
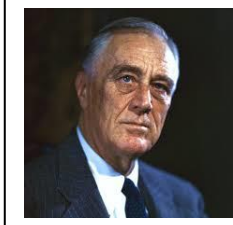
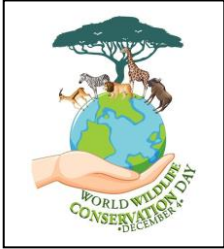
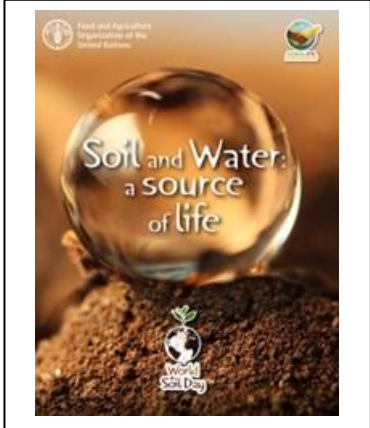



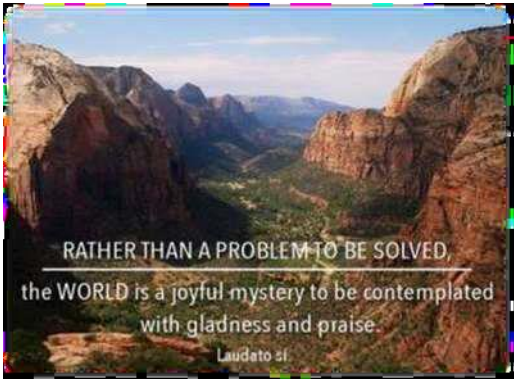


December 2024 Environmental Prayer Diary

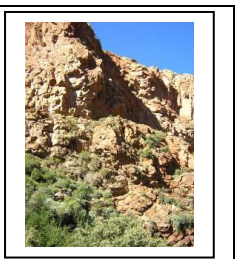

The purpose of this Prayer Diary is to provide subjects for your reflection and prayer as the Spirit moves you

<p>Sunday</p>	<p>1</p>	<p>First Sunday of Advent</p> <p>Lord God, only you can see into my heart and know that under all the busy-ness of my life, there is a deep longing to make this Advent one that welcomes you more deeply into my own life.</p> <p>My heart desires the warmth of your love and my mind searches for your Light in the midst of the darkness.</p> <p>Help me to be a peacemaker this Advent and to give special love to those who disagree with me. Give me the strength and courage to forgive those who have hurt me. Help me to free my heart from the prison of my anger and hurt.</p>
<p>Monday</p>	<p>2</p>	
<p>Tuesday</p>	<p>3</p>	<p>“A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people.”</p> <p>Franklin D. Roosevelt</p> 

<p>Wednesday</p>	<p>4</p>	<p>Wildlife Conservation Day</p> <p>Each year on December 4th, Wildlife Conservation Day seeks to spread awareness about preserving and protecting the natural world and its inhabitants. Additionally, the observance strives to put an end to wildlife crime and supporting the Endangered Species Act.</p>  <p>Despite increased efforts to tackle the surge in poaching, ruthless criminal networks continue to plunder the wild to supply skyrocketing demand for rhino horn, illegal ivory, tiger/lion parts and pangolin scales. Wildlife crime is the most immediate threat to wild elephants, tigers, lions, rhinos and pangolins. There is real concern about connection between illegal trade of wildlife to regional conflicts, national security and even terrorism.</p> <p>WWF is urging governments -particularly those of demand countries such as China, Vietnam, Thailand and others across the globe -to strengthen law enforcement, invest in more boots on the ground and commit to long-term demand reduction efforts.</p> <p>Pray:</p> <ul style="list-style-type: none"> • For Governments around the world to act boldly in strengthening law enforcement. • For the Environmental Management Inspectorate (EMI) - Green Scorpions – who are entrusted with the protection of our natural heritage
<p>Thursday</p>	<p>5</p>	<p>World Soil Day</p> <p><i>2024 Theme: “Soil and water, a source of life”</i></p> <p>Our planet’s survival depends on the precious link between soil and water. Over 95 percent of our food originates from these two fundamental resources. Soil water, vital for nutrient absorption by plants, binds our ecosystems together. This symbiotic relationship is the foundation of our agricultural systems. The health of the soil and the quality and availability of water are interconnected.</p>  <p>However, in the face of climate change and human activity, our soils are being degraded, putting excessive pressure on our water resources. Erosion disrupts the natural balance, reducing water infiltration and availability for all forms of life.</p> <p>Sustainable soil management practices, such as minimum tillage, crop rotation, organic matter addition, and cover cropping, improve soil health, reduce erosion and pollution, and enhance water infiltration and storage. These practices also preserve soil biodiversity, improve fertility, and contribute to carbon sequestration, playing a crucial role in the fight against climate change.</p> 

