

Great Fast Reflections

- Human & Environmental Development Program – Dr. Lesya Sabada

Part 1: The Problem

How can the Church respond to ecological challenges while maintaining a focus on the Great Fast?

Purpose: Christianity seeks to strengthen the Kingdom of God by promoting good thoughts and deeds, especially during the Great Fast. For Eastern Church focuses on the restoration of the image of God. It is not set of imperatives. The goal is the imitation of Christ. It's a mode of being that is most practical and of the highest quality.

How does this translate into an approach to environmental issues? The richness of Eastern Christian theology of creation and its potential for giving a sense of spiritual direction at a time of environmental challenge, have become much more widely recognized in recent years. The environmental crisis is symptomatic of a spiritual crisis. We must recognize that the Church engages with contemporary society in a very different way from any secular organization. Its concern is not with transforming structures but with transforming humanity. Transforming human beings means working on the inner self, wrestling with greed, selfishness, laziness, willful blindness and so forth, that distort my relationship with my Creator and creation alike. Paradoxically, this act of turning inward to work within oneself is also the bedrock of any social and structural change.

What's the Problem: Connected to this Eastern Christian view is the recognition of a problem with self-centeredness and evil imperfection within us. Self-centeredness is a bondage and a slavery. Sin is a block-out, a separation, a turning away from God to center on oneself. Humanity's course in life becomes centered on oneself.

→Part 2: Solution & Conclusion in March 31 & April 7 bulletin & on our website www.skeparchy.org←



Eating Simply
Lent 2019

Source: <https://catholicclimatemovement.global/lent-2019/>

This Lent, protect creation

Add a day of plant-based meals to your diet this Lent, or strive to eat only plant-based meals throughout the Lenten season.

Eating Simply for Lent

Fasting from meat on Fridays is part of our Catholic tradition. It's a way to live in the simplicity and humility that Jesus offers us.

Growing in simplicity for Lent is a gift of the spirit. We now know that it's also a way to sustainably inhabit our place in God's creation.

Many of us enjoy meat, and we're grateful for the farming families who make our meals possible. Focusing our diets on plant-based meals and enjoying meat as an occasional treat is a sustainable way of living in our common home.

It's a surprising fact that cattle ranching is the leading cause of deforestation in Brazil's Amazon, and across Latin America—in Brazil, cattle ranching is responsible for approximately 80% of all deforestation. **This land is often taken illegally from indigenous people.**

It also surprises many people to learn that meat production is a major contributor to climate change. **Weaving foods that protect creation into our diets is a way to love our neighbors, love that's needed now more than ever.**

Adding plant-based meals to our diets is an invitation to honor our Lenten tradition and stand in solidarity with our sisters and brothers around the world.