WOMEN: AGENTS OF "From now on all generations will call me blessed" & EMPOWERMENT







MANUAL & RESOURCES

CLARETIAN MISSION DAY 2025



Manual of Resources - Claretian Mission Day 2025

Book for celebrating and promoting the Claretian Mission Day

Year 2025

Edited by the General Mission Procure

Claretian Missionaries

Rome

For more information, visit www.somicmf.org

INDEX

PREFACE	04
INTRODUCTION	05
PART I - CLARETIAN MISSION DAY 2025	06
1. Presentation	07
2 Selected Projects	08
3. Collections and Donations	11
4. How to make use of the Manual of Resources	12
PART II - RESOURCES	14
1. Promotional material	15
2. Liturgy	16
3. Lectio Divina	18
4. Women in the history of salvation	24
5. Other inspiring women in the history	26
6. Books	33
7. Essays and reports	47
8. Presentations	52
9. Movies	53
10. Documentaries	55
11. Songs	57
	67
12. Fundraising	
THANK YOU!	70

PREFACE

God created human beings, male and female, equal to enjoy his love and care . However, in the

history of humankind this equality is distorted and a male dominated worldview was handed down to

generations as the normal way of life. With the inspiration of the Holy Spirit, we are invited to

reclaim this equality which all children of God enjoy.

This Claretian Mission Day 2025 is a unique opportunity to embrace this vision. It presents a theme

that we can explore in depth, going beyond the annual limits and looking towards a future of

inclusivity and equality. The theme of Women: Agents of Evangelization and Empowerment is a

transversal theme that invites all of us to relaunch our mission with this new and exciting dimension.

This guidebook is our compass, a treasure trove of inspiration to equip each one of us, each Claretian,

to be the best we can be, whether as individuals or as part of a parish, school or organisation. The

contents are incredibly versatile and can be used in different contexts to celebrate the highlights of

Claretian Mission.

This wonderful resource celebrates the amazing contributions of women in the church and society,

themes their self-giving, and promotes their wellbeing and rights. This work of compilation offers us

so many possibilities and methods to celebrate the Claretian Mission Day 2025.

And let's not forget the vital work of fundraising for the missions. The tools provided here can help us

to plan new initiatives which later can also be regular phenomena for local fundraising for the

Mission needs of the Organisms.

I thank Fr. Gabriel Ponce, Ms. Claudia Valentini and all those who collaborated in the preparation of

this resource material. This booklet is a clear call to action: to spread the Gospel to the ends of the

earth along with the great women of our missions, in line with our founder, St. Anthony Mary Claret.

May it be an inspiration to each and every one of you.

Lovingly yours,

Lord Winner un

Fr. Lord Winner CMF

General Mission Procurator

Claretian Missionaries

4

INTRODUCTION

The Church is experiencing a time of listening and discernment through the synodal process initiated by Pope Francis. This synodal journey invites us to rediscover the essence of our Christian vocation: walking together, fostering a more participatory, inclusive, and coresponsible Church in the mission of proclaiming the Gospel.

The Claretian Mission Day is a privileged opportunity to live this synodal dimension in a missionary key, reflecting on our responsibility as an evangelizing community. In this context, we cannot overlook a fundamental aspect that has strongly emerged in the synodal conversation: the participation of women in the Church and in the mission.

Women and Synodality: A Voice that Challenges Us

The synodal process has provided a space where many women have expressed their hopes, challenges, and contributions to ecclesial and missionary life. From the earliest Christian communities to the present day, women have been fundamental pillars in transmitting the faith and serving the most vulnerable. However, even today, challenges and barriers persist that prevent the full participation of women in the Church.

The synodal consultations have highlighted some urgent concerns:

- Recognition and visibility: Many women feel that their presence and contributions in the Church are not sufficiently valued.
- Participation in decision-making: There is a growing call for greater integration of women in leadership and ecclesial discernment spaces.
- Justice and equity: It is necessary to review structures that perpetuate inequalities and exclusions, promoting a truly fraternal and co-responsible Church.

Towards a More Inclusive and Prophetic Mission

In the Claretian tradition, mission has always been a space for encounter, dialogue, and transformation. Evangelization cannot disregard the voices, gifts, and commitment of women. In many of our communities, they are natural leaders in catechesis, social ministry, and missionary action. Their testimony is a sign of Gospel prophecy, challenging us to build a Church where everyone walks together, without exclusions.

This Resource Manual for Claretian Mission Day aims to be a tool for our communities to live synodality in a missionary key, fostering deep reflection on the role of women in the Church's mission. May this material help us listen, dialogue, and commit ourselves to an evangelization that is more inclusive, prophetic, and faithful to the Gospel.

"We must all walk together: lay people, consecrated persons, priests, women and men, without anyone being relegated to second place"

(Pope Francis, Address at the Opening of the Synod, 2021).

PART I CLARETIAN MISSION DAY 2025

PART I CLARETIAN MISSION DAY 2025

1 PRESENTATION

The Claretian Mission Day is an annual event celebrated on Divine Mercy Sunday or the Second Sunday of Easter.

It was established by the General Mission Procure of the Congregation to promote the Claretian charism and mission in the peripheries. During this international event, each Claretian community is invited to share with its collaborators, apostolates, and ministries the significance of Claretian Mission Day and the missionary work carried out by Claretian missionaries worldwide.

Through this event, we highlight the **universal Claretian mission** to our mission collaborators. On this day, we provide valuable insights into the missionary work of Claretians in different parts of the world. Furthermore, we seek to foster acts of **solidarity** among communities across the globe.

The Claretian Mission Day is an opportunity for everyone to take action in support of the most vulnerable and to donate in aid of the Universal Claretian Mission and its projects. Each year, the General Mission Procure selects three projects — one from each continent — based on a specific theme.

This year's theme is "Women: Agents of Evangelization and Empowerment", which also aligns with the no.5 Sustainable Development Goal set by the United Nations.

The funds raised through the celebrations held by Claretians and other communities will be allocated to these projects.

The funds will be raised during the year 2025 and distributed among the selected projects by the General Mission Procure at the beginning of 2026.

2 SELECTED PROJECTS

PROJECT 1

Strengthening Maya Kakchiqueles Women

Santa María de Jesús, Sacatepéquez, Guatemala

Total Project Cost: €20,000.00

Santa María de Jesús is a community that preserves its native language and traditional clothing. In fact, its population is 99.5% Maya Kaqchikel. Guatemalan Indigenous women are considered transmitters of historical and cultural memory. Today, in Guatemala, it is primarily women who weave and wear traditional garments, crafted using the backstrap loom. The production of Maya textiles, alongside agriculture, is one of the main pillars of the economy in these communities and a crucial source of employment for women. The women's weaving group Aj Piecha from Santa María de Jesús actively defends their ancestral textile art against plagiarism, fashion trends, and the decline of traditional Maya clothing. This project aims to empower Guatemalan women and safeguard their identity and socio-economic well-being by providing materials for textile production, organizing classes, workshops, and events that highlight their ancestral art, culture, and

historical significance.





Safeguarding their cultural identity and promoting their socio-economic condition!

Supporting the production of their ancestral artworks and fabrics!

PROJECT 2

Improving access to education for rural women

Nazat, West Bengal, India

Total Project Cost: €20,000.00

This project aims to help break the cycle of extreme poverty through education, awareness, and capacity-building, enabling women to achieve sustainable livelihoods and lead a dignified life.

Women in the Nazat region, like many in West Bengal, have limited access to education and, in many cases, lack alternative means to earn a living.





Adult Literacy Program & Awareness program on Women's Rights It is extremely difficult for women, especially those from rural areas, to find paid employment since they often lack qualifications and/or are the primary caregivers responsible for household duties.

This project aims to empower 200 women in Nazat by providing an adult literacy program and implementing awareness initiatives to educate them about their rights guaranteed by the Government of India.

PROJECT 3

Improving the Living and Working Conditions of Women of Kingandu

Kingandu, Kwilu Province, Democratic Republic of the Congo

Project Cost: €20,000.00



This project will be implemented in Kingandu, a rural village located 650 km southwest of the capital, Kinshasa. The local population primarily relies on agriculture, fishing, livestock farming, and small-scale trade for their livelihood. The women of Kingandu, who are responsible for harvesting, face significant challenges in processing millet, maize, and cassava. They spend a great deal of time and energy on traditional milling methods for cereals and cassava. The amount to be milled can exceed 50 kilograms per day, requiring several hours of hard labor just to prepare a single meal, as fufu is the staple food for dinner. This situation prevents women from taking better care of their families and engaging in other activities that could generate income for their self-sufficiency. Through this project grinding mill machines will be provided to the women. The objective of this project is to help them improve their techniques and strengthen their skills, reduce the physical effort required for this task, and ultimately enhance their living conditions.



2 COLLECTIONS AND DONATIONS

Collections and donations can be sent to the General Mission Procure through the following means:

- PayPal or Credit and Debit Card:
- https://www.paypal.com/ncp/payment/U2QVYSXF6ZSH8



- FUNDUS EUR/USD of the General Mission Procure
- Bank Transfer to PROCLADE Internazionale Onlus:

IBAN: IT 73 G 02008 05170 000101556451

BIC/SWIFT: UNCRITM1113

Please mention the Claretian Mission Day 2025 in the payment description.

The General Mission Procure calculates the total amount of contributions based on the funds received within the corresponding year of the event. A list of all received donations is published at the beginning of the following year.

Download the QR Code to share it with others!





HOW TO MAKE USE OF THE MANUAL OF RESOURCES

The Claretian Mission Day is an opportunity to strengthen the evangelizing commitment in various ecclesial and social contexts. This manual not only provides resources but also aims to inspire concrete actions that reflect the fundamental role of women as agents of evangelization and empowerment.

For its impact to be truly significant, it is essential to adapt its contents to the diverse realities of pastoral life. From **religious communities** to **parishes, schools**, and **volunteer groups**, each space has the opportunity to enrich this day through **formative**, **celebratory**, **and reflective experiences**. Below, specific proposals are presented to implement the manual in various contexts, ensuring that each activity helps to make **women's leadership** in the Church and society more **visible**, **recognized**, and **strengthened**.

IN RELIGIOUS COMMUNITIES

- Organize a day of reflection with Lectio Divina and the screening of a documentary.
- Incorporate the proposed prayer intentions from the Liturgy section into community prayer.
- Foster a dialogue space on how to strengthen women's leadership in evangelization.

IN PARISHES

- Celebrate a special Mass using the liturgical materials, giving prominence to women in the liturgy (readings, commentaries, testimonies).
- Organize a parish film forum featuring one of the recommended movies.
- Create a reading group with the suggested books and hold monthly discussion meetings.

IN SCHOOLS AND EDUCATIONAL CENTERS

- Carry out an educational activity where students research and present the lives of key women in the history of the Church and mission.
- Use the recommended songs in religion classes or moments of school reflection.
- Incorporate documentaries into training sessions for young people.

IN VOLUNTEER GROUPS AND JPIC (JUSTICE, PEACE, AND INTEGRITY OF CREATION)

- · Reflect on how social justice and women's empowerment relate to evangelization.
- Organize an action day based on the proposals in the manual.
- Use Lectio Divina as a space for discernment on the role of women in social and missionary commitment.

HOW TO IMPLEMENT THE MANUAL OF RESOURCES IN THE CELEBRATION OF CLARETIAN MISSION DAY

BEFORE MISSION DAY:

- · Review the content and select the most suitable resources for the community.
- Assign tasks to different groups: liturgy, activity organization, communication.
- Prepare materials and set up spaces for the planned activities.

DURING THE CELEBRATION:

- Follow the suggested structure or adapt the content according to local needs.
- Encourage active participation in celebrations, forums, and reflections.
- Use visual and testimonial resources to inspire and strengthen missionary commitment.

AFTER MISSION DAY:

- Evaluate the experience with the participants.
- · Reflect on the lessons learned and the challenges for the Claretian mission.
- · Share testimonies and best practices with other communities.

