

March 2019

ST. MARY'S  
ACADEMY

FAITH COMMUNITY JUSTICE RESPECT

# Faith Walk

ST. MARY'S ACADEMY CAMPUS MINISTRY



## Women's History Month Theme for 2019 Visionary Women: Champions of Peace & Nonviolence

"The theme for 2019 is "Visionary Women: Champions of Peace & Nonviolence." This year we honor women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence to change society. These Honorees embraced the fact that the means determine the ends and so developed nonviolent methods to ensure just and peaceful results.

For generations, women have resolved conflicts in their homes, schools, and communities. They have rejected violence as counterproductive and stressed the need to restore respect, establish justice, and reduce the causes of conflict as the surest way to peace. From legal defense and public education to direct action and civil disobedience, women have expanded the American tradition of using inclusive, democratic and active means to reduce violence, achieve peace, and promote the common good.

From women's rights and racial justice to disarmament and gun control, the drive for nonviolent change has been championed by visionary women. These women consciously built supportive, nonviolent alternatives and loving communities as well as advocating change. They have given voice to the unrepresented and hope to victims of violence and those who dream of a peaceful world."

<https://nationalwomenshistoryalliance.org/2019-theme-and-nomination/>

## Ash Wednesday March 6, 2019



"Ash Wednesday is one of the most popular and important days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer. Ash Wednesday takes place 46 days before Easter Sunday, and is observed by Catholics and many other Christians.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the minister applies the ashes to a person's forehead, he or she speaks the words: "Remember that you are dust, and to dust you shall return."

All are invited and welcomed to accept accept the ashes, which are a visible symbol of penance. The ashes are made from blessed palm branches, taken from the previous year's Palm Sunday Mass."

<https://www.catholic.org/lent/ashwed.php>



### **Loretto and SMA Praying and Acting to End Gun Violence**

The Loretto Community again this year invites us to pray in silence on the first Monday of the month (or second if we're off school) for an end to gun violence. This call to prayer began in 2015 when the Loretto Committee on Peace felt prayer was most fitting as public statements, lobbying, letter writing on gun control had not brought about change. The committee's hope is that our prayer may bring wisdom and guidance to this important issue.

You are most welcome to join us in the Oratory in the High School at 8:15 for whatever minutes work for you. Or take a few minutes of quiet wherever you are. Join us on March 4, April 1, May 6 and June 3. If you have questions, please contact Sister Regina at [rdrey@smamnet.org](mailto:rdrey@smamnet.org).

## Harriet Tubman

"Known as the "Moses of her people," Harriet Tubman was enslaved, escaped, and helped others gain their freedom as a "conductor" of the Underground Railroad. Tubman also served as a scout, spy, guerrilla soldier, and nurse for the Union Army during the Civil War. She is considered the first African American woman to serve in the military.



Tubman's exact birth date is unknown, but estimates place it between 1820 and 1822 in Dorchester County, Maryland. Born Araminta Ross, the daughter of Harriet Green and Benjamin Ross, Tubman had eight siblings. By age five, Tubman's owners rented her out to neighbors as a domestic servant. Early signs of her resistance to slavery and its abuses came at age twelve when she intervened to keep her master from beating an enslaved man who tried to escape. She was hit in the head with a two-pound weight, leaving her with a lifetime of severe headaches and narcolepsy.

Although slaves were not legally allowed to marry, Tubman entered a marital union with John Tubman, a free black man, in 1844. She took his name and dubbed herself Harriet.

Contrary to legend, Tubman did not create the Underground Railroad; it was established in the late eighteenth century by black and white abolitionists. Tubman likely benefitted from this network of escape routes and safe houses in 1849, when she and two brothers escaped north. Her husband refused to join her, and by 1851 he had married a free black woman. Tubman returned to the South several times and helped dozens of people escape. Her success led slaveowners to post a \$40,000 reward for her capture or death.

Tubman was never caught and never lost a "passenger." She participated in other antislavery efforts, including supporting John Brown in his failed 1859 raid on the Harpers Ferry, Virginia arsenal.

