

# 2023 Season of Creation

## Transforming Our Lifestyles

Reflection Five: September 17-23

*"...our planet is a homeland and...humanity is one people living in a common home. An interdependent world...makes us more conscious of the negative effects of certain lifestyles and models of production and consumption." ~Laudato Si #164*

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

**REFLECT:** Do we impede or add to the mighty river of justice and peace?

Francis has already challenged us to transform our hearts, now to our **lifestyles**. Our typical lifestyle in the West is awash in stuff. From where does all this come? Not from some *other* planet (at least not yet). All of the material objects that we purchase and are subsumed in come from Earth. We take from Earth for that which we need, but we also mine the planet for so much that is frivolous.

Let justice and peace flow: how might I begin to live in "joyful sobriety"?

**ACT:** Every economic decision is an ecological one! Both share in the same prefix: "eco" from "oikos" meaning of the household. Care for our common home this week by doing an ecological examen\* (see page 2): *review your lifestyle, repent of "ecological sins," resolve to live in grateful wonder.*

Live simply so that others may simply live.

**PRAY:** James 1:19-27

*"Such sobriety, when lived freely and consciously, is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full." ~Laudato Si #223*



## Resources for September 17-23

### Pope Francis' letter for the 2023 Season of Creation (Excerpt 5 of 8)

5 Second, let us add to the flow of this mighty river by transforming our *lifestyles*. Starting from grateful wonder at the Creator and his creation, let us repent of our “ecological sins,” as my brother, Ecumenical Patriarch Bartholomew, has urged. These sins harm the world of nature and our fellow men and women. With the help of God’s grace, let us adopt lifestyles marked by less waste and unnecessary consumption, especially where the processes of production are toxic and unsustainable. Let us be as mindful as we can about our habits and economic decisions so that all can thrive – our fellow men and women wherever they may be, and future generations as well. Let us cooperate in God’s ongoing creation through positive choices: using resources with moderation and a joyful sobriety, disposing and recycling waste, and making greater use of available products and services that are environmentally and socially responsible.

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

\***Ecological examen:** <https://www.ecologicalexamen.org>

#### **Purchasing resources:**

Pope Francis encourages us (just above) to make **positive choices!**

Here are two helpful resources:

- Source and support locally and responsibly-grown food at [www.nfmd.org](http://www.nfmd.org).
- When you can’t shop local, first do your research at [www.betterworldshopper.org](http://www.betterworldshopper.org) to find companies which model a business ethics that is sustainable.

photo: courtesy of Father Jim Brobst, OMI