



First Friday Reflection

Feb 2023



FEBRUARY 2023



The Earth “now cries out to us because of the harm we have inflicted on her.” So begins Pope Francis in his encyclical on ecology. “The earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor.”

AWARENESS

Praised be You, my Lord, through Sister Mother Earth, who sustains us and governs us and who produces varied fruits with colored flowers and herbs.

- *Canticle of St. Francis*

PRAYER

Pay attention to healthy soil and avoid the use of chemical herbicides and insecticides while producing our own food. Promote bio-diversity.

ACTION

Twelve First Friday Steps towards the Laudato Si Goals

image: https://www.actionaid.org.uk/sites/default/files/styles/open_graph/public/2022-04/R262675.jpg

Australian Reflection

Why not check for contaminants in your home and garden? “Through global citizen science collaborations, 360 Dust Analysis informs the community about the potentially harmful metals and other contaminants in and around their home. We hope to help the community better understand their environment through a hands-on approach to science. Through this program, participants are exposed to real-world scientific questions and contribute to ground-breaking research while taking away useful information to live in healthier environments.” Visit the [360 Dust Analysis](#) website for details.

Have you considered a veggie garden or potted herbs? Fresh produce tastes better, saves money, helps improve the environment, and boosts air quality (and maybe even your mood)!

Can you provide homes for bees, lizards, birds, and other native fauna? Insect hotels, bird baths, rocks and logs are all simple ways to promote biodiversity.