

# Lent 2020



## SUSTAINABLE DEVELOPMENT GOALS



**Know,  
Love and Serve  
With SDGs 2030**



## INTRODUCTION

Lent is always a time for reviewing one's life, for conversion, for changes in our personal and community life. In the light of Jesus' life, preparing us for the event of his Passover, we wish that this Lent also be a path for God through our lives, transforming who we are and what we do.

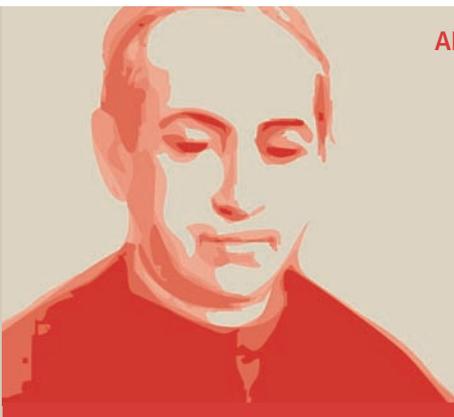
Our conversion would be of no use if it were not ecological, social, spiritual, and Christian, a conversion called for by Pope Francis in the apostolic constitution *Laudato Si'*. Looking beyond ourselves, we propose to live this sacred time by looking at the *Sustainable Development Goals* that directly concern our planet, specifically Goals 6, 12, 13, 14 and 15.

In turn, we will do this accompanied by our Claretian charism. Men and women, boys and girls, we have been blessed with the spirit that moved St. Anthony Mary Claret to embrace a worldwide mission. We will pray each day the Apostolic Prayer of Claret. The Founder's words "to know", "to love", "to serve" and "to praise," reveal to us the totality of who we are: thoughts, feelings, works, and attitudes.

If praise is our continuous gratitude to the God who makes all things new, we propose to you, each day, a thought, a feeling, and an action that orient this Lenten path of commitment to sustainable development. Small clues that may contribute, among others, to great changes.

May the objectives and goals that mark the international agenda also be the soundtrack that animates our missionary dance wherever we are. Happy journey!

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### APOSTOLIC PRAYER OF FATHER CLARET

*O my God and my father,  
May I know you and make you known,  
May I love you and make you loved,  
May I serve you and make others serve you,  
May I praise you and make  
all creatures praise you.  
Amen*



# GOALS FOR THE PLANET

- |  |   |
|--|---|
| <br>6 CLEAN WATER AND SANITATION              | <b>ENSURE AVAILABILITY AND SUSTAINABLE MANAGEMENT OF WATER AND SANITATION FOR ALL</b>   |
| <br>12 RESPONSIBLE CONSUMPTION AND PRODUCTION | <b>ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS</b>   |
| <br>13 CLIMATE ACTION                         | <b>TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS</b>  |
| <br>14 LIFE BELOW WATER                     | <b>CONSERVE AND SUSTAINABLY USE THE OCEANS, SEAS, AND MARINE RESOURCES FOR SUSTAINABLE DEVELOPMENT</b>  |
| <br>15 LIFE ON LAND                         | <b>PROTECT, RESTORE, AND PROMOTE SUSTAINABLE USE OF TERRESTRIAL ECOSYSTEMS, SUSTAINABLY MANAGE FORESTS, COMBAT DESERTIFICATION, HALT AND REVERSE LAND DEGRADATION, AND HALT BIODIVERSITY LOSS</b> |

6 CLEAN WATER  
AND SANITATION



## ENSURE AVAILABILITY AND SUSTAINABLE MANAGEMENT OF WATER AND SANITATION FOR ALL

### TO KNOW



Today, we begin the Season of Lent. Today's liturgy will mark our foreheads with ash as a sign of conversion. The Sustainable Development Goals (SDG) are committed to generate a dynamic of conversion within the international order. Let us deepen, therefore, our commitment to SDG 6: "to ensure availability and sustainable management of water and sanitation for all."

