

Renewing Our Relationship with Creation in Lent 2020

Living *Laudato Si'* – Prayer, Fasting & Almsgiving

During the season of Lent, let's deepen our relationship with God the Creator and with creation through the traditional spiritual practices of prayer, fasting and almsgiving (See Matthew 6:1-6, 16-21).

Praying

- ✂ Spend time each week reading the text of Pope Francis' encyclical, *Laudato Si'*. Perhaps, read one of the 6 chapters each week in Lent. Reflect on what it means for you and pray for the Spirit to inspire your response. The full text is at: <http://w2.vatican.va/content/francesco/en/encyclicals/index.html>
- ✂ Regularly pray the Holy Father's prayers at the end of *Laudato Si'* (Nos. 245 & 246).
- ✂ Focus on a selection of *Laudato Si'* passages and pray for the Spirit's guidance in shaping your response. A selection of 6 quotes is at: <https://www.caritas.org.au/learn/newsroom/news-detail/six-powerful-quotes-from-laudato-si>
- ✂ Watch Fr Daniel Horan's videos on *Laudato Si'* over Lent and reflect and pray on what he shares. The videos are at: https://www.youtube.com/playlist?list=PLO2W1tFFtdIn9V9_DvEbZ9Bygt7XsYXRj&feature=share

Fasting

- ✂ In earlier years, Christians not only fasted regularly from food and drink throughout the whole of Lent, but they abstained totally from meat, eggs and dairy products. Making pancakes the day before Ash Wednesday became popular as a way to use up any eggs and milk left in the household as Lent began. Many people are beginning to eat less meat or to fully exclude meat, eggs and dairy products from their diet as these food products require the clearance of much larger tracts of land to keep the animals used in their production. Consider reducing your consumption of meat or abstaining from all animal products during Lent and converting to a plant-based diet.
- ✂ Be more mindful of your use of water. Don't leave taps running. If you have to wait for water to get hot, collect the cold water in a container and use it for drinking or watering the garden. Conserve this precious gift.

Almsgiving

- ✂ Pope Francis speaks about "integral ecology" in *Laudato Si'*. He encourages us to see that the big environmental problems of today are integrally linked to the economic, social and political problems of our world. The poverty of some of the most vulnerable peoples in the world is deeply connected to the environmental threats they face. So, continue to give generously during Lent to Project Compassion to support the work of Caritas Australia to address the injustices faced by many of our sisters and brothers around the world.
- ✂ Devote some time to becoming an animator of ecological conversion in your parish, school or office. The Global Catholic Climate Coalition is running a 3 session *Laudato Si'* Animators program in Lent this year. Why not register today and try to make a difference in your community? Details at: <https://catholicclimatemovement.global/animators/>

Praying

- ✂ Use Fr Richard Rohr's daily meditation, Mysticism and Eco-Spirituality, as a focus for reflection and prayer: <https://cac.org/mysticism-and-eco-spirituality-2020-02-07/>
- ✂ Use the St Columban Mission Society's Grace of Earth 2020 Lenten reflections on 6 earth life support systems as a reflection resource: <https://www.columban.org.au/media-and-publications/educational-resources/the-grace-of-earth-lenten-resource-year-a>
- ✂ Use prayers in the Season of Creation resources privately, in group gatherings and rituals. The resources are at: www.seasonofcreation.org/
- ✂ Find a quiet space in a park or natural setting such as a beach or a forest. Spend time regularly here listening attentively to the sounds of the birds and animals, the wind and water.
As you leave your thoughts behind, be open to the voice of the creator communicating with your heart through everything you experience here in the midst of creation.

Fasting

- ✂ A carbon fast has been practised by some Christians during Lent in recent years. It involves reducing your use of energy derived from fossil fuels such as coal, gas and oil. It may mean using less electricity by cooking less, turning off your TV or putting your phone or laptop away for a day or two every so often. It could also mean driving your car less and walking and cycling more if possible. It could also mean restricting your travel on planes. There are a range of carbon fast resources on-line. Simply put "carbon fast" in your search engine.
- ✂ Be more mindful of the purchases of food and other products. Ask whether you really need them. Think about the amount of materials and energy that are used in producing them and in their packaging.
Think also about how much food and packaging you throw away. Consciously try to limit your consumption, reduce your waste and to live more simply.
- ✂ Cut back on some of your normal activities, e.g., watching favourite TV programs, to enable you to spend more time in creation reflecting on your relationship with the Creator and creation.

Almsgiving

- ✂ Consider donating money to environmental organisations such as Wildlife Queensland, the Australian Marine Conservation Society, the Queensland Conservation Council, the Wilderness Society, the Australian Youth Climate Coalition, the Australian Koala Foundation or the Australian Conservation Foundation. All of these organisations are easily found on the internet.
- ✂ Consider giving not only your money, but your time as a volunteer to one of these organisations. One good way of getting involved is to participate in the annual Clean Up Australia Day.
The day is in Lent this year – Sunday March 1.
See more details at: www.cleanup.org.au/
- ✂ The Archdiocese is a member of the Queensland Community Alliance, a coalition of churches, community groups and unions working for the common good. One of its two priorities for this year is Real Jobs for a Real Future. The Alliance is developing a campaign promoting both a transition to a renewable energy future as quickly as possible (to address the climate crisis we are facing) and the creation of good secure jobs for all Queenslanders as our economy undergoes this transition.
Find out how you can be a part of the Archdiocesan participation in the Alliance by emailing cjpc@bne.catholic.net.au or by ringing 07 3324 3441.



For more information about the information in this resource, please contact the Catholic Justice & Peace Commission of the Archdiocese of Brisbane on 3324 3441 or at cjpc@bne.catholic.net.au.