FINAL RECOMMENDATIONS

- Adapt the content: Every pastoral reality is different, so the material can be adjusted to local needs.
- Encourage creativity: Invite communities to complement the manual with their own initiatives.
- Promote continuity: Claretian Mission Day should serve as an impulse to strengthen missionary commitment throughout the year.

This manual is a living tool to deepen the evangelizing mission with a vision of justice and inclusion. May its use help renew missionary zeal in every community and make God's Kingdom present in the world.

Happy Claretian Mission Day!

PART II RESOURCES

1

PROMOTIONAL MATERIAL



Download the poster of the Claretian Mission Day 2025











Download the flyers of the projects!





LITURGY



PROPOSAL FOR THE MASS

Introduction to the Mass

Brothers and sisters in Christ, today we gather to celebrate the Eucharist with grateful hearts for the presence and witness of so many women who, throughout history, have been agents of evangelization and empowerment. From the pages of Scripture to our present time, God has entrusted great missions to courageous and faithful women. In this celebration, we ask that the Church and society recognize, value, and promote the fundamental role of women in building the Kingdom of God.

Collect prayer

God of life and justice, You who called Saint Anthony Mary Claret to proclaim the Gospel with passion and tenderness, ignite in us the same fire of your love.

May our mission reflect your maternal face, attentive to the cry of the people, and make visible the dignity of those who have been silenced.

Penitential Act

For the times we have ignored or minimized the contribution of women in the history of salvation. Lord, have mercy.

For the structures that have relegated women to a secondary role and for our lack of commitment to changing this reality. **Christ, have mercy.**

For not listening to and supporting the women who continue to fight for justice and dignity today. **Lord,** have mercy.

Liturgy of the Word

First Reading: Ruth 1:15-18

Ruth chooses to remain faithful and trust in God, serving as a model of love and devotion.

Responsorial Psalm: Psalm 46

"God is in the midst of the city, God will uphold it at the break of dawn."

Second Reading: Galatians 3:26-28

In Christ, there is no distinction between man and woman; we are all one in Him.

Gospel: Luke 10:38-42

Martha and Mary teach us the importance of both service and listening in the Christian mission.



Prayers of the Faithful

- For the Church, that it may be a community where women are recognized and valued in all aspects of ecclesial life. Let us pray to the Lord.
- For women who suffer discrimination, violence, or marginalization, that they may find support and have their dignity restored. Let us pray to the Lord.
- For all women working in evangelization, education, and human promotion, that God may strengthen their mission and fill them with His grace. Let us pray to the Lord.
- For men and women in leadership roles in the Church and society, that they may promote the equal participation of women. Let us pray to the Lord.
- For all Christian communities, that they may be spaces of inclusion, respect, and collaboration between men and women in the mission of the Kingdom. Let us pray to the Lord.

Prayer Over the Offerings

Receive, Lord, these gifts that we present to You today, as a sign of our commitment to equality, justice, and the dignity of all people. May this offering help us to build a Church where men and women walk together in faith and service. We ask this through Christ our Lord. Amen.

Prayer After Communion

Lord, nourished by Your Word and Your Body, we ask You to grant us the courage of the women in Scripture, the faith of Mary Magdalene, the steadfastness of Ruth, and the boldness of Esther. May our Church be a reflection of Your Kingdom, where the dignity of each person is respected and upheld. We make this prayer through Christ our Lord. Amen.

Final Blessing

The celebrant may conclude with a special blessing:

"May God, who calls each person to the fullness of their vocation, bless us and make us witnesses of His love without exclusions. In the name of the Father, the Son, and the Holy Spirit. Amen."

LECTIO DIVINA



MARY MAGDALENE - THE FIRST WITNESS OF THE RESURRECTION (JOHN 20:11-18)



1. Reading (What does the text say?)

Mary Magdalene, a woman who had followed Jesus and witnessed His death, is found weeping before the empty tomb. In the midst of her sorrow, she sees two angels and then Jesus, though she does not recognize Him at first. Jesus calls her by name, and in that moment, Mary recognizes Him as her Master. Jesus entrusts her with a mission: "Go and tell my brothers," making her the first witness of the Resurrection.

2. Meditation (What is God saying to me through this text?)

Context of Women in the First Century:

In first-century Jewish society, a woman's testimony had no legal value, and her role was largely confined to the domestic sphere. However, Jesus breaks with this tradition by choosing a woman as the first witness of His victory over death. Mary Magdalene is not only honored with this revelation, but she is also given a mission: to proclaim the Gospel to the disciples.

God Sees Differently:

Jesus does not follow the social norms of His time. While first-century culture viewed women as secondary, God calls them by name and entrusts them with fundamental roles. Mary Magdalene is sent as the "apostle to the apostles," demonstrating that the Good News has no gender restrictions. God chooses whomever He wills, without human prejudices.

Do I Identify with Mary Magdalene in Her Search for Jesus? How Do I Respond When God Calls Me to Announce His Message?

Current Context: Do Women Still Hold Secondary Roles?

Although significant progress has been made toward gender equality, many women still face barriers and are relegated to secondary roles in various areas of life. In the Church, society, the workplace, and the family, persistent norms and traditions continue to limit their leadership and participation.

Are We Perpetuating Structures That Marginalize Women in Our Communities? What Changes Can We Promote to Ensure Women's Voices Are Heard and Valued?

3. Prayer (Responding to God in the Heart)

Lord Jesus, just as You called Mary Magdalene by name, call me also to recognize Your presence in my life. Teach me to listen to You and to respond with joy to the mission You entrust to me. May I, like Mary, have the courage to proclaim Your love without fear or barriers. Amen.

4. Contemplation (Commitment to Live What We Have Learned)

Today, like Mary Magdalene, I want to be a witness to the Resurrection in my surroundings. I will seek to recognize God's presence in everyday life and share a message of hope with those around me.

Concrete Action: To whom can I bring a message of faith and hope today?



THE SAMARITAN WOMAN - WITNESS OF THE ENCOUNTER WITH CHRIST (JOHN 4:1-30)



1. Reading (What does the text say?)

Jesus, weary from His journey, sits by Jacob's well in Samaria. A Samaritan woman comes to draw water, and Jesus asks her for a drink. In the conversation that follows, He reveals His knowledge of her life and offers her "living water" that quenches eternal thirst. Transformed by this encounter, the woman leaves her jar behind and runs to announce to her people:

"Come and see a man who told me everything I have done. Could this be the Messiah?"

2. Meditation (What is God saying to me through this text?)

Context of Women in the First Century:

Women in first-century society were subject to strict norms, and Samaritans were considered impure by the Jews. A woman with the Samaritan's history would have been even more marginalized. However, Jesus breaks these barriers:

- He speaks with her in public, defying cultural norms.
- He reveals His messianic identity to her.
- He transforms her into an evangelizer for her people.

God Sees Differently:

Jesus excludes no one and shows that His message is universal. The Samaritan woman moves from being rejected to becoming a messenger of the Gospel. Her story reminds us that God meets us in our most difficult realities and transforms us to be witnesses of His love.

What "jars" do I need to leave behind to follow Christ?

How can I be a witness to my encounter with Jesus in my surroundings?

Current Context: Are Women Still Excluded?

Today, many women face marginalization due to their past, social status, or background. Many are not heard or valued. Jesus challenges us to recognize their dignity and ensure that their voices are heard.

Am I willing to listen to and value the voices of women in my community?

What structures do I need to change to promote greater inclusion and justice?

3. Prayer (Responding to God in the Heart)

Lord Jesus, give me the courage to go out and encounter others as You did with the Samaritan woman. May I listen, welcome, and proclaim Your message without prejudice or barriers. Amen.

4. Contemplation (Commitment to Live What We Have Learned)

Today, like the Samaritan woman, I want to share my experience of faith. I will take a concrete step to encourage someone to come closer to God.

Concrete Action: Who can I invite to experience a transformative encounter with Jesus?



LECTIO DIVINA: MARTHA AND MARY - COMPLEMENTARITY IN THE MISSION (10:38-42)



1. Reading (What does the text say?)

Jesus visits the home of Martha and Mary. While Martha is busy with household tasks, Mary sits at Jesus' feet to listen to His teaching. Martha complains that her sister is not helping her, but Jesus responds: "Martha, Martha, you are worried and upset about many things, but only one thing is necessary. Mary has chosen the better part, and it will not be taken away from her."

2. Meditation (What is God saying to me through this text?)

Context of Women in the First Century

Women were traditionally responsible for household tasks and service. In this context, Mary's action is surprising: she sits at Jesus' feet as a disciple, a role that was typically reserved for men. Martha, on the other hand, represents the expected role of a woman in her time.

God Sees Differently

Jesus does not dismiss Martha's service, but He shows her that there is something even more important: listening to the Word as a source of dignity. In the Christian life, we can sometimes fall into the trap of always doing what we think is expected of us, while neglecting the prophetic and liberating voice of God.

Am I more like Martha or Mary in my life of faith?

Current Context: How Do We Value Women's Mission Today?

Even today, many women are still seen only in roles of service, and their capacity for leadership and teaching is often not recognized. Jesus challenges us to value both dimensions: action and spiritual formation.

- Do we recognize the value of teaching and reflection in the mission of women?
- How can we create spaces where women can receive formation and share the Word of God?

3. Prayer (Responding to God in the Heart)

Lord Jesus, help me find the balance between action and contemplation in my life. May I serve with love, but also sit at Your feet to learn from You. Amen.

4. Contemplation (Commitment to Live What We Have Learned)

Today, like Mary, I want to dedicate time to listening to God, and like Martha, I want to serve with love. I will seek a moment to meditate on the Word and find a way to help someone in need.

Concrete Action: How can I better balance listening to God and serving others?



PRAYER WITH THE MAGNIFICAT

Reading from the Holy Gospel according to Luke (1:39-56):

In those days, Mary set out and went with haste to the hill country, to a town in Judah. She entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb, and Elizabeth was filled with the Holy Spirit. She exclaimed with a loud voice:

"Blessed are you among women, and blessed is the fruit of your womb! And why has this happened to me, that the mother of my Lord should come to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled!" And Mary said:

"My soul proclaims the greatness of the Lord, and my spirit rejoices in God my Savior, for He has looked with favor on His lowly servant. From this day all generations will call me blessed, for the Mighty One has done great things for me, and holy is His Name. He has mercy on those who fear Him in every generation. He has shown the strength of His arm, He has scattered the proud in their conceit. He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things, and the rich He has sent away empty. He has helped His servant Israel, remembering His mercy, according to the promise He made to our ancestors, to Abraham and his descendants forever."

Mary remained with Elizabeth for about three months and then returned to her home.



The evangelist tells us that "Mary set out and went with haste" to visit Elizabeth—hurried, but not anxious, moving with readiness and peace. "She set out"—a gesture full of care and concern. She could have stayed at home, preparing for the birth of her son, but instead, she puts others before herself, demonstrating that she is already a disciple of the Lord she carries in her womb. The event of Jesus' birth began in this way—through a simple act of charity. Moreover, true charity is always the fruit of God's love.

Mary's joy in the Magnificat is contagious, life-giving, and fruitful. It is a joy that makes the child in Elizabeth's womb leap—life is born where there was only sterility.

Who among us does not experience some barren, lifeless aspect in our own lives or in the lives of those around us? Who among us does not carry deep concerns, feeling incapable of generating life and joy? That was Elizabeth's reality.

And that is precisely the reality that Mary visits, blesses, accompanies, and sings to.

This Immaculate Woman has little to do with the images of a submissive humility, lost in herself and in the Son within her womb. In the Gospel, Mary is not like that. The woman whom God exalts in the Gospel is not passive or withdrawn, but active and prophetic.

This can also be a beautiful day to contemplate, in the embrace of these two holy women, God's call to let life leap for joy in every place and in every person we encounter.