### TO LOVE

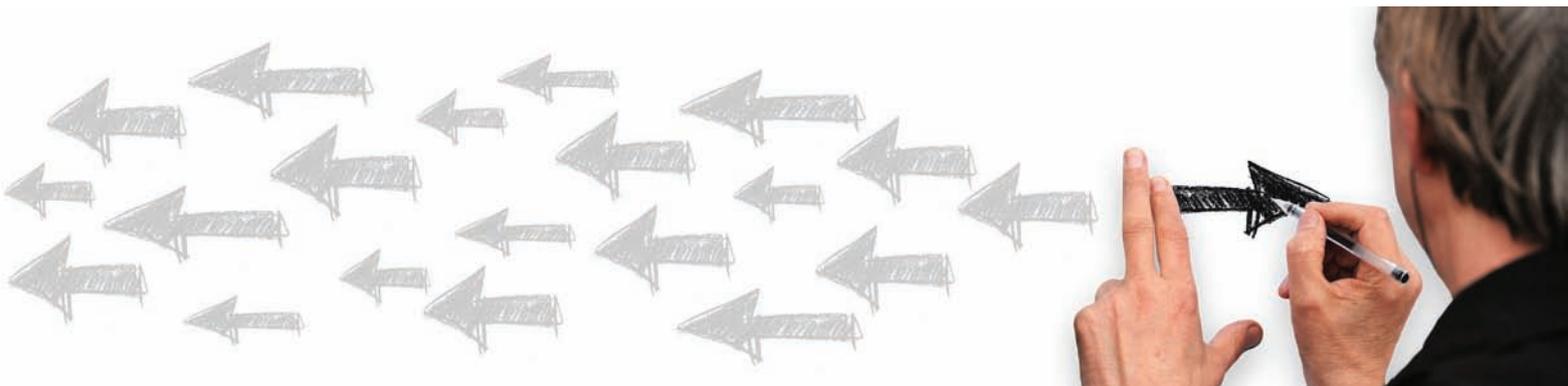


« Yet even now—oracle of the LORD—return to me with your whole heart, with fasting, weeping, and mourning.». [Joel 2,12]

### TO SERVE



The conversion of each of us is expressed in small gestures. Start by identifying which habits of your daily life are contributing to a waste of water consumption.





6 CLEAN WATER  
AND SANITATION



## ENSURE AVAILABILITY AND SUSTAINABLE MANAGEMENT OF WATER AND SANITATION FOR ALL

### TO KNOW



According to UNDP (United Nations Development Programme) data, water scarcity affects more than 40% of the world's population. On the other hand, only 39% had safe water sanitation in 2015.

### TO LOVE



"Today, I call heaven and earth to witness against you: I am offering you life or death, blessing or curse. Choose life, then, so that you and your descendants may live, in the love of Yahweh your God, obeying his voice, holding fast to him; for in this your life consists, and on this depends the length of time that you stay in the country which Yahweh swore to your ancestors Abraham, Isaac and Jacob that he would give them." [Dt 30,19-20]

### TO SERVE



Water is a blessing for the life of the planet, but without proper sanitation it becomes a curse. Learn more about SDG 6 through the website of the United Nations Development Programme: [www.unpd.org](http://www.unpd.org)



6 CLEAN WATER  
AND SANITATION



## ENSURE AVAILABILITY AND SUSTAINABLE MANAGEMENT OF WATER AND SANITATION FOR ALL

### TO KNOW



In a country where basic needs are more than satisfied, it is easy not to take into account the great worldwide problem of not having access to clean water and sanitation. The lack of adequate treatment of 80% of the sewage that is discharged into waterways negatively impacts the balance of the environment and increases its pollution.

### TO LOVE



“Is this not, rather, the fast that I choose: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking off every yoke? Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; Clothing the naked when you see them, and not turning your back on your own flesh?” [Is 58,1-9a]

### TO SERVE



A Good Lenten fast could be to be sensitive to those who are close to us, but also to increase awareness of those farther from us. Avoid letting tap water run unnecessarily, as well as taking long showers: five intense minutes are more than enough! Saving water means giving life here and throughout the world.





6 CLEAN WATER  
AND SANITATION



## ENSURE AVAILABILITY AND SUSTAINABLE MANAGEMENT OF WATER AND SANITATION FOR ALL

### TO KNOW



Did you know that we are living a “Decade of Action for Water?” It began on March 28, 2018 and will go until the same date in 2028 with the goal of promoting the adoption of measures that help transform the way we manage water.

### TO LOVE



“If you lavish your food on the hungry and satisfy the afflicted; Then your light shall rise in the darkness, and your gloom shall become like midday.”  
[Is 58,9b-14]

### TO SERVE



Besides encouraging you to seek relevant information about the “Decade for Water”, we also invite you to investigate some of the projects of the PROCLADE Foundation ([www.fundacionproclade.org](http://www.fundacionproclade.org)) that correspond to SDG 6 and to share this information with three other people in your everyday environment.





