

# 2023 Season of Creation

## A Revolution of Love

### Reflection Eight: October 4

*“Bring healing to our lives that we may protect the world and not prey on it”  
~Laudato Si #246*

**READ:** Eighth part of Pope Francis' letter for the 2023 Season of Creation (on page 2).

**REFLECT:** Recall a time in your life you were beside healing water: the sea, some stream, even a gentle rain. Pope Francis recalls a time of healing beside Lac Ste. Anne with Indigenous people in Canada last summer. He encourages us to be healed of polarization from each other and from the rest of creation. Saint Francis experienced such a healing ... so as to call each and all “sister” and “brother.” Healed, justice and peace can flow through us ... and become a mighty river!

**ACT:** Spirit led, a way that we can “live, work and pray that our common home will teem with life once again” is to **eat lower** on the food chain: “Meatless Mondays” can be extended to other days of the week! Also, consider **creating habitat** (for life to teem it needs a place and space), even if you plant milkweed for monarch butterflies. **Pray** St. Francis’ “Canticle of the Creatures” and the two closing prayers in Laudato Si.

**PRAY:** Psalm 104: 10 - 30

*“Praised be you, my Lord, through our Sister Mother Earth, who sustains and governs us.”  
~St. Francis of Assisi*



### Resources for October 4

#### Pope Francis' letter for the 2023 Season of Creation (Excerpt 8 of 8)

8 In Canada, in July 2022, I spoke of the Sea of Galilee where Jesus brought healing and consolation to many people and proclaimed “a revolution of love.” Lac Ste. Anne, I learned, is also a place of healing, consolation and love, a place that “reminds us that fraternity is genuine if it unites those who are far apart, [and] that the message of unity that heaven sends down to earth does not fear differences, but invites us to fellowship, a communion of differences, in order to start afresh together, because we are all pilgrims on a journey.” (6)

In this Season of Creation, as followers of Christ on our shared synodal journey, let us live, work and pray that our common home will teem with life once again. May the Holy Spirit once more hover over the waters and guide our efforts to “renew the face of the earth” (cf. Ps 104:30).

Rome, Saint John Lateran, 13 May 2023

[6] Homily at Lac Ste. Anne, Canada, 26 July 2022.

From: <https://www.vatican.va/content/francesco/en/messages/pont-messages/2023/documents/20230513-messaggio-giornata-curacreato.html>

**Happy closing of the 2023 Season of Creation!**  
**Let us pray for the Synod on Synodality beginning today.**

photo: courtesy of Regina Lange