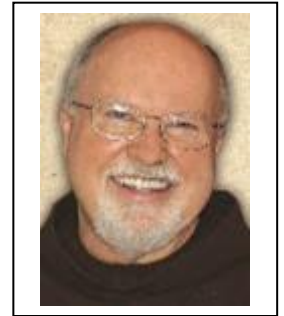
		<p>We can help by improving the quality of the soil in our gardens by adding compost and eliminating compaction of the soil in order to protect the delicate microbiome of living organisms present in soil including bacteria, fungi, and a wide variety of larger soil fauna such as including springtails, mites, nematodes, earthworms, ants, and insects.</p> <p>Today, spend some time looking at and feeling the soil in your garden. See how healthy the soil in your garden and place of worship is and think of ways you can improve it –could you start a compost heap or create an earthworm farm? <i>And certainly, it is time to give thanks for this miracle substance!</i></p>
Friday	6	<p>King of Heaven and Earth, we thank You for this soil, For the reminder that even the dirt beneath our feet shows the sign of Your resurrection, And that even the smallest creature is loved by You. Father, bless these worms that proclaim Your glory, The bacteria, fungus, and insects that do Your work. Bless the soil they create, that it may nourish Your people And restore Your earth that we have degraded by our sin. Teach our hearts also to be fertile soil for Your Word, And bless us with the abundance of Your love, With fruit of the earth, seasonable weather, and great love for each other.</p> <p>Amen</p>
Saturday	7	 <p>RATHER THAN A PROBLEM TO BE SOLVED, the WORLD is a joyful mystery to be contemplated with gladness and praise. Laudato si.</p>
Sunday	8	<p>The Second Sunday of Advent</p> <p>Dear Lord, Through the darkness, I look for your wisdom. I want my heart to be open to you. But sometimes in these days, it seems that so many things come between us.</p> <p>Help me to be awake and aware of the radiance you bring to my life. Help me to be grateful each day for the blessings of family and friends. Let me be a peacemaker in my own life, and in the world. Let me pray especially for this difficult world and those who are so in need of an end to violence. My heart begs for this as my Advent prayer today.</p>

<p>Monday</p>	<p>9</p>	<p>There shall come forth a shoot from the stump of Jesse, and a branch from his roots shall bear fruit. And the Spirit of the Lord shall rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord. And his delight shall be in the fear of the Lord. He shall not judge by what his eyes see, or decide disputes by what his ears hear, but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; and he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked. Righteousness shall be the belt of his waist, and faithfulness the belt of his loins.</p> <p>Isaiah 11:1-16</p>
<p>Tuesday</p>	<p>10</p>	<p>Psalm 121 (The Message)</p> <p>¹⁻² I look up to the mountains; does my strength come from mountains? No, my strength comes from GOD, who made heaven, and earth, and mountains.</p> <p>³⁻⁴ He won't let you stumble, your Guardian God won't fall asleep. Not on your life! Israel's Guardian will never doze or sleep.</p> <p>⁵⁻⁶ GOD's your Guardian, right at your side to protect you— Shielding you from sunstroke, sheltering you from moonstroke.</p> <p>⁷⁻⁸ GOD guards you from every evil, he guards your very life. He guards you when you leave and when you return, he guards you now, he guards you always.</p>
<p>Wednesday</p>	<p>11</p>	<p>International Mountain Day</p> <p><i>2024 Theme: "Mountain solutions for a sustainable future – innovation, adaptation, youth and beyond"</i></p> <p>Over centuries, mountain communities have developed solutions to adapt to their harsh environments, deal with climate change, reduce poverty and protect or restore biodiversity and ecosystems in mountain regions. International Mountain Day 2024 aims to focus on innovative solutions, fostering adaptation strategies and empowering youth for a sustainable future.</p> <p>Innovation is essential for addressing complex mountain-related issues. It encompasses technological advancements, such as digital solutions for monitoring and conservation, as well as creative problem-solving such as climate-smart agriculture and novel approaches to livelihoods, resource management and financing.</p> <p>As climate change exacerbates environmental pressures on mountains, adaptation becomes imperative for building resilience and reducing vulnerability. Adaptation strategies tailored to mountain ecosystems and</p> <div data-bbox="1145 1435 1469 1704" data-label="Image"> </div>