12 RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



## ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS

### TO KNOW



In this first week of Lent, we will focus on SDG 12: “ensuring sustainable consumption and production patterns.” Perhaps we will find this to be one of the most practical SDGs since we are all consumers, participating in a “consumer society.”

### TO LOVE

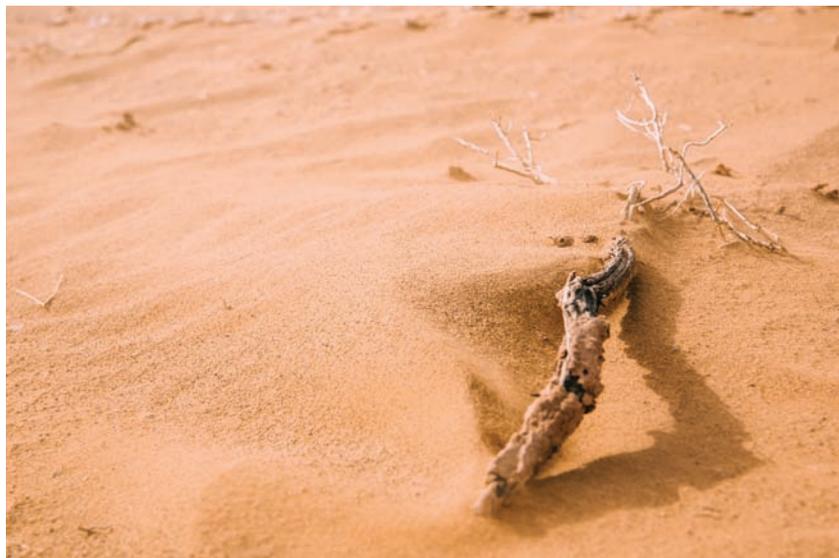


“Then Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry.” [Mt 4,1-11]

### TO SERVE



Just as Jesus was tempted, we are constantly threatened by a way of consuming that is suffocating: if you buy nothing, you’re worth nothing. This week, let us commit ourselves to buying “with our brains,” planning our purchases carefully, making shopping lists for what we truly need, and avoiding impulsive buying.





12 RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



## ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS

### TO KNOW



Our goal is to guarantee sustainable modes of consumption and production. This forces us to change our abusive consumption patterns: we need to think about the deterioration of natural resources that is a consequence of our habits.

### TO LOVE



"And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'" [Mt 25,31-46]

### TO SERVE



Start today by avoiding the use of disposable products. For example, buy reusable glass bottles and containers, to avoid producing unnecessary waste.





## ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS

### TO KNOW



Are you aware of the amount of waste generated by the richest populations of the world? Our concrete actions, in a globalized dynamic, are affecting the harmony and sustainability of the planet.

### TO LOVE



"Your Father knows what you need before you ask him."  
[Mt 6,7-15]

### TO SERVE



Make a list of local businesses near your home where you can buy what you need. In this way, you will support small businesses and help prevent long transportation displacements of food and products throughout the world, thus reducing the ecological footprint.





## ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS

### TO KNOW



More and more companies are adding the goal of “sustainable consumption and production” to their policies of social responsibility. CSR, that is, *Corporate Social Responsibility*, is a way of leading the company managing the impact generated by its activity, from smaller to larger scale engagement.

### TO LOVE



“At the judgment the queen of the south will rise with the men of this generation and she will condemn them, because she came from the ends of the earth to hear the wisdom of Solomon, and there is something greater than Solomon here.” [Lk 11,29-32]

### TO SERVE



If yesterday we asked you to find local businesses, today we suggest that you identify at least five companies that practice CSR and that might interest you as a consumer. That way, when necessary, you can choose from their products while betting on those who opt for a more sustainable world with ethical transparency.



**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



## ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS

### TO KNOW



It can take a lot of time and effort to change daily routines that have become well established. Change begins when we don't give up our efforts to initiate new, more sustainable behaviors.

