselling.
 - Ensure just wages to all the employees specially the domestic workers.
 - Empower women and youth to become self-reliable by imparting the knowledge of legal literacy, financial literacy and marketing skills.
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3.



ECOLOGICAL ECONOMICS

‘Our concern for justice urges us to a periodic review of your attitudes, ministries, use of goods, manner of living and relating. This asks us for a struggle against unjust structures along with the poor and marginalized
(CJMJ Const S 56.1)

3.1 CURRENT INITIATIVES:



Optimal use of Natural Resources- Awareness program on the importance of natural foods was conducted for students and staff. Encouraged to buy, use the local products. Thus, educated students to avoid food and water wastage.

Minimizing the Wastage- Sisters and their lay collaborators have overall learned to grow natural plants both indoor and out, replacing plastic flowers, bags, plates, glass and cups and careful use of electricity, water and fuel for cooking. Installed few solar lights and solar water system in our communities. Growing herbal plants and using them as home remedies for several ailments as well as teaching others about their benefits. Junk foods and soft drinks are avoided by the sisters in general. Making brooms out of coconut leaves and using coconut husk for the plants as manure and pesticides. Plants are gifted for birthdays, and jubilees, replacing fresh or artificial flowers.



3.2 PROPOSED INITIATIVES:

Ethical Consumption

- Replace the tube lights with LED bulbs and promote use of solar water heating systems.
- Habituate saving water methods of different daily activities in a minimal way.
- Purchase from local markets based on needs not by wants the local products.
- Adopt the use of public transport with minimal use of vehicles.

Promote Eco -consciousness/ Economy of the Common Good

- Create awareness on the effects of our behaviours like cutting the trees and on the climate change in the form of skits, role plays and documentary videos.
- Place recycling bins for liquid and solid wastes in the campus, introduce green week, saving the scrap papers, reuse of the plastic bottles and other wastes.

Encourage and Promote Sharing Attitude

- Accompaniment and follow up of the beneficiaries moving out of our campuses until they are self-sustainable through social and moral support.
- Encourage sharing culture among the people to care for the vulnerable by the support of education.



ADOPTION OF SIMPLE LIFESTYLES

‘To live up to the spirit of poverty and make it a reality of both individually and as a community, we periodically evaluate and modify our standard of living and use of material goods.’ (CJMJ Const S 14.2)

4.1 CURRENT INITIATIVES:

Developing Healthy Lifestyle - By and large sisters are conscious of fitness through physical exercises like walking at least 30 minutes a day and yoga and meditation for at 30 minutes daily. Yoga is introduced in all our CJMJ Institutions which creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns and relaxes the mind. Physical activity includes taking active part in community activities like cooking, cleaning, gardening etc.






4.2 PROPOSED INITIATIVES:

Reduce carbon footprints by usage of the essential material goods

- Choose foods that are organic, local and seasonal.
- Buy the items which have long durability than short span of life.
- Develop a habit of purchasing what is essential for daily life.

Encourage Eco-friendly gifts

- Offer saplings to the guests or invitees instead of bouquets.
 - Promote healthy practices like walking for 30 minutes, using stair case instead of lifts, reading books, listening to music, keep tidy living and work place, prepare personal timetable.
 - Habituate to carry cloth bag while shopping and other activities.
 - Respect and protect the dignity through people centred and right based approach.
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5.



ECOLOGICAL EDUCATION

‘To be sensitive to the signs of the times in the social, cultural, religious, political and geographical aspects. Responding to these, we carry out our mission, listening to the spirit of God who inspires and guides us.

(CJMJ Const 52)

5.1 CURRENT INITIATIVES:



Observance of Important days- In CJMJ campuses, have celebrated World Earth Day, Laudato Si week, World Environment Day brought in the spirit to care for our common home and encouraged planted by distributing hundreds of saplings.

Pathways to Leadership Qualities- CJMJs taken new initiatives of building leadership qualities among the children, youth and families, members of staff and students through capacity building, action-oriented and life skills programs, empowering community at large.




