

## Seeds for Reflecting on the Be-attitudes for Care of our Common Home

- ✚ We are challenged to an *integral ecology*: *being aware of our deep connection with and dependence on all that exists*. We cannot see ourselves as separate, and Earth as a mere setting in which we live. We are part of nature ... and thus in constant interaction with it. [139] Over and over we are challenged to reconnect with the web of life and to have a mind and heart for the common good. **How do you live into that challenge?**
- ✚ “Human ecology is inseparable from the notion of the common good, a central and unifying principle of social ethics. [156] **How do you consider the common good in your deliberations and actions?**
- ✚ Pope Francis says that “inequality affects not only individuals but entire countries; it compels us to consider and ethics of international relations. A true ecological debt exists, particularly between the global North and South...” [51] **How do you engage to discover how the products you purchase impact the environment and the marginalized in “developing” nations?**
- ✚ The Holy Father talks about compulsive consumerism, exacerbated consumption, selfish and egotistical consumerism. Waste is one outcome of consumption. Our industrial system has not learned to absorb and reuse waste like Earth systems do. [22] We are complicit in the consuming of natural resources, which become short lived products and then end up in the landfill. **How do you view consumption? How do you take responsibility for your part in the system? How can you work for change?**
- ✚ **Ecological conversion**: the way of living with gratitude, gratuitousness, humility and sobriety is a tall order. **How do you engage in ecological conversion?**
- ✚ This ecological conversion and spirituality must be nourished and tended in prayer, reflection, celebration and contemplation. Jesus lived the Sabbath vision of worship and present moment living. Pope Francis says that in celebrating the Sabbath, “Christian spirituality incorporates the value of relaxation and festivity”. [237] **How do you rest and re-create? How does this rest enhance your relationship with God, yourself, your family life, your work?**



**Living ecologically:** Some helpful ways to live in harmony with your "place"

- Know and cherish your surroundings, connect to the features and creatures that make up your place. Understand the importance of respecting diversity.
- Eat as much locally grown and/or organic food as possible. (Visit [slowfoodusa.org](http://slowfoodusa.org))
- Buy biodynamic, open-pollinated seeds ([www.turletreeseed.org](http://www.turletreeseed.org))
- Buy, collect and trade heirloom seeds ([www.heirloomseeds.com](http://www.heirloomseeds.com))
- Create a garden for growing your own food.
- Compost pile for yard and food waste. [www.epa.gov/recycle/composting-home](http://www.epa.gov/recycle/composting-home)
- Recycle nearly everything; generate as little waste as possible. (<https://earth911.com>, [www.terracycle.com](http://www.terracycle.com))
- Get involved in restoration of damaged areas in your bioregion. Participate in clean up days. Plant trees. (Use [www.terrapass.com](http://www.terrapass.com) for offsetting carbon footprint for travel)
- Check out your cleaning supplies to make sure they are biodegradable.
- Install aerators on faucets and low-flow shower heads. Discuss how your family can conserve water.
- Cut down on lawn grass, and do not use chemical weed or insect control.
- Understand that there is no longer a distinct separation between "ecology" and "economy." These concepts are different ways of looking at the place you live and the way you live. They weave a strong healthy fabric for living in place with enjoyment and fulfillment.
- Get involved in your community. Know your neighbors.
- Be a citizen. Take part in the activities of being involved in the civic process.

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