

Von: Women's Ordination Conference <woc@womensordination.org>
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An: maria2.0essen.norpoth@gmail.com
Betreff: 10 days (and counting!) of Lenten fasting from patriarchy



WOMEN'S ORDINATION CONFERENCE

A voice for women's equality in the Roman Catholic Church

Dear Altfriid,

Congratulations on making it to 10 days of Lenten fasting from patriarchy! In these first days of Catholic Women Strike, we are inspired not just by the public, communal witnesses, but by the messages we have received from so many of you detailing your individual efforts, the difficult conversations you're initiating, and the prayers and solidarity you are offering with strikers worldwide. We continue to receive notes like:



*"I support a strike for Catholic women because women deserve to have their voices heard in a church that relies heavily on their work and labor. In a church where Mary Magdalene was the first to know the good news of the resurrected Christ, **it is time for women to have the opportunity to spread the good news, too.**"*

*"I support a strike for Catholic women because **it is us who keep the system running** while they tell us that there is no way to change the system. Let's see..."*

*"I'm a cantor at our church and often have the responsibility and gift of leading the Exsultet at the start of our Easter Vigil service. It pains me to silence and remove my voice, since song IS my prayer, but **the pain of women's relegation to silence is worse.** The priest's mic = power."*

"It is a sin against God to keep women or anyone from using all the gifts God has given them."

*"It is both **loving, and just!**"*

This kind of sustained effort requires support, and we want to remind you of several of the ongoing offerings available to you through Catholic Women Strike:

Freedom Fridays: Empowerment through Embodiment - starts TODAY

International yogini, Wambui Njuguna-Räisänen, and feminist chaplain-scholar, Lizzie Berne DeGear offer a powerful opportunity for community care and self-sovereignty. In three gentle yoga sessions we will learn to breathe deeply and practice sustainable self-care in the midst of dismantling systemic oppression. All are welcome and no prior experience with yoga is needed.

Empowerment through Embodiment



Wambui Njuguna-Räisänen

Every other Friday during Lent: **March 14, March 28, and April 11 @ 1- 2:15 pm EDT.** Each session will include orientation, reflection, meditation, a 45-minute practice and time for Q&A. Sessions will be recorded and participants are encouraged to revisit them as often as you like in your personal practice.

\$60 for all three sessions.

Wambui and Lizzie are offering this course at this accessible rate in solidarity with all who join the Catholic Women Strike movement this Lent.



Inclusive Liturgies each weekend!

If you are still looking for a nourishing faith community while you strike from your usual parish, we invite you to check out our directory of inclusive communities that will welcome Catholic Women Strike participants during Sundays in Lent.

This week, the Upper Room Inclusive Catholic Community and the Living Water Inclusive Catholic Community are welcoming strikers to their virtual liturgies—[find out more and register here.](#)

We're grateful for the many Roman Catholic women priests and inclusive communities that are offering masses in solidarity with the strike! This is a wonderful opportunity to experience their ministries.

Know that we continue to stand with you, pray with you, and strike with you. Your efforts are not only appreciated—they are changing the church.



For equality,

Kate McElwee
Executive Director

Katie Lacz
Program Director

Catholic Women Strike in Chicago: March 23

Join Catholic Women Strike supporters on **Sunday, March 23** at 10 a.m. at Holy Name Cathedral (735 N State St.) for a public witness and prayer!

Want to plan a witness in your area? Reply to this email and we'll help you get started.



A LENTEN SERIES ON
BRIGID, HILDEGARD, AND TERESA

**SAINTLY &
SUBVERSIVE
WOMEN**

MONASTERIES
OF THE HEART
IN SUPPORT OF
CATHOLIC
WOMEN STRIKE
LENT 2025
ICONS BY
THE MODERN
SAINTS

Lenten eCourse opportunity from Monasteries of the Heart!

Looking for spiritual community while you strike this Lent? To coincide with Catholic Women Strike, the online monastery founded by Sister Joan Chittister, Monasteries of the Heart, is offering a series on three saintly and subversive women where participants will learn about the radical lineage of Brigid of Kildare, Hildegard of Bingen, and Teresa of Avila.

This course includes three Zoom gatherings for connection and conversation, and nine forum discussions to share the stories and questions these saintly and subversive women offer us today. **[Register here.](#)**



Shop the Catholic Women Strike store

One way to support the strike is to wear a visible symbol of your solidarity. We encourage you to use our designs, make your own buttons, or **[shop the Catholic Women Strike store for supplies.](#)**

We also have t-shirts and sweatshirts available on our **"Bonfire" shop.**

Thank you!

Donate to support the effort



Women's Ordination Conference | PO Box 15057 | Washington, DC 20003 US

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