

Serenity

no. 211 • Little Sisters of the Poor • July 2026





Our Mission

Continuing the work of Saint Jeanne Jugan, our MISSION is to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.

Cover Photos

Front Cover: Mother General is greeted by Little Sisters and Residents in Louisville, Kentucky. (photo: lsp)

Back Cover: Little Sisters gathered in Queens for Mother General's visit. (photo: lsp)

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Photo page 29: Norman Rockwell painting in the public domain.

Magnificent humanity and the pursuit of happiness

Saint Jeanne Jugan is often portrayed looking quite solemn, but she was actually very joyful. She was known to exclaim, “What happiness, to be a Little Sister of the Poor!” and she counseled the young Little Sisters that “making the elderly happy is what counts.”

The idea of happiness features prominently in our national conversation as we celebrate the 250th anniversary of the Declaration of Independence. Hopefully we have not forgotten these key words of our founding document: “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

As Little Sisters at the service of the elderly, we have daily experience of the right to life. In the past decade we’ve also had extensive experience with the right to religious liberty. But what of the pursuit of happiness?

Today many people would define happiness as a good feeling, an experience of worldly pleasure or enjoyment. But Thomas Jefferson, the author of the Declaration of Independence, meant more than this. Numerous authors assert that as someone educated in philosophy, Jefferson was referring to the Greek idea of *eudaimonia*, a state of flourishing through good character, the practice of virtue and active participation in civic life.

In 1787 Thomas Jefferson wrote to his daughter, giving her advice on how to find meaning in life. He encouraged her to develop “those principles of virtue and goodness which will make you valuable to others and happy in yourselves, acquiring those talents and that degree of science which will guard you at all times

against ennui, the most dangerous poison of life. A mind always employed is always happy. This is the true secret, the grand recipe for felicity.”

We have recently received Pope Leo XIV’s first encyclical, *Magnificent Humanity*. It will take months to plumb the depths of the Holy Father’s thought, but even a superficial reading highlights the grandeur of humanity and the truth that human flourishing is impossible without fraternity. “History can ... change when individuals truly take the dignity of everyone seriously” Leo wrote, citing the American civil rights movement and the figure of Martin Luther King, Jr.

The Pope then described “‘martyrs of everyday life’ who care for, educate, accompany and comfort without fanfare, such as parents, nurses, doctors, volunteers and those who remain alongside an elderly person or an outcast.”

“For centuries, the Christian tradition has maintained that human beings are not confined by the boundaries of their own nature; rather, they are called to self-transcendence, not through an escape from reality or a contempt for their limitations, but through their fulfillment in love,” the Pope wrote.

“We become fully human when we become more than human,” he wrote. “What saves humanity is not enhanced self-sufficiency, but a relationship that liberates, a communion that transforms.... A person’s future is not calculable, but depends on one’s freedom — elevated by the inexhaustible grace of God — and on the relationships cultivated.”

Our Founding Fathers would have recognized their convictions surrounding the “pursuit of happiness” in these passages of Pope Leo calling us to improve society by supporting the lives of others.

As we celebrate our Nation’s 250th anniversary may we honor the unalienable Rights to Life, Liberty and the Pursuit of Happiness by accompanying and remaining alongside the very young, the elderly and the stranger among us. ❤

Smiles and blessings everywhere: Mother General visits America

Still basking in the joy of the Resurrection, Mother General María and our vicar, Mother Assistant Joseph Christine, left the motherhouse during Easter week for an extended trip to the United States. Although this was not their first visit to America, it would be their longest, as they spent several days in each home in the Chicago province and then concluded their time in America with a few days in our novitiate in Queens Village, New York. They returned to La Tour Saint Joseph mid-May.

Traveling to the various provinces of the Congregation is an integral part of Mother General's mission. These visits enable her to get to know the Little Sisters personally, to gain direct knowledge of local situations, to strengthen union of hearts throughout the Congregation and to inspire renewed zeal for our mission of hospitality.

The Church's canon law actually requires such visits, and so the time spent in each house is referred to as a canonical visitation. Although these visits take place in an ambiance of celebration, it is what happens behind the scenes that is of the greatest importance. Mother General meets with each Little Sister individually. During this encounter each Sister is free to share whatever she wishes. Mother also gathers the community of Little Sisters for prayer and dialogue, in confidence and freedom, to discern how God wishes to lead the community toward ever greater zeal and fidelity to the charism of Saint Jeanne Jugan.

