



## MSOLA Journey towards Integral Ecology, Prayer N°20<sup>th</sup> October 2023



### Taking our part in the ecological transition by questioning our lifestyle :

This month, we are invited to question the way in which we sometimes respond excessively to our basic needs, confusing what are 'needs' and what are 'wants'. We wish to live in way that is at the service of life and the common good.

## SITUATION

“This sister cries out because of the damage we are doing to her by irresponsible use and abuse of the goods God has deposited in her. We grew up thinking we were her owners and dominators, authorized to exploit her. The violence of the human heart, wounded by sin, also manifests itself in the symptoms of disease we observe in the soil, in the water, in the air and in living beings. That's why, among the most abandoned and abused of the poor, is our oppressed and devastated earth, which ‘groans in travail of childbirth’ (Rom. 8:22).

We forget that we ourselves are dust (Gen. 2: 7). Our own bodies are made up of elements from the planet, its air gives us breath and its water vivifies us as it restores us.” Laudato Si (paragraph 2). **Pope Francis.**

## REFLECTION:

### 1. What is our relationship with nature?

First, take time to be outside, with nature. Let nature recharge our batteries, as we admire and respect it. Which elements of nature are closest to us? Are we satisfied with our relationship with these special elements? Do we have the time, find the time, to admire their beauty, smell their fragrance, touch them with tenderness and gratitude, listen to their needs and taste their flavor in our lives?



### .2.Finding the source of our resistance

Our consumer society appeals to our fear of lack, and this fear leads us to over-consume, without concern for other living and nonhuman beings. Let us ask ourselves deeply, (personally and as a community): Is anything holding up our/my own transition? Are we/am I sometimes aware of the gap that exists between our/my real, legitimate needs and the means and ways of satisfying them, which can be destructive?

## ACTION.

### 3.Invitation to transform our practices

As consumers and citizens, what creativity do we put into practice to harmonize our lifestyle with the needs of others and those of the planet? What skills can we use to improve or reduce our waste and to avoid waste? What do we/I have stored in cupboards and drawers that we/I don't use but that others might be able to use, if we passed them on or recycled them?



### 4. Journeying with others to build a new culture

In our conversion process, are we with others? What collective steps are we taking? How do we make ourselves and others aware of the culture of waste? How can we rediscover the joys and qualities of a simple life?

## PRAYER

Lord, may our primary interest be to discover how you work among your creatures, to find our place and to cooperate in your work with a heart full of love and compassion for all creatures. Amen