		<p>communities include solutions such as ecosystem-based approaches to disaster risk reduction and the integration of Indigenous knowledge systems.</p> <p>The active, meaningful and inclusive participation of youth in decision-making is essential for ensuring the long-term sustainability of mountain solutions. Young people are committed to climate action, gender equality, social justice, innovation, the promotion of culture, and inclusion. IMD 2024 promotes decent work and quality employment for young persons, universal and accessible training, and entrepreneurship opportunities that contribute to the conservation and sustainable use of mountain resources.</p> <p>International Mountain Day 2024 is a platform for exchanging knowledge, showcasing best practices and mobilising collective action. By embracing innovation, adaptation, youth empowerment, and collaborative approaches, we can pave the way for a more sustainable and resilient future for mountain communities and ecosystems.</p>	
<p>Thursday\</p>	<p>12</p>	<p>O Divine Spirit, Spirit of wind and water, of mountain and majesty, of all creatures great and small</p> <p>Hear our prayer of thanksgiving for the world that we take for granted, for your gracious gifts that we do not earn, for the daily blessings that we do not merit;</p> <p>Hear our prayer of confession as we acknowledge our self-absorption, our short-sightedness; our failure to care for all creation;</p> <p>Hear our prayer of supplication for the mountains, and those who love them; for the mountains, and those who live in them; for the mountains, and those who work to preserve and protect them;</p> <p>Bring us to that day when the rivers will clap their hands and the mountains will sing together for joy. Amen.</p> <p><i>By Mary Jane Hitt (Pastor at Providence United Presbyterian Church in Scranton, Pennsylvania)</i></p>	
<p>Friday</p>	<p>13</p>		

The Blueprint

Let's begin in the beginning with the prologue to John's Gospel (John 1:1-11). Older Catholics may remember that this was recited in Latin at the end of every mass prior to Vatican II. This prologue is not talking about Jesus; it's talking about Christ. I'm going to give you, as I often do, my own translation, but I think a fair one. Instead of "Word," which is taken from Greek philosophy's *Logos*, I'm going to substitute the word "Blueprint," because it's really the same meaning. *Logos* is the inner *blueprint*.



In the beginning was the Blueprint, and the Blueprint was with God, and the Blueprint was God. . . . And all

things came to be through this inner plan. The inner reality of God was about to become manifest in the outer world as the Cosmic Christ.

No one thing came to be except through this Blueprint and plan. All that came to be had life in him. Now it's become personalized: *him*. This great universal Christ mystery since the beginning of time now becomes specific in the body and the person of Jesus. The blueprint has become personified and visible as a human being (the particular gender is not significant here).

And that life was the light of humanity. John is describing a bigger life, a bigger light, from which we all draw. This is Consciousness—a pre-existent form that is the eternal or one light. This great light or consciousness is the source of our little piece of light, as it were. You can also substitute the word Love. It all began with a cosmic act of Love.

This Light/Life/Love shines in the darkness, and the darkness cannot overcome it. "The visible galaxies we see strewn across space are nothing more than strings of luminous flotsam drifting on an invisible sea of dark matter," writes astrophysicist Adam Frank. Franciscan Sister Ilia Delio explains: "Scientists speculate that dark energy comprises about 73 percent of the total mass-energy of the universe and accelerates expansion of the universe." Somehow the universe is an interplay between light and darkness.

This Blueprint was the true light that enlightens all human beings who have come into the world. So, the true light, Consciousness, or Love itself precedes and connects and feeds all of our smaller lights and attractions.