### TO LOVE



"Save us from the hand of our enemies; turn our mourning into gladness and our sorrows into wholeness." [Ester 4,14]

### TO SERVE



We follow our commitment to SDG 12 and raise the question: do you need to go shopping? Don't let them give you plastic bags. Obtain cloth bags since they hardly take up space, are durable, and can be kept as clean as you want them to be. And, in addition, we bring you a new proposal: buy "ugly" fruits and vegetables. Often, they go unsold and end up in the garbage, yet they are in perfect condition.





12 RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



## ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS

### TO KNOW



The market dynamic of compulsive buying and selling makes us forget that we can reuse items we already have, giving them new purpose. By making it a custom to take stock of what we have, in order not to purchase unnecessary new items, we contribute to responsible consumption practices.

### TO LOVE



If you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. [Mt 5, 20-26]

### TO SERVE



Ready for a challenge? Review everything that you possess, and you will discover things that no longer serve you, but are still in good condition. You can donate them to associations and projects that will give them new purpose: clothes, furniture, books, etc. Surely there are initiatives of this sort near you who would be eager to meet you. Dare to collaborate with them.





12 RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



## ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS

### TO KNOW



Committing oneself to sustainable change is sometimes demanding; it disturbs our comfort zone. Practicing healthy and sustainable attitudes can make you into someone extraordinary.

### TO LOVE



“And if you greet your brothers only, what is unusual about that? Do not the pagans do the same?” [Mt 5, 43-48]

### TO SERVE



Do you understand “fair trade?” When you buy fair trade, you are consuming in a responsible way: you favor a just production process, stimulate developing economies, and avoid contributing to social inequities.



**13** CLIMATE ACTION



## TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS

### TO KNOW



Human activity has created a negative impact on the future of our planet. Climate change is the result of this dynamic. However, we still have time to act in favor of a sustainable world for all: just rise up, and do not fear!

### TO LOVE



Jesus came and touched them, saying, "Rise, and do not be afraid."  
[Mt 17,1-9]

### TO SERVE



This week we should keep before us the 3 "R"s of sustainability: reduce, reuse, and recycle. Let us begin: can you think today of a concrete strategy that reduces the waste you generate at home?



13 CLIMATE  
ACTION



## TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS

### TO KNOW



Climate change affects nature but also contributes to food and water shortages and serious global inequalities. To become aware of this problem is to act in favor of a more dignified life for all.

### TO LOVE



“Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.” [LK 6,36-38]

### TO SERVE



Don't stop with reducing waste only but take a further step of generosity: reduce consumption. Many times we consume more than we really need. Design your own consumption austerity plan.



**13** CLIMATE ACTION



## TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS

### TO KNOW



Did you know that gas emissions have increased 50% compared to the 1990 figure? The goal is that they be reduced by 45% between 2010 and 2030, with the intention of reaching zero emissions by 2050.

### TO LOVE



“Cease doing evil; learn to do good. Make justice your aim: redress the wronged, hear the orphan’s plea, defend the widow.” [Is 1,10.16-20]

### TO SERVE



Urgent collective actions would limit the increase in the global average temperature to less than 2 degrees Celsius. For example, if home recycling were fully integrated into our daily lives, we would eliminate more than 730 kilos of CO2 per year...it's worth it!



**13** CLIMATE ACTION



## TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS

### TO KNOW



The general alarm about global warming is understood because we are affecting the climate system. If urgent measures are not taken now, the consequences will be irreversible.

### TO LOVE



“whoever wishes to be first among you shall be your slave.” [Mt 20,17-28]

### TO SERVE



Reuse or exchange your items! We fill our lives with things and in little time we tire of them. You will not be greater for buying more things... be great by reusing what you have or exchanging what you no longer use!



13 CLIMATE ACTION



## TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS

### TO KNOW



Perhaps you are from an interior region and are not in contact with maritime areas or agricultural activities. But these especially notice the effects of global warming on their daily tasks. And even without going to these places it is possible that you also have experienced in your area drastic temperature changes. And it's only the beginning.

### TO LOVE



"My child, remember that you received what was good during your lifetime while Lazarus likewise received what was bad; but now he is comforted here, whereas you are tormented." [LK 16,19-31]

### TO SERVE



Reserve your vehicle for trips with a significant number of people. Otherwise, use a bicycle, a scooter, or public transportation. And, whenever possible, go on foot: you will be surprised how beautiful your neighborhood is!