(photos on the following pages; text continued on page 18).



Palatine, Illinois

Our travelers' first stop was the provincial residence, St. Joseph's Home in Palatine, a northwest suburb of Chicago. Above, Little Sisters and Residents await Mother General's arrival with Spanish and Scottish flags in hand. Mother María is from Spain and Mother Assistant Joseph Christine is from Scotland.

Speaking of flags, Residents and staff showed off their national flags — Philippines (above), Poland and India (opposite page).

Opposite page, top: Mother General (third from left), Mother Provincial Julie Marie (second from left) and Mother Mercy, local superior (front, right) pose with Palatine's Association Jeanne Jugan.





Top: Anita singing in Navajo. Right: Irene waits for Mother General's arrival with her hand drawn sign in the Zuni language. Below, left: Mother Theresa Louisa assists Kathleen as she gives a welcome speech. Right: Mother General accepts a card from Eileen.

Gallup, New Mexico





From Palatine, Mother María and her companions flew all the way to New Mexico for a visit to Villa Guadalupe in Gallup. After greeting everyone gathered at the front door, our visitors and the Little Sisters in the Gallup community paused to pray in the home's chapel. Mother General and Mother Assistant were struck by the simplicity and beauty of the chapel, with its Navajo flavor and beautiful stained glass windows.

After a peaceful night, everyone awoke to snow the next morning! This was considered a sign of blessing on the visit. The Residents and staff entertained their guests with a display of all the cultures represented at the home.

The Little Sisters were grateful to Bishop James S. Wall, who came to celebrate Mass; local conse-

crated women joined in the festivities. Bishop Wall is pictured in the top photo with all the Little Sisters and other religious; and after Mass with Sami Daniels, a Cheyenne Resident, 101 years old.



Storms and tornados were blowing across the Midwest as Mother General and her companions flew to Kansas City, Missouri on Friday, April 17. After nearly a whole day of travel they were happy for a good night's rest and greeted the Residents the next morning. A staff member had been teaching the Residents Spanish, so their first word of greeting was a hearty "Bienvenidas!" The rest of the presentation continued in Spanish and English, and Residents presented their guests with flowers and welcome cards.

The Residents and staff later put on quite a performance for their guests, including two puppet shows, a fable about a daisy, and a lively portrayal of "Old McDonald Had a Farm" in honor of Missouri's 90,000 farms.





Kansas City, Missouri

On Monday, April 21 everyone awoke to the big news that three goslings had hatched in their nest by the home's pond. All at the home had been watching over the nest with great anticipation. Bishop James V. Johnson, Jr. of the diocese of Kansas City – St. Joseph came for Mass. He described the diocese's services for the poor, which are run out of the diocesan office building, and was pleased to hear that the home would be happy to have referrals from the program, including the undocumented.



Mother General's next stop after Kansas City was Mobile, Alabama.

Two of the well-known Azalea Trail Maids, the official goodwill ambassadors for the City of Mobile, came in their beautiful hooped gowns to help welcome Mother General and her companions.



On the drive through the city our travelers admired the old homes with their columned porches, and the trees and flowering bushes along the way. They passed the archbishop's house, the home's annual vantage point for viewing the Mardi Gras parade.

"As we got closer to the front drive we saw a large welcome sign with an Azalea Trail Maid on each side waving to welcome Mother General and Mother Assistant," the travelers recounted. "It was a lovely sight, but led to a good chuckle since, as soon as we had passed by we saw them lift up their hoop skirts and run to the front door to meet us there!" At the front door there was the usual presentation of cards, bouquets and well wishes from the Residents, staff, AJJ and volunteers, and, of course the Azalea Maids.

Mobile, Alabama



The visit to Mobile included an introduction to grits, a visit from Archbishop Mark Rivotuso and Archbishop emeritus Thomas Rodi for Mass, a presentation on Father Ernest Lelièvre and an appearance by the 2026 Mardi Gras King and Queen, Earl Purvis and Lois Eastman.



Mother María, Mother Joseph Christine and their traveling companions arrived in Chicago to a red carpet welcome the evening of April 18. Little Sisters and Residents greeted them with Chicago flags and words of welcome in three languages. After a simple supper, everyone was happy to settle in for a good night's rest in preparation for the coming day.

