



JOIN US FOR A LAUDATO SI' LENTEN JOURNEY

Greetings to all from the Holy Cross *Laudato Si'* Circle! Over the past eight months, we've had a chance to read, think, and pray about Pope Francis's 2015 encyclical on the environment. It has really inspired us to look for ways to care for and protect our common home and given us hope in these trying times.

We invite you to join us this Lenten season in a series of guided exercises intended to help us continue to grow in our love, knowledge, and concern for creation. Drawing from *Laudato Si'* and the work of Catholics around the world, we've identified several weekly themes to guide us through this season as we seek to improve our relationships with the world around us. Starting next week, we'll outline a meditation prompt, offer some readings or short videos, and suggest a couple of actions around the selected theme in that week's bulletin. Whether you are able to take all three steps each week or just one, we sincerely hope that you find this season an opportunity to join us and the broader Church in caring for creation.

In addition, we want to invite you to join our *Laudato Si'* Circle when we meet biweekly for an hour of conversation, reflection, and fellowship. While we've been meeting remotely over the past few months to keep everyone healthy, our time together has provided us with hope and community, and we hope to see you at our next meeting. For more information about the Circle, our Lenten program, or other related topics, please email Ed Judge at judge@lemyne.edu or Beth Schafer at beth@holycrossdewitt.org.

HOW TO PARTICIPATE

- **Meditation:** Spend at least fifteen to twenty minutes thinking or journaling about the weekly theme. We'll pose some initial questions, but please follow your thoughts wherever they take you. If you are inspired, you can also talk about your meditation with a family member or friend.
- **Research & Reading:** Spend some time this week learning about some environmental issues that affect Central New York. We'll provide a topic and some initial resources, but

there's a ton of additional information concerning these topics that's available online-- feel free to reach out if you would like additional suggestions.

- **Action:** If you're somewhat more active/looking for something to do, we'll also suggest a few steps you can take to care for creation in line with that week's theme. In this as in the other cases, you should feel free to go beyond if you wish--our suggestions are only meant to get the ball rolling, as there's more that all of us can do as we seek to love the world around us.

SCHEDULE FOR LENT

Weekly Theme	Meditation	Research	Action
February 21: <i>Beauty of Creation</i>	Reflecting on Earth's Beauty	Onondaga Lake	Spending Time in the World's Beauty and Bringing it Home
February 28: <i>Food and Health</i>	Reflecting on What We Eat	Local Agriculture	Changing Our Food Habits
March 7: <i>Hunger and Want</i>	Hunger, Lack, and Want in Our Lives	Food Access and Hunger in CNY	Helping Feed the Hungry
March 14: <i>Electronic Waste</i>	Reflecting on Technology in Our Lives	Where Electronics Go When Thrown Away	Cleaning Out the Attic
March 21: <i>Climate Change</i>	Reflecting on the Climate in Our Lives	Climate Change in Laudato Si'	Figuring Out Our Environmental Impact
March 28: <i>Moving Forward to Care for Creation</i>	Reflecting on Consumerism	Environmental Action in Our Community	Getting More Involved

FOLLOW ALONG ALL LENT LONG



Look for our weekly inserts in the bulletin, in the gathering space at Holy Cross Church, or online at www.holycrossdewitt.org/circle and follow us on Facebook, Instagram, and Twitter @holycrossdewitt as we share more ideas on these themes each week!



HOLY CROSS



LAUDATO SI' CIRCLE
HOLY CROSS CHURCH

A LENTEN JOURNEY

WEEK 2 | FEBRUARY 28, 2021

FOOD AND HEALTH



“Food for the body is not enough. There must be food for the soul.”

— DOROTHY DAY

Welcome to our second week of the *Laudato Si' Circle Lenten Journey*! Each week we will share a new theme that will encourage us to grow deeper in our love, knowledge, and concern for creation. Follow our mediation and reflection prompt, research and reading resources, and suggested action steps.

Meditation: This week our theme is food and health. Spend at least fifteen to twenty minutes reflecting on this. Use our quotations as inspiration. We've provided some initial questions

to help you explore this week's theme on a personal level, but feel free to follow your thoughts wherever they take you. It's not too late to start a journal to help you record and process those thoughts. If you're so inspired, start a conversation about your meditation with a family member or friend.

Research/Reading: Spend some time this week learning about environmental issues in our local community and in the world. We'll be looking at an urban farm right here in Syracuse and how what we eat and grow not only

impacts our bodies but also our environment.

Action: Follow our steps that you can take individually or as a family that will help you grow deeper this Lent spiritually while having a positive impact on the environment around you.

Now that you know the different components of our weekly journey, we hope you will join us each day or throughout the week to use this information as a guide. For interactive links and more content, find us online.

MEDITATION:

Take some time to consider the following quotations:

“Tell me what you eat and I will tell you who you are.” (Jean Anthelme Brillat-Savarin)

“Food for the body is not enough. There must be food for the soul.” (Dorothy Day)

“For three weeks, I ate no choice food; no meat or wine touched my lips...” (Daniel 10: 2-3)

“When you fast, do not look gloomy like the hypocrites, for they disfigure their faces so that their fasting may be seen by others... When you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret...” (Matthew 6:16-18)

Take a moment to reflect on these questions.

- Where does my food come from?
- Who produced it and how was it produced?
- How was it transported?
- What sort of nutrition does it provide?
- What impact does it have on my health?
- What impact does its production have on our environment?



RESEARCH/READING:

- **Brady Farm**, on Syracuse's South Side, is a Community Supported Agriculture project of the Brady Faith Center. Its mission is to provide affordable access to fresh, locally grown food, youth and adult education, employment, and environmental and economic sustainability. Learn about Brady Farm and its mission: www.bradyfarm.org
- **Change Your Diet; Change Our Destiny?** “Our personal choices of what we eat not only affect our personal health, but also, indirectly, the health of the environment.” bit.ly/yourdietourdestiny
- **How Does Agriculture Change Our Climate?** “We’re trading enormous greenhouse gas emissions for food to feed the planet.” bit.ly/agriclimatechange

VIDEOS WORTH WATCHING ▶ Why fasting in Lent is important bit.ly/whyfastlent
▶ The environmental impact of various foods bit.ly/diethelpsclimate

ACTION:

1 Cut back on meat consumption. Pick a day (in addition to Friday) on which you don't eat meat (e.g., meatless Mondays and Fridays). If you are feeling extra ambitious, try to go the entire week without eating any meat.

2 Observe the traditional Lenten fast (one full meal,

plus two smaller meals that together do not equal the full meal) on Lenten weekdays, not just on Ash Wednesday and Good Friday.

3 Try to eat mainly foods that are locally produced—perhaps join a CSA to support a local farm.

4 Plan on starting or expanding a vegetable garden.

5 Compost organic waste instead of putting it in garbage.

6 Donate to the Brady Farm. If you are feeling extra ambitious, plan to volunteer there weekly or occasionally—planting, tending, maintaining, harvesting.

For interactive links and content, find this info online at holycrossdewitt.org/circle ▶