

PEACE OFFERINGS

PCLR Board Members

- Sherry Simon (President)
- Mary Hunt (V. President)
- Sandee Haslauer (Secretary)
- Sherry Martin (Treasurer)
- Lee Bass (Chairperson)
- Ashley Legere
- Jacques Pierini
- Martina Pierini
- Jan Pipkin
- George Simon
- Tamara Tahat
- Father Warren Harvey

Blessed are the Peacemakers, for they shall be called the children of God. Matthew 5:9

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PCLR Speaker Series Presents "A Call to Journey-Pope Francis Convokes Synod 2021-2023"



Pax Christi Little Rock will share the video, "A Call to Journey-Pope Francis Convokes Synod

2021-2023" as part of their November Speaker Series. The presentation will be shared via Zoom on November 18 at 6:30 via the following link:

https://us02web.zoom.us/j/857 10191722

This video, produced by Guadalupe Media Belize (YouTube), provides an excellent overview of the synod process, describing the intent behind Pope Francis's call for all of us to "walk together" with the guidance of the Holy Spirit to lead the Church to renewal. In his opening remarks in reflective preparation for the World Synod of Bishops on October 9, 2021, Pope Francis quoted Fr. Yves Congar, "There is no need to create another Church, but to create a different Church." Pope Francis urged us all to journey together with the Holy Spirit, "the ever new breath of God." He said we must listen for the

"newness that God suggests" and not be misled by where "our own ideas and personal tastes would lead us."

The 2021-2023 Synod will include several phases leading up to the meeting of the Synod of Bishops which will take place in Rome in October of 2023. The diocesan phase of the Synod began with special masses across the world during the weekend of October 16-17. Bishop Taylor, the Bishop of Little Rock, held a special Mass at the Cathedral of St. Andrew on Sunday, October 17 and sent out a letter to be read at all parishes in the state on that day. (See article on page 6). Following the diocesan phase, national and regional phases will follow. Bishop Taylor stated that the purpose of the synod is to help us be more inclusive as we look to our future as Church, and that "we pay special attention to those on the margins whose concerns and perspective are so often overlooked."

The three touchstones of the synodal process are communion, participation, and mission. Each person, both within and outside of the Church, is requested to take part in this formative process. Page 2 Pax Christi Little Rock

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Thanksgiving Baskets Given Early This Year



Deliveries Organized

Thanksgiving is coming early this year for several of the previously unsheltered families settled into new homes by Jericho Way,

Settled Souls, and Pax Christi Little Rock. Pax Christi held its second annual Thanksgiving Basket packing day on Sunday, November 7 at 3 pm at the Diocese of Little Rock dining hall. Approximately 20 volunteers showed up to pack fourteen baskets of food to deliver to families across Little Rock.

Items provided in the basket included Thanksgiving favorites such as roasted chicken, dressing, cranberry sauce, sweet potatoes, yeast rolls, green beans, and pumpkin/apple pie.

Many thanks to committee chairpersons Jan Pipkin and Lee Bass for their hard work organizing this event. After the bags were packed with all of the food, volunteers were sent out with a blessing to deliver the Thanksgiving meals all over Little Rock. Folks reported back that the meals were received with much gratitude.

The Mystery of the poor is this: that they are Jesus, and what you do for them you do for Him. It is the only way we have of knowing and believing in our love. The mystery of poverty is that by sharing in it, making ourselves poor in giving to others, we increase our knowledge of and belief in love. -Dorothy Day

CTK Youth Ministry Completes PCLR "Hope Bag" Project



Pax Christi Little Rock began a program several months ago that involved filling backpacks with hygiene and food products

to share with the homeless folks living on the streets. PCLR board members made and distributed over 60 of these bags across Little Rock. Then, the board realized that there was potential for this project to grow. So, Jan Pipkin took the lead and shared this idea with Bevie Da-

vies, director of the Christ the King Youth Ministry. Bevie took up this challenge and got approximately 50 high school



students involved in making up these backpacks. They made the decision to include the following items: bottled water, milk, ponchos, backpacks, bandaids, socks, peanut butter crackers,



granola bars, Slim Jims, cough drops, nickels for the bus, juice, snack cakes, cereal and antiseptic wipes. Bevie made

an Olympic competition out of it to motivate the students. These high school students put together 68 backpacks filled with essential food and hygiene items for folks without a home in our city. These "Hope Bags" will be donated to Jericho Way. Pax Christi will continue

to invite other Catholic youth groups across Arkansas to adopt this project to aid in the fight against homelessness.



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October Updates for Pax Christi Little Rock Pantry Box Program

Greetings, Pantry Box Volunteers! October was a beautiful month and Pax Christi volunteers were really busy filling initial pantry needs for folks who obtained rental vouchers with the assistance of Jericho Way and who have also been provided with furnishings by Settled Souls volunteers.

In October, Settled Souls made four moves and Pax Christi assisted with three food pantry supply boxes.