13 CLIMATE  
ACTION



## TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS

### TO KNOW



Estimates of the effect that climate change will have on the Earth's oceans predict that they will continue to warm and lose ice cover. An average sea level rise between 24-30 cm. is predicted by 2065 and between 40-63 cm. by 2100.

### TO LOVE



"Therefore, I say to you, the kingdom of God will be taken away from you and given to a people that will produce its fruit." [Mt 21,33-43.45-46]

### TO SERVE



Surely you will be struck by the doubt that, if the governments are doing nothing, why should I do anything? However, there are already international agreements and action strategies that seek to mitigate the effects of climate change. One of your concrete actions might be to influence your government to join with these efforts, for example, through boosting renewable energies that contribute to a more sustainable life.



**13** CLIMATE ACTION



## TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS

### TO KNOW



It is not enough to know. It is necessary to act. We know that we are the last generation that can stop climate change. So why not mark a milestone in history, joining our forces?

### TO LOVE



“My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found.” [LK 15,1-32]

### TO SERVE



Celebrate that it is still possible to arrest climate change. But celebrate by acting. And a fundamental step is to raise your own awareness. Imagine a future in which your children ask you what you did to change the fate of the planet... do you want to respond that you did nothing?





## CONSERVE AND SUSTAINABLY USE THE OCEANS, SEAS, AND MARINE RESOURCES FOR SUSTAINABLE DEVELOPMENT

### TO KNOW



Water is essential to guarantee life on Earth. The oceans and their own vital mechanisms make it possible, covering 75% of the planet surface. If they occupy so much space, don't you think that their presence is more than significant? Don't you think we should keep them more in mind?

### TO LOVE



"We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world." [Jn 4,5-42]

### TO SERVE



One of the goals of SDG 14 is "to prevent and significantly reduce marine pollution of all kinds." When you consume products from large companies, do you check to see if these companies are faithful to this SDG? It's time for you to do it!



14 LIFE  
BELOW WATER



## CONSERVE AND SUSTAINABLY USE THE OCEANS, SEAS, AND MARINE RESOURCES FOR SUSTAINABLE DEVELOPMENT

### TO KNOW



Nature itself has mechanisms that reduce the elimination of waste. For example, the oceans absorb up to 30% of the CO2 produced by humans. But it's not enough. We produce much more waste than nature can absorb.

### TO LOVE



"But he passed through the midst of them and went away." [Lc 4,24-30]

### TO SERVE



The dynamic of nature is wise, it opens paths in the face of disaster. And you, what dynamic will you apply in your life to reduce pollution?





## CONSERVE AND SUSTAINABLY USE THE OCEANS, SEAS, AND MARINE RESOURCES FOR SUSTAINABLE DEVELOPMENT

### TO KNOW



Respecting the oceans is not just an environmental issue, it is part of living in harmony with the planet. Caring for creation is also a priority for a believer.

### TO LOVE



“And now we follow you with our whole heart, we fear you and we seek your face. Do not put us to shame, but deal with us in your kindness and great mercy.”  
[Dn 3,25.34-43]

### TO SERVE



Have you read the encyclical *Laudato Si'*? Today you can read or reread numbers 27 to 42 of the Pope's letter. In a very few pages, the Church shows us the current panorama regarding the question of water—what is most surprising to you?



14 LIFE  
BELOW WATER



CONSERVE AND SUSTAINABLY USE THE OCEANS,  
SEAS, AND MARINE RESOURCES FOR  
SUSTAINABLE DEVELOPMENT

## TO KNOW



Did you know that more than 3 billion people depend on marine and coastal biodiversity for their livelihood?

## TO LOVE



“However, be on your guard and be very careful not to forget the things your own eyes have seen, nor let them slip from your heart as long as you live, but make them known to your children and to your children’s children.”  
[Dt, 4,1.5-9]

## TO SERVE



Yesterday you read some numbers of *Laudato Si* that we proposed. Today you can think of an action for your pastoral center that increases sensitivity to this issue. What can you propose? Tell everyone!



14 LIFE  
BELOW WATER



## CONSERVE AND SUSTAINABLY USE THE OCEANS, SEAS, AND MARINE RESOURCES FOR SUSTAINABLE DEVELOPMENT

### TO KNOW



Almost 200,000 identified species live in the oceans. However, actual figures may raise this number to the millions. The diversity of the ocean is immense, but the relationships between the species are complex and we must pay attention to their care: everything counts.