He was in the world that had its very being through him. But the world did not know him. In the same way, for the last 2,000 years, we have not understood the Cosmic Christ. We fell in love with the symbol instead of what Jesus fully represented. To love "Jesus, the Christ" is to love both the symbol and everything that he stands for—which is precisely everything. This lays a wonderful foundation for both a new consciousness and a new cosmology—and a very new notion of religion itself.

Gateway to Silence:

Christ has died. Christ is risen. Christ will come again.

From Richard Rohr's Daily Meditations

www.cac.org

<p>Sunday</p>	<p>15</p>	<p>Third Sunday of Advent</p> <p>I lift my heart up to you, Lord, to thank you for the blessings you shower on me each day.</p> <p>You are the 'joy of my soul.' I know that in your great love, I am held and protected by you.</p> <p>I pray and listen to the good news you send; I ask and feel the healing. I am freed by you from the things in this world that let me hide from you.</p> <p>I rejoice, I rejoice, down to my soul. Help me to prepare my heart to be open and able to receive your immense love.</p>
<p>Monday</p>	<p>16</p>	<p>Reconciliation Day</p> <p><i>Reconciling God, Creation and Humanity</i></p> <p><i>An Ignatian Examen</i></p> <p>Reconciling God, Creation and Humanity is a reflection tool to heed Pope Francis' call in <i>Laudato Si'</i> to care for creation and to reconcile our relationship with God, creation and one another. With this in mind, this Ecological Examen asks you to reflect on your personal relationship with creation, to acknowledge and amend your ways and to promote ecological justice by standing in solidarity with those most impacted by environmental harm</p> <p>Begin the Examen by placing yourself in a posture that allows you to be open to the ways the Spirit is working in you. There are six steps in the Examen. Go at a pace that works for you: pause at sections in the Examen that you would like to reflect more on.</p> <p><i>Gratitude:</i> I give thanks to god for creation and for being wonderfully made. Ignatian spirituality invites us to recognize that all that we are, the person we are now and the person we are becoming, the possessions we have and the earth we inhabit, is all a gift from a loving Creator. <i>Where did I feel God's presence in creation today?</i></p> <p><i>Awareness:</i> I ask for the grace to see creation as God does - in all its splendour and suffering. Ignatius invites us to look down upon the world from the eyes of God the Trinity. God looks at the Earth and sees the great diversity of the world, the goodness of all Creation and the different people who live in the world today. <i>Do I see the beauty of creation and hear the cries of the earth and the poor?</i></p> <p><i>Understanding:</i> I ask for the grace to look closely at my own life and the decisions I have made. I ask myself how do I care for the gift of creation and the resources of the Earth, which are meant for the benefit of all, including our brothers and</p>

sisters around the world and future generations? How do my choices impact the environment and people in my community, nation and around the world, particularly the poor and vulnerable?
What challenges or joys do I experience as I recall my care for creation? How can I turn away from a throwaway culture and instead stand in solidarity with creation and the poor?

Conversion:
 I ask for the grace of conversion toward ecological justice and reconciliation. *Where have I fallen short in caring for creation and my brothers and sisters? How do I ask for a conversion of heart?*