LUKE 13,10-17



1. OPENING PRAYER

Lord, You have created humanity in the diversity and plurality of sexes. When we deny the equality of our feminine and masculine components, we remain incomplete, inflicting violence upon a part of ourselves.

On this Day, send Your Spirit upon us, so that we may make decisions that promote gender equity and equality, recognizing that we are all Your children—human beings created in Your image. Amen.

2. INITIAL REFLECTION: WHERE ARE YOUR SISTER AND MOTHER?

The first judgment of God is revealed to us when our elder brother, Cain, was called by God, who asked him: "Where is your brother Abel?" Cain responded that he did not know and even questioned God, asking if he was supposed to be his brother's keeper. Now, as we stand before the tribunal of God, He asks us: "Where is your sister? Where is your mother?"

What answer can we give to God for the invisibility of our sisters and mothers in society and in the Church?

This question confronts us with the reality of victims, the brutality of violence, exposing the rejection of love, respect, and care. In this question, we gather the cry—so often voiceless, silenced, and ignored—of countless women who are victims of violence, whose rights are denied. It is a cry we need to hear, to welcome, to embrace, so that they may see their dignity recognized and so that we may build relationships rooted in equality and justice.

The United Nations Human Rights Council Report of March 6, 2008, states that even after more than 60 years since the founding of the UN and the adoption of the Charter on Equal Rights between Men and Women, half of the world's population—specifically women—continues to experience discrimination that is sanctioned and tolerated by the State.

This UN report reflects reality. Today, women work two-thirds of the world's working hours, yet they earn only 10% of global income. In fact, they own less than 1% of the world's property.

In the workplace, 1 in 4 women report experiencing sexual harassment and unwanted advances.

For example, in Lebanon, women cannot file for divorce in cases of physical abuse unless there is a witness who can testify on their behalf.

In Middle Eastern countries and India, so-called "honor killings" are still practiced against women.

In Saudi Arabia, women were historically prohibited from driving, a restriction that was only lifted in 2018, but gender-based limitations persist in other areas.

Given the current pace of progress, gender equality would not be fully achieved until the year 2186.

When more than half of humanity (who are women) remains unredeemed, it can be said that society still lives in slavery. We cannot afford to wait until 2186 to see equality become a reality.

The theme of International Women's Day 2017, #BeBoldForChange, already expressed the urgency of taking action. It was a call to take bold steps toward creating a more inclusive world.



3. GOSPEL: Luke 13:10-17

One Sabbath, Jesus was teaching in a synagogue. There was a woman there who had been crippled by a spirit for eighteen years; she was bent over and could not straighten up at all. When Jesus saw her, He called her forward and said, Woman, you are set free from your infirmity." Then He laid His hands on her, and immediately she straightened up and glorified God. But the synagogue leader, indignant that Jesus had healed on the Sabbath, said to the people:

There are six days when work should be done; come and be healed on those days, not on the Sabbath."

The Lord answered him: "Hypocrites! Doesn't each of you untie your ox or donkey from the stall on the Sabbath and lead it to water? Then should not this woman, a daughter of Abraham, whom Satan has bound for eighteen years, be set free on the Sabbath day?"

As He said this, all His opponents were humiliated, but the people rejoiced at all the glorious things He was doing.



3. GOSPEL COMMENTARY

Jesus encounters the nameless, bent-over women. This image represents the condition of millions of women today who are unable to stand tall. Like this woman, our sisters have been silenced and made invisible for far too long.

Our sisters are tortured by the demons of sexism, structural violence, prostitution, hunger, unequal opportunities, long working hours, overwhelming family responsibilities, guilt, anguish, subordination, economic dependence, passivity, inferiority, and the denial of self-worth.

There is no such thing as minor or insignificant violence, as all forms are part of the same perverse chain. The sexist use of language: Jokes and sexual remarks directed at women; Jealousy and control over one's partner; Lack of shared responsibility for caregiving and household work; Silence as a form of manipulation; Intimidation, discrediting, and demeaning attitudes; Emotional blackmail and economic control; Paternalism and the denial of women's autonomy.

All of these contribute to a system that continues to bend women down, preventing them from standing in dignity. Jesus sees them, calls them, and sets them free—restoring their worth and lifting them up.

As Christians, we are called to foster a cultural shift, including within our Church, its structure, teachings, and practices. This requires revisiting traditional conceptions of women, often linked to values of submission, acknowledging their exclusion from decision-making spaces, and actively promoting their participation.

Throughout the Gospels, we can see how Jesus transgressed the norms of His time in His relationship with women: He recognized their dignity; Denounced their suffering; And presented them as models of faith. Jesus was always surrounded by women, liberating them from taboos and prejudices that oppressed them—even from death itself. And it was women who remained by His side until His final moments, bearing witness to His passion, death, and resurrection.



WOMEN IN THE HISTORY OF SALVATION





In a society where motherhood was the primary value of a woman, Sarah's infertility placed her in a position of vulnerability and scorn.

However, her story is not just one of passive waiting for the fulfillment of God's promise. Rather, she is a woman who dares to act, seeking alternatives within her context, even when it means making difficult decisions, such as giving Hagar to Abraham (Genesis 16).

SARAH

From beginning to end, Miriam breaks the mold. She is a woman who saves lives, sings of freedom, challenges authority, and is recognized as one of Israel's great leaders.

Her story reminds us that women have been protagonists in the history of salvation, even though tradition has often silenced them.



MIRIAM



JAEL

Jael is one of the most striking and disruptive figures in the Bible. Her story, told in Judges 4 and 5, presents her as a woman who, with cunning and courage, defeats the Canaanite general Sisera, a powerful enemy who had oppressed the people of Israel.

For centuries, her role has been interpreted in different ways—sometimes minimized, sometimes romanticized. However, Jael stands as a symbol of resistance, intelligence, and female power in a world dominated by war and patriarchy.

Deborah breaks all expectations. She is a judge, prophetess, strategist, poet, and military leader. Her story affirms women's right to be protagonists in shaping history and faith.

She did not ask for permission to lead. She stood up, spoke, and changed history.

Her figure remains an inspiration for all women who fight for the recognition of their leadership, both inside and outside the Church.



DEBORAH

WOMEN IN THE HISTORY OF SALVATION





The story of Esther is one of the most powerful narratives in the Bible, showing how a woman defies fate and uses her intelligence to save her people.

Although she has often been viewed as an example of beauty and obedience, a feminist reading reveals that Esther is not a passive queen, but rather a strategist who maneuvers power to achieve justice.

ESTHER

Told in the Book of Judith, her story defies all expectations about the role of women in war, faith, and power.

In a world where men dominated the battlefield, Judith proves that intelligence, cunning, and courage can be even more powerful weapons than a sword.



JUDITH



Her story is not just that of a mother, but of a woman who dared to say "yes" to a God who breaks structures and sets the poor free.

She was not merely an ornament in the history of salvation; she was its heart and its strength.

MARY

In a brief yet profound encounter, a foreign, pagan, and marginalized woman manages to challenge Jesus, shift His perspective, and obtain healing for her daughter.

From a feminist reading, her story is that of a woman who refuses to accept "no" as an answer, who breaks barriers of gender, ethnicity, and religion, and who, through her persistence, changes the dynamic of salvation in the Gospel.



THE SYROPHOENICIAN WOMAN

¡Descubre más sobre las mujeres en la historia de salvación!



WOMEN IN THE HISTORY OF SALVATION





The story of Esther is one of the most powerful narratives in the Bible, showing how a woman defies fate and uses her intelligence to save her people.

Although she has often been viewed as an example of beauty and obedience, a feminist reading reveals that Esther is not a passive queen, but rather a strategist who maneuvers power to achieve justice.

ESTHER

Told in the Book of Judith, her story defies all expectations about the role of women in war, faith, and power.

In a world where men dominated the battlefield, Judith proves that intelligence, cunning, and courage can be even more powerful weapons than a sword.



JUDITH



Her story is not just that of a mother, but of a woman who dared to say "yes" to a God who breaks structures and sets the poor free.

She was not merely an ornament in the history of salvation; she was its heart and its strength.

MARY

In a brief yet profound encounter, a foreign, pagan, and marginalized woman manages to challenge Jesus, shift His perspective, and obtain healing for her daughter.

From a feminist reading, her story is that of a woman who refuses to accept "no" as an answer, who breaks barriers of gender, ethnicity, and religion, and who, through her persistence, changes the dynamic of salvation in the Gospel.



THE SYROPHOENICIAN WOMAN

Learn more about women in the history of salvation!





OTHER INSPIRING WOMEN IN HISTORY





Ada Lovelace, English mathematician (1815-1852)

Ada was not only a great mathematician; she is also considered the first computer programmer in history. She studied mathematics and logic and proved to be a brilliant mind with the support of her mother.

Sojourner Truth, African American abolitionist (1797-1883)

Sojourner's life was very harsh; both she and her children were sold as slaves multiple times. She had the courage to sue a person who had illegally sold her 5-year-old son—and she won, giving hope to many others. She then began traveling across the country, sharing her story and fighting for women's rights and the abolition of slavery.





Anandibai Joshi, Indian doctor (1865-1887)

When Anandibai was born, there were no female doctors in India, and very few girls attended school. She graduated from the Women's Medical College of Pennsylvania at the age of 20 and then returned to India. She paved the way for a new generation of Indian women.

Kate Sheppard, leader of the New Zealand women's suffrage movement (1847-1934)

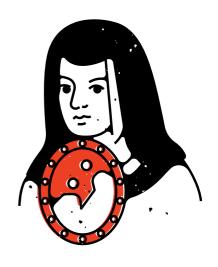
She cycled all over the city of Christchurch, campaigning for women's right to vote and successfully bringing her petition to Parliament. Thanks to Kate, New Zealand became the first country in the world to grant women the right to vote.





Sor Juana Inés de la Cruz, Mexico (1648-1695)

Sor Juana Inés de la Cruz, a 17th-century nun, writer, and philosopher, is considered one of the first feminists of Latin America. She defended women's right to education and critical thinking, challenging the patriarchal structures of her time.





What do their struggles teach us?

- $\boldsymbol{\cdot}$ The importance of access to knowledge as a path to freedom.
 - The role of women in shaping critical thinking.
 - \cdot The courage to challenge society's imposed norms.

What do we learn from her today?

Sor Juana reminds us that education is a fundamental tool for women's empowerment and social transformation. Her example encourages us to question the structures that limit women's development.

Traits that inspire today's struggle:

- Passion for knowledge.
- · Intellectual independence.
- Advocacy for women's rights through reflection and art.

TRAIT THAT ILLUMINATES CLARETIAN SPIRITUALITY

Intellectual formation is not an end in itself, but a means to discover God's will and to place knowledge at the service of the mission and the people who are accompanied. Sor Juana, with her tireless search for truth and dedication to knowledge, reflects a deep commitment to discernment and reflection, key elements for making a meaningful contribution to the mission. Her testimony inspires us to cultivate wisdom as a tool for evangelizing with fidelity, generosity, and passion, rooted in Christ and at the service of those most in need.





Cora Coralina, Brazilian poet (1889-1985)

The name Cora Coralina, meaning "red heart," was the pseudonym of Anna Lins dos Guimarães Peixoto Bretas. She loved reading but was considered odd by others. At the age of 70, she decided to take a typing course and publish her poems. She became a symbol of courage and perseverance for younger generations.

Eufrosina Cruz, Mexican activist (born 1979)

She ran for mayor in a small town in the state of Oaxaca.

Thanks to Eufrosina, Mexican women gained the right to vote independently. She chose the white lily as the symbol of her struggle because it is strong and resilient, yet also fragile.





Amelia Earhart, American aviator, pioneer, and writer (1897-1937)

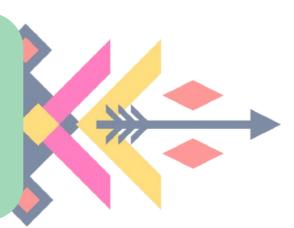
In 1932, Amelia set out to become the first woman to fly solo across the Atlantic Ocean.