Through the Underground Railroad, Tubman learned the towns and transportation routes characterizing the South—information that made her important to Union military commanders during the Civil War. As a Union spy and scout, Tubman often transformed herself into an aging woman. She would wander the streets under Confederate control and learn from the enslaved population about Confederate troop placements and supply lines. Tubman helped many of these individuals find food, shelter, and even jobs in the North. She also became a respected guerrilla operative. As a nurse, Tubman dispensed herbal remedies to black and white soldiers dying from infection and disease.

After the war, Tubman raised funds to aid freedmen, joined **Elizabeth Cady Stanton** and **Susan B. Anthony** in their quest for women's suffrage, cared for her aging parents, and worked with white writer Sarah Bradford on her autobiography as a potential source of income. She married a Union soldier Nelson Davis, also born into slavery, who was more than twenty years her junior. Residing in Auburn, New York, she cared for the elderly in her home and in 1874, the Davises adopted a daughter. After an extensive campaign for a military pension, she was finally awarded \$8 per month in 1895 as Davis's widow (he died in 1888) and \$20 in 1899 for her service. In 1896, she established the Harriet Tubman Home for the Aged on land near her home. Tubman died in 1913 and was buried with military honors at Fort Hill Cemetery in Auburn, New York."

<https://www.womenshistory.org/education-resources/biographies/harriet-tubman>

## Holi March 21, 2019

Holi is a Hindu festival that marks the start of spring. Celebrated across India, it's an ancient festival with the first mentions of it dating all the way back to a 4th century poem. It was even described in detail in a 7th century Sanskrit play called "Ratnavali," written by the Indian emperor Harsha:

"Witness the beauty of the great cupid festival which excites curiosity as the townsfolk are dancing at the touch of brownish water thrown ... Everything is colored yellowish red and rendered dusty by the heaps of scented powder blown all over," wrote Harsha.

Although a Hindu festival, Holi is celebrated by Indians across the country and is a great equalizer. Children can douse elders with water, women splash men with color and the rules of caste and creed are briefly forgotten with everyone taking part. The evenings are spent visiting friends and family.

A national holiday, it takes place on the last full moon day of the Hindu lunisolar calendar month, which is usually March. The festival takes place a day earlier in the eastern states of West Bengal and Odisha. In some parts of northern Uttar Pradesh state, the festivities take place over a week.

<https://www.cnn.com/2018/03/01/asia/india-holi-explainer-intl/index.html>





## The Mule Ladies of Morocco

### By Regina Drey SL

Each month Paula Lee, our campus minister, shares a justice and peace calendar which I gratefully scan for events and remembrances that resonate with SMA's connection to Loretto and spark ideas for my article in SMA Faith Walk. March did not disappoint. It was filled with people whose commitment to justice give us hope for a better world. But it was the intersection of Women's History Month and World Poetry Day that brought to mind Loretto poet Cecily Jones SL's images of women performing backbreaking work not unlike beasts of burden.

### What Can I Say to You?

for the Mule Ladies of Morocco

Cecily Jones SL, May 2014

At the border between Morocco and Melilla, a Spanish enclave, Moroccan women are hired to cross into Morocco from the Spanish territory carrying huge packages of merchandise, thus saving the Moroccan merchants from paying import tariffs. The women, who earn about \$20 to \$27 weekly when fortunate enough to "get a package" to haul, are known as "mule ladies." (information from New York Times article, March 31, 2014)

Bundle burdened, bent in two  
with the bales backstrapped on,  
heads numbly facing only earth,  
you trudge grotesquely toward the fence.  
I can't erase the sight of staggered steps,  
your shoulders heaped with packages  
of greed, some as large as wash machines.  
Mule ladies, what can I say to you?

Will it never, can it ever end,  
the evil bending you in two, flattened  
forcibly to fend for stingy pay?  
You are the beasts whose burdens bloat  
the coffers' gorge with bundles lashed  
to aching backs. Mule ladies, as you pack  
your loads, whatever can I ever say to you?

As you stumble groping air to reach the gate  
doubled down to face the ground,  
you must bear your children's pain. Do you bend  
your backs with freight, bow beneath the weight  
of hearing hunger in their cries? Mule ladies,  
how can I find some words to say to you?