Ms. Debra was the first move, getting settled into her home on October 7. Ms. Debra is originally from Little Rock. She has been homeless for the past two years. Ms.

Debra has been undergoing rehab after being in an accident on a bus, and her adult son is currently her caregiver. After volunteers from Settled Souls completed her move, Ms. Debra said, "I am so glad to have a place to sit in my living room."

Many thanks to Jan Pipkin for taking the food and helping out with the move.

The second move took place on October 21. Pax Christi provided



the food supplies for Michaelle and her five children ranging in age from 9 months to 9 years-old. Michaelle



is the recent recipient of a housing voucher that she will be able to use to pay for her rent. She had been staying with her parents and is very happy to have a place of her own to live in with her children.

Carol Lantz and Mary Dandurand pro-



vided the food and helped move Michaelle and her children into their new home.

Our third move was completed on October 28. Michael and Missy had been homeless for the past six years. They have been clients at Jericho Way for the past four years and lived in a camp for the past 18 months. Michael and Missy got married this past August and have a beautiful fur baby (see below). They both feel blessed to have received a housing voucher and Jericho Way's help over the years. Additionally, they were very grate-

ful for Settled Souls helping their house feel more like a home. Thanks to all who make these moves happen!



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YOU ARE INVITED TO THE

PAX CHRISTI LITTLE ROCK

CHRISTMAS PARTY POTLUCK

WHEN: THURSDAY, DECEMBER 16 FROM 6-9 PM

WHERE: FITZGERALD HALL-DIOCESE OF LR

2500 N. TYLER STREET

LITTLE ROCK, AR 72203

PLEASE BRING YOUR FAVORITE HOLIDAY DISH. PAX CHRISTI WILL PROVIDE FUN BEVERAGES AND A MAIN COURSE.

WE WILL ADOPT A FAMILY THROUGH HELPING HAND AND WE ASK THAT YOU BRING THEM A GIFT TO PUT UNDER THE TREE THE NIGHT OF THE PARTY. WE WILL SEND OUT AN EMAIL SHORTLY SO YOU CAN PICK A FAMILY MEMBER AND PROVIDE GIFTS FROM THE LIST.

WE LOOK FORWARD TO SEEING YOU THERE. PLEASE RSVP FOR THE PARTY AT paxchristilr@gmail.com.

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Pax Christi Board to Attend Spiritual Retreat in January at Subiaco Academy



Cackie Upchurch

The Pax Christi Little Rock board has made plans to attend a spiritual retreat being held at Coury House (Subiaco Academy) on January 21-23, 2022. Catherine (Cackie) Upchurch will lead this retreat, speaking on the topic "God is With Us. . . and It Doesn't Get

Any Better than That!"

Cackie Upchurch is a charter member of Pax Christi Little Rock, a part of the formation team that established the chapter in Little Rock in December of 2016. Cackie is the general editor of the Little Rock Catholic Study Bible and the author of several books in the



Subiaco Academy

Alive in the Word series, including Mary, Moses, Christmas, Easter and Hospitality. She is also a regular contributor to Give Us This Day and The Bible Today. Cackie is a lifelong student of Scripture, a retreat director, writer, and teacher. This retreat will serve to renew the spirits of the Pax Christi Little Rock board as they seek to expand their peace and social justice work into 2022.

SAVE THE DATE

PAX CHRISTI LR BOARD MEETING THURSDAY, NOVEMBER 11 at 6 PM

ALL BOARD MEMBERS HAVE BEEN SENT AN INVITATIONAL LINK FOR THIS ZOOM MEETING. IF YOU AREN'T ON THE BOARD AND WISH TO ATTEND, PLEASE EMAIL US AT paxchristilr@gmail.com.

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Bishop Taylor Issues Invitation for All to Walk Together in Synod 2021-2023



This letter from Bishop Anthony B. Taylor was read at all Masses Oct. 16-17 for the opening of the diocesan phase of the synod.

"Last month Pope Francis announced a process of reflection leading up to a meeting of the Synod of Bishops to take place in Rome in October of 2023. He announced a diocesan phase starting now, then national and regional phases to follow. Our diocesan phase is opening with a special Mass in our Cathedral today. The word synod means journey together and the purpose is to help us be more inclusive as we look to our future as Church, and that we pay special attention to those on the margins whose concerns and perspective are so often overlooked. "The three touchstones of this process are communion, participation and mission.

- Communion: the blessing of unity amid diversity. We all have a role to play in discerning and living out God's call for his people. Synodality—journeying together seeks to hear what everyone has to contribute, especially those whom we don't hear from much.
- Participation seeks the involvement of everyone in a process of deep, respectful lis-

tening to each other. In this way we create space to hear the Holy Spirit together and get a sense of the direction the Church should take at this moment in history. Synodality seeks to include not only those who are very active in our parishes and the silent majority who despite it all come faithfully to Mass every weekend, but also those who for whatever reason have quit coming or even feel excluded -- people who feel pushed to the periphery in the Church and in society.