"Women must try to do things as men have done. If they fail, their failure must be but a challenge to others."



Rigoberta Menchú, Guatemala (born 1959)

Rigoberta Menchú, a Guatemalan Indigenous leader and Nobel Peace Prize laureate (1992), has dedicated her life to defending the human rights of Indigenous peoples and women. Her testimony exposed the atrocities suffered by Indigenous communities during the armed conflict in Guatemala, bringing to light systemic discrimination and violence.



What do we learn from her today?

Rigoberta inspires us to keep fighting for the dignity of Indigenous peoples, access to justice, and the inclusion of women in decision-making processes. Her legacy reminds us that education and awareness of rights are essential for social change.

What do their struggles teach us?

- The importance of preserving cultural identity and collective rights.
 - Advocacy as a tool for social transformation.
 - Resilience in the face of structural violence.



Traits that inspire today's struggle:

- · Commitment to social justice.
- Cultural identity as a source of strength.
- Advocacy for the rights of Indigenous women in contexts of exclusion.





A TRAIT THAT ILLUMINATES CLARETIAN SPIRITUALITY:

In Claretian spirituality, the option for the poor and marginalized is central, seeking to transform reality through service and justice. Rigoberta Menchú, through her work for the dignity of Indigenous peoples and women, reflects a commitment to the most vulnerable, which resonates with the call of the Claretian Missionaries to fight for justice and peace, following the example of Christ, who dedicated himself to the excluded.

XXII GENERAL CHAPTER - "IN PROPHETIC MISSION" (1997)

"A continuing great challenge for us is the growth of poverty affecting the majority of the world's population as a result of the spread of unjust socioeconomic and political structures and systems, such a Neoliberalism. As evangelizers, we ratify our option for the poor as a great criterion of our missionary priorities" (n°48)

XXIII GENERAL CHAPTER - "THAT THEY MAY HAVE LIFE" (2003)

"In order to incarnate our option for the poor, the excluded and for justice, peace and the right to life we propose: To make sure that this option decisively affect our lifestyle, all our works and our activities of evangelisation. For this it is essential to "allow ourselves to be touched" by the poor and enter into personal contact with them." (n°67)

XXV GENERAL CHAPTER - "MEN ON FIRE WITH LOVE" (2009)

"We feel called to know them by name, to live and work in the forgotten sectors of large urban centres where the poor are just faceless masses living in shanty towns. We are also present in the vast rural areas, where the poor are exploited and marginalized from national development plans where the most basic rights as citizens are ignored. " (n°2. e)

XXVI GENERAL CHAPTER - "WITNESSES AND MESSENGERS OF THE JOY OF THE GOSPEL" (2015)

"One cannot be Claretian if he acts as if the poor did not exist. Nor can he be Claretian without denouncing unfair structures, fighting against the system that subjugates the poor and proposing alternatives. The poor are "the privileged recipients of the Gospel". Through them – as in Mary – the Gospel speaks and challenges us with a new voice." (n°49)





Malala Yousafzai, Pakistani activist (born 1997)

"There is no weapon more powerful than knowledge."

Malala has publicly fought for girls' right to education, even at the risk of her own life. In 2014, she became the youngest-ever recipient of the Nobel Peace Prize.

Miriam Makeba, South African singer and activist (1932-2008)

Miriam sang about the reality of a young woman in apartheid-era South Africa, drawing the world's attention to what was happening in her country. She understood that music could change people's opinions. She later became a Goodwill Ambassador for the United Nations.





Simone de Beauvoir, French philosopher (1908-1986)

Simone believed that women should be free to do what they wanted, not what society expected of them. She was convinced that education could help liberate women.

Through existentialist philosophy, she argued that individuals define the meaning of their lives and shape their own destiny through their choices.





Berta Cáceres, Honduras (1971-2016)

Berta Cáceres was a Honduran environmental activist and leader of the Lenca people, murdered in 2016 for her fight to defend Indigenous communities' rights and protect the environment from mining and hydroelectric exploitation. Her work demonstrated the deep connection between social justice and integral ecology.



What do we learn from her today?

Her legacy inspires us to continue defending communities' right to decide over their own land and to care for our "common home" with a vision of respect for Mother Earth.

What do their struggles teach us?

- Defending the land and natural resources as a matter of social justice.
 - Community resistance against destructive economic interests.
 - The need for a gender perspective in environmental activism.

Traits that inspire today's struggle:

- · Courage in the face of oppression.
- · Love for creation as a central value.
- Community leadership and active participation of women in environmental defense.



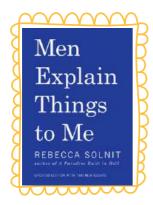
Trait that illuminates Claretian spirituality:

Defense of Creation and integral ecology.

Claretian spirituality upholds the integrity of creation as a principle of justice and care for the world God has entrusted to us. Berta Cáceres, through her fight for the protection of the Earth, reminds us of the commitment to integral ecology— a value embraced by the Claretian Missionaries in their vision of peace, justice, and environmental stewardship.

BOOKS





MEN EXPLAIN THINGS TO ME

Author: Rebecca Solnit

Brief Summary: In this collection of essays, Solnit examines gender inequality through the lens of language, power, and the lack of recognition of women's voices. The author explores topics such as mansplaining, gender-based violence, and the struggle for equity.

Main Themes: Language and power, feminism, inclusive communication, gender equity.

Why it is relevant for Claretian Mission Day:

- Reflecting on how language in the Church has shaped perceptions of women's roles.
- Empowering women to take on leadership and decision-making roles within the Christian community.

Recommended for: Pastoral leaders, educators, evangelization agents.



REVUELTA DE MUJERES EN LA IGLESIA. ALZAMOS LA VOZ

(Women's riot in the Church. We raise our voice)

Various authors

Brief Summary: This book compiles the history and evolution of the movement of Christian women advocating for their place in the Church.

Main Themes: Christian activism, gender equity in the Church, female leadership.

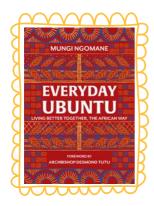
Why it is relevant for Claretian Mission Day:

- Highlights the ongoing struggle of Christian women for equality within the Church.
- Encourages reflection on the necessary changes within the ecclesial community.

Recommended for:

Church leaders, pastoral agents, and Christian communities committed to equality.





UBUNTU

Author: Mungi Ngomane

Brief Summary: A book on reconciliation and coexistence based on the African philosophy of Ubuntu.

Main Themes: Human rights, reconciliation, social justice.

Why it is relevant for Claretian Mission Day:

- Offers a vision of justice and community applicable to the evangelizing mission.
- Promotes leadership and cooperation in building a more equitable society.

Recommended for: Pastoral agents, conflict mediators, communities undergoing reconciliation processes.



NO KISSING ON COMAND

Author: Marion Mebes and Lydia Sandrock

Brief Summary: A clear and simple book for children (ages 3-7) that helps educators, parents, and caregivers address the topic of unwanted physical contact, promoting children's right to say NO.

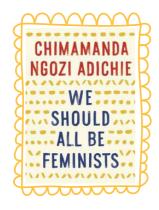
Main Themes: Child consent, abuse prevention, values education.

Why it is relevant for Claretian Mission Day:

- Promotes an education based on respect and dignity from early childhood.
- · Helps build communities that are sensitive to child protection.

Recommended for: Educators, families, pastoral agents working with children.





WE SHOULD ALL BE FEMINISTS

Author: Chimamanda Ngozi Adichie

Brief Summary: The author presents feminism as a continuous learning process and invites men to actively participate in the fight for gender equality.

Main Themes: Gender equality, feminism, male participation in feminism.

Why it is relevant for Claretian Mission Day:

- Promotes an inclusive vision of feminism that can enrich the evangelizing mission.
- Encourages reflection on shared responsibility for gender equity within the Church.

Recommended for: All audiences, especially pastoral leaders and young people in formation.

Suggested Activity: Discussion forum on how to integrate an inclusive vision of gender equality in evangelization.



IGLESIA SIN REBAJAS

(Church without discounts)
Author: Curín García Calvo, RIM

Brief Summary: This book reflects on a theology that advocates for gender equality within the Church.

Main Themes: Feminist theology, ecclesial equity, women's dignity.

Why it is relevant for Claretian Mission Day:

- Challenges power structures that exclude women from decision-making spaces in the Church.
- Encourages theological reflection on the dignity and role of women in evangelization.

Recommended for: Theologians, religious men and women, and Christian communities seeking equity.





THE SECOND SEX

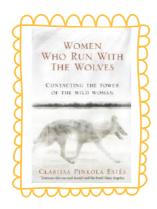
Author: Simone de Beauvoir

Brief Summary: Published in 1949, this book is a foundational work of philosophical feminism. Beauvoir explores how society has historically constructed femininity as "the other" in relation to men. Through deep analysis, she exposes the structures of oppression and myths that have perpetuated gender inequality.

Why it is relevant for Claretian Mission Day:

- Encourages reflection on how cultural structures influence women's evangelization.
- Examines the Church's role in transforming gender roles.

Suggested Activity: Debate on the phrase: "One is not born, but rather becomes, a woman," connecting it to the role of women in the Christian community.



WOMEN WHO RUN WITH WOLVES

Author: Clarissa Pinkola Estés

Brief Summary: This book weaves together mythology, psychology, and spirituality to explore the instinctive essence of women. Through stories and archetypes, the author invites women to reconnect with their inner strength, freeing themselves from societal limitations.

Why it is relevant for Claretian Mission Day:

- Promotes inner healing for women from a Christian perspective, empowering them for evangelizing leadership.
- Uses storytelling as a tool for reflection, fostering self-affirmation and female identity in faith.





FEMINISMO Y CRISTIANISMO (Feminism and Christianity)

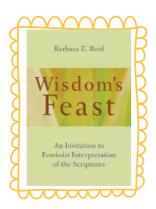
Autor/a: Laudina Barros y Rita Jordão

Brief Summary: This book explores the relationship between feminism and Christian faith, examining how women can be agents of transformation within the Church while remaining true to their Christian identity. It fosters a dialogue between faith and the struggle for gender equity, highlighting the role of women in evangelization and ecclesial leadership.

Why it is relevant for Claretian Mission Day:

- Encourages reflection on the inclusion of women in pastoral roles and their contribution to evangelization.
- Analyzes the challenges women face within ecclesial structures.

Suggested Activity: Reading selected excerpts from the book, followed by a discussion on the connection between evangelizing mission and the promotion of gender equality within the Church.



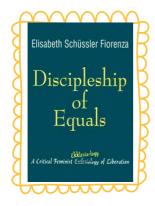
WISDOM'S FEAST

Author: Bárbara Reid

Brief Summary: In this book, the author compares women to Wisdom in the Bible. Readers are invited to partake in a banquet, where they can learn and share this wisdom, which is based on new ways of interpreting biblical texts—contextualizing them and giving them new meaning. The book encourages us not to read the texts literally but to approach them with fresh perspectives, valuing women's rights and seeing them through a new lens.

- What are the forms of violence that women experience?
- · Who perpetuates sexist attitudes in our society, and how?
- How can we break away from the patriarchal system? Why is it necessary?
- How is the crisis of patriarchy affecting women in our current context, and how can we weave and connect our struggles through that violet-colored thread?





DISCIPLESHIP OF EQUALS:

A critical feminist Ekklesia-logy of liberation

Author: Elisabeth Schüssler Fiorenza

Brief Summary: In this book, the author explores the concept of God in Jesus' movement as a God of goodness and mercy who accepts everyone equally, including sinners and the marginalized. Through the analysis of various parables of Jesus, the book illustrates how God grants equality and justice for all.

Questions for Reflection:

- Do we truly know this God of Jesus, who is love and mercy, in our churches?
- · Are we currently living a discipleship of equals?
- · How can women reclaim this God-Sophia of Jesus?



