



“Just Us”

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March 8 UN International Women’s Day

Each year the UN offers special programs for women’s issues. International Women’s Week is March 4-7 this year.

This year’s International Women’s Day calls attention to inequality in the digital age. The campaign calls for innovation and technology in gender equality.

- Women make up 22% of artificial intelligence workers globally.
- A global analysis of 133 AI systems across industries found that 44.2 per- cent demonstrate gender bias.
- A survey of women journalists from 125 countries found that 73 per cent had suffered online violence in the course of their work. <https://www.unwomen.org/en/news-stories/in-focus2023/03/in-focus-international-womens-day> (Copy & Paste in browser)

It’s Lent! How Do We Fast?

Fast from hurting words and say kind words.



- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

Source: USCCB.org

Pope Francis’ words resonate for all people! If we could face the deepest yearning of our hearts during this Lenten Season, might we find a longing for peace for ourselves, our families, our nation and our world?

Praying for a change of heart is more difficult than giving up chocolate, or desserts! If we can pray to make one change in ourselves, perhaps we can find the power to change the world! An old quote from the Christophers said “It is better to light one candle than curse the darkness!”

Federal & State Monies for Nutrition Programs Diminish

More than 30 million people in the United States rely on the Supplemental Nutrition Assistance Program (SNAP) to assist them to purchase food for their families. During the pandemic these benefits were temporarily increased. This month they end, causing families to see cuts in their monthly benefits by at least \$95.00. Some may lose more than \$250/mo. According to a CBS news report.

In New York State there is grave concern over Governor Hochul's plan to cut funds from Nourish New York in its executive budget. It has received funds from the Hunger Prevention and Nutrition Assistance Program (HPNAP) which generally supports emergency food distribution through Foodbanks and Nutrition Feeding sites. The proposed allocation is \$34.5 million which represents a \$22 million slash in funds previously allocated. This adds to the hardships suffered by families that already are seeing cuts in other areas including the Federal Child Tax Credit which was allowed to expire last year. That program alone lifted 4 million children out of poverty.

Take Action by Friday, March 3!!

<https://mailchi.mp/59b96525b6f4/advocacy-alert-call-in-day-today-1291332?e=7fcbcc7dc7>

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(CTRL & Clic)Brazil link: Copy & Paste: <http://www.isjrochester.com.br>

SNAP Proposal in the 2023 Farm Bill

Federal Nutrition Assistance under the Farm Bill includes a variety of programs including SNAP, food distribution on Indian Reservations, Emergency Food Assistance, Community Food Projects and more.

Currently 41 million individuals participate in SNAP. An estimated \$159 billion was spent on an expanded SNAP Program in 2022. It is estimated that 10.2% of households (13.5 million people) experienced food insecurity at some point in 2021. (Statistics taken from the Bipartisan Policy Center. <https://bipartisanpolicy.org/report/the-2023-farm-bill/>)

NAZARETH COLLEGE Events

Sunday, March 5: 7pm Catholic Mass for Peace, Golisano Canter followed by Interfaith Candle Vigil at 8 pm Reflecting on one year of war in Ukraine

The Path Forward: Stories of Connection and Sustainability March 7, 2023 | 5:00 PM - 6:00 PM | Arts Center, Callahan Theater, Nazareth College Dr. Robin Wall Kimmerer presents on her best-selling, influential book, **Braiding Sweetgrass**.