 Mission: Once we have a shared sense of direction, the Holy Spirit leads us forth to share the love of God with the whole human family, and especially those who live on the spiritual, social, economic, political, geographical and existential peripheries of our world.

"A synodal Church, in announcing the Gospel, "journeys together." In Arkansas our participation in the synod will consist of a series of meetings between now and April in order to reflect on the following questions: How does this "journeying together" happen in our local Church? And what steps does the Spirit invite us to take in order to grow in journeying together?

"I invite everyone to reflect on these questions and then participate in the discussions, which will take place in various groups in your parish and on the diocesan level, sharing your thoughts and listening to what others have to say. Let us dream together! Truth is horizontal as well as vertical, and it takes humility to truly listen with an open heart to others whose life experience and perspective on things may be very different from our own. Yet the Holy Spirit is there as well -- he's everywhere. I pray that through this synodal process we will better discern what God is asking of us today."

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How Can Managing Our Perceptions Improve Our Relationships?



This photo is real and was not edited. The stone is real, the trees are real, the soil is real and the sky is real.

Now, the only thing you have to do is change your point of view. Look at the photo, upside down!

It looks photoshopped, doesn't it? I would have sworn that the above picture (found on Facebook) was fake. But, as the caption indicates, reality and perceived truth are altered simply by turning the picture upside down. Try it and see what I mean. This made me start wondering about how often this difference in perception (visual, auditory, attitudinal, etc.) between folks contributes to misunderstandings and conflict.

Perception isn't something that we think about very often, but it is a big factor impacting our emotional state and behavior. Our individual perceptions define who we believe we are, how we believe our interactions with others should go, and how we think the world should operate. We necessarily look at all of our experiences, both positive and negative, through this lens that is affected by both our DNA and life experience.

Ultimately, then, it is our perception of an interaction that creates our feelings about it, not the event itself. In turn, our feelings determine our behavior (our reaction to any situation). So in stressful situations, our perceptions will either help us deal calmly or lead us to lose our composure. This understanding gives us a great deal of power. When we stop blaming outside forces for our own feelings/behaviors, we can actually take personal steps to make changes in our lives.

Let's look at an example of how our percep-

tion of a situation can drastically alter our feelings and potentially our behaviors. Let's say you notice two children fighting on the playground.



If you get the impression that one of these children is just mean, then you are likely to feel angry and may intervene in a more aggressive, punitive way that escalates the situation. However, if you perceive that these two children just need help learning how to get along, you will more likely remain calm and choose a more productive response. Remaining calm allows you to choose between more options and can empower you to teach rather

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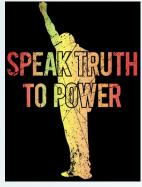
than punish.

So, how can we intentionally hone our perceptual skills and thereby contribute to better relationships and perhaps ultimately a more nonviolent world?

I have noticed a particular trend in my psychology practice over the years. Generally, the more information I learn about a person, the easier it is to see the world from their point of view. And at the same time, my world view is expanded. I may not always agree with their position, but I can often see why they would believe in it. And this makes a difference in how I feel about them and therefore translates into how I will react towards them. If I understand and appreciate their position, I will naturally be more patient, receptive and affirming.

Of course, there are some cases when

acts are committed that are so egregious that we are called to "speak truth to power." And so, we must outline our points clearly and stand our ground firmly and assertively.



How we present our truth is of utmost importance if there is to be a conversion of hearts and minds. If we allow our emotions to overwhelm our reason, then communication will not be effective and there will be no change. So, how do we get to the point where we can **choose** how to perceive a situation rather than reacting on automatic pilot?

- Notice when you are triggered and feeling emotional-tightening of throat/chest, shortness of breath, increased defensive language, certainty you are right and everyone else is wrong.
- 2. Change your state from upset to calm. Take deep breaths. Take a time out from situation if possible. Recognize the unconscious beliefs and perceptions behind your trigger and turn your thinking around to a more rational thought pattern.
- 3. Change your perception from negative to positive. Find a way to perceive a situation that can be helpful rather than destructive. This is not letting the other side off the hook. Rather, it is giving you the power of choice and the ability to behave in a healthy manner.
- 4. Respond wisely. Rather than attacking the aggressor, you can teach them helpful skills or at the very least model more adaptive behaviors. You can teach peace by teaching assertiveness.

Finally, it is important to realize that the work you are doing to change your perception, your feelings and your behavior is leading to lasting changes in the neural pathways of your brain. This means you have the power to stop passing your negative emotions and triggers down to the next generation and really add to the nonviolent, constructive choices made in the world. Working to make these changes within yourself changes the world. ss Do not return evil for evil or insult for insult. Return a blessing instead. This you have been called to do, that you may receive a blessing as your inheritance.

1 Peter 3:9