DESTERRADAS HIJAS DE EVA:

Protagonismo y marginación de la mujer en el cristianismo primitivo (Banished daughters of Eva)

Author: Fernando Rivas Rebaque

Brief Summary: According to the author, this book emerges from a vital paradox: on one hand, a deep love and gratitude for how the Church has become, for countless people (including the author), a privileged space for growth and encounter with God through Jesus Christ in the depths of the Spirit. On the other hand, it also expresses profound sorrow upon realizing that, both personally and communally, we have often failed to reflect the face of God in the world.

- Why have women been excluded from political, pastoral, and social decision-making roles?
- What has happened in our Church over the years that led to the loss of women's leadership and decision-making power?
- What are our challenges in remaining faithful to the Gospel of Jesus?





CLAVES FEMINISTAS PARA EL PODERÍO Y LA AUTONOMÍA DE LAS MUJERES

(Feminist keys to the power and autonomy of women)

Author: Marcela Lagarde

Brief Summary: In this book, the author contributes to an analysis that shifts from the individual to the collective, from the private to the public, and from the personal to the political. It helps women name the experiences they carry—such as power as domination, dependency, aggression, and envy among women—while acknowledging these as consequences of the patriarchal system. At the same time, it emphasizes that women remain responsible and committed to transforming these realities.

Ouestions for Reflection:

- Is it possible to build women's autonomy without considering subjugation as a generic condition for women within the patriarchal system? What does building autonomy mean in your personal history?
- What personal experiences in your life or community have led you to affirm that "the personal is political"?
- Identify key life processes that have shaped your journey toward autonomy. Highlight the natural, psychological, social, and political aspects involved in women's autonomy as a vital experience.



LAS MUJERES Y LA VIOLENCIA SEXISTA. REVISTA RIBLA NO. 41

Authors: N.Cardoso, A.M.Rizzante, S.Gallazi, G.Dibo, E.G.Neuenfeldt, M.Bachmann, M.Mena, M.S.Buscemi, S.Mansilla, C.Conti, C.Navia, K.Bergesch

Brief Summary: This collection of articles aims to promote women's participation in a discipleship of equals within the Church by offering new readings of biblical texts. The selected passages from both the Old and New Testaments share a common theme: gender-based violence, a widespread issue across the continent. Through feminist reinterpretations, these articles seek to challenge and move beyond the androcentric and patriarchal prototype, reclaiming women's history to restore their dignity. The goal is to shift the ethical focus of the law toward life and to foster new, open, and transformative social relationships.

- Why is it necessary to reinterpret biblical texts that reveal violence against women?
- Do you know women who experience violence? How can we help them?





CLAVES FEMINISTAS PARA LA NEGOCIACIÓN EN EL AMOR

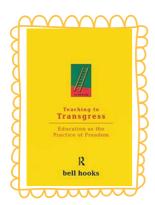
(Feminist keys to negotiation in love)

Autor/a: Marcela Lagarde

Brief Summary: In this book, Marcela Lagarde lays out a roadmap for navigating love without shipwrecks, free from the myths that bind us to absolute devotion and fear of solitude. Her writing—both a battleground and an embrace—deconstructs the traps of romantic love, the one taught as destiny and sacrifice, as self-loss in another. She speaks of love from a place of autonomy, of the possibility of building relationships where passion is not synonymous with dependence and tenderness is not an excuse for submission.

Questions for Reflection:

- How does Marcela Lagarde's book propose a transformation of the traditional concept of love, and how is this reflected in the review?
- What does it mean to negotiate love from a feminist perspective, and how does this challenge notions of dependence and sacrifice in relationships?
- According to the review, love should not be an "invisible prison" but a pact between free individuals. How can we apply this idea in our own relationships?
- The review states that emancipatory love should be woven with the same dignity with which we build our dreams and struggles. How does this vision connect with the fight for gender equity in society?



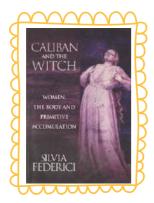
TEACH TO TRANSGRESS

Author: Bell Hooks

Brief Summary: Bell Hooks presents a manifesto on education as an act of resistance, an urgent call to transgress the boundaries of the classroom, fear, and silence. Her writing—both fire and tenderness—invites us to disobey the molds that have turned teaching into an exercise of domination, where knowledge is transmitted without soul, without life.

- How does Bell Hooks present teaching as an act of resistance, and how does this challenge traditional education models?
- The review mentions that Teaching to Transgress advocates for an "embodied education, lived through experience." How can this perspective transform the relationship between teachers and students?
- If education is about "planting questions, opening paths, and breaking chains," what concrete actions can we implement in our classrooms to turn teaching into an act of liberation and justice?





CALIBAN AND THE WITCH

Author: Silvia Federici

Brief Summary: In Caliban and the Witch, Silvia Federici uncovers a hidden history where the female body becomes a conquered territory and violence the price of capitalist progress. With a sharp and passionate pen, she leads us through the dark paths of primitive accumulation, revealing that the witch hunts were not merely a medieval superstition but a deliberate strategy of domination.

Questions for Reflection:

- How does the review highlight the connection between witch hunts and the consolidation of capitalism, according to Federici?
- To what extent does the review emphasize the relevance of Federici's analysis for current struggles, and what aspects could have been further developed in this regard?
- How does the review present Caliban and the Witch as a "spell" rather than just a historical text, and what are the implications of this metaphor in interpreting the book?



MUJERES (Women)

Author: Eduardo Galeano

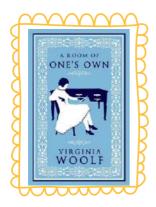
Brief Summary: The pages of Mujeres are a rebellious song, a constellation of names that history tried to bury in oblivion. With his unmistakable style, Eduardo Galeano gathers the scattered fragments of lives that defied their time and turns them into burning words. In this book, women are not shadows behind the throne nor silent muses; they are the body and voice of history, the wound and the scar, the rebellion and the tenderness.

Questions for Reflection:

- How does Galeano's poetic style contribute to constructing a powerful image of women in history, according to the review?
- The review mentions figures like Juana Azurduy and Rigoberta Menchú. How do these examples reflect Galeano's approach to women's social struggles within their historical contexts?
- What is the significance of the review's reflection on the need to listen "beyond the poet" and seek the voices of the women themselves in the history narrated by Galeano?

42





A ROOM ONE'S OWN

Author: Virginia Woolf

Brief Summary: A Room of One's Own by Virginia Woolf is a subtle yet powerful ode to women's creative freedom, an echo that reverberates through the halls of literary history. In its pages, Woolf not only maps the struggles of women who wish to write but also exposes the shadows that have silenced their voices: the lack of physical space, financial insecurity, and the invisible chains of patriarchal tradition. With delicate yet firm prose, the author guides us through a profound reflection on what it means to have "a room of one's own" in a world that has long denied women the possibility of existing beyond the margins.

Questions for Reflection:

- How could Woolf's notion of "a room of one's own" be interpreted today, considering advances in gender equality and new forms of female emancipation?
- The review states that Woolf "exposes the shadows" that have silenced women's voices. How
 could one argue that this oppression still manifests in contemporary society despite social and
 political progress?



QUEM TEM MEDO DO FEMINISMO NEGRO?

(Who is afraid of black feminism?)

Author: Djamila Ribeiro

Brief Summary: Who's Afraid of Black Feminism? is a narrative that, with intelligence, irony, and above all, great patience, connects theory, current events, and the author's own experiences. It allows readers to engage with the reality of racism in Brazil while also reflecting on their own societal context and biases.

For Reflection: Ribeiro explores the oppression and multiple barriers faced by the Black population in Brazil, emphasizing that the fight against racism is not only for Black people but a responsibility of society as a whole, including white individuals.





EXTRAORDINARIAS: MULHERES QUE REVOLUCIONARAM O BRASIL

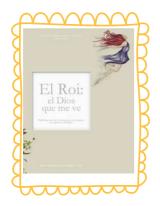
(Extraordinary women who revoluzionized Brasil)

Author: Aryane Cararo

Brief Summary: This volume, the result of extensive research, brings long-overdue recognition to many remarkable women. It presents profiles of revolutionaries from diverse ethnicities and regions, spanning from the 16th century to the present. Each portrait, created by Brazilian artists, offers a glimpse into their lives and contributions. Additionally, the book highlights the journeys of five women who were not born in Brazil but chose it as their home, such as Lina Bo Bardi and Carmen Miranda.

Ouestions for Reflection:

- What do these women have in common?
- Where did they find the extraordinary strength to fight for their ideals and transform Brazil?



EL ROI: EL DIOS QUE ME VE (EL ROI: the God who sees me)

Author: Red Ecuménica de Teólogas de La Paz

Brief Summary: El Roi is a collection of articles written primarily by women from the RETLP, offering reflections that help identify different forms of violence against women and encourage their eradication. This book is an invitation to open our minds, understand the reality of many women within the Church, recognize these injustices, and propose structural changes. Its goal is to build a more inclusive Church where women are truly recognized as agents of evangelization and empowerment, with equal dignity to men.

- Which article was the most revealing for you? What thoughts did it provoke?
- What practices within the Church do you see that still promote gender inequalities between men and women?





TEOLOGÍA FE<mark>MINISTA PAR</mark>A PRINCIPIANTES

(Feminist theology for beginners)

Author: Silvia Martínez Cano

Review: This is a book about God—one for everyone, both women and men. It seeks an understanding of God that unites us in Christ as members of the same community, regardless of gender.

The theologian and multidisciplinary artist Silvia Martínez Cano takes readers on a journey through anthropology, history, and theology, exploring the presence of believing women in history and within the Church. She provides a synthesis of the proposals, visions, and theological languages offered by feminist and women's theologies over the past 60 years.

The book clarifies concepts, raises thought-provoking questions, helps us understand our present, and reserves space to proclaim the synodal dreams and proposals of believing women. Because, as the author states, "being a believer and a feminist today is almost a necessity for anyone who wants to follow Jesus."



NO TOUCHING ON COMMAND

Author: Marion Mebes y Lydia Sandrock

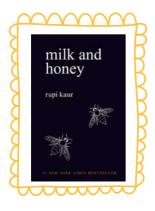
Review: This is a clear and simple book designed for young children (Early Childhood and First Cycle of Primary Education: ages 3-7). It can also be used by adults looking for a direct way to address the difficult topic of unwanted physical contact with children.

The book teaches children to distinguish between comfortable, pleasant sensations and those that are not. It aims to help them develop their own perceptions and feelings, emphasizing the importance of being able to say NO.

Its main goal is to educate and contribute to the prevention of child sexual violence.

Video Resource: Watch here





MILK AND HONEY

Author: Rupi Kaur

Rupi Kaur (Punjab, India, October 4, 1992) is a contemporary feminist poet, illustrator, photographer, and actress.

Her book Milk and Honey, published in 2014, is a collection of poetry, prose, and hand-drawn illustrations. It is divided into four chapters, each exploring a different theme: pain, love, heartbreak, and healing.

This collection is a powerful reflection on survival, delving into experiences of violence, abuse, love, loss, and femininity.



TU CUERPO ES TUYO

Author: Lucia Serrano

Review: This is a clear and simple book designed for young children (Early Childhood and First Cycle of Primary Education: ages 3-7). It provides a way to talk about sexuality with the youngest children, helping to address the topics of boundaries, abuse prevention, and unwanted contact. Its main goal is to educate and contribute to the prevention of child sexual violence.

Video Resource: Watch here





CANDY PINK

Author: Adela Turin, Nella Bosnia

Review: This is a clear and simple book designed for young children (Early Childhood Education: ages 3-5). It conveys the importance of valuing girls and boys equally and seeks to eliminate sexist stereotypes and discrimination.

Video Resource: Download here



PINK MONSTER

Author: Olga de Dios

Review: This is a clear and simple book designed for young children (Early Childhood Education: ages 3-5). Monstruo Rosa is a story about the value of difference—a tale that helps children understand diversity as an enriching element of our society.

