Greetings to all of our dear Becoming Neighbours friends,

With you, our hearts are saddened.

Perhaps at no recent time have we been so acutely and painfully aware of the fragility of life wounded by nightmares of racism, climate change and this COVID-19 Pandemic. The challenges facing us seem to be overwhelming. We hear the cry and the pain "I can't breathe". These words of George Floyd have hit us hard. They have been and continue today to be the words of all of our Black sisters and brothers, they are the words of the cry of our planet, our common home. They are the words of refugees detained after fleeing poverty, violence and ecological devastation in Central America, Africa and elsewhere. It seems so hard to stay the course and hunger for justice, because we know it will involve risking "to enter into a deeper understanding of the mystery of evil" (Ron Mercier).

In the midst of all of this, we are presented with the invitation to remember stories with which we grew up --to rekindle in our lives the powerful stories of our faith and in the sharing of these stories, to join with others, to imagine and continue to create an alternative world, rooted in the gospel values of Prayer, Presence and Solidarity.

With this spirit of hope, we offer you this Fridge Notes for Companions.

It is through your commitment to and interest in the ministry of Becoming Neighbours that many refugees and newcomers and this includes you and us as well, embrace the strength, courage and hope to continue our blessed network of mutuality whatever it may be and wherever God may lead us.

May the breath of the Holy Spirit, holding the breath of George Floyd, move us to walk with those whose dignity has been violated. In the words of Pope Francis, we know that "we cannot tolerate or turn a blind eye to racism and exclusion in any form and yet claim to defend the sacredness of every human life".

Together with you, in solidarity with all refugees,

Lois Anne Bordowitz, FCJ

Low home

Peter McKenna, SCJ

PETER.