### TO LOVE



“Whoever is not with me is against me, and whoever does not gather with me scatters.” [Lc, 11,14-23]

### TO SERVE



Are you aware that true diversity depends on our action on a personal and global scale? As is stated in the Gospels, you either care for life, or destroy it. You choose.



14 LIFE  
BELOW WATER



## CONSERVE AND SUSTAINABLY USE THE OCEANS, SEAS, AND MARINE RESOURCES FOR SUSTAINABLE DEVELOPMENT

### TO KNOW



Marine pollution is not the invention of a few. This is clearly shown by the fact that an average of 13.000 plastic wastes occupy every square kilometer of the oceans.

### TO LOVE



And when Jesus saw that [he] answered with understanding, he said to him, "You are not far from the kingdom of God." [Mc, 12,28b-34]

### TO SERVE



Given this alarming statistic, can you do something? Yes, definitely! Simply ask yourself: every time I go to a natural environment (lakes, mountains, rivers) am I concerned, and do I take care not only to leave no waste behind, but also to collect it?



14 LIFE  
BELOW WATER



CONSERVE AND SUSTAINABLY USE THE OCEANS,  
SEAS, AND MARINE RESOURCES FOR  
SUSTAINABLE DEVELOPMENT

## TO KNOW



Surely you have heard of “viral challenges” worldwide that have led to an improvement in the sustainability of the oceans? Thanks be to God, more and more people are willing to humble themselves publicly in order to clean up the planet.

## TO LOVE



“for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.” [Lc 18,9-14]

## TO SERVE



Spring is coming, do you feel like going to the mountains on a free day? Go with a companion and with the intention to pick up any waste that you find, especially that found close to water sources.



15 LIFE  
ON LAND



PROTECT, RESTORE, AND PROMOTE SUSTAINABLE USE OF TERRESTRIAL ECOSYSTEMS, SUSTAINABLY MANAGE FORESTS, COMBAT DESERTIFICATION, HALT AND REVERSE LAND DEGRADATION, AND HALT BIODIVERSITY LOSS

## TO KNOW



Human life depends not only on the ocean, it also depends on the terrestrial ecosystem. Take note, if 80% of our food is given to us by arable land, agriculture becomes an important means of development.

## TO LOVE



"For you were once darkness, but now you are light in the Lord."  
[Eph 5: 8-14]

## TO SERVE



Try to buy more fresh food than processed. Besides being better for your health, if you buy food that does not come packaged in excessive plastic wrap or trays, you will be doubling your help to the environment.



**15** LIFE  
ON LAND



**PROTECT, RESTORE, AND PROMOTE SUSTAINABLE USE OF TERRESTRIAL ECOSYSTEMS, SUSTAINABLY MANAGE FORESTS, COMBAT DESERTIFICATION, HALT AND REVERSE LAND DEGRADATION, AND HALT BIODIVERSITY LOSS**

## TO KNOW



Today, only one fact: More than 1.6 billion people depend on forests for their livelihood.

## TO LOVE



"shout for joy and be glad forever in what I am creating." [Is 65,17-21]

## TO SERVE



Do you need to buy furniture or wood? Recycle furniture and used materials and make sure that what you buy has the certification or seal of sustainable origin.



15 LIFE  
ON LAND



PROTECT, RESTORE, AND PROMOTE SUSTAINABLE USE OF TERRESTRIAL ECOSYSTEMS, SUSTAINABLY MANAGE FORESTS, COMBAT DESERTIFICATION, HALT AND REVERSE LAND DEGRADATION, AND HALT BIODIVERSITY LOSS

## TO KNOW



Did you know that a tree during its lifespan can absorb a ton of CO<sub>2</sub>?

## TO LOVE



“Rise, take up your mat, and walk.”  
[Jn 5,1-16]

## TO SERVE



Get up, take a walk, and choose a place to plant a tree...it will be a great event!



15 LIFE  
ON LAND



PROTECT, RESTORE, AND PROMOTE SUSTAINABLE USE OF TERRESTRIAL ECOSYSTEMS, SUSTAINABLY MANAGE FORESTS, COMBAT DESERTIFICATION, HALT AND REVERSE LAND DEGRADATION, AND HALT BIODIVERSITY LOSS

## TO KNOW



Forests house more than 80% of all terrestrial species of animals, plants, and insects. That is to say, forests are home to the vast majority of species that inhabit the earth.

