

Integral Ecology Reflection

Feel grounded on the land you sit on. Land that was cared for and home to First Australians tens of thousands of years ago and which continues today.

Listen to the wind which rustles the leaves, as the earth whispers a calm reminder of God's presence.

The wind that carries the birds over mountains and forests to build a home for its young in a tree.

The same tree that provides shade and shelter for animals, and produces oxygen for the air that we breathe.

Feel the sun which touches and warms your skin. It is the same sun that touches the skin of each and every member of our global family.

Do you ever consider what is beneath your feet?

Is it possible that under the layers of concrete, we can feel the beating heart of the land? The land which gives life to the trees which provide the oxygen we breathe, that nourishes the gardens that provide our food, and which sustains the homes that give us shelter?

Is it possible to see the face of God, Creator of the land, air, water, moon and sun, and of all the universal elements that connect us to each of our sisters and brothers living in our common home?

You play an important part in the interconnecting cycle of creation.

How will you care for our common home?

Source: Adapted from Caritas Canada