Since Sunday was the World Day of Prayer for Vocations, an especially festive Mass had been planned.





Chicago, Illinois

Six priests from a variety of countries and religious communities concelebrated, along with the main celebrant Rev. Paul Joseph Langevin, Provincial of the Conventual Franciscans. A group of Spanish students who volunteer at the home helped to animate the liturgy with a reading and hymn in Spanish.

Mother General and Mother Assistant greeted the Residents in their dining rooms and then met with a large number of employees who had come in on Sunday for this special occasion.



In the afternoon everyone enjoyed a show presenting the historical events represented on Chicago's flag. The blue stripes represent the Chicago River and Lake Michigan. Each of the four red stars represents a significant event in Chicago's history: Fort Dearborn, the Great Fire of 1871, the 1893 World's Columbian Exposition, and the 1933 Century of Progress Exposition. The show reached an unexpected climax with the arrival of Chicago's most famous native son — Pope Leo XIV, played by a Resident from Jeanne Jugan Terrace. The Pope presented Mother General with a fifth star to add to the flag to commemorate his election!





Mother General and Mother Assistant with some of the student actors who performed for them.



Indianapolis, Indiana

After several days in Chicago, our travelers left for Indianapolis by car on April 29, arriving to an Indy-500 style welcome led by the home's administrator in his red Corvette. He was accompanied by Alberta Rattermann, the home's eldest Resident at 98 years, in the front seat. She wore a tiara and was thrilled to be a "Queen" for the day.

After two rounds of the circular driveway, Alberta presented Mother General with an adorable floral arrangement in a red race car vase, sporting black and white checked flags. They were greeted in Spanish and French by a Resident from Argentina and an employee from Haiti.

The next day Archbishop Charles C. Thompson came for Mass, joined by ten concelebrants, some from the archdiocese of Indianapolis and some from the diocese of Lafayette. In the afternoon students from Guerin High School, who visit the Residents each week, performed a play on the lives of Saint Mother Theodore Guerin and Saint Jeanne Jugan. The two saints were contemporaries, both natives of Brittany, who lived through hardships in founding their respective Congregations.



Mother General and her traveling companions missed the Kentucky Derby by just one day, but they did stop by Churchill Downs on their way to the home in Louisville on Sunday, May 3. They arrived mid-afternoon and were greeted in several languages. It seems we have Spanish and French speakers in all of our homes!





Louisville, Kentucky

The next day Archbishop Shelton Fabre celebrated the Eucharist at the home, along with priest friends Fr. Ronald Knott and Fr. Bill Hammer.

Entertainment provided by the Residents and staff included a performance of "My Old Kentucky Home" by the Bell Choir, a brief play recounting the founding of the home in Louisville and a humorous presentation of the Kentucky Derby! The real bugler from Churchill Downs played the call to the post, retired jockey Charlie Woods (whose mother is a Resident in the Home) called the race, and Resident "jockeys" rode wooden horses on wheels from the start to the finish line.



To conclude their time in the United States, Mother María and Mother Joseph Christine gathered the superiors of our Baltimore-Brooklyn province at the novitiate in Queens Village, New York, together with our national vocation team, for prayer and a series of meetings aimed at strengthening our vocation efforts.

