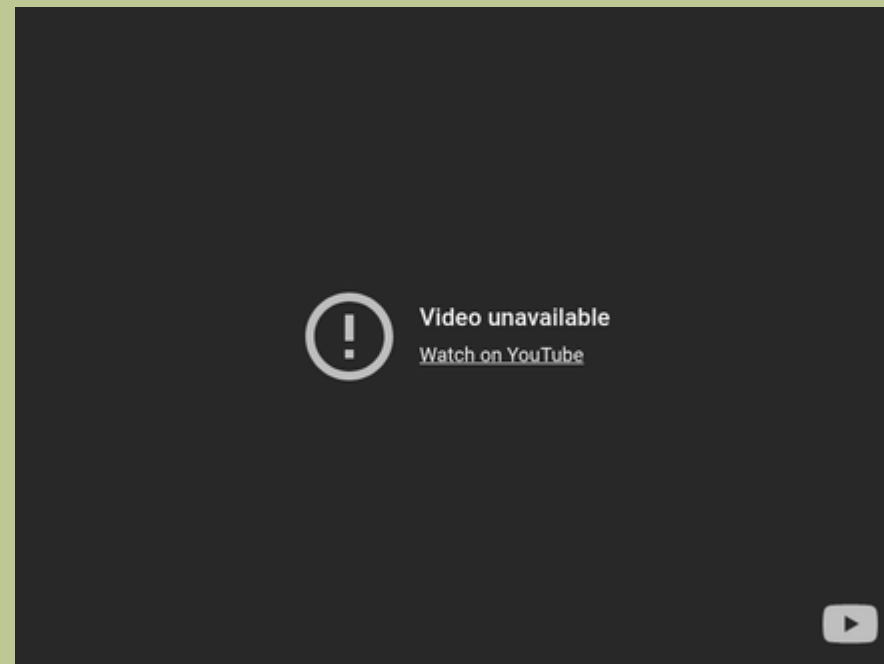


A close-up photograph of a person's hands, wearing a brown knitted sleeve, holding a head of purple cabbage. The hands are positioned over a woven basket filled with various fresh vegetables, including yellow squash, green zucchini, corn, and leafy greens. The background is slightly blurred, showing more produce and a purple container.

ECOSABBATH

Sept 28, 2025

Scripture: Therefore prophesy, and say to them, "Thus says the Lord: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel.
Ezekiel 37:12



Opening SONG

Reflection: Pope Francis "The Joy of the Gospel" (2013)

Reflection: Dr. Wirzba "Gardens Feed Body & Soul (2009)



Collective Reflection on Deep Roots CPS

Deep Roots CPS Farm is a family-run urban farm in Charlotte, North Carolina, founded by first-generation Black farmers. Our journey began with a vision: to transform underutilized urban spaces into thriving centers of sustainable food production and community engagement. We started on a modest homestead, growing food for our family, then expanded to cultivating multiple plots across the Charlotte metro area. Over time, our passion and purpose led us to establish a 7-acre farmstead in Charlotte and a 44-acre expansion in Union County. Today, our farms not only grow fresh, seasonal produce but also serve as spaces for education, empowerment, and community connection.

Link: <https://www.deeprootscpsfarm.com/about-our-farm>

Mission

At Deep Roots Farm, we believe in nurturing the connection between nature, food, and people.

Our mission is to provide fresh, sustainable produce while creating experiences that foster learning, growth, and community engagement.

Values

We believe that every action we take on our farm should reflect our deep-rooted commitment to sustainability, community, and quality. These values guide everything we do, from the produce we grow to the experiences we offer.

Reflection Question A

How does regenerative agriculture invite us to reimagine our relationship with the land—not as consumers or owners, but as stewards, participants, and neighbors in a living and historical community?

How does regenerative agriculture connect to what we have learned from Sr. Margaret Scott (Aug 31 Podcast) and Fr. Martin (Jesus: A Pilgrimage)?

Wendell Berry urges us to “eat responsibly,” while Laudato Si’ (69) reminds us that the earth is a shared gift, not private property. The PBS video “Decolonizing Your Plate” expands this call to mutuality and humility by asking us to remember who was displaced from the land and whose foodways have been erased.



How might regenerative farming at places like Deep Roots help restore not just soil—but Scripture stories, cultural memories, and social justice? How might hands-on practices at Deep Roots CPS Farm help reframe food as communion and mutual care, not just consumption and exploitation?





Reflection Question B

In what ways does the health of soil, water, and biodiversity reflect our spiritual health and Catholic moral commitments?

Laudato Si' (146) critiques the illusion of domination over nature and Wendell Berry both speak of the dangers of disconnection—from land, food, and the people who grow it, harvest it, and prepare it. "Decolonizing Your Plate" reminds us that food systems have often been shaped by forced erasure of Indigenous and Black agricultural knowledge. Fr. Martin reminds us that Catholic belief is that God is fully present in human history and reveals Godself through embodied experiences, including death on a cross and resurrected life.

How might regenerative practices restore not only ecosystems but also a deeper sense of humility, gratitude, and reverence? How can regenerative practices serve as a spiritual and moral response to the layered wounds of our society today?



Reflection Question C

What does it mean to “know the origins” of our food, not only in terms of farming practices, but in terms of cultural memory, labor, and land ownership? How might that knowledge shape more equitable, joyful, and resilient communities?

Berry critiques the passive “consumer,” while *Laudato Si’* (179) invites grassroots action and regenerative farmers speak passionately about their land, soil, and wholeness.

How do efforts like Deep Roots CPS Farm reconnect us with the people and places behind our meals, and why does that matter? How can Deep Roots CPS Farm or similar efforts connect people not only to land and labor, but also to cultural healing and food sovereignty?

Reflection Question D

How might participating in regenerative food systems form us spiritually—helping us cultivate empathy, gratitude, and purpose in the face of environmental and social challenges?

Wendell Berry speaks of joy and pleasure not as an escape but as a form of resistance and restoration. Fr. Martin's scriptural reflections highlight that God is present in both joy and suffering, relationship and loneliness, and material blessing and scarcity – moving the created world towards abundant life for all. In the PBS video, cultural joy is expressed through food traditions that survived trauma.

What new kinds of joy emerge when food, faith, and community action come together? How can shared meals and food cultivation be sites of both healing and resistance—especially for communities historically excluded from dominant food narratives? How can food-related practices be a form of spiritual formation—shaping who we are becoming as people of faith and action?



Reflection Question E

What words, ideas, and practices from the regenerative agriculture video are echoed in Laudato Si' and in Jesus: A Pilgrimage? Given what you've learned in our EcoSabbath Series, how might every meal—whether around a kitchen table, a community garden, a boardroom table, or the Eucharistic table—become a moment of deeper awareness, solidarity, and transformation? How can food rituals honor ecological integrity and cultural dignity at the same time?





Closing Prayer

The Jubilee Prayer Father in heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom.



May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth.

To you our God, eternally blessed,
be glory & praise forever.
Amen.

