

**2025 Monthly Calendar Prompts
For Contemplation, Discernment and Action
“What is Honestly Necessary?”**

*Daughters of the Heart of Mary and Friends
Taking Caritas Internationalis' Sustainable
Development Goals to Heart*



August 2025



Freedom From Hunger

Caritas Sustainable Development Goal: to end hunger, achieve food security and improved nutrition, and promote sustainable agriculture

2025 theme: Youth Empowerment for a Sustainable Future

12 August – International Youth Day

US DHM Contemplation in Action

“We mingle with other classes of citizens; we have the same responsibilities, the same duties, and the holy promises that we make to God, though they hardly count for the world, require us to fulfill these duties with all the perfection of which we are capable. It is chiefly thus that we can edify our neighbor.”

Fr. Pierre Joseph de Clorivière, 9th Circular Letter, 26 September, 1808. Society of the Daughters of the Heart of Mary, Ireland, 1957. “Circular Letters of Pere de Clorivière 1799-1808,” pp 185-208.

Suggested Actions

Be outstanding. Be a good citizen and prayer companion. Advocate for policies that create long-term solutions to hunger. Donate to local food pantries and link your prayers with others working to address hunger worldwide.

Resource: Some Common Forms of Poverty

- 1. Absolute Poverty** --Also known as extreme poverty and involves the scarcity of basic food, clean water, health, shelter, education and information.
- 2. Social Poverty**--Social poverty includes people groups that are undervalued and have few rights. Oftentimes, social poverty is easiest to spot when we look for people who have been silenced-they have no say and their rights are minimized. They are often oppressed and thought of as insignificant.
- 3. Educational Poverty**--Hundreds of millions of children lack education and that creates a lack of options. Education equals knowledge, skills, and training, so when education is not available, families get trapped in the cycle of poverty for generations. Steady employment and income can be difficult to find, and a person's basic needs can't be met. Lack of education also makes children more vulnerable to exploitation or abuse.
- 4. Health Poverty**--Physical and emotional health is the basis for our ability to work, play and be in relationship with others. "Health poverty" may sound strange, but when a person is unhealthy it is difficult to hold down a job and develop positive relationships.

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Resource: Some Common Forms of Poverty (Cont'd)

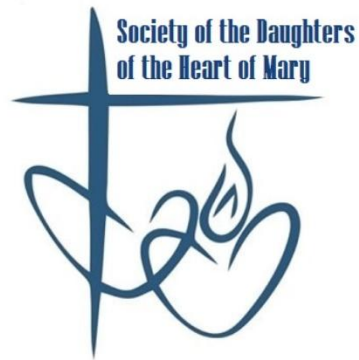
5. **Spiritual Poverty**--Spiritual poverty can be summed up by the word "hopelessness." Oftentimes, people in poverty struggle with feelings of worthlessness and despair. Children are especially vulnerable to these emotions and the message of despair poverty sends.

6. **Environmental Poverty**--Physical surroundings play a large role in a person's wellbeing. Environmental factors include climate, housing options, land availability, water supply, insects that carry disease, water-borne illnesses, weather, and drought.

7. **Economic Poverty**--Half the world lives with a household income of less than \$2.50 a day. This level of poverty is the equal of slavery. People need an income level which allows them to purchase what they cannot make or grow.

See also [Compassion Website](#)

Website of the US Province
Daughters of the Heart of Mary



International Website

DHM Orientations, Honest Necessity Subcommittee, Spring 2025