Queens Village, NY

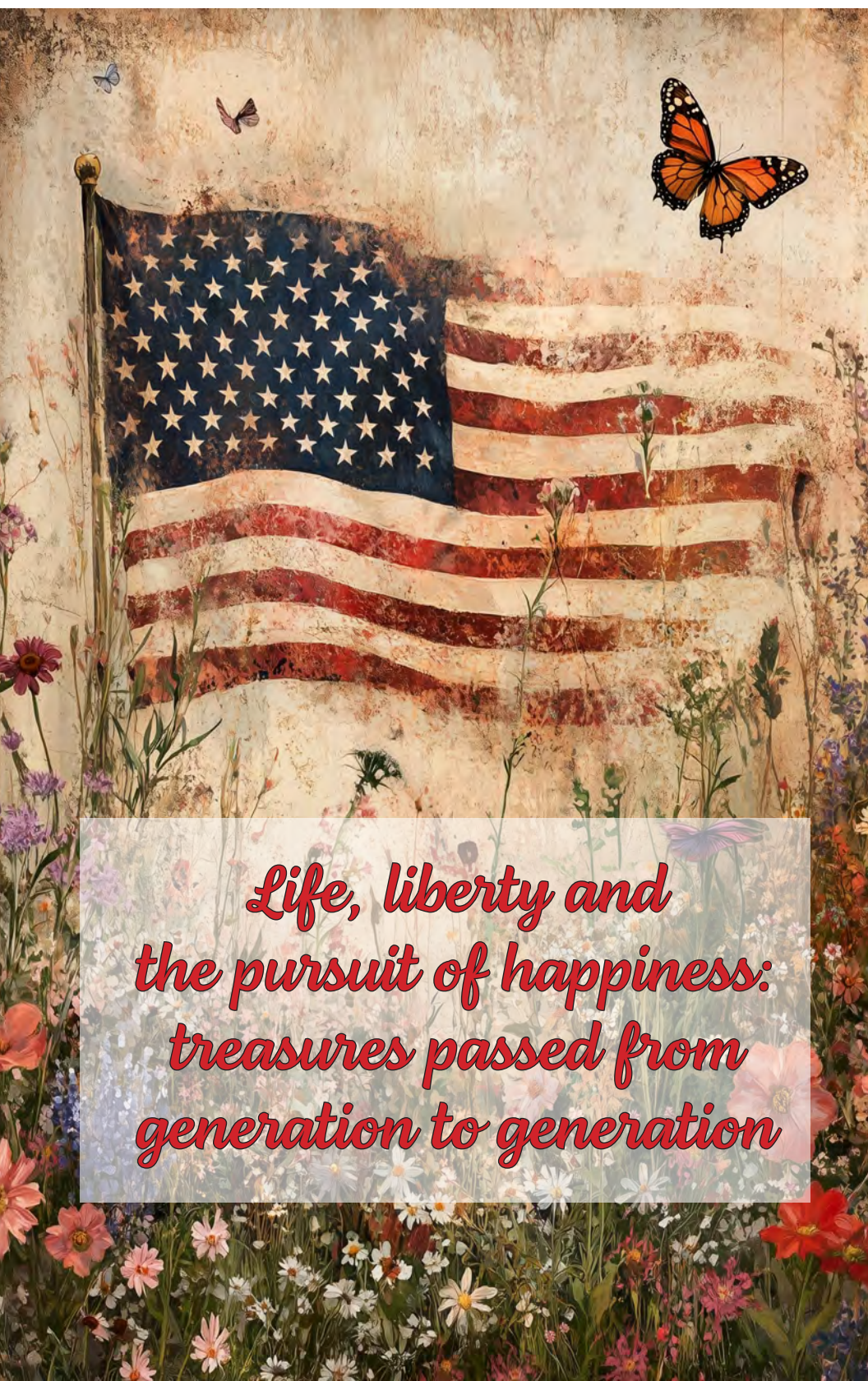
Smiles and blessings everywhere (continued from page 3)

In each house Mother General and Mother Assistant met with the staff, Jeanne Jugan Associates and Little Sisters' families. And of course they greeted the Residents, who were eager to entertain them and present them with gifts. These typically included hand-crafted items and monetary offerings in favor of our mission homes around the world.

Mother Assistant Joseph Christine reflects on the welcome she and Mother General experienced, "We received a most wonderful welcome everywhere, and everyone was very excited about the visit of Mère. In some homes the Residents had practiced saying a few words in Spanish; it was wonderful to see the joy on their faces. Each home put on a little show with the Residents, staff and AJJ and we were delighted to see how much effort they put into this. In every home it was different, but you could see how much everyone enjoyed taking part."



The welcomes received extended beyond our homes. “What touched us the most,” notes Mother General, “were the smiling faces that we encountered — no one with their heads down, everyone very open. Several times when we were at the different airports, people stopped to say ‘God bless you’ or ‘Sister, or have a blessed day.’ It was lovely to see this witness of faith. We noticed how religious people are everywhere and talk openly about God in a very simple and open way. Even at the airport and in customs, the employees asked us to pray for their children or for their concerns. We found people very easy to talk with and they showed great respect.” ❤️



*Life, liberty and
the pursuit of happiness:
treasures passed from
generation to generation*



Elders have a mission to share the wit and wisdom gleaned from their life experiences with younger generations. Here is what a group of Residents in Philadelphia and Washington, D.C. would like to pass down about what it truly means to believe that all people are created equal, with inalienable rights to life, liberty, and the pursuit of happiness....

