



We live in a terribly harried, isolating culture.  
We are like ships passing in the night or  
cars speeding past one another on the highway.

But it doesn't have to be like this!  
A few rocking chairs could change everything.

A single rocker suggests relaxation,  
reflection, appreciation of the beauty around us.  
Two (or more) rockers invite conversation,  
mutual enrichment and meaningful relationships.

We Little Sisters of the Poor are launching  
the Red Rocking Hood project  
to encourage people of all ages,  
especially the old and the young,  
to slow down and form  
meaningful relationships  
with one another.

## TAKE THE RED ROCKING HOOD PLEDGE:

### FOR YOUNG PEOPLE:

- Commit to visiting an elderly relative, neighbor or friend, at least once a week, in-person, face-to-face online or via phone.
- Promote respect and appreciation for older people among your peers.
- Never accept expressions of ageism or other signs of disrespect for older persons; defend their dignity against the culture of death.
- Email us your name and the name of your elder friend or loved one and we will pray for both you and them, and send you our electronic newsletter featuring intergenerational stories and resources.

### FOR OLDER PEOPLE:

- Pray for the young people you know.
- Wherever possible invite young people into your world through understanding and friendship. Invite them to rock with you.
- Send us your name and the names of young people you have befriended and we will pray for you and send you our electronic newsletter featuring intergenerational stories and resources.

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## RED ROCKING HOOD PLEDGE FORM

MY NAME: \_\_\_\_\_ I AM (CIRCLE ONE):

A YOUNG PERSON  
A SENIOR

NAME OF MY ELDER FRIEND: \_\_\_\_\_

OR: NAME OF MY YOUNG FRIEND: \_\_\_\_\_

Email this information to:  
serenity@LittleSistersofthepoor.org

or send it to:  
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