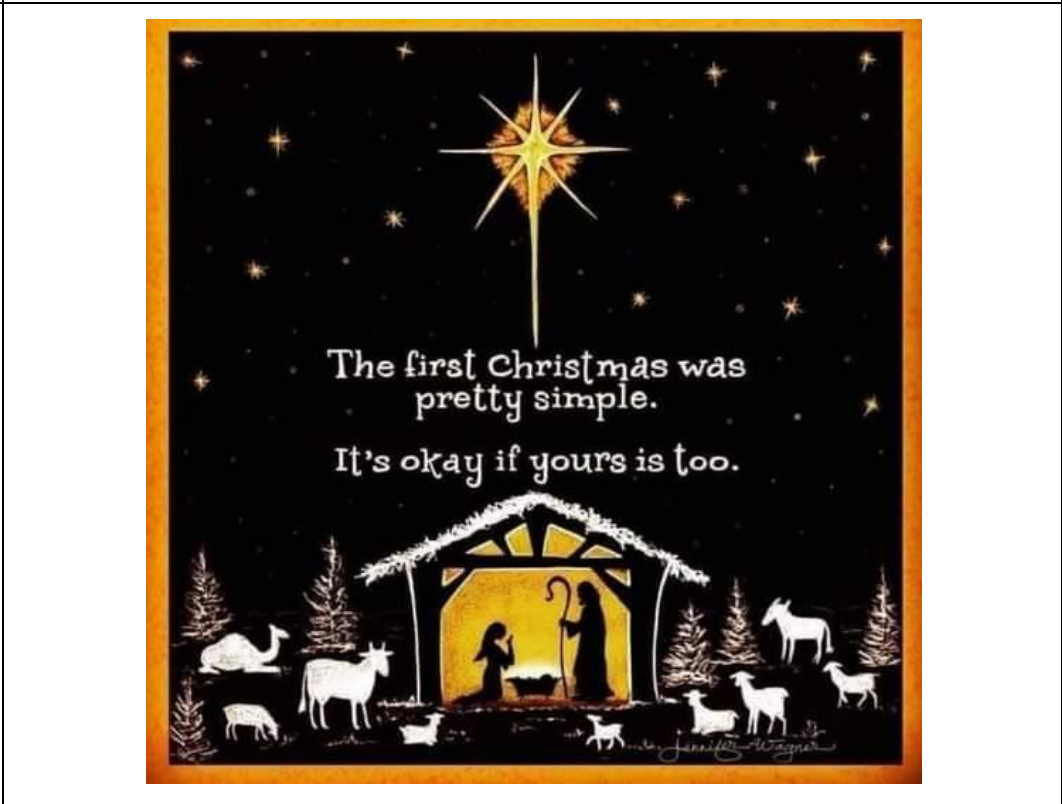
Reconciliation:
 God calls us as caretakers of the Earth not simply to take the Earth's resources for our own benefit, but to use the Earth's resources to praise, reverence, and serve God. I ask for the grace to reconcile my relationship with God, creation and humanity, and to stand in solidarity through my actions. *How can I repair my relationship with creation and make choices consistent with my desire for reconciliation with creation?*

I offer a closing prayer for the earth and the vulnerable in our society

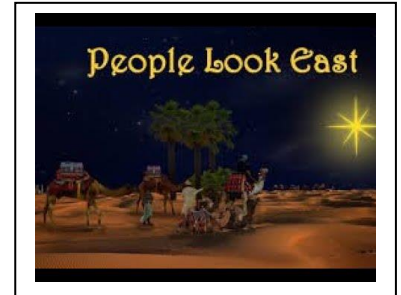
In concluding the Examen, give thanks to God for the gift of creation and ask for God's help and guidance so we may care for creation and the most vulnerable among us, strengthened in our common pursuit for ecological justice.



Full Examen may be found at- <https://www.ecojesuit.com/wp-content/uploads/2016/07/ignatian-Ecological-Examen.pdf>