## TO LOVE



"I form you and set you as a covenant for the people, To restore the land and allot the devastated heritages, To say to the prisoners: Come out! To those in darkness: Show yourselves!" [Is 49,8-15]

## TO SERVE



Do you know of any project that preserves nature? Search for one on the internet and forward the information to five contacts who, in turn, send it to another five... let's make an alliance to restore nature!



15 LIFE  
ON LAND



PROTECT, RESTORE, AND PROMOTE SUSTAINABLE USE OF TERRESTRIAL ECOSYSTEMS, SUSTAINABLY MANAGE FORESTS, COMBAT DESERTIFICATION, HALT AND REVERSE LAND DEGRADATION, AND HALT BIODIVERSITY LOSS

## TO KNOW



Land degradation is a serious threat, as 2.6 billion people make a living from agriculture, involving directly 74% of less favored societies.

## TO LOVE



"I say this so that you may be saved."  
[Jn 5,31-47]

## TO SERVE



We will do a lot if we consume only what we need. We will do more if what we consume are seasonal and local products. Let's start a chain that reaches everyone!



15 LIFE  
ON LAND



PROTECT, RESTORE, AND PROMOTE SUSTAINABLE USE OF TERRESTRIAL ECOSYSTEMS, SUSTAINABLY MANAGE FORESTS, COMBAT DESERTIFICATION, HALT AND REVERSE LAND DEGRADATION, AND HALT BIODIVERSITY LOSS

## TO KNOW



It is necessary to strike a balance between the needs of human beings and natural resources if we want future generations to be able to use these resources also.

## TO LOVE



“his life is not like that of others, and different are his ways.” [Wis 2, 12-22]

## TO SERVE



Do you eat too much meat? Increase your consumption of fruits and vegetables. Not only for reasons of health, but also because, by decreasing meat consumption, we contribute to the reduction of CO<sub>2</sub> emissions.



15 LIFE  
ON LAND



PROTECT, RESTORE, AND PROMOTE SUSTAINABLE USE OF TERRESTRIAL ECOSYSTEMS, SUSTAINABLY MANAGE FORESTS, COMBAT DESERTIFICATION, HALT AND REVERSE LAND DEGRADATION, AND HALT BIODIVERSITY LOSS

## TO KNOW



By 2030, CO2 emissions are expected to be reduced by more than 30% with respect to current levels. This will be possible if we contribute to climate solutions based on respect for nature. There are international agreements that have responded to this emergency, but it is not only the responsibility of governments: it is also our task.

## TO LOVE



Some in the crowd who heard these words said, "This is truly the Prophet." [Jn 7,40-53]

## TO SERVE



Make an agreement at home and be a prophet in your land: use food scraps as fertilizer. This is called composting. If you use as fertilizer the remains of fruits and vegetables – peels or coffee among others – you will be helping to reduce waste while recycling nutrients in your plants.





OBJECTIVES FOR THE CARE OF THE COMMON HOME, AS IN *LAUDATO SI'*

## TO KNOW



Consumption is inevitable. But we must understand that opting for practices that have the least possible impact on the planet is good for us and for those who come after us.

## TO LOVE



"I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me." [Jn 11, 3-45]

## TO SERVE



Make a list of people close to you who practice sustainable consumption habits. Thank them for their commitment to everyone and ask for their advice.





OBJECTIVES FOR THE CARE OF THE COMMON HOME, AS IN *LAUDATO SI'*

## TO KNOW



Let's remember: we could be the first generation capable of eradicating poverty in the world, and the last one to curb climate change... don't you think that's enough reason to make history?

## TO LOVE



Then Jesus said, "Neither do I condemn you. Go, [and] from now on do not sin any more." [Jn 8,1-11]

## TO SERVE



We all have failures, of course. But our strength is not in "not failing," but in getting up and moving forward after the mistake. What sustainable practice are you ready to give a second chance in your daily routine?





OBJECTIVES FOR THE CARE OF THE COMMON HOME, AS IN *LAUDATO SI'*

## TO KNOW



Did you know that the last chapters of the encyclical *Laudato Si'* describe a praxis encompassing faith, spirituality, and ecology? As Christians, we are reminded of our responsibility to care for our Common Home and those who live in it.

