



As part of LCWR's **Next 100 Days of Prayer, Fasting & Advocacy**, the Sisters of Mercy invite you to join us in another day of building mindful spending habits on November 28, better known as Black Friday in the United States. This day after the U.S. holiday of Thanksgiving is anticipated for its purported opportunities to save money; it's the unofficial start of heavy consumerism in preparation for winter gift-giving holidays. Making an intentional link to our Labor Day theme in the first [100 Days](#) campaign, we invite you to turn November 28 into **Fasting Friday** and expand your practice of mindful spending. While Labor Day focused on the Critical Concerns for Women and Anti-racism in attention to labor practices, we now grow the call to engage in prayer, fasting, and advocacy for laborers and for the Earth, our common home:

- pray for those whose labor enables our convenience and for the Earth who provides all goods
- fast from purchasing on November 28 (Black Friday, a heavy shopping day in the U.S.)
- support ethical employment and grow your discipline for environmental preservation

Prayer for mindful spending on Fasting Friday

Sister Rose Marie Tresp, RSM

Pope Leo's message to the youth at World Youth Day is also a message to all of us. Read his words to the youth in attendance slowly and thoughtfully.

Through all this, you can grasp an important point: the fullness of our existence does not depend on what we store up or, as we heard in the Gospel, on what we possess (cf. Lk 12:13-21). Rather, fullness has to do with what we joyfully welcome and share (cf. Mt 10:8-10; Jn 6:1-13). Buying, hoarding, and consuming are not enough. We need to lift our eyes, to look upwards, to the "things that are above" (Col 3:2), to realize that everything in the world has meaning only insofar as it serves to unite us to God and to our [siblings] in charity, helping us to grow in "compassion, kindness, humility, meekness and patience" (Col 3:12), forgiveness (cf. *ibid.*, v. 13) and peace (cf. Jn 14:27), all in imitation of Christ (cf. Phil 2:5). And in this way, we will grow in an ever deeper understanding of what it means that hope does not disappoint, because the love of God has been poured into our hearts through the Holy Spirit who has been given to us (cf. Rom 5:5).

[Holy Mass for the Jubilee of Youth \(3 August 2025\)](#)

Deeper Question for Reflection: What is my answer to Pope Leo's questions here?

There is a burning question in our hearts, a need for truth that we cannot ignore, which leads us to ask ourselves: what is true happiness? What is the true meaning of life? What can free us from being trapped in meaninglessness boredom and mediocrity?

Fasting from retail & online spending

In support of employees burdened by the frantic purchasing often done on Black Friday and the waste produced by impulse purchases, the Sisters of Mercy invite you to fast from spending money—both in person and online—on November 28. Fasting Friday can help you to be more deliberate in your holiday spending and make careful purchasing a stronger discipline in your faith.

Advocacy & action

On Fasting Friday, commit to shopping more ethically, with patience and attention to Women, Anti-Racism, and the Earth. The [5 R's of waste management](#) can guide your relationship with material goods, lowering demand for new and disposable items and encouraging the production of durable, long lasting goods:

- **Refuse**: say “No, thanks” to bags, straws, napkins, cutlery, bottled water
- **Reduce**: choose items with less packaging; buy and accept less of things you can’t refuse; invest in higher-quality goods when you can; carry a cloth napkin & compact cutlery with you
- **Reuse**: wash jars & takeout containers; regift gift bags; repurpose items or create art; buy thrifted furniture & clothes
- **Repair**: try visible mending for clothes; visit a cobbler; replace the battery in your phone; use a flexible, waterproof adhesive to fix ceramics like a broken mug handle
- **Recycle**: clean and separate items for neighborhood recycling; compost food scraps

Mindful spending calls us to discern our purchases carefully, in ways that support ethical employers and care for the Earth, our common home. Shopping supports jobs, and mindful spending creates demand for life-supporting jobs and sustainable products. By all means, take advantage of discounts, but let your faith guide you in choosing where and what to buy rather than flashy marketing.

Mercy Tips to Care for the Earth & the Mercy blog have a number of articles to explore more:

| [Buy Less – Resisting Capitalism](#) | [Resisting Consumerism](#) | [Buy Second-Hand Clothes](#) |
| [Wishing You a Sustainable Christmas](#) | [A More Sustainable Christmas](#) |

Fair wages & tipping culture

Care for our working neighbor and care for the Earth aren’t just a pair of unrelated justice issues. Labor justice and environmental justice intersect in important ways, notably our neighbor’s capacity to participate in conservation efforts. A living wage creates space for time to rest, grows mental and emotional capacity that comes from the freedom to engage in hobbies and healthy relationships, and builds financial stability. All these can be marshaled to engage in the 5 R’s of waste management (see above) and participate in broader community efforts, including advocacy. Labor unions are a fantastic way for workers to join together and pursue their own just working conditions and compensation. As consumers, being disciplined in our mindful spending and evangelizing the benefits of financial hygiene (like encouraging others to practice Fasting Friday) will build a virtuous cycle of caring for neighbor, caring for our common home, and growing the mindful movement.

[Check out this article](#) about the minimum wage and the rise of tipping culture by Sister Sue Gallagher.