Tuesday 17

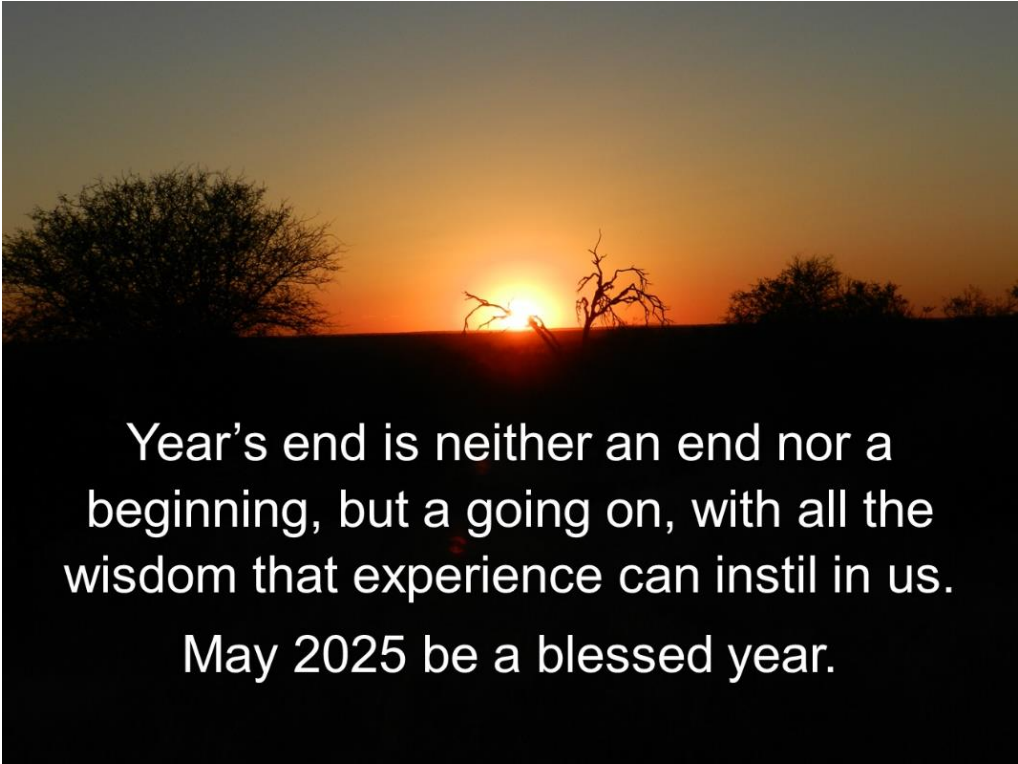


<p>Wednesday</p>	<p>18</p>	<p>People, Look East</p> <p>People, look east. The time is near Of the crowning of the year. Make your house fair as you are able, Trim the hearth and set the table. People, look east and sing today: Love, the guest, is on the way.</p> <p>Furrows, be glad. Though earth is bare, One more seed is planted there: Give up your strength the seed to nourish, That in course the flower may flourish. People, look east and sing today: Love, the rose, is on the way.</p> <p>Birds, though you long have ceased to build, Guard the nest that must be filled. Even the hour when wings are frozen God for fledging time has chosen. People, look east and sing today: Love, the bird, is on the way.</p> <p>Stars, keep the watch. When night is dim One more light the bowl shall brim, Shining beyond the frosty weather, Bright as sun and moon together. People, look east and sing today: Love, the star, is on the way.</p> <p>Angels, announce with shouts of mirth Christ who brings new life to earth. Set every peak and valley humming With the word, the Lord is coming. People, look east and sing today: Love, the Lord, is on the way.</p> <p><i>Words and Music: Eleanor Farjeon (1881-1965), 1928</i></p> <p>Listen</p> <p><i>"People, Look East" was written by Eleanor Farjeon (1881-1965) and was first published as "Carol of Advent" in Part 3 of "Modern Texts Written for or Adapted to Traditional Tunes" in The Oxford Book of Carols, 1928. Farjeon, a native of London, was a devout Catholic who viewed her faith as "a progression toward which her spiritual life moved rather than a conversion experience." (The Presbyterian Hymnal Companion, p. 323) She achieved acclaim as an author of children's nursery rhymes and singing games and is best remembered for her poem "Morning Has Broken."</i></p>
<p>Thursday</p>	<p>19</p>	<p>Our Father, we ask your guidance and wisdom in learning to discern your will. Help us not to lose hope when overwhelmed by the enormity of poverty, hunger and oppression in your world. Give us the courage to work towards your justice wherever we live, so that your kingdom on earth may become a reality</p> <p>Lesley Anderson</p>



<p>Friday</p>	<p>20</p>	<p><i>Christmas Eco Prayer</i></p> <p>Our Father, You gave us the warm sunshine that heralds Christmas time. Give us stars in our eyes and fire in our hearts, For this precious Earth, you created. Grant us your Christmas Blessing of birthing joy, love, peace and oneness - An everlasting carol sung each New Year to unite culture and creation in a Christmas spirit passion. For only through you can we have the power to create such a future - Real reverence for Earth – your bountiful Creation.</p>
<p>Saturday</p>	<p>21</p>	<p>Lord, no one can tell what will happen at the next rise above the crest of waves. We wonder why there is turbulence here and there. We look up at the sky and see thin clouds break and fly past, Responding to an uprising storm in the far horizons. No one knows why and how they all happen and what they mean. In trepidation and terror we watch our shores Lest the high waters drown our beaches. Lord, hasten the day when all creation is renewed, with us In faith, hope and love.</p> <p><i>Sione Amanaki Havea, Tonga</i></p> 
<p>Sunday</p>	<p>22</p>	<p>Fourth Sunday of Advent</p> <p>Oh, <i>Adonai</i>, dearest Lord, Compassionate God of justice, so many areas of my life seem imprisoned but you promise me real freedom and peace in my life.</p> <p>Renew my spirit and free my soul. Please, open my heart which you have bathed in the longing of Advent.</p> <p>I am awe-struck as your glory fills the earth and I want to follow you in caring for others. Grant me the grace to see how you shine your light on the poor who have such a special place in your heart.</p> <p><i>Rejoice! Rejoice! Emmanuel Shall come to thee, O Israel!</i></p>
<p>Monday</p>	<p>23</p>	<p>“He who works with his hands is a labourer. He who works with his hands and his head is a craftsman. He who works with his hands and his head and his heart is an artist.”</p> <p><i>Francis of Assisi</i></p> 

