

# Week

# 3

AMSSND JPIC Department



**Cut out an extra meat-based meal this week (in addition to continuing the fasts from weeks 1-2).**

“Each year hundreds of millions of tons of waste are generated, much of it non-biodegradable, highly toxic and radioactive. ... It is hard for us to accept that the way natural ecosystems work is exemplary: plants synthesize nutrients which feed herbivores; these in turn become food for carnivores, which produce significant quantities of organic waste which give rise to new generations of plants. But our industrial system, at the end of its cycle of production and consumption, has not developed the capacity to absorb and reuse waste and by-products. We have not yet managed to adopt a circular model of production capable of preserving resources for present and future generations, while limiting as much as possible the use of non-renewable resources, moderating their consumption, maximizing their efficient use, reusing and recycling them. ... We all know that it is not possible to sustain the present level of consumption in developed countries and wealthier sectors of society, where the habit of wasting and discarding has reached unprecedented levels. The exploitation of the planet has already exceeded acceptable limits and we still have not solved the problem of poverty.” (LS 21-22, 27)

### ***A prayer intention for each day:***

1. For a personal change of heart toward embracing an integral ecology.
2. For the health of our planet and its ecosystems.
3. For those who are forced to breathe polluted air, especially those in urban regions.
4. For those served by water sources affected by harmful chemicals.
5. For the preservation and flourishing of biodiversity.
6. For small farmers at risk of being overrun by corporations.
7. For an increased awareness of how personal habits have global implications.



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