

Publication Date: November 4, 2025

Reflection Date: [November 9, 2025 - Feast of the Dedication of the Lateran Basilica in Rome](#)

When Is Righteous Anger the Right Response?

We seldom hear of Jesus being angry, as we do in the [gospel reading for Sunday, November 9](#) (John 2:13-22). Perhaps that is why most Christians see anger as simply a negative emotion. However, when that powerful energy is properly controlled and directed, it can be a source of justice and even holiness.

Let's be clear, though: righteous anger is not the same as normal anger. It cannot be directed for personal gain or toward another person. It is anger against the spiritual powers that thrive on injustice and attacks on the worth of human beings and the rest of God's creation.

When it comes to actual righteous anger, I would go so far as to say that NOT being angry is sometimes a sin. Thomas Aquinas suggested precisely this, arguing that he who is not angry when there is just cause for anger is immoral. Why? Because anger looks to the good of justice. And if you can live amid injustice without anger, you are immoral as well as unjust.

Martin Luther King Jr. makes the same point even more harshly: "The hottest place in Hell is reserved for those who remain neutral in times of great moral conflict." He explained that the person "who accepts evil without protesting against it is really cooperating with it."



Bernardo Bellotto: Jesus Cleansing the Temple

So how can you know when and how to feel and express righteous anger? Pray. Pray. And again I say: Pray.

It is so very hard not to give in to an anger which is actually full of self-righteousness. Wait. Wait. And again I say: Wait. The destructive anger coming from self is coming from your emotions—and is often short-lived. Be sure that your goal is always healing, as Christ healed. Christ heals not only the body, but also the soul.

When you have prayed and waited, and the righteous anger remains and shows itself to be genuine—it is time for action. It is time to turn that anger into constructive action to protect the vulnerable and advance the flourishing of all. Through FAN, we can collectively come together and express that anger through protests, advocacy, and countless other ways. And we can again pray—that our righteous anger may advance justice.

Gordon Kubanek

Third Order Franciscan & Writer

Suggested Action: If you are experiencing righteous anger over threats to [immigrants](#), [peace](#), or the [environment](#), you can join with other members of FAN to let our public servants know that the status quo is unacceptable.

Suggested Petitions:

For all those whose suffering ignites a righteous anger in the hearts of those who seek a more just world, we pray to the Lord.

For all who experience this righteous anger, that we may strip it of self-righteousness, egotism, and narrow thinking, so that it reflects a true desire to see all people flourish, we pray to the Lord.

Prayer

Jesus, help me be angry for the right reasons, at the right time and in the right way. Give me fire in the face of injustice, but wisdom in executing an appropriate response. Direct the wasted energy of my anger into loving-kindness. Replace my idol of control with a submission to your purposes.

Amen.

The Right to a Clean and Healthy Environment



Webinar: A Right to a Clean and Healthy Environment

Thursday, Nov. 6, 2025

Time: 7pm ET / 6pm CT / 5pm MT / 4pm PT

Sign up today: [here](#)

Please join us! Learn about the global community's resolve to tackle the climate crisis and preserve our human right to a clean and healthy environment on **November 6, 2025, 7pm ET** (6pm CT / 5pm MT / 4pm PT) in a webinar cosponsored by Franciscans International.

Br. Jim Donegan OFM Cap, FI Liaison Officer, will present on the profound need for deep change and how the Franciscan-hearted are uniquely called to act with urgency. **Marya Farah**, FI Representative at the U.N. in New York, will share how FI is preparing for COP30, the United Nations Climate Change Conference in Brazil (Nov. 10-21), and about the global community's resolve to tackle the climate crisis to preserve our rights and health.

FAN's network is invited to consider joining efforts to enshrine this right in U.S. state constitutions via the Green Amendments Movement. This first webinar in a series of three (December 2, 2025 and January 2026 events will follow) will focus on the right as defined by the United Nations, upheld by the International Court of Justice, and uplifted by Franciscan communities across the globe.

Franciscans COP30 Message

Please join Franciscans around the world in praying for ecological conversion as the world gathers at COP30, the global environmental summit, in Belem, Brazil, November 10-17. The General Ministers of the Order of Friars Minor, OFM Conv, OFM Cap, TOR, and Secular Franciscan Order issued a joint call October 28 for "a lifelong journey of conversion of mind, heart, and action, recognizing the dignity and sanctity of all of life, and our responsibility to care for one another and for our Sister, Mother Earth." As Franciscans prepare to gather in Belem on November 14 for a special event commemorating St. Francis' Canticle, the Ministers prayed: "May world leaders recognize the urgency of what is at stake and commit to concrete, measurable actions that will ensure conditions necessary for a sustainable future for all of life." The U.S. Administration will not formally participate in this year's COP.