Love it or leave it!

“Love it or leave it” was a common slogan during the Vietnam War. Janice remembers many relatives and friends who risked their lives to protect American values. Since our Nation’s founding in 1776, and during turbulent eras like the 1960s, life, liberty, and the pursuit of happiness have been hard-earned and difficult to preserve. Janice wants young people today to take up the baton to protect and promote these freedoms.

We’re not there yet!

Mac reminds us that America is still working toward becoming a nation where all people are truly treated as equal. Freedom and equality remain a work in progress, and every citizen has a job to do. We must join our efforts, shake off complacency, and act with enthusiasm to move the country forward.

Your vote counts!

Pat hopes and prays that everyone, young and old, appreciates the privilege of voting. She encourages her family and friends to stay informed and let their voices be heard through the ballot box. As the saying goes, bad politicians are elected by good citizens who do not vote.



Live and learn!

Invest in a good education. Theresa wishes she had taken school more seriously when she was younger. She now fully understands how vital a good education is to achieving the American dream and the pursuit of happiness.

Keep the faith!

Without a moment's hesitation, Mary Frances looks back on her life and thanks God for her American citizenship. She advises the younger generation to keep their faith in God as they navigate their own journeys toward life, liberty, and the pursuit of happiness.

Keep up the pursuit!

This is the advice Mike offers to everyone, regardless of age. He hopes the conviction that all people are created equal will stimulate us to promote life, liberty, and happiness for all. As a Vietnam veteran, Mike loves his country and wishes people all over the globe could enjoy these same God-given freedoms.





Be proud to be an American!

Eugene is proud of his American heritage. Countless heroes died to make our country great. Eugene urges young people not to let the ultimate sacrifice of our soldiers be in vain. He challenges the youth to “hold the fort” and keep our great traditions alive.

Know your history!

Why do we celebrate Memorial Day? Jerry wants everyone to honor those who laid down their lives in service to our liberty. He urges young people to study American history, noting that we stand on the

shoulders of the past. Knowing who helped us get to where we are today keeps us from taking things for granted and inspires us to promote the common good.

Don't take life for granted!

Geraldine was born in New Orleans 93 years ago. She remembers struggling to pack up and join in the “Second Great Migration” with her family, when she was 27, to find life, liberty, and the pursuit of happiness up North. She often reminds her grandchildren: “We fought for a better life for you — don’t take it for granted!”

– Residents in Philadelphia



Preserve these rights at a personal, day-to-day level!

This philosophical idea, as expressed in the Declaration of Independence, is not legally binding. However, later law, including the 14th Amendment to the Constitution, protected these principles as rights for all humanity. More and more, these inalienable rights are under attack. It is incumbent upon us to do what we can to preserve them, perhaps not on a grand scale, but at a personal, day-to-day level. As ephemeral as happiness is, we can all contribute to our own happiness and that of others.

When it comes to participation in government, the most important activity of all is to vote, and hopefully, we choose the type of government that protects our liberty. Having democracy and freedom allows us to pursue happiness. It is in our hands to work on our happiness as well as our family's. Being respected and respecting others is essential to achieving happiness. This is key.

I learned very young



that the right to wave our fist ends when someone's face gets in the way. Some reasons someone might have to disrespect others include arrogance, thinking they are better than us, or an overinflated ego. It can be manifested in rudeness, cruelty, and indifference toward others' feelings or safety. We cannot be happy or content under these circumstances any more than we can be happy without freedom. The psychological reasons for making people unhappy are irrelevant. It is up to us to require respect and consideration for ourselves. Then, we will feel satisfied with our lives and even help improve the lives of others.

– Agnes, Philadelphia



Looking Back and Looking Forward

My mother came from Ireland. She was able to enter the USA with no problem, to find work throughout her life, to worship the Lord in the Catholic faith with no duress, to raise me and provide for me. We were poor and didn't know it. We were blessed! We were grateful.

As years went by, Mom showed signs of Parkinson's disease. The City of Philadelphia used their services to help us, but time was of the essence. St. Joseph intervened and Mom was accepted at the

Little Sisters of the Poor here in Philadelphia. My Mom was given all the loving care she needed to see her through until God called her Home.

