

DEAR FRIENDS,

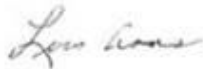
January 17, 2020
Memorial of Anthony

Sending you our warmest heartfelt greetings!

We thought that it would be important to send you this abbreviated "Fridge Notes for Companions" in that there are quite a few items that are time sensitive and thought that you would like to be aware of them. As you will read in the attached Fridge Notes, we are so pleased and privileged to be able to share with you that Sr. Norma Pimentel, MJ will be with us from **March 10-12**. Norma is a prophetic voice crying out for God's justice for refugees especially the women and children with whom she ministers. We have included some links about Norma's ministry that you may find not only helpful but also inspiring. As well, one of the most inspiring and encouraging ways to begin 2020, sent to us by Lucy Thorson, NDS, is to view Christ Hadfield's "*An Astronaut's Guide to Optimism 2020*". Thanks Lucy! Click the link below for the full video.

This is also an opportune moment to say **THANK YOU** to each and every one of you for revealing the face of God in the many ways in which you enrich the life and the spirit of the ministry of Becoming Neighbours – with your presence, prayer and solidarity – the sharing of your time, treasure and talents! It is through your commitment to and interest in the ministry of Becoming Neighbours that many newcomers embrace the strength, courage and hope to continue their journey of life wherever God may lead them.

Moreover, as many of you have shared, it is in this mutual journey together that we enter into a contemplative awareness of being **BROTHERS AND SISTERS WITH AND FOR EACH OTHER.**



Lois Anne Bordowitz, FCJ



Peter McKenna, SCJ

<https://bit.ly/2u6RSXe>