

Lent 2023

Daily Reflections for the Sacred Season of Lent Feb/March

During this year's Lent and Holy Week we will reflect on ways to adopt a more sustainable lifestyle. The Sisters of St. Francis have chosen Goal Four: Adoption of Sustainable Lifestyles as our congregational focus for Year Two of the Laudato Si Action Platform. This platform is a shared space offered by the Vatican to support all people of good will in their journey to integral ecology www.laudatosiactionplatform.org. Using St. Francis' "Canticle of the Creatures" as our framework, we will offer daily quotations from Sacred Scripture, St. Francis, *Laudato Si'*, and other spiritual guides to help us reflect on our relationships with the earth and one another. We will also invite you to consider a suggested intention, action, or learning opportunity. As we journey together this Lenten season, may we make conscious choices to hear the cry of the earth and the cry of the poor.

"The Canticle of the Creatures is a hymn of praise that recapitulates Francis's journey to God in and through the beautiful things of creation. For Francis all creation became a manifestation of the goodness of God."

Ilia Delio, OSF



Lenten Reflections

THE SISTERS OF ST. FRANCIS OF PHILADELPHIA

SUNDAY

26 1st Week

"Praised be You, my Lord, with all Your creatures, especially Sir Brother Sun, Who is the day and through whom You give us light." *This week, take time to feel the warmth of the sun and give God thanks.*

5 2nd Week

"Praised be You my Lord, through Brother Wind, and through the air, cloudy and serene, and every kind of weather, through whom You give sustenance to Your creatures." *This week, take time to listen to the wind and look for its effects on the world around you.*

12 3rd Week

"Praised be You, my Lord, through Sister Water, who is very useful and humble and precious and chaste." *This week, pay close attention to the ways Sister Water blesses your life.*

MONDAY

27 "Until greater progress is made in developing widely accessible sources of renewable energy, it is legitimate to choose the lesser of two evils or to find short-term solutions." (LS 165) *Put an extra blanket on the bed and lower your thermostat by 7-10 degrees overnight.*

6 The entire material universe speaks of God's love, his boundless affection for us. Soil, water, mountains—everything is, as it were, a caress of God. (LS 84) *Take time today to feel God's caress in the gentle breeze and breathe in the beauty of our world.*

13 Once we start to think about the kind of world we are leaving to future generations... we realize that the world is a gift which we have freely received and must share with others. (LS 159) *Explore ways to protect our water. www.cleanwater.org*

TUESDAY

28 "I'd put my money on the sun and solar energy. What a source of power! I hope we don't have to wait until oil and coal run out before we tackle that." — Thomas Edison *Call your electric supplier. Ask how much comes from renewable energy sources.*

7 "We humans are evolution made conscious; hence, our choices for and in the world shape the future of the world." — Ilia Delio *What choices can you make to shape the world for the better?*

14 "When the well is dry, we know the worth of water." — Benjamin Franklin *Conserve water; take a shorter five-minute shower today.*

WEDNESDAY

22 Ash Wednesday
"Yours are the praises, the glory, the honor, and all blessing, To You alone, Most High, do they belong, and no human is worthy to mention Your name." *Offer a prayer of thanksgiving for the gifts of God's creation.*

1 "The morning glories and the sunflowers turn naturally toward the light, but we have to be taught, it seems." — Richard Rohr *How can you turn toward the light in your own life?*

8 "Unlike carbon-based fuels, the wind and the sun and the earth itself provide fuel that is free, in amounts that are effectively limitless." — Al Gore *Take this clean energy quiz. www.earthday.org/the-clean-energy-quiz/*

15 "When we fail to appreciate Sophia's presence at work in nature, we are also more likely to fail to appreciate the sacred." — Ilia Delio *Spend some time at a body of water near you and reflect on the beauty of God's creation.*

THURSDAY

23 "The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development." (LS 13) *Reuse an empty jar to collect your spare change during Lent. Consider donating.*

2 "Because we are now running out of gas and oil, we must prepare quickly for a third change, to strict conservation and to the use of... permanent renewable energy sources, like solar power." — Jimmy Carter *Find out your carbon footprint: www.carbon-footprint.com*

9 If you wait until the wind and the weather are just right, you will never plant anything and never harvest anything. — Ecclesiastes 11:4 *Don't wait; pick one simple action for the planet that you can do for the rest of Lent.*

16 "We forget that the water cycle and the life cycle are one." — Jacques Cousteau *Pray for areas of the world experiencing drought and the living things that depend on water for their survival.*

FRIDAY

24 "Change is something desirable, yet it becomes a source of concern when it causes harm to the world and to the quality of life of much of humanity." (LS 18) *Do an ecological examination of conscience, reflect on your choices: www.ecologicalexamen.org/*

3 Light reveals righteousness, and it also reveals sin. — Theodore Epp *Take time to contemplate what sins the light reveals in your life. Work toward being a better version of yourself.*

10 "The morning wind spreads its fresh smell. We must get up and take that in, that wind that lets us live. Breathe before it's gone." — Rumi *Pay special attention to your own breath today. Give thanks to God and pray for those suffering from air pollution.*

17 "All the water that will ever be is, right now." — National Geographic *Learn about chemicals polluting our water. www.epa.gov/pfas*

SATURDAY

25 "God looked at everything [God] had made, and [God] found it very good." — Gen 1:31 *Throughout your day, look for signs of God's goodness in the world around you.*

4 "Then God said, 'Let there be light,' and there was light. God saw how good the light was. God then separated the light from the darkness." — Gen 1:3-4 *Take advantage of natural light when possible and turn off the lights when you leave a room.*

11 "And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were." — Acts 2:2 *Talk with a friend about how you are doing with your one simple action.*

18 "Anyone who gives you a cup of water to drink because you belong to Christ, amen, I say to you, will surely not lose his reward." — Mk 10:41 *Give the gift of clean water. www.livingwatersfortheworld.org/*

Lent 2023

Daily Reflections for the Sacred
Season of Lent

March/April

“The Canticle reminds us that we humans are as dependent on the elements of creation as they are dependent on us.” ...“The Canticle foreshadows the new creation where we will find ourselves related to all things of creation in a spirit of reconciliation and peace.”