5.2 PROPOSED INITIATIVES:

Promote ecological education

- Educate oneself, beneficiaries, co-workers about the kitchen garden and terrace garden.
- Invite the experts from other institutions to sharing the knowledge and experience, research findings, teaching strategies, join in the ecological movements etc.
- Encourage to write the articles on integral ecology.
- Avoid purchasing plastic decorative items, plates, soft drinks, cups etc.
- Create ecological awareness and action involving parishioners, parents, staff, neighbours, youth.

Leadership Programs

- Train the members of staff & students in leadership qualities.
 - Update the teachers with various orientation and exposure programs in respective subjects.
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6.



ECOLOGICAL SPIRITUALITY

‘A sister of JMJ unites with God in mind and heart, with apostolic zeal by which she strives to participate in the work of redemption and spreads the Kingdom of God.’ (CJMJ Const. 28)

6.1 CURRENT INITIATIVES:

Creating Laudato Si and Contemplation Chapels-

Communities have initiated to pray and meditate in nature. Few communities have created simple Laudato Si chapels using their own resources and creativity. Nature prayer services and contemplative walks in nature are regularly organised and encouraged in all the communities.






6.2 PROPOSED INITIATIVES:

Promote Eco-Spirituality

- Conduct meditation on nature once in a week and reading the documents such as eco-spirituality and share with the members of the community and work place.
- Encourage to love the Nature, speak for the ecology.

Promote Good Holistic Health

- Display related posters and information with regard to disease conditions and healthy lifestyle.
 - Promote mental health and reduce stress levels among the employees, the institutions will make sure that they develop the practice of 5-10mts meditation,yoga, lumko before they begin their work.
 - Habituate reading spiritual books, avoid electronic gadgets, share the faith.
 - Conduct inter religious prayers (Bible, Quran and Bhagvat Geeta), celebrate national and local festival.
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7.



COMMUNITY ENGAGEMENT AND PARTICIPATORY ACTION

‘Training lay collaborators in CJMJ Spirituality, charism, values and objectives, so as to empower them to collaborate in our mission and making ourselves available to reach out to the peripheries to serve the poor, the marginalized and the oppressed. (CJMJ Const S.55.1,55.2)

7.1 CURRENT INITIATIVES:



Building Team Spirit and Creating Happy Community- All our communities together with other associates are taking lots of effort to harmonise with one another to build positive relationships and good team spirit, involving everyone in decision making through contemplative dialogue and spiritual conversations.






7.2 PROPOSED INITIATIVES:

Awareness and Advocacy Program

- Impart the knowledge on the United Nations system, Human right instruments and Social teachings of the church and network with Non- Governmental Organisations (NGOs) and Faith Based Organisations (FBOs) to respond to the cry of the poor and the planet.
- Awareness creation on the effects of throw away culture, through the means of videos, street plays etc., along with other Non- Governmental Organisations (NGOs) and Faith Based Organisations (FBOs) every two months.
- Care for creation at all levels from local to global- Creating awareness on environment among the youth and children.

Building Value and Ethic based Community

- Organise brain storming sessions to build strong human values among the individuals for a self- responsible families and communities.
 - Involve every person in the families and communities towards social responsibility.
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As a Congregation of JMJ (CJMJ), We propose the Circles of Caring which consists of 6Cs - as set of values for CJMJ JPIC Promoters. The 6Cs of CJMJ JPIC Circles of CARE are - Care, Compassion, Competence, Communication, Courage and Commitment are to be carried out in implementing Laudato Si action plan and are there to help people at every step of their journey.



The Person or Planet in need we care for are in the centre of the circle. Surrounding them in a circle are the care givers for e.g., CJMJ Sisters, lay associates, collaborators and significant others like staff, students, alumni, family members and well-wishers. When the Love, compassion and care goes into the Circle; stress, brokenness, poverty and problems go out of the circle.

