

**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*



December 2025



Action on Climate Change

Caritas Sustainable Development Goal - to take urgent action to combat climate change and its impacts

5 December – World Soil Day

US DHM Contemplation in Action

“If He leaves you in the midst of the world, it is to inherit the apostolic spirit that possessed in the most eminent degree the Heart of Mary, and like Mary you can contribute more by your example than by any other means, to change and renew the face of the world and bring the heyday of the early Church among us at the end of time.”

Fr. Pierre Joseph de Clorivière to Mlle. de Fermont. Letter of 21 May, 1807. *“Lettres de prison 1804-1806.”* p. 693-695.

Suggested Actions

Be curious. Wonder about the effects of climate change on air, soil, water and ecosystems. Share with a friend a digital channel focusing on the care of the soil or discern how otherwise to contribute to the good health of this essential for life.

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)

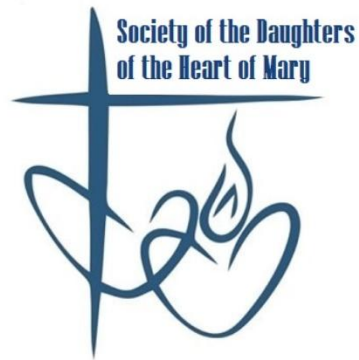
5. **Spiritual Poverty**--Spiritual poverty can be summed up by the word "hopelessness." Oftentimes, people in poverty struggle with feelings of worthlessness and despair. Children are especially vulnerable to these emotions and the message of despair poverty sends.

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