Ilia Delio, OSF



THE SISTERS
OF ST. FRANCIS
OF PHILADELPHIA

www.osfphila.org

SUNDAY

19 4th Week

“Praised be You, my Lord, through Brother Fire, through whom You light the night, and he is beautiful and playful and robust and strong. *This week, contemplate the good and bad effects fire has in the world.*

26 5th Week

“Praised be You, my Lord, through our Sister Mother Earth, who sustains and governs us, and who produces various fruit with colored flowers and herbs.” *Pray for those most affected by climate change—animal species who lose their habitat.*

2 Holy Week

“Praised be You, my Lord, through those who give pardon for Your love, and bear infirmity and tribulation. Blessed are those who endure in peace for by You, Most High, shall they be crowned.” *Is there someone in your life you need to forgive or ask forgiveness from?*

9

MONDAY

20 Water, oil, fire, and colors are taken up in all their symbolic power and incorporated in our act of praise. (LS 235) *The time to fight climate change is now. Tell the EPA to get to work cutting greenhouse gas emissions and help keep deadly gas out of our air.*

27 Each community can take from the bounty of the earth whatever it needs...but it also has the duty to protect the earth and to ensure its fruitfulness for coming generations. (LS 67) *Plan your menu for Holy Week. Choose as many meatless meals as you can.*

3

Every act of cruelty toward any creature is “contrary to human dignity.” (LS 92) *Watch Why Care for the Environment? (Laudato Si’ Explained) - YouTube*

TUESDAY

21 “Just as a candle cannot burn without fire, men cannot live without a spiritual life.” — Buddha *Pray this week for people living in regions facing the gravest risks from the changing climate.*

28 “To leave the world better than you found it, sometimes you have to pick up other people’s trash.” — Bill Nye *Try this week not to use a single disposable plastic product. Pick up and dispose of or recycle trash you see on the ground.*

4

“While you are declaring peace with your lips, be careful to have it even more fully in your heart.” — St. Francis *Take a nature walk and open your heart to God’s peace.*

WEDNESDAY

22 “You get the best effort from others not by lighting a fire beneath them, but by building a fire within.” — Bob Nelson *Take an active role in replenishing the natural resources that have been lost over time. www.earthday.org/tell-businesses-stop-deforestation/*

29 We still do not know one thousandth of one percent of what nature has revealed to us.” — Albert Einstein *Take a quiz and learn about regenerative agriculture. www.earthday.org/regenerative-agriculture-quiz/.*

5

“When you know better, you do better.” — Maya Angelou *Write down three changes you can make in your daily living that can bring healing to the earth.*

THURSDAY

23 “A man should live with his superiors as he does with his fire: not too near, lest he burn; nor too far off, lest he freeze.” — Albert Pike *Clean your dryer’s lint filter after each use –this can reduce its energy usage significantly and prevent fire.*

30 “If our love of God does not directly influence, and even change, how we engage in the issues of our time on this earth, I wonder what good religion is.” — Richard Rohr *Pray for children of future generations who will pay the price of our selfishness today.*

6 Holy Thursday

“Forgiveness says you are given another chance to make a new beginning.” — Desmond Tutu *Talk with a friend about your three changes.*

FRIDAY

24 “You don’t extinguish fire by adding more fire, you need water.” — Pope Shenouda III *Choose walking or riding a bike instead of driving; an emission-free option that is both good for the planet and good for your health.*

31 “Let us permit nature to have her way. She understands her business better than we do.” — Michel de Montaigne *Write or call your members of Congress on an ecological issue that is important to you.*

7 Good Friday

“Praised be You, my Lord, through our Sister Bodily Death, from whom no one living can escape.” *As you fast today, pray for the victims of war and gun violence.*

SATURDAY

25 “It will be revealed with fire, and the fire will test the quality of each person’s work.” - Corinthians 3:13 *Make an act of contrition today for the ways in which you have harmed Earth, our common home.*

1 “But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. — Job 12:7-8 *Spend some time with an animal. How is it praying for you?*

8 Holy Saturday

The cross is the standing statement of what we do to one another and to ourselves. The resurrection is the standing statement of what God does to us in return. — Richard Rohr *How are we crucifying our planet? Where are the signs of Easter?*

Happy Easter

“The cross and resurrection won the victory over evil, but it is the task of the Spirit, and those led by the Spirit, to implement that victory in and for the whole world.

The victory is found not in the life of Jesus alone but in his death and resurrection.

It is in the resurrection that the power of Jesus as the Christ is experienced.” — Ilia Delio

Light a candle and renew your commitment to your faith and to caring for our common home!



Lenten
Reflections

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