

A photograph of a forest path with tall trees and dense green foliage. Sunlight filters through the leaves, creating a warm, golden glow. The path is a narrow dirt trail leading into the distance.

EcoSabbath

Deep Roots Reflections

Sept 14



A prayer for our earth by Pope Francis in Laudato Si' (voiceover)



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OPENING PRAYER



John O'Donohue - Beannacht



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Watch on  YouTube

A Prayer for Our Pilgrim Spirits ... Amen

ROOTING OUR ECOSABBATH DISCUSSION



[Watch video on YouTube](#)

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- **Personal food journey**
 - In your most meaningful eating experience, how did awareness of place, process, or hospitality deepen the experience?
- **Reconciling distance**
 - How does your current food source (e.g., from a grocery store vs. a local garden) affect your understanding of the relationships that give life? Do you intentionally 'receive life' as Dr. Wirzba indicates?
- **Cultivating care**
 - What local or daily practices could bring you closer to the land or community—like gardening, farmers' markets, or church food ministries?
- **Eucharistic imagination**
 - How might seeing eating as a communal and God-centered act (akin to Eucharist) reshape your table and conversations?
- **Faith, justice, and eating**
 - Are there food practices or programs you support that honor both creation and marginalized people? How can you engage more actively?



SMALL GROUP DISCUSSION

Start with your personal thoughts about the
Video & Podcast by Dr. Norman Wirzba.
Then move to the other question



Faith and Food - A Time for Change



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A JUBILEE PILGRIMAGE ACROSS THE WORLD - FAITH CALLS US ALL TO ACTION

CLOSING PRAYER: FROM LAUDATO SI'

A Christian Prayer in Union with Creation

Father, we praise you with all your creatures.
They came forth from your all-powerful hand;
they are yours, filled with your presence and your tender love.
Praise be to you!

Son of God, Jesus, through you all things were made.
You were formed in the womb of Mary our Mother,
you became part of this earth, and you gazed upon this world with human
eyes.
Today you are alive in every creature in your risen glory.
Praise be to you!

Holy Spirit, by your light you guide this world towards the Father's love and
accompany creation as it groans in travail.
→ You also dwell in our hearts and you inspire us to do what is good.
Praise be to you!





Triune Lord, wondrous community of infinite love, teach us to contemplate
you in the beauty of the universe, for all things speak of you.
Awaken our praise and thankfulness for every being that you have made.

Give us the grace to feel profoundly joined to everything that is.
God of love, show us our place in this world as channels of your love for
all the creatures of this earth, for not one of them is forgotten in your sight.

Enlighten those who possess power and money that they may avoid the sin
of indifference, that they may love the common good,
advance the weak, and care for this world in which we live.
The poor and the earth are crying out.

O Lord, seize us with your power and light, help us to protect all life,
to prepare for a better future, for the coming of your Kingdom
of justice, peace, love and beauty.

Praise be to you!

Amen