Monstruo Rosa is a cry for freedom.

Video Resource: Watch here

ESSAYS AND REPORTS





WOMEN'S EMPOWERMENT IN PASTORAL SOCIETIES

Author: Fiona Flintan

Brief Summary: When reading about women in pastoral societies, the common narrative often highlights their marginalized role, struggles, oppression, and lack of power. However, some researchers challenge these perspectives, suggesting that traditional and pre-colonial pastoral communities were relatively egalitarian. This report compiles case studies, lessons learned, activities, and interventions to provide guidance on best practices for women's empowerment.

Why it is relevant for Claretian Mission Day:

This report focuses on the positive and successful aspects of women's roles and positions in pastoral communities rather than solely on the challenges they face. The author's key objective is to build upon these successes to continue supporting women as part of a household and pastoral system that is increasingly struggling to survive.



NATIONAL STRATEGY AGAINST GENDER-BASED VIOLENCE (SNVBG)

Author: Ministry of Gender, Family, and Child,
Democratic Republic of the Congo

Brief Summary: This document consists of six chapters, covering the context and justifications that provide an overview of gender-based violence in the DRC. It also outlines the institutional framework addressing gender-related violence, the actions already taken by the DRC government, the current situation of gender-based violence in the country, and the challenges in implementing effective measures to combat it.

Why it is relevant for Claretian Mission Day:

- Understanding how political and economic power is organized in the DRC.
- Gaining insight into sociocultural changes and the evolving perception of women in DRC society.





WOMEN'S EMPOWERMENT AND THE LINK TO SUSTAINABLE DEVELOPMENT

2016 COMMISSION ON THE STATUS OF WOMEN
Author: UN Women

Brief Summary: The 2016 session of the Commission on the Status of Women focused on "Women's Empowerment and its Link to Sustainable Development," resulting in a historic commitment to implementing the 2030 Agenda for Sustainable Development with a gender perspective. The "Agreed Conclusions" adopted during the Commission's 60th session (E/2016/27) provide a detailed roadmap for integrating gender perspectives into the 2030 Agenda to ensure that no one—no woman or girl—is left behind.

Relevant Themes for Claretian Mission Day:

- Strengthening legal, policy, and regulatory frameworks.
- Promoting environments conducive to financing gender equality and the empowerment of women and girls.
- Enhancing women's leadership and full, equal participation in decision-making across all spheres of sustainable development.



YOUNG WOMEN, Kinshasa - Learning Summary

of the La Pépinière Program Author: Lyndsay McLean

Brief summary: This synthesis of lessons learned from the La Pépinière program summarizes the findings and conclusions of a series of primary and secondary studies conducted on the economic and social autonomy of adolescent girls and young women (AJF) in Kinshasa. It also presents evidence on promising approaches and programs aimed at fostering AJF empowerment in urban contexts such as Kinshasa, although this data remains somewhat limited. This report seeks to outline the priorities and decisions of DFID DRC and its partners regarding policies and programs for adolescent girls and young women, as well as to provide guidance to all organizations working with AJF in Kinshasa and across the DRC.





GENDER EQUALITY: WHY IT MATTERS

Author: United Nations

Brief Summary: This document provides information about Sustainable Development Goal (SDG) No. 5: Achieve gender equality and empower all women and girls. It highlights the importance of ensuring equal rights and opportunities for women and the role of gender equality in building a just and sustainable world.

Questions for Reflection:

- · What happens if gender equality is not guaranteed?
- · How does gender inequality impact women?
- · What can we do to address these issues?

Download the essays and reports!





PRESENTATIONS





WOMEN IN THE EARLY COMMUNITIES

Author: Centro Bíblico Para que Tengan Vida, Costa Rica, Claretian missionaries of Centroamérica Province

Today, there is a great debate about who we are as women as human beings and what role we should play in society. Currently, the debate about women is at the center of attention in our society. To discover who we were, we must go back to our history, to the early centuries of Christianity, and perhaps we can find clues about who we should be today.



WORKSHOPS ON ECONOMIC SOVEREIGNTY FROM A GENDER PERSPECTIVE -

Dignifying lives

Author: Claretian missionaries of Centroamérica Province

The initiative of savings groups implemented by the Claretian Procure of Central America is presented as a solidarity finance mechanism to empower and develop the entrepreneurial potential of communities, especially women.



GENDER EQUALITY

Author: Istituto Superiore AECLANUM
- Scientific High School
(Applied Science Class V D)

Presentation to go into 2030 Agenda and the sustainable development goal n.5.





GENDER EQUALITY: WHERE DOES THE DRC STAND?)

AUTHOR: UNICEF

Presentation: In-depth Analysis of Women's Rights in the Democratic Republic of the Congo



ME AS A WOMAN IN ITALY

Author: Association Differenza Donna,
Coalition Karat - Gender Equality, RED acoge,
LA WRs

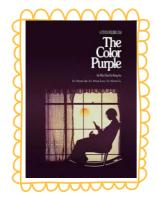
Download the presentations!





MOVIES





THE COLOR PURPLE

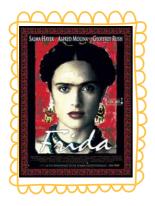
Origin: United States (1985) Director: Steven Spielberg

Cast: Whoopi Goldberg, Oprah Winfrey, Danny Glover

Review: Based on Alice Walker's novel, The Color Purple tells the story of Celie, an African American woman who faces abuse, oppression, and discrimination in the early 20th-century American South. Throughout her life, Celie gradually finds her own voice and, ultimately, her independence. This film is significant because it powerfully portrays the hardships that women, particularly women of color, endure within a patriarchal and racist system. Despite the tragedies and violence Celie experiences, the film highlights her resilience, inner strength, and fight for personal liberation.

Questions for a Video Forum:

- 1. How does Celie's character evolve throughout the film? What key events mark her transformation?
- 2. How do race and gender shape the experiences of the women in the film?
- 3. What does it mean for Celie to find her own voice? How does this relate to personal freedom?
- 4. In what ways does friendship among women play a key role in their liberation?



FRIDA

Origin: Mexico/United States (2002)

Director: Julie Taymor

Cast: Salma Hayek, Alfred Molina, Geoffrey Rush

Review: Frida is a biographical film about Mexican painter Frida Kahlo, exploring her life, art, and struggles with physical and emotional pain. The film is significant because it portrays a woman who defied the social conventions of her time, particularly regarding her body, sexuality, and role as an artist. Through Frida's story, the film delves into themes such as femininity, resilience, and the search for identity within a complex cultural and political landscape. The depiction of Kahlo as a multifaceted and complex woman invites reflection on how women can redefine their place in the world.

Questions for a Video Forum:

- 1. How do illness and physical pain influence Frida Kahlo's art and life?
- 2. What does the film reveal about how society perceives women who break stereotypes?
- 3. How does Frida's relationship with Diego Rivera impact her personal and artistic development?
- 4. What elements in the film highlight Frida's struggle for freedom and autonomy as a woman?





THE BREADWINNER

Origin: Ireland/Canada/Lebanon (2017)

Director: Nora Twomey

Cast: Saara Chaudry, Laara Sadiq, Soma Chhaya

Review: The Breadwinner is an animated film that tells the story of Parvana, an Afghan girl who disguises herself as a boy to work and support her family after her father is arrested by the Taliban. This film is significant because it highlights the bravery of women in contexts of extreme oppression, such as the one many girls and women experience in Afghanistan under Taliban rule. While the film portrays the effects of gender-based violence, it also emphasizes hope, courage, and the resilience of women and girls in the face of adversity.

Questions for a Video Forum:

- 1. How does the film depict Parvana's resistance against an oppressive patriarchal system?
- 2. What cultural and social elements influence the lives of Parvana and the women in her community?
- 3. What does Parvana's act of disguising herself as a boy symbolize? How does it connect to the struggles of women in the real world?
- 4. How does Parvana's bond with her family help build her resilience?



C'È ANCORA DOMANI

Origin: Italia (2023)

Director: Paola Cortellesi

Cast: Paola Cortellesi, Valerio Mastandrea, Romana Maggiora

Vergano, Emanuela Fanelli

Review: "There's Still a Tomorrow" is the perfect film to reflect on the role of women in Italian society, their strength, their admirable dignity, and their extraordinary courage. The movie explores how, despite adversity, people find the resilience to move forward, hold on to hope, and build a better future. This theme resonates deeply, especially in uncertain times, delivering a message of hope that is both realistic and inspiring.





MOTHER TERESA & ME

Origin: United Kingdom (2022)

Director: Kamal Musale

Cast: Banita Sandhu, Jacqueline Fritchi-Cornaz, Deepti Naval

Synopsis:

Teresa and Kavita: The lives of two passionate women with unwavering integrity, intertwined across generations. Both women manage to fulfill their vocations despite their deep personal doubts. The film unveils a new dimension of Mother Teresa, revealing the woman behind the myth. Her crisis of faith inspires the bold and determined Kavita, a young British woman of Indian descent, to discover true love and compassion in present-day Calcutta.

Why watch The Miracle of Mother Teresa?

This film is not just a well-crafted cinematic portrayal of Saint Teresa of Calcutta's life, highlighting key moments in her spiritual and personal journey.

The storytelling becomes even more compelling and emotionally intense as it explores the spiritual dryness that Mother Teresa endured for many years—a period in which she remained steadfast in prayer and faith.

It presents two parallel stories of personal suffering (of different intensity and scope, of course) to illustrate a universal truth: every human being longs to love and be loved.

Avoiding hagiography, the film portrays Mother Teresa in her full humanity, capturing both the strength of a woman who founded a congregation and the humility of someone who dedicated her life to serving "the poorest of the poor."

Few films, whether fiction or documentary, have depicted Nirmal Hriday (The House of the Pure Heart) in Calcutta with such an eye for detail—the first hospice for the dying, established by the Missionaries of Charity.

A film that invites reflection:

- The script closely follows 'Come, Be My Light', a book compiling many of Mother Teresa's personal letters and diary entries, where she describes the dark night of the soul she endured.
- It explores the cultural struggles faced by second-generation immigrants in complex, secularized societies such as the UK or Spain.
- Compassion is presented as a powerful force for change, transcending ideologies and grand philosophical ideas. Mother Teresa took action to help the untouchables—the Dalit, the lowest caste in the Hindu system—without concern for prejudice or rejection.
- The film addresses abortion without judgment or condemnation but rather in the light of God's unconditional love for His creatures, regardless of their faith or religious practice.

DOCUMENTARIES





IN-VISIBLES

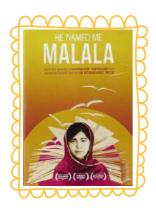
Director: Lia Beltrami

Distribution: Vatican News

Brief summary: The 30-minute documentary commissioned by the World Union of Catholic Women's Organizations to launch a global campaign to gradually eradicate violence against women in Africa.



Link: https://www.youtube.com/watch?v=CLdDUfRoNUs



HE NAMED ME MALALA

Origin: United Kingdom/United States (2015)

Director: Davis Guggenheim

Cast: Malala Yousafzai

Review: He Named Me Malala is a documentary that follows Pakistani activist Malala Yousafzai, who survived a Taliban attack for advocating for girls' education in Pakistan. This documentary is significant because it presents Malala as a symbol of courage and resilience, showcasing how her story has influenced global discussions on human rights and education. It also highlights the challenges women face in many parts of the world to access education, especially in contexts of violence and extremism. Through her journey, Malala proves that one voice can change the world.

Questions for a Video Forum:

- 1. What challenges does Malala face in her fight for girls' education? How does she overcome them?
- 2. What does education mean to Malala, and why is it so important to her?
- 3. How does the film portray the contrast between Malala's life before and after the attack?
- 4. How does Malala's story shape our understanding of the global struggle for women's rights?