Encourage Congress to Fund SNAP

"As this government shutdown continues, the U.S. bishops are deeply alarmed that essential

Along with our friends at the US Conference of Catholic Bishops, we invite you to urge your members of Congress to ensure that lifesaving

social safety net programs, including the Supplemental Nutrition Assistance Program (SNAP), remain funded and to end the government shutdown as quickly and responsibly as possible. Tens of millions of Americans rely on SNAP to put food on the table. Any suspension of funding will increase hunger and harm those in need. You can send your message: [here](#).

Continue to Take Action

Immigration:

Please ask Congress to act with urgency, after returning from this prolonged shutdown, to advance the Renewing Immigration Provisions bills (S. 2468/ H.R. 4696) out of the Judiciary Committees in the House and Senate for a vote.

This bill would create a streamlined path to citizenship for DACA recipients, TPS holders, farmworkers, and undocumented essential workers by amending the Immigration and National Act (INA) which governs the “registry” process (a path to legal status for certain long-term residents). If passed, the bill would update the registry process, giving long-term residents who have lived in the U.S. for at least seven years an opportunity to apply for legal status.



You can act now: [here](#).

Israel/Palestine

Despite the recent ceasefire, Gaza is far from being on a path to a sustainable and just peace. Since taking office, the present Administration has continued the pattern of recent Administrations and approved a series of arms sales to Israel totaling over \$12.5 billion. Independent investigations have found that U.S. weapons have been used in unlawful attacks that killed dozens of Palestinian civilians, including children.

Please join FAN in urging the House of Representative to advance the Block the Bombs Act, H.R. 3565, introduced by Representative Delia Ramirez (IL-3), which would prohibit the President from selling, transferring, or exporting certain defense articles or services, including heavy bombs, to Israel except in specified circumstances.

You can act now: [here](#).

Care for Creation:

*After Secretary of Agriculture Brooke Rollins cancelled the **Roadless Rule**—a 2001 regulation that protects 45 million acres of National Forest from road construction—members of the U.S. House and Senate have proposed legislation to reinstate the rule.*

Please consider asking your representatives in Congress to support these bills, which are essential to protect our National Forests and the precious and irreplaceable wildlife, water sources, Native American sacred places, and recreational opportunities they contain. Allowing road construction is likely to lead to logging and mineral extraction.

You can act now: [here](#).

Franciscan Justice Circles

Members of the **Mid-Hudson Valley FJC** signed on to a Joint Appeal for the International Day for the Total Elimination of Nuclear Weapons presented to the United Nations and leaders around the world.

Both the **SoCal FJC** and the **Washington DC - area FJC** are reading and reflecting on the book *The Tears of Things*, by Fr. Richard Rohr, about the prophets. Many members in the DC Circle make an effort to show up to the events, prayer vigils and marches in DC, looking at the local issues as well as national implications of key issues.

Upcoming [Franciscan Justice Circle](#) (FJC) gatherings:

Mid-Hudson Valley FJC: Tues. Nov. 4 at 12:00 pm ET via Zoom

Kansas FJC: Tues. Nov. 4 at 7:00 pm CT via Zoom

Ohio FJC: Wed. Nov. 5 at 7:00 pm ET via Zoom

Virtual FJC (ltd. mobility): Thur. Nov. 6 at 11:00 am PT / 2:00 pm ET via Zoom

DC-area FJC: Sat. Nov. 8 at 10:00 am ET In Person

Richmond, VA-area FJC: Mon. Nov. 10 at 7:00 pm ET via Zoom

Bay Area (CA) FJC: Mon. Nov. 10 at 7:00 pm PT via Zoom

Connecticut - Rhode Island FJC: Tue. Nov. 11 at 7:00 pm ET via Zoom

DE Valley FJC: Tue. Nov. 11 at 7:00 pm ET via Zoom

New Mexico FJC: Tue. Nov. 11 at 6:30 pm MT via Zoom

Monthly national FJC call: Wed. Nov. 12 at 1:00 pm PT / 4:00 pm ET via Zoom

Rochester, NY-area FJC: Thur. Nov. 13 at 3:30 pm ET via Zoom

SoCal FJC: Thur. Nov. 13 at 6:00 pm PT via Zoom

Central Indiana FJC: Fri. Nov. 14 at 1:00 pm ET via Zoom

To find out more about any of the [FJC](#) gatherings coming up or for information about joining or forming a Circle, please sign up [HERE](#).