



Catholic Diocese of Salt Lake City Prayer and Action Network

A FEW SIMPLE STEPS TO HELP PEOPLE IN NEED: This week provides a couple of very quick and simple actions we can all take to make a huge difference in the lives of millions.

The Catholic Church has long recognized that, in order to live a life of dignity, all people need access to clean water, healthy food, education, health care, housing, and employment. For our Church, these are not luxury items, they are basic human rights. Those of us with easy access to these necessities share the responsibility to help provide similar access to others. We also teach that, when people are not able to live a life of dignity in their home country, they have a right to migrate to find such a life. Wealthy countries, according to our teaching, have a corresponding responsibility to welcome the migrants who would otherwise be forced to live in abject poverty or other conditions that threaten life and human dignity. This week, we can help provide access to basic human needs for at least two groups in our own country—the uninsured and the undocumented.

What can you do? For the uninsured, take a few minutes to watch this short video from AARP in support of Medicaid Expansion in Utah http://youtu.be/pf_G2nfqUZY, then make a quick call to Gov. Herbert at 801-538-1000 and ask him to expand Medicaid in Utah to cover the 123,000 uninsured adults who would benefit from the expansion. Please share the video with your friends, family, colleagues, and others.

For the undocumented, join the Bibles, Badges and Businesses Thunderclap **TODAY**. Tomorrow, over 600 Bibles, Badges and Business leaders from forty states will descend on Washington, D.C. for one of the largest conservative pro-reform events ever seen. Every single representative that needs to hear the immigration reform message will hear it, but BBB also wants to take over social media and make sure that millions of people nationwide hear about #Ready4Reform. Thus, it has set up a social media campaign that launches tomorrow morning. When you sign-up to be a part of our Thunderclap on Twitter or Facebook, your profile will automatically post the following message minutes before the program kicks off tomorrow morning:

We urge members of Congress to act now on #immigration reform for our economy, faith & security. #Ready4Reform

The idea behind this is to create a digital wave of support for reform that will reach millions of people on the Internet. So, while hundreds make the push for reform on the Hill, millions of everyday people will join the #Ready4Reform movement on social media. If you have a Facebook, Twitter or Tumblr account, sign up at <https://www.thunderclap.it/projects/5456?locale=en> to be part of the wave!

You can also read this short letter to the editor from Catholic Relief Services in the *New York Times* regarding the need to address the root causes of migration. <http://newswire.crs.org/crs-new-york-times-letter-to-the-editor-on-immigration/> or watch a longer webinar from CRS/CCGP on the same topic <https://catholicreliefservices.adobeconnect.com/a1170608270/p7vz6mblvjs/?launcher=false&fcsContent=true&pbMode=normal>.

GREEN TIP OF THE WEEK: Wash your walls and light fixtures! Dirt on surfaces reduces the amount of light they reflect and make the room feel darker, encouraging us turn on more lights earlier in the evening. Clean light fixtures, lamps, and walls annually by wiping off the dust (make sure the bulb is cool first) and brighten your living space without increasing your energy use.

PRAYER: The Grail Prayer

Lord Jesus,

I give you my hands to do your work.

I give you my feet to go your way.

I give you my eyes to see as you do.

I give you my tongue to speak your words.

I give you my mind that you may think in me.

I give you my spirit that you may pray in me.

Above all,

I give you my heart that you may love in me your Father and all mankind.

I give you my whole self that you may grow in me, so that it is you, Lord Jesus, who live and work and pray in me.

Source: de La Salle brothers