RBG

Origin: United States (2018)

Director: Betsy West, Julie Cohen

Cast: Ruth Bader Ginsburg, Bill Clinton, Gloria Steinem

Review: RBG is a documentary about the life and legacy of Ruth Bader Ginsburg, the U.S. Supreme Court Justice who dedicated her career to fighting for gender equality and women's rights. This film is significant as it showcases the impact of a woman within the judicial system, challenging societal norms and advocating for civil rights, particularly for women. The documentary highlights Ginsburg's resilience, her relentless pursuit of justice, and her ability to reshape the legal landscape in the United States.

Questions for a Video Forum:

- 1. How does Ruth Bader Ginsburg's story reflect the challenges women face in the judicial and political systems?
- 2. What lessons can we learn from Ginsburg's lifelong fight for gender equality?
- 3. How does the film emphasize the importance of collaboration in the pursuit of social justice?
- 4. What impact does Ginsburg's legacy have on today's fight for women's rights?

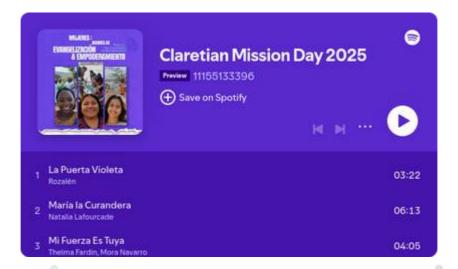
Discover more!





SONGS







You can listen to all the songs on the Spotify playlist

"Claretian Mission Day 2025"





MUJERES EN CAMINO

Origin: Spain

Artist: Ain Karem – A community of Spanish religious sisters and singersongwriters dedicated to evangelization through music.

'Women on the Journey' is a deeply inspiring song that highlights the role of women in the history of salvation and in everyday life. It takes listeners through the experiences of women who have faced challenges but have found strength in God to keep moving forward. Through its message, the song invites reflection on dignity, courage, and women's commitment to building a more just and fraternal world.

The melody and lyrics convey a sense of hope and mission, encouraging every woman to recognize her worth and her role in transforming society. In a world that still struggles with gender inequalities, this song becomes a call to walk together, strengthened by faith and love, toward a future where every woman can fully live out her vocation and dignity.





MARÍA LA CURANDERA

Origin: Adaptation of a poem by María Sabina, Mexico
Composition: 2022

Artist: Natalia Lafourcade

This song is a hymn to healing through the elements of nature, their interconnection, and self-love. "You shall love the Lord your God with all your soul and with all your mind"—"You shall love your neighbor as yourself" (Mt 22:37-39). For women to heal from within, to stand up and "empower" themselves, they must first learn to accept and love themselves, recognizing that they are loved by the God of Life. The lyrics invite us to heal pain with the light of the sun and the rays of the moon, referencing the healing energy attributed to these celestial bodies in various cultures. Mentions of the sound of the river, the waterfall, the foam, and the ebb and flow of the sea evoke a connection with nature, which is seen as a source of love and healing—an idea deeply rooted in many alternative medicine and spiritual practices.

The song also emphasizes healing through different herbs, such as mint and spearmint, and the act of sweetening tea with love instead of sugar. This suggests finding sweetness in life through love and self-care rather than superficial substitutes.

The repeated lines "Let all pain turn to dust" and "Let the fire burn them, and let new flowers bloom" symbolize the transformation of suffering into something new and beautiful. For Christians, this reflects being shaped by God's love, which makes all things new.



ELLA

Origin: Spain
Composition: 2004

Artist: Bebe - María Nieves Rebolledo Vila

Since its release, Ella has become a musical anthem in the fight against gender-based violence. With a direct and empowering tone, the song narrates the transformation of a woman who, after suffering, decides to take control of her life. "Today, you will be the woman you want to be" is one of the song's most iconic lines, reinforcing the idea that every woman has the ability and the right to rebuild herself and live with dignity.

Bebe's rhythm and interpretation convey strength and determination, reflecting the internal struggle and healing process of many women who have experienced abuse. The song not only sheds light on a serious social issue but also delivers a message of hope: there is a way out, there is life after violence, and every woman has the power to write her own story in freedom.





MI FUERZA ES TUYA

Origin: Argentina

Composition: Thelma Fardin and Mora Navarro, 2022

Artist: Thelma Fardin and Mora Navarro

Thelma Fardin, together with Mora Navarro, released the song "Mi fuerza es tuya" (in English My strength is yours) on International Women's Day. The lyrics reflect Thelma's personal struggle and that of countless women who have experienced similar situations—those who have suffered violence in any form. Since publicly and legally accusing Juan Darthés in 2018 of the crime of rape that occurred in 2009 during a tour—when she was only 16 years old—Fardin has dedicated herself to supporting other survivors facing similar battles.

This song highlights the importance of breaking the silence about abuse, the empowerment of women through collective strength, and the fight of survivors seeking justice in a deeply patriarchal system. The theme of sorority is particularly evident in the powerful and inspiring line: "I hear you, I embrace you, and I believe you."



PAREMOS DE CONTAR

Origin: Colombia
Composition: Jaziel, 2022
Artist: Jaziel

This song is based on real-life stories of women and girls who have been victims of gender-based violence. The singer-songwriter delivers a powerful denunciation of the harsh reality faced by women, who live in constant fear simply because being a woman makes them vulnerable to abuse.

The song is an urgent call to "STOP COUNTING" and take action to end this violence. It encourages new ways of relating between men and women, promoting a redefined masculinity, the reaffirmation of women's dignity, and respect for human rights. These values are deeply rooted in the Christian mission, as building a more equal and just society is fundamental to living out the Gospel.





DONA DE MIM

Origin: Brazil

Composition: Liliane De Carvalho, Arthur Magno Simões Marques, Brenda Luiza Ferreira Vidal (2022)

Artist: IZA

This is an important song to listen to and analyze, as it serves as a true anthem of empowerment, particularly for women, by reinforcing the idea of owning and reclaiming oneself.

The patriarchal system that governs society assigns specific roles to women, often relegating them to submission and silence, placing decisions about their lives, actions, and thoughts in the hands of men. This is why reclaiming women's dignity—knowing and affirming that they are the owners of their own lives—is essential.



LA PUERTA VIOLETA

Origin: Spain
Composition: 2017

Artist: Rozalén (María de los Ángeles Rozalén Ortuño) - Singer,

songwriter, and musician.

This song addresses domestic violence—situations that women continuously and routinely experience, sometimes visibly and other times normalized by a patriarchal and sexist society that grants men control over women. This issue became even more evident during the pandemic.

The song is a cry for help, a call for women to overcome and empower themselves. Using symbolic imagery, it describes a situation of abuse and oppression that prevents a woman from being free and expressing herself. A "gray monster" appears, representing the patriarchal system that oppresses and diminishes women's power, reinforcing gender inequality.

The color violet symbolizes the feminist struggle for women's rights and freedom of expression. The door represents the path to a new life, depicted in green, the color of hope—a new beginning, a rebirth, and taking control of one's life.





RESPECT

Origin: United States

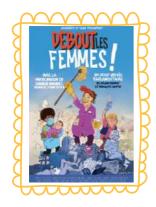
Composition: 1965 (original of Otis Redding) /

1967 (version of Aretha Franklin)

Artist: Aretha Franklin – American singer, songwriter, and pianist, known as the "Queen of Soul."

"Respect" is a powerful anthem of female empowerment, demanding respect and equality in relationships and society. While Otis Redding's original version voiced a man's plea for respect at home, Aretha Franklin transformed the song into an iconic message of self-determination and dignity for women.

Since its release in 1967, Respect has become a symbol of the fight for women's rights and racial equality. With her unmistakable voice and electrifying performance, Aretha Franklin turned this song into an anthem that transcended its time, resonating with the feminist movement and broader calls for social justice.



DEBOUT LES FEMMES

Origin: France Composition: 2019

Artist: Les Motivés – French musical collective committed to social justice and the fight for human rights.

Debout les femmes (Stand Up, Women) is a call to resistance and the fight against injustice, inequality, and oppression. This song is an anthem of empowerment, encouraging women to rise up, raise their voices, and claim their rightful place in society with dignity and determination.

It has become a symbol of the feminist and social struggle in France and around the world. Inspired by the spirit of resistance and mobilization, Debout les femmes highlights the power of female solidarity in the fight for fundamental rights. With its energetic melody and combative lyrics, the song seeks to raise awareness and inspire change.

Its message is universal: women have historically been marginalized, but together they can challenge unjust structures and build a more equitable future. In a global context where the fight for gender equality remains urgent, Debout les femmes stands as a cry for freedom and justice, urging all women to persevere and remain standing until a fairer and more humane world is achieved.





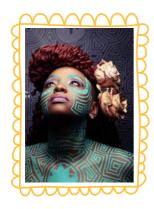
SOWA

Origin: Mali Composition: 2011

Artist: Fatoumata Diawara – Malian singer, songwriter, and actress, recognized for her fusion of traditional African music with contemporary influences.

Sowa is a deep song about the abandonment and suffering of women in Africa, especially those who have been rejected by their families or communities. The song denounces discrimination, violence, and the pain that many women endure, while also conveying a message of hope and resilience.

Sowa gives a voice to marginalized women, highlighting the urgency of protecting their rights and dignity. Fatoumata Diawara uses her art to address issues such as forced marriage, female genital mutilation, and social exclusion—problems that continue to affect many women in Africa and other parts of the world.



SUZIE NOMA

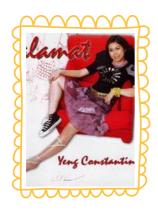
Origin: Kenya Composition: 2018

Artist: Muthoni Drummer Queen – Kenyan singer, rapper, and activist who blends hip-hop, afrobeat, and electronic rhythms to address social and political issues.

Suzie Noma is a celebration of female empowerment and women's independence in a world that often tries to limit them. The song portrays a strong, self-sufficient woman who is unafraid to challenge society's imposed norms. It is an anthem of self-confidence and the ability of women to achieve success on their own terms.

Muthoni Drummer Queen is known for her activism through music, and in Suzie Noma, she delivers a clear message: women can be leaders, entrepreneurs, artists, and masters of their own destiny. In a context where many women still face economic, cultural, and social barriers, this song serves as a reminder that self-sufficiency and success are possible with determination and courage.





SALAMAT

Origin: Philippines Composition: 2007

Artist: Yeng Constantino – A Filipino singer-songwriter known for her heartfelt lyrics and ability to capture the emotions of resilience, gratitude, and empowerment in her music.

Salamat (Thank You) is a song that expresses deep gratitude and recognition, serving as a tribute to the people who have provided strength and support in times of struggle. The song highlights the importance of resilience, self-worth, and the power of appreciating one's journey. Through its melodic and uplifting tone, it encourages women to acknowledge their own strength and the support systems that uplift them.

Yeng Constantino, known for her emotionally resonant songwriting, uses Salamat as a way to honor the empowerment that comes from unity and self-belief. In a world where women often face societal pressures and personal battles, this song serves as a reminder that gratitude and inner strength go hand in hand in the journey toward empowerment.



TADHANA

Origin: Philippines Composition: 2010

Artist: Up Dharma Down (Armi Millare)

 A Filipino alternative band fronted by singer-songwriter Armi Millare, whose powerful vocals and introspective lyrics often explore themes of identity, destiny, and personal strength.

Tadhana (Destiny) is a reflective song that delves into themes of fate, self-determination, and resilience. While it speaks of longing and personal journeys, the song also carries a message of perseverance and the ability to navigate life's uncertainties. The ethereal instrumentation and evocative lyrics create a sense of empowerment, reminding women that they have the strength to shape their own destiny.

Armi Millare's hauntingly beautiful voice gives Tadhana a deeply personal and empowering quality. As a woman in the male-dominated music industry, her presence and artistry embody the strength and independence that the song subtly conveys. In a world where women are often told that their paths are predetermined, this song serves as a reminder that they have the power to carve out their own futures.