## TO LOVE



"The one who sent me is with me. He has not left me alone, because I always do what is pleasing to him."  
[Jn 8,21-30]

## TO SERVE



You will be surprised to hear that, in the last chapter, the Pope proposes things as simple as bundling up a little more at home to avoid excessive use of heating. It seems banal, but not only will you save money, you will also have a lower negative impact on the environment.





OBJECTIVES FOR THE CARE OF THE COMMON HOME, AS IN *LAUDATO SI'*

## TO KNOW



The SDGs are increasingly present in civil society. A long road of raising awareness has been travelled, but it is not enough: we must care for the planet. Pope Francis has been able to read the signs of the times with his encyclical *Laudato Si'*, inviting the followers of Jesus to commit ourselves to ecology at all levels.

## TO LOVE



"I see four men unbound and unhurt, walking in the fire, and the fourth looks like a son of God."  
[Dn 3,14-20.91-92.95]

## TO SERVE



Have you thought about demanding the care of the Common Home? As the Pope says, remember your right "to exert healthy pressure on those with political, economic, and social power" [LS 206] when immoral behavior is occurring, or there are reasonable doubts of the same, by virtue of your role as a responsible consumer.





OBJECTIVES FOR THE CARE OF THE COMMON HOME, AS IN *LAUDATO SI'*

## TO KNOW



The SDGs promote partnerships between governments, the private sector, and civil society. They intend to place at centerstage the needs of human persons and the Earth, at the local, national, regional and global levels. They promote thinking, not only of our generation, but of future generations that will inherit our planet when we are gone.

## TO LOVE



"For your part, you and your descendants after you must keep my covenant throughout the ages."  
[Gn 17,3-9]

## TO SERVE



*Laudato Si'* echoes the call for "cooperatives for the exploration of renewable energies that allow local self-supply and even the sale of surpluses" [LS 179]. Why not investigate if there is a self-production and consumption model near you? Get to know it and consider the benefits it produces for the whole society.





OBJECTIVES FOR THE CARE OF THE COMMON HOME, AS IN *LAUDATO SI'*

## TO KNOW



It is estimated that one-third of all food produced is wasted. Do you think this is OK? Pope Francis goes on to say that "food which is thrown away is as if it were stolen from the table of the poor" [LS 50].

## TO LOVE



"Sing to the LORD, praise the LORD,  
For he has rescued the life of the poor from  
the power of the evildoers!" [Jer 20,10-13]

## TO SERVE



Do you have a surplus of food at home? Do you frequently throw away food? The first thing we suggest is that you analyze if you can adjust to buying only the food that you need. And, if there is ever a surplus, find a way to share it with others... avoid wasting food!





OBJECTIVES FOR THE CARE OF THE COMMON HOME, AS IN *LAUDATO SI'*

## TO KNOW



Like the theoretical and ethical bases that underpin the SDGs, *Laudato Si'* understands the planet as a set of relationships that are called into harmony with each other. Creation aspires to achieve that harmony desired by its Creator, not its destruction.

## TO LOVE



"I will make a covenant of peace with them; it shall be an everlasting covenant with them. I will multiply them and put my sanctuary among them forever." [Ez 37,21-28]

## TO SERVE



A good way to harmonize what is created is to form ourselves in a new paradigm that understands human beings, life, society, and nature as a whole, destined to grow together in peace, and to communicate this truth to others, as Pope Francis invites us in LS 215.





OBJECTIVES FOR THE CARE OF THE COMMON HOME, AS IN *LAUDATO SI'*

## TO KNOW



Pope Francis affirms that “it is not enough that each one be better to solve a situation as complex as the one facing today’s world [...] The ecological conversion required to create a lasting dynamism of change is also a communal conversion” [LS 219]. The SDGs are, without a doubt, a broad impulse to achieve that common and lasting change. But it’s everyone’s job.

## TO LOVE



“He emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to death, even death on a cross.” [Flp 2,6-11]

## TO SERVE



We come to the end of our Lent. In our reflection, ideas remain to pass through our hearts and find their echo in the Word of God. And, even more, to improve our capacity for service in daily life, to make the SDGs a reality by 2030. May our conversion, your conversion, not disregard our world or other persons. May our conversion be like that of Jesus, he who gave himself for all. The last task: don’t stop communicating that there is hope! Change is possible! And remember... we are the first generation capable of eradicating poverty and the last to curb climate change... Do you still have a reason not to act? We are counting on you!

