



Let me seek, then,

the gift of silence, and

poverty and solitude,

where everything

I touch is turned

into prayer:

where the sky is my

prayer, the birds are

my prayer, the wind in

the trees is my prayer,

for God is in all.

Thomas Merton

THE CLIMATE IS A COMMON GOOD ...

Laudato Si' n 23

We are earthly beings, who belong to Mother Earth, and we cannot simply live at her expense; our relationship with her is reciprocal. We need now a Jubilee, a time when those who have more than enough should consume less to allow the earth to heal, and a time for the excluded to find their place in our societies. The pandemic and the economic crisis offer a chance to examine our lifestyles, to change destructive habits, and to find more sustainable ways to produce, trade, transport goods.

We can also begin to implement an ecological Thoughts in Solitude conversion at every level of society in the ways that I suggested in Laudato Si': moving to renewable energy and away from fossil fuels; respecting and implementing biodiversity; guaranteeing access to clean water; adopting more restrained lifestyles; changing our understanding of value, progress, and success by taking into account the impact The Spirit, of our businesses on the environment.

As a world community we must commit to meet the United Nations' sustainable development goals by 2030. Let us use the years ahead to practice an *integral* ecology, allowing the principle of ecological regeneration to shape the decisions we take at every level.

This means taking a long hard look at the impact of our industrial methods on the environment and of agribusiness on small farmers. More land needs to be

opened up to smallholders growing food for local consumption using organic, sustainable methods. Our

farms need to produce not just food but healthy soil and biodiversity.

The goods and resources of the earth are meant for all. Fresh air, clean water, and a balanced diet are vital for the health and well-being of our peoples. Let us put the regeneration of the earth and universal access to its goods at the heart of our post-Covid future.

Pope Francis, Let Us Dream The Path to a Better Future p128-129



The Spirit, infinite bond of love, is intimately present at the very heart of the universe, inspiring and bringing new pathways. The world was created by the three Persons acting as a single divine principle ... Consequently, "when we contemplate with wonder the universe in all its grandeur and beauty, we must praise the whole Trinity." Laudato Si' n 238

The soul rides on the feathers of the wind

Meister Eckhart

PLAN TO CELEBRATE THIS EASTER WITH ETHICAL CHOCOLATE EGGS



More than 40% of the world's cocoa comes from Cote d'Ivoire in West Africa, and 70% comes from the West African region. It's predominantly produced on small subsistence farms and small holds where farmers often struggle to make ends meet and can't afford to employ adult labour. As a result, children are often trafficked and subjected to unfair and exploitative treatment.

WHAT TO LOOK FOR





PURCHASING IS ALWAYS A MORAL - AND NOT SIMPLY ECONOMIC - ACT. TODAY, IN A WORD, THE ISSUE OF ENVIRONMENTAL DEGRADATION CHALLENGES US TO EXAMINE OUR LIFESTYLE.

Laudato Si' n 206

Alliance Rainforest products contain ingredients sourced from certified forests or farms, which are managed according to rigorous environmental, social and economic criteria. According to the organisation, these criteria are designed to conserve wildlife; safeguard soils and waterways; protect workers, their families and local communities; and increase livelihoods in order to achieve true, long-term sustainability.

Fairtrade products aim to ensure communities in the developing world have decent working conditions, local sustainability and better prices. Through ensuring companies pay sustainable prices, Fairtrade's goal is to help eradicate the injustices of conventional trade, which traditionally discriminates against the poorest and weakest producers.

UTZ Certified products are grown in accordance with its Code of Conduct, which sets guidelines for sustainable farming methods. It aims to educate farmers to help them improve working conditions, grow better crops and take better care of their children and the environment. To ensure compliance with the Code, all producers receive a regular check from independent auditors. Approved farmers can sell their products as UTZ-certified, and all sales are recorded in the UTZ Certified Traceability system.



ECOLOGICAL CONVERSION: A WAY OF PRAYING

We can be led, then, into a sense of mystery and presence in our experiences of the natural world that we can rightly name as the experience of God's Holy Spirit. Yet our experience of nature is, in itself, profoundly ambiguous. The natural world is unspeakably bountiful and beautiful but also a place of competition, violence, suffering and death. In this ambiguity, it is the good news of God revealed to us in Jesus that is decisive for Christians. It is the Wisdom of God made flesh in Jesus that tells us that competition, suffering, and death are not the ultimate meaning of creation. In the Word made flesh, God is revealed as Love that embraces suffering creation transforming it from within, bringing it to liberation and fulfilment.

The natural world, then is a place of prayer, of encountering the mysterious presence of the Spirit, the divine Energy of Love at work in all the forms of life around us. It is the place for seeing this tree, this bird, this beach, as partaking in the Word of God, so that it is for me a word of that Word who is the eternal Wisdom of God. In the light of Christ I can see the creature before me as existing because it has been drawn into its own being and identity by the Divine Attractor, who draws the whole world of creatures into their existence within the community of creation and will draw all to their fulfilment.

Fr Denis Edwards, *Partaking of God Trinity, Evolution & Ecology* (Minnesota: Michael Glazier 2014) 181-182

Deep peace of the flowing air to you,
which fans your face on a sultry day,
the air which you breathe deeply, rhythmically,
which imparts to you energy, consciousness, life.
Deep peace of the flowing air to you.
Celtic Blessing