The Sisters and the Chaplain brought comfort and reinforced her love of Jesus — and mine — for you see, I am 90 and have been given the same loving care and have grown spiritually by learning how the Scriptures take us to the Eucharist. The Trinity leads us Home! We have freedom to worship as we desire to in America. We are blessed. I also had the freedom to visit Ireland and see all my Irish relatives. I, like Mom, had no worries in visiting another country. I had the pursuit of happiness. Thank God for the USA — Land of the Brave and Home of the Free. Our youth have always been the Hope of our Country. I wish the future generations the Happiness, Joy and Freedom Mom and I have been blessed with. God will provide for them as he has always done since the beginning of time.

— Fran Murphy,
Philadelphia



Tower of Remembrance, Stirling, NJ.

So that we may never forget

The year 2026 is not only a commemoration of the 250th anniversary of the Declaration of Independence it is a commemoration of the 25th anniversary of the terrorist attacks of September 11, 2001 – attacks which resulted in the largest loss of life by a foreign entity on American soil in United States history, killing 2,977 people, 2,753 of whom included New York City firefighters and police officers, and Port Authority police officers. 184 died at the Pentagon and 40 on United Airlines Flight 93 in Shanksville, Pennsylvania.

Reflecting on what “life, liberty and the pursuit of happiness” means to me I vividly recall the Tuesday that we now know as “9/11.”

At about 8 o'clock that morning I returned home to continue recuperating from bronchitis after taking my then 13 year-old daughter to school. Not able to sleep I turned on the television and truly couldn't believe what was being broadcast — a plane had hit the North Tower and another, the South Tower. Knowing that my son, Tim was in one of the buildings, I called his wife who was also at work in lower Manhattan. She was inconsolable...telling

me how he always called her when he knew she was at work and that he hadn't called that morning. Irene and I spoke several times that morning praying together and reassuring each other until the phone lines were no longer open.

Tim and his friend Jack worked in the South Tower and had volunteered with Port Authority to help evacuate the building in the event of a fire. That day the two friends walked together up and down thousands and thousands of steps beginning on the 78th floor and going up to the 84th floor bringing employees down, taking alternate stairs as exits became blocked by fallen debris from the plane hitting the South Tower. Overwhelmed by the fact that on September 11, 2001 the South Tower (2 World Trade Center) employed more than 4,000 people, Jack and Tim decided to separate so that they could be more effective in relaying communication from Port Authority.

Tim had been hit by fallen debris and relates that "Jack woke him up..." As Tim detailed the threat to his life it was evident that Jack could not have been alive at that point. Jack had already given his life so that thousands of others would be able to pursue their life, liberty and happiness with their loved ones.

I truly give praise and thanks to God for my son's life and the heroism of his friend Jack who undoubtedly is with his Creator.

So that we may "Never Forget," significant numbers of organizations have come into being to commemorate 9/11 and honor victims, first responders and survivors. The 25th anniversary of 9/11 will once again include the reading of the names of the victims, often by family members who were born after September 11, 2001, often with heart-wrenching memorials. These young people serve as models for Gen Z and beyond. They truly are the hope of our world!

As a native New Jerseyan I often visited the Shrine of St. Joseph in Stirling, New Jersey which has been owned and operated by the Missionary Servants of the Most Holy Trinity since 1924. As a dedication to the memory of all who lost their lives on Sep-

tember 11, 2001 the Shrine erected the “Tower of Remembrance” — a 35-foot-tall memorial constructed from steel salvaged from the North Tower of the World Trade Center and bells from their seminary in Monroe, Virginia. Each year the Shrine hosts an Ecumenical Candlelight Vigil and the bells toll at 47 minutes past the hour from 8:47 am to 8:47 pm.

In 2009 I wrote “For Whom the Bells Toll”

For Whom the Bells Toll

As I listen to these bells toll here today
I so painfully remember the horror
For it was at 8:46 on that fateful day when the first plane
Hit the North Tower.
Awakened was I — though I knew not why then
To see what my eyes could hardly believe
The beginning of what would come to be known as “9/11.”
My heart began to pound
I fought back tears as I do now,
And I just started to pray
“No God,” I said
“He can’t be dead, he’s just begun to live.”
Thanks be to God I pray again in unceasing gratitude.
The bells do not toll for you my precious child.
Your life was spared — the Lord, our God has other plans for you.
Though the bells toll for the lives taken from us
Must the bells toll for us to remember
That they are our sisters and brothers?
Console us then O God we pray
That we may come to know
The promise of Your love and hopefulness —
That they already know.