“How wonderful is the certainty that each human life is not adrift in the midst of hopeless chaos, in a world ruled by pure chance or endlessly recurring cycles! The Creator can say to each one of us: “Before I formed you in the womb, I knew you” (Jer 1:5). We were conceived in the heart of God, and for this reason “each of us is the result of a thought of God. Each of us is willed, each of us is loved, each of us is necessary”.[39]”

**— Pope Francis, ENCYCLICAL LETTER LAUDATO SI'
ON CARE FOR OUR COMMON HOME**



Reflection



JPIC Commitment

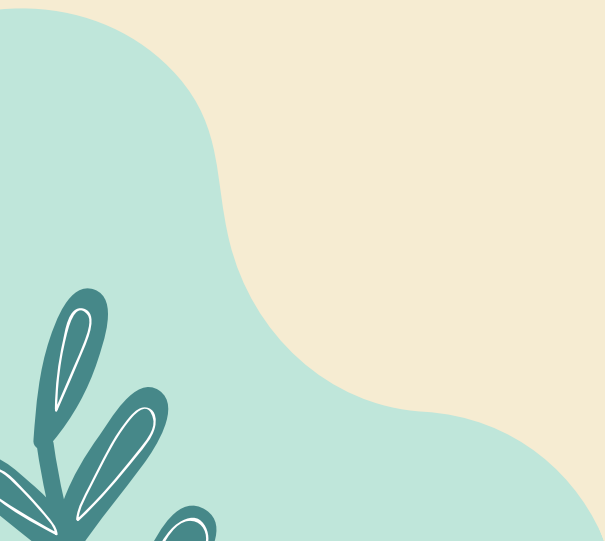
We, the sisters of the Congregation of Jesus Mary Joseph (CJMJ), with our personal commitment to one another, as a community of Sisters living the Gospel in solidarity, wish to live our consecrated life for the common good of humanity and our common home.

Being sensitive to the pressing needs of our times, we engage ourselves in ventures that alleviate human misery by reaching out to the people in the peripheries. (Const.15)

Therefore, we commit ourselves to both personal and communitarian conversion and wish to move forward together compassionately in an integrated effort to respond to the cry of the Earth and the cry of the Poor. The apostolic zeal of the Founder imbedded in every CJMJ sister, is an irresistible inner urge to share with all human beings our love for God, our intimacy with Christ and our sensitivity to the spirit with a preferential option for the deprived, disadvantaged and dispossessed (Const.1). We go forth as instruments of hope, re-vesting the vulnerable people with human rights and dignity while safeguarding the creation.

We undertake as CJMJ Sisters, as the members of staff and beneficiaries of the apostolic works in education, health, social, pastoral care and strive to care for our common home in personal, Community and Province/Region level by doing the following:

- Pray with and for creation and the most vulnerable around the world.
- Adopt ecologically friendly practices.
- Advocate to protect our common home and participate in the ongoing advocacy initiatives.
- Launch Laudato Si' journey of transformation, as we grow through the crisis of the current moment by praying, reflecting, and preparing together for a better world to come tomorrow.
- Put the principles of Laudato Si' into action, throughout the ministries of the Congregation.
- Seek to empower vulnerable people, recognizing their fundamental rights, through peoples' participation and co-responsibility.
- Support Sustainable Development Goals that leave no one behind.
- Conscientize others around us about the global crisis, and gather more people working together to make the changes we need.



Prayer of Commitment

O God our Creator, Redeemer, Holy Spirit,
thank you for the gift of Laudato Si', which
teaches us

that “The Creator does not fail us;
He never gives up on his loving plan,
or regrets creating us.

Humanity still has the ability to work together
to build our common home”.

God our Creator, you give us life.

Help us to honour you
because we care about your precious creation.

God our Saviour, you give us hope.

Help us to explore new ways of life as
we turn away from the path of destruction.

God the Holy Spirit, you give us unity.

Help us draw strength from love and charity as
we try to heal the earth. Amen.