CINTA SEJATI

Origin: Indonesia Composition: 2012

Artist: Bunga Citra Lestari – A prominent Indonesian singer and actress known for her ability to blend emotional depth with modern pop melodies, often addressing themes of love, resilience, and female strength.

Cinta Sejati (True Love) is a song that speaks of the depth and purity of love, not just in a romantic sense, but also as a force of resilience and self-acceptance. The lyrics emphasize the strength found in genuine connections and the courage to embrace one's own emotions without fear. While the song is a love ballad, it also carries a message of independence—reminding women that true love should empower rather than confine.

Bunga Citra Lestari's expressive performance brings Cinta Sejati to life as an anthem of emotional strength. In a world where women are often expected to sacrifice their identities for love, this song offers a refreshing perspective: love should be a source of empowerment, not limitation.



AKU WANITA

Origin: Indonesia
Composition: 2002

Artist: Reza Artamevia – An Indonesian pop and soul singer whose music often explores themes of self-worth, independence, and empowerment.

Aku Wanita (I Am a Woman) is a bold declaration of feminine strength, confidence, and self-identity. The song's lyrics emphasize a woman's right to make her own choices, pursue her dreams, and demand respect. It serves as an anthem for women who refuse to be defined by societal expectations, celebrating the beauty of independence and resilience.

Reza Artamevia's powerful vocals give Aku Wanita a sense of conviction and pride. Her commanding presence in the Indonesian music scene mirrors the message of the song: that women can stand strong in their own identities. In a world where women often have to fight for recognition and autonomy, this song stands as a powerful affirmation of their worth and agency.





BADAL PE PAON HAIN

Origin: India
Composition: 2014

Artist: Nooran Sisters – A duo of Punjabi folk singers known for their energetic and soulful performances, bringing traditional Sufi music into the modern era.

BaPatakha Guddi (Firecracker Kite) is a vibrant and rebellious song that celebrates the free spirit of a young woman who refuses to be held back by societal norms. The lyrics portray a carefree, confident woman who defies expectations and lives life on her own terms. The song's fusion of Sufi and folk elements gives it a raw, untamed energy, symbolizing the power of female liberation. The Nooran Sisters' powerful and unfiltered vocals add to the song's sense of defiance and joy. Patakha Guddi is more than just a song—it is a celebration of women who refuse to be confined by rules and who embrace life with fearless enthusiasm. In a world where women are often pressured to conform, this song is a rallying cry for freedom and self-expression.



COLPO DI PISTOLA

Origin: Italy
Composition: 2017

Artist: Brunori Sas – An Italian singer-songwriter who blends indie music with lyrics rich in social and emotional meaning, addressing themes such as identity, relationships, and social criticism.

Colpo di Pistola (Gunshot) is a song that denounces gender-based violence and toxicity in relationships. Through powerful lyrics, the song tells the story of a relationship that ends in tragedy, exposing the dangers of possession and control in the name of love. The music, initially calm, becomes more intense, reflecting the escalation of tension in the story.

Brunori Sas uses his art to provoke deep reflection on an urgent social issue. Colpo di Pistola is a warning about the importance of recognizing the signs of an abusive relationship and the need to break the cycle of violence. In a world where many women still face the danger of domestic abuse, this song is an alarm bell and an invitation to speak out against injustice.





VUOTO A PERDERE

Origin: Italy

Composition: 2011

Artist: Noemi - Noemi, pseudonym of Veronica Scopelliti, is an artist with an unmistakable voice capable of measuring up to pop, soul, R'n'B and blues.

Vuoto a Perdere (Wasted) is a song that speaks about the passage of time and the internal struggle of a woman facing changes in her life and self-image. Through its lyrics, the song reflects the social pressure on women to remain youthful and perfect, but it also highlights self-acceptance and the beauty of maturity. With an intense and emotional performance, Vuoto a Perdere conveys a message of authenticity and self-appreciation.

Noemi, with her unmistakable style, gives voice to a reality that many women experience: the fear of change but also the liberation that comes with recognizing one's own strength. In a society obsessed with youth, this song becomes an anthem of empowerment, reminding women that life and experiences shape their true beauty.



SALLY

Origin: Italy

Composition: 1996

Artist: Vasco Rossi – An iconic Italian rock singer-songwriter, known for his deep lyrics and rebellious style, with songs exploring love, life, and internal struggles.

Sally is an introspective song that tells the story of a woman who has faced hardships and disappointments in life but continues forward with strength and dignity. Through its melancholic and poetic lyrics, the song reflects the pain, loneliness, and experiences that have shaped her character. Despite everything, Sally keeps walking, symbolizing the resilience of women who do not give up in the face of adversity.

Vasco Rossi, though known for his rebellious style, captures in Sally the essence of a woman who, despite having lived through difficult moments, moves forward with determination. In a world where women often have to fight against judgment and expectations, this song is a reminder that every scar tells a story of strength and endurance.

FUNDRAISING



FUNDRAISING IDEAS FOR CLARETIAN MISSION DAY

1. SOLIDARITY EVENTS

Events are an excellent way to raise funds while fostering community and promoting the Claretian mission. Here are some concrete proposals:

Missionary Dinner

Objective: Raise awareness about the Claretian mission and collect funds through a shared meal.

Organization:

- Choose a menu with typical dishes from the countries where the Claretian mission is present.
- Decorate the venue with cultural elements from those missions.





Benefit Concert

Objective: Raise awareness through music and art about the importance of the mission.

Organization:

- Invite parish choirs, Christian music groups, or local artists.
- · Ask attendees for a donation.
- · Include moments of testimony between songs.
- Display images of the missionary work on screens during the concert.

Missionary Market

Objective: Raise funds by offering products related to the mission.

Organization:

- Booths with handicrafts, rosaries, religious images, spiritual books, textiles, or other items from mission countries.
- Live workshops (e.g., how to make a missionary rosary).
- Spaces to talk with missionaries.





Solidarity Raffle

Objective: Raise funds through the distribution of tickets for a prize draw. **Organization**:

- Obtain prizes through donations (e.g., books, religious images, restaurant dinners, trips to pilgrimage sites).
- Offer tickets after Masses or during parish events.
- · Announce the winners on social media or at a special event.



2. LITURGICAL AND PASTORAL STRATEGIES

Liturgical celebrations and pastoral activities can be key moments to raise awareness and collect funds.

Special Collection for the Mission

Objective: Dedicate a Sunday or special feast day collection to support missionary projects. Organization:

- Coordinate with parishes to allocate a collection for the Claretian missions.
- Accompany the collection with a brief presentation about the mission (before or after the homily).
- Make the destination of the funds visible through images and testimonies.

Extra ideas:

- Distribute special envelopes where people can place their donations.
- Offer digital donation options.



Missionary Candles or Prayer Cards

Objective: Raise funds by offering symbolic elements of the mission.

Organization:

- Design candles with missionary phrases or cards with special prayers.
- Offer them at the entrance of the church after Mass or at a solidarity market.

Extra ideas:

- Offer the option to order personalized candles for special intentions.
- Include testimonies on each prayer card.



Popular Missions and Missionary Preaching

Objective: Raise awareness about the mission and encourage donations. Organization:

- Invite missionaries to share their testimonies in the parish.
- Organize a missionary prayer day with the recitation of the Missionary Rosary.
- Conclude with a special collection or the offering of solidarity items.

Extra ideas:

- Include a procession with missionary symbols.
- Use social media to livestream the event.



LET US KNOW HOW YOU CELEBRATED AND WHAT ACTIVITIES YOU ORGANIZED!

SEND YOUR PHOTOS AND VIDEOS





We'll share your materials through our channels!



THANK YOU!

PEOPLE WHO HAVE CONTRIBUTED TO THIS IDEA AND THESE MATERIALS

ALETHIA MONSERRAT VARGAS TORREZ, BOLIVIA

ANA ESTÉVEZ, SPAIN

ANGELA SANZ, SPAIN

ANGIE LORENA SOSA MARÍN, COLOMBIA

ANUP CMF, INDIA

CARMEN GARCÍA, SPAIN

CLAUDIA ANDREA HUIRCAN, ARGENTINA

CRISTIAN CORTEZ MOLLEDA, BOLIVIA

DORIS BALYA, DEMOCRATIC REPUBLIC OF CONGO

DULCE DOBARGANES, SPAIN

EMILIA SENA PÉREZ, URUGUAY

ESTHER CALVO, SPAIN

GABRIELA MOLINA RODRÍGUEZ, BOLIVIA

GISSELLE ZAMORA, COSTA RICA

INMACULADA MERCADO, SPAIN

JAVIER HERNÁNDEZ CMF, COSTA RICA

JOEL NKONGOLO CMF, ITALY

MARIE OKTAVIA KUMISA LUETE, DEMOCRATIC REPUBLIC OF CONGO

MÓNICA OYARZÁBAL, SPAIN

MUJERES DE MASAGRAM Y JHAPLA, INDIA: MAMERI, MANDI, SEMOLI, MAMONI,

LOTA, SUMI, RASMUNI, AMONG OTHERS

PAOLA PASTOR, BOLIVIA

PONSON TOPPO CMF, INDIA

RAFAEL VILLALOBOS, COSTA RICA

SANDRA MARTÍNEZ, SPAIN

SERGIO REMY BUSTILLOS VILLENA, BOLIVIA

SILVANA DE OLIVEIRA BATISTA, BRAZIL

STEPHANE UYUNGU CMF, DEMOCRATIC REPUBLIC OF CONGO

TELESPHOR AIND CMF, INDIA





SUPPORT THIS INITIATIVE!

DONATE



FOLLOW US!



instagram.com/claretianprocure/



facebook.com/procladerome

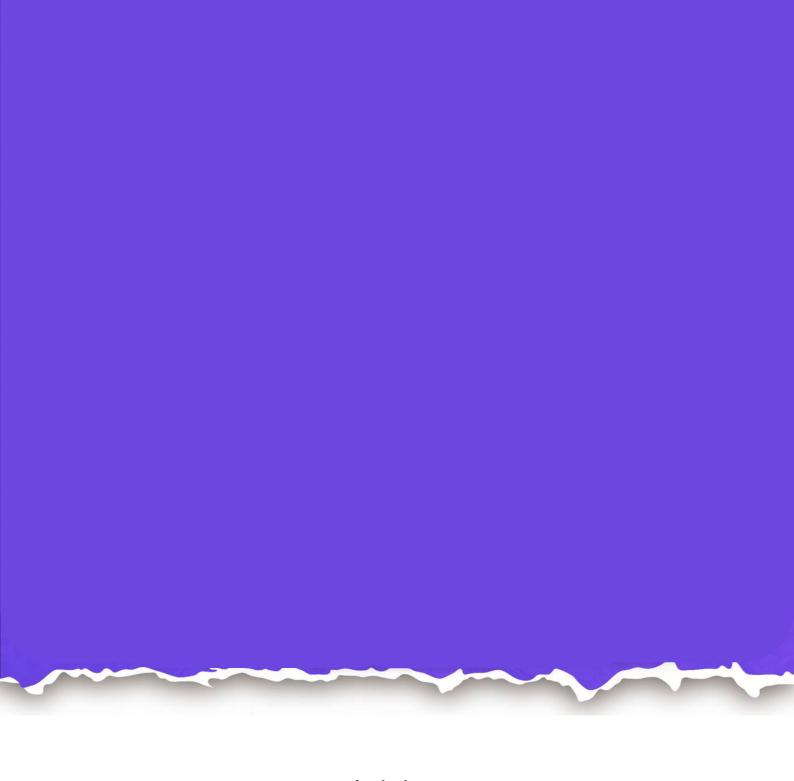


www.somicmf.org

"True love has no limits, yet it knows how to set them - to reach others and respect their freedom."

POPE FRANCIS
TRANSLATION FROM THE ANGELUS DISCOURSE
ROME, 15 JUNE 2014





General Mission Procure

Via Sacro Cuore di Maria, 5 - 00197 Rome (RM), Italy Tel. +39 06 80910022 | procmis@cmfgen.org