– Barbara Maher,
Philadelphia

Enjoy each moment of life to the fullest

To me, these three ideas — life, liberty, and the pursuit of happiness — are deeply interconnected. Each concept has a meaning that brings to mind the paintings of Norman Rockwell. Like his paintings, they are a reminder to enjoy each moment of life to the fullest. As individuals, in solitude or in community, or through our relationships — working in trades, professions, or housework, as in his paintings — we can experience it all as we grow. The Norman Rockwell paintings reflect this all with candor: life, liberty, a sense of belonging, and well-being.

At the center of these themes is caring for the dignity of people, which means recognizing how people have a right to seek happiness



through their families, friendships, and communities. I am reminded of the song “America the Beautiful,” which conveys to us of how blessed this vast land is and how fortunate we are to play a part in its story. I like to sing this song with my grandchildren, and if I am lucky enough to meet my great grandchildren someday, I will sing the song with them.

– Yolanda Ortega-Gonzalez,
Washington, D.C.

Open doors in America

A trio of immigrants living at Jeanne Jugan Residence in Washington, D.C. shared their experiences of life, liberty and the pursuit of happiness. Margarita Cifuentes arrived in the U.S. from her native Colombia with her three young children in May, 1963. The family settled in Arlington, Virginia, joining St. Agnes parish there. Though they were new in town, the children participated in the Fourth of July parade organized by the parish.

Two of Margarita's children went on to serve in the U.S. Navy. Her younger son was sent to cooking school by the Navy and eventually became a chef in the White House. Her oldest became a police officer in Florida. "I attribute all of my family's success in this country to the rights guaranteed to all Americans — life, liberty and the pursuit of happiness."

"I arrived in the United States in 1975 with other refugees from Vietnam," Loan Thi Nguyen recounts. She was sponsored by a family and has always remained grateful for

the charity she received upon her arrival. This experience was a complete contrast to the situation in Vietnam, where she felt her life, and the lives of many others, were in danger.

Loan rented an apartment in Harrisburg, Pennsylvania, got a job and learned English — all on her own. Through the years she has always been active in the Vietnamese Catholic community. "Unlike Vietnam, America provided open doors for me," Loan reflects.

Khieu Dinh, also from Vietnam, recently became an American citizen. When she arrived from Vietnam she joined relatives already in the U.S. and worked for Vietnamese people on an assembly line making medical equipment. "The U.S. has given me more freedom than I had in Vietnam," she reflects. "My life is better here because of the liberties America has provided."





The greatest gift is life

Life is the greatest gift that God has given mankind. Life should be valued so as to appreciate and better understand liberty. Both together — life and liberty — lead us to happiness.

I had a lovely childhood. Happiness for me meant being with my family and sharing our love for one another. Helping my mother in her orchid garden gave me a love for nature.

I hope future generations will slow down and spend time with their families to value the liberties that God has given us all. ❤️

– Christy Lugo,
Washington, D.C.



Let's change the world this summer!

On July 26 we will celebrate the World Day for Grandparents and the Elderly. The theme for this year's celebration is taken from the prophet Isaiah, "I will never forget you."

Older people need to hear these words from God and from us. Perhaps God actually wants to speak them through us!

The statistics are dismal — More than one third of seniors experience loneliness and social isolation on a regular basis. Loneliness poses health risks as deadly as smoking 15 cigarettes per day. That's unbelievable!

Loneliness touches Gen Z and millennials too — 73% report being lonely and many say they feel unloved.

It doesn't have to be this way! If we all found a way to dedicate some time to another human being this summer we would begin to change the world.

Pope Leo XIV recently wrote, "Each generation inherits the task of shaping its own era, of guiding history to become a place where the dignity of every person is safeguarded, justice is promoted and fraternity is made possible." Let's make it happen! ❤



JOIN THE RED ROCKING HOOD THIS SUMMER:

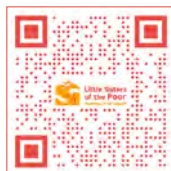
FOR YOUNG PEOPLE:

- 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.
- Register your name and the name of your elder friend or loved one on our website and we will pray for both you and them!

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.
- Register your name and the names of young people you have befriended on our website and we will pray for you!

TOGETHER LET'S BUILD A RED ROCKING HOOD
ACROSS ALL GENERATIONAL DIVIDES!





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