<p>Tuesday</p>	<p>24</p>	<p>Lord Jesus, born into a simple home, living the life of a simple carpenter, save us, we pray, from such entanglement in the complexities of life that we lose our simplicity of spirit, our sense of wonder, our taste for simple pleasures, our joy in homely things. Grant that no wealth of possession, no learning of mind, no pride of soul may take away our taste for lowly things or make the song of a bird, or the friendship of a child, or the joy of an unexpected visit, merely boring or dull. Amid all the distractions of modern life, keep our hearts childlike and simple, that the gates of heaven, closed to many who are merely clever or conceited, may be opened to us always. Amen</p>
<p>Wednesday</p>	<p>25</p>	<p>Nativity of Our Lord</p> <p>Lord of the cosmos, you set the star of Bethlehem in the sky to guide us to the infant saviour, Jesus Christ. Now please guide the nations to care for the heavens through peaceable communication and cooperative exploration. May we rid your universe of space debris, spy satellites and military weapons.</p> <p><i>Generous God, you have bestowed on us grace through our Saviour Jesus Christ. We have been created to live in mutual interdependence with all creatures on your beloved earth. Show us how to live sustainably so that all beings are able to live with sufficiency.</i></p> 
<p>Thursday</p>	<p>26</p>	 <p>Lord of the heavens Is Lord of the earth He is the Lord of glory Who was born a lowly birth He left His throne in heaven To live among us here, To bring us peace, to bring us hope That one day we will share So we may give to others What Jesus gave to us Then we shall know true inner peace When reconciled in love.</p>
<p>Friday</p>	<p>27</p>	<p>Everlasting God whose Spirit broods everlastingly over the lands and the waters, and endows them with form and colour: give us, we pray, the mind and heart to rejoice in the majesty of creation. Teach us to be responsible stewards of this world and to seek the common good, that through your blessing all may flourish, and creation sing your praise in Jesus Christ our Lord. Amen</p> <p>Rt Revd Robert Atwell <i>Bishop of Exeter and Chair of the Liturgical Commission</i></p>

<p>Saturday</p>	<p>28</p>	<p>“Faith does not need to push the river because faith is able to trust that there is a river. The river is flowing. We are in it.” <i>Richard Rohr.</i></p>
<p>Sunday</p>	<p>29</p>	<p>Eternal God, before whose face the generations rise and pass away, to whom a thousand years are but as yesterday, as we meditate on the solemn passing of time and turn our minds to the contemplation of eternity, save us from being enslaved to the temporal and the transient. Help us to look forward with hope and determination. Let our sinfulness teach us our utter dependence on you. So, marching forward into this New Year, make us brave, serene and strong, so that, even in a world so full of suffering and grief, we may be as lamps shining in the darkness, helping to light the path that humanity must now tread in its return to sustainable living, until at last our feet are guided into the way of peace between each other and peace with all creation, through Jesus Christ, our Saviour and Lord. <i>Leslie Weatherhead – (adapted)</i></p>
<p>Monday</p>	<p>30</p>	<p>Lord of all the universe - through your incarnation in Christ you identified with the created order and proclaimed your love for the world: assist us through your Son to respect and cherish the earth and all its creatures, through Jesus Christ who reigns with you and the Holy Spirit, one God now and forever. Amen</p>
<p>Tuesday</p>	<p>31</p>	 <p>Year’s end is neither an end nor a beginning, but a going on, with all the wisdom that experience can instil in us. May 2025 be a blessed year.</p>