I've kept the Times pinned up beside  
our prophet's cross (he cured a woman who  
"could not straighten up at all" for eighteen years).  
I hold you, bless you as you haunt me, gauntly bent  
in two. Mule ladies, whatever can I try to say to you?



Since last spring government reforms brought some relief. Women use trolleys to transport but the load is often still heavier than the women's body weight. For more info, go to: <https://www.thelocal.es/20180418/trolleys-bring-relief-for-moroccan-mule-women-at-spanish-border>



About Cecily Jones SL: This poem is from "The Porch of Possibility," a volume assembled by some of her Loretto friends as the second and last collection of her poems, about a year following her death in summer 2017. An English teacher, founder and first editor of Loretto's newsletter Interchange, published poet, avid reader, lover of words, peace activist, Cecily was beloved in Loretto for her generous, loving spirit as well as for her many accomplishments.

## World Water Day March 22, 2019



### What is World Water Day?

“Sustainable Development Goal 6 is crystal clear: water for all by 2030. By definition, this means leaving no one behind. But today, billions of people are still living without safe water – their households, schools, workplaces, farms and factories struggling to survive and thrive.

Marginalized groups – women, children, refugees, indigenous peoples, disabled people and many others – are often overlooked, and sometimes face discrimination, as they try to access and manage the safe water they need.

This World Water Day, 22nd March, is about tackling the water crisis by addressing the reasons why so many people are being left behind.”

[www.worldwaterday.org](http://www.worldwaterday.org)





## What is Lent?

"Lent is the forty-day liturgical season of fasting, special prayer and almsgiving in preparation for Easter. The name "Lent" is from the Middle English Lenten and Anglo-Saxon Lenten, meaning spring; its more primitive ecclesiastical name was the "forty days," tessaracoste in Greek. The number "forty" is first noted in the Canons of Nicaea (A.D. 325), likely in imitation of Jesus' fast in the desert before his public ministry (with Hebrew Scripture precedent in Moses and Elijah). By the fourth century, in most of the West, it referred to six days' fast per week of six weeks (Sundays were excluded); in the seventh century the days from Ash Wednesday through the First Sunday were added to make the number forty.



## What are you doing for Lent this year?

Ask people what they're doing for Lent this year, and they'll probably tell you that they are giving up a favorite food, a favorite pastime or anything else they really love but isn't essential in their lives.

Giving up something for Lent fosters self-discipline and tempers our desires. It is a form of fasting. It is a form of penance. It promotes spiritual growth. If you're giving up something for Lent, that's great. But think also about the possibility of doing something positive to bolster your spiritual life and make the world a better place. Look for ways that you can increase your knowledge of your faith, strengthen your spiritual life or perform special acts of mercy and kindness at home, at work, in your school or in your community."

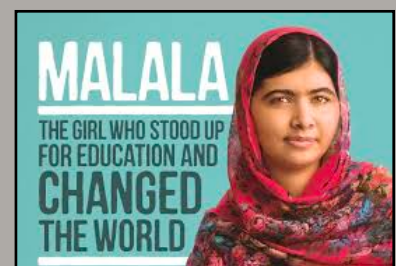
## Malala Yousafzai Activist

"I have the right of education. I have the right to play. I have the right to sing. I have the right to talk. I have the right



"Education is our basic right. Not just in the West; Islam too has given us this right. Islam says every girl and every boy should go to school. In the Quran it is written, God wants us to have knowledge. He wants us to know why the sky is blue and about oceans and stars. I know it's a big struggle—around the world there are fifty-seven million children who are not in primary school, thirty-two million of them girls."

"Though we loved school, we hadn't realized how important education was until the Taliban tried to stop us. Going to school, reading and doing our homework wasn't just a way of passing time, it was our future."



