

Justice, Peace and Life

March 2026

“Stop the Spiral of Violence!”

“I am following with deep concern what is happening in the Middle East and in Iran during this tumultuous time. Stability and peace are not built with mutual threats, nor with weapons, which sow destruction, pain, and death, but only through a reasonable, authentic, and responsible dialogue. Faced with the possibility of a tragedy of enormous proportions, I address to the parties involved a heartfelt appeal to assume the moral responsibility to stop the spiral of violence before it becomes an irreparable abyss!”

-Pope Leo XIV



Smoke rises in Tehran after attacks by Israel and the US



Elementary school in Minab Iran damaged in attacks

Prayer Litany for Peace

For families in Iran living in fear, and for all who live under the evil rain of bombardment, may they find safe refuge. *Lord, hear our prayer.*

For world leaders, that they stop the bombs and choose diplomacy over destruction and dialogue over retaliation. *Lord, hear our prayer.*

For all those who are poor and vulnerable, who bear the heaviest burdens of war, may their cries transform our hearts. *Lord, hear our prayer.*

For the courage to see the face of God in our neighbors and to build a culture of genuine encounter. *Lord, hear our prayer.*

For a lasting peace based on justice, mercy, and the sacred dignity of every life. *Lord, hear our prayer. Amen. From the Maryknolls*

“The growing conflict risks spiraling into a wider regional war. As the Holy Father has warned, we are faced with the possibility of a tragedy of immense proportions. My brother bishops and I unite our voice with our Holy Father and make the heartfelt appeal to all parties involved for diplomacy to regain its proper role. We ask for a halt to the spiral of violence, and a return to multilateral diplomatic engagement that seeks to uphold the ‘well-being of peoples, who yearn for peaceful existence founded on justice.’ All nations, international bodies, and partners committed to peace must exert every effort to prevent further escalation.

“At this critical moment, I invite Catholics and all people of goodwill to continue our ardent prayers for peace in the Middle East, for the safety of our troops and the innocent, that leaders may seek dialogue over destruction, and pursue the common good over the tragedy of war.”

-Archbishop Paul S. Coakley, President
U.S. Conference of Catholic Bishops

Urge Congress to pass the Iran War Powers resolutions

Join the Sisters of Mercy in phoning your members of Congress to speak out for peace. Go to this link:

www.sistersofmercy.org/mercy-for-justice/action-alerts/



Promote the Catholic Relief Services Rice Bowl at your parish this Lent!

Find bulletin notices at this [link](#) and meatless recipes from countries where CRS serves [here](#).



And here is wording for a **pulpit announcement**: *CRS Rice Bowl was started in 1975 by Catholics in Allentown, Pennsylvania who were looking for a way to help families experiencing drought and famine in the Sahel region in Africa. Participants fasted, ate simple meatless meals and donated the money they saved through these sacrifices. This Lent, our community is joining more than 11,000 parishes and schools across the U.S. to continue putting our faith into action to help our sisters and brothers around the world. I invite you to take home one of these Rice Bowls and place it on your family's dinner table or in another place where you'll see it every day. Then, incorporate the daily reflections and actions found in the Lenten calendar each day.*

As you pray, please pray for people facing hunger around the world and here at home. As you fast, please remember those for whom fasting is not voluntary.

As you prayerfully discern giving alms, please consider how your gifts will support the global work of the Church through CRS Rice Bowl, particularly at this moment when so many of our sisters and brothers are experiencing hunger and poverty.



Join New Yorkers in Fighting Hunger!

We need people across the state to join together of nudge our Senators and Members of Congress to be champions against hunger. Bread for the World, a national ecumenical anti-hunger advocacy organization, is holding monthly meetings online to educate and activate New Yorkers on protecting SNAP (food stamps), WIC (the food program for low income Women Infants and Children) and international humanitarian aid. Learn more at www.bread.org.

Our voices are especially important because of the powerful people who represent us in our diocese, particularly: Sen. Charles Schumer (Minority Leader of the Senate); Sen. Kirsten Gillibrand (on the Senate Agriculture committee); Rep. Joe Morelle (on the House Appropriations committee); Rep. Josh Riley & Rep. John Mannion (both on the House Agriculture committee).

Contact Laurie.Konwinski@dor.org to join our April 8 online meeting



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