News
EarthBeat



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by Peter McLoughlin

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Reflect on the photo.

To be alive in this beautiful, self-organizing universe — to participate in the dance of life with senses to perceive it, lungs that breathe it, organs that draw nourishment from it — is a wonder beyond words.

If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear.

The biggest gift you can give is to be absolutely present, and when you're worrying about whether you're hopeful or hopeless or pessimistic or optimistic, who cares? The main thing is that you're showing up, that you're here and that you're finding ever more capacity to love this world because it will not be healed without that.

— Joanna Macy, author of *Active Hope: How to Face the Mess We're in Without Going Crazy*

Many things have to change course, but it is we human beings above all who need to change.

— Laudato Si'

Consider your diet

Eat meatless for some period of time, in solidarity with sisters and brothers in the Amazon whose forests are being decimated to support livestock.

Prepare low cost meals at home and donate the difference to a food pantry.

Notice ingredients. Lamb, beef, palm oil and other ingredients especially drain environmental resources.

Season of Creation Daily

pause | reflect | act

Editor's note: *Season of Creation Daily is inspired by the Care for Our Common Home Ministry, Paulist Center Boston. To receive daily reflections by email, sign up here.*

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