# Poetry Corner

## Lent by Maurice Manning

(excerpted)

VI

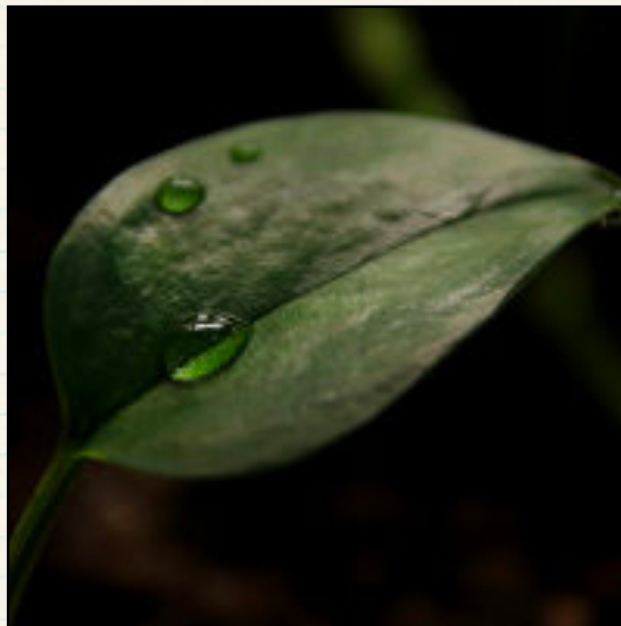
At first the thunder and rain defeat  
but then renew  
the ground and break it terribly open. Now  
even the dawn  
has heavy darkness in it, the sun,  
in silence seeming  
to refuse the sky, has heeded what was needed,  
to stun and try.

VII

Having found a bird's wing,  
the whole thing—  
maliciously from the bird's body torn  
no more for flying—  
under the tree, I walk along  
continuing  
my lesson, as other better birds not born  
for grieving sing.

VIII

I'm beginning to understand how wrong  
I was, and long  
it was I once believed that seeking you  
was something I  
could do alone. That was a lark.  
The wind and the loud  
hurrahs of cedar trees redress me. Stark  
you are in this song.



IX

On warming days I hear  
from the ground  
the tiny sound  
of water dripping, as if it's  
slipping down,  
and the living earth  
is breathing out its sleep  
and waking.  
Let me repeat,  
the living earth is waking.  
And making the time  
for sighing sweet.

[www.imagejournal.org](http://www.imagejournal.org)

## Prayer Opportunities

- Parents and Faculty/Staff: First Wednesday of the month at 9:15 in the HS Oratory
- Prayer Intention Boxes - Near the Prayer Wall in the HS, MS Lobby and LS Lobby
- Prayer Wall in the High School: Open to All!
- Send your prayer requests via the SMA website under "Resources," "All Academy Resources," "Prayer Requests." Or email [smaprayergroup@gmail.com](mailto:smaprayergroup@gmail.com). All prayers are handled in confidentiality, and may be submitted anonymously.

## HAPPY MARCH!

St. Mary's Academy is a school that believes the fundamental message of God as taught and lived by Jesus, to love without bounds.

Together we continue to build and live the Loretto School values of faith, community, justice and respect!

*Paula Lee, Ph.D.  
Campus Minister  
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# MARCH 2019

## Interfaith and Justice Calendar

### March is Women's History Month

\*The event begins the evening of the previous day

\*\*Exact date may vary between traditions and communities

Adapted from: [www.interfaith-calendar.org](http://www.interfaith-calendar.org) and [www.adl.org](http://www.adl.org)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Maha Shivaratri* <b>Hindu</b>	5 Mardi Gras	6 Ash Wednesday <b>Christian</b>	7 Feasts of Saints Perpetua and Felicity <b>Christian</b>	8 International Women's Day	9
10 First Sunday of Lent  Anniversary of the death of Harriet Tubman	11	12	13	14	15 Int'l. Day Against Police Brutality	16
17 Second Sunday of Lent  St. Patrick's Day <b>Christian</b>	18 Martyrs' Day in Turkey	19 Feast of St. Joseph	20 Start of the Iraq War (2003)  Vernal Equinox First Day of Spring	21 Purim* <b>Jewish</b> Naw-Rúz (New Year)* <b>Baha'i</b> Holi <b>Hindu</b>	22 World Water Day	23
24 Third Sunday of Lent  Feast of Oscar Romero	25	26	27	28	29	30
31 Fourth Sunday of Lent						

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[www.smanet.org](http://www.smanet.org)

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