

Heartbeats

The Company of St. Angela in the 21st Century

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In Dialogue With the Earth

Angela, formed as a Franciscan tertiary, viewed life from the lens of creation. Speaking of her Company and Rule, Angela says, "If it was God who planted it in the first place, who is there that can uproot it?"

Angela's writings contain images of seeds , plantings, thorny and flowering plants, air, water, stars, and earth as both ally and at times a hostile judge. She listened to and respected deeply the rhythms of nature. What would Angela say to us?

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We are children
of the Earth
and not separate
from the soil,
the forests,
the rivers,
and the sky.
We share
the same destiny.

—Thich Nhat Hanh

Climate change is a complex problem which, although environmental in nature, has consequences for all spheres of existence on our planet, and either impacts on or is impacted by global issues: poverty, economic development, population growth, sustainable development and resource management.

At the very heart of the response to climate change is the need to reduce emissions. Measure your carbon footprint at *The Nature Conservancy* (<https://www.nature.org/en-us/get-involved/how-to-help/consider-your-impact/carbon-calculator/>).

Dr. Athena Tiwari, an earth science teacher at the Academy of Mt. St. Ursula, Bronx, NY, and active in the Global Catholic Climate Movement, shares her concern for the effects of climate change, especially on the poor and marginalized:

How is climate change affecting the poor in countries where the majority of the population is not wealthy by Western standards? What happens when an entire country, or an entire region, grapples with the warming effects in the absence of sufficient resources?

Research has identified tropical countries as being more vulnerable to climate change. Climate change brings increased flooding, more violent hurricanes. If crops are ruined, there may be an inadequate safety net for farmers.

The situation has brought about caring and creativity in wealthier countries. One encouraging idea is to farm salt-resistant strains of vegetables in the desert using sea water. These vegetables are in demand and so both world hunger and climate change can be addressed.

Let us keep faith that we live in a time of light as well as darkness. Let us do all we can to join cooperative solutions with respect and love.

To read Dr. Tiwari's full article, go to: www.usaromanunionursulines.org/jpic-current-issues.

The St. Francis Pledge

All across the country, Catholics are joining the Catholic Climate Covenant and taking the St. Francis Pledge <https://catholicclimatecovenant.org/program/st-francis-pledge> to care for creation and the poor. The St. Francis Pledge is a promise and a commitment by Catholics to live our faith by protecting God's creation and advocating on behalf of people in poverty, who face the harshest impacts of global climate change. To join the Covenant, you commit to act on each of the five elements of the St. Francis Pledge:

- ➲ PRAY and reflect on the duty to care for God's creation and protect the poor and vulnerable.
- ➲ LEARN about and educate others on the causes and moral dimensions of climate change.
- ➲ ASSESS how we, as individuals and in our communities, parishes and other affiliations, contribute to climate change by our own energy use, consumption, waste. etc.
- ➲ ACT to change our choices and behaviors to reduce the ways we contribute to climate change.
- ➲ ADVOCATE for Catholic principles and priorities in climate change discussions and decisions, especially as they impact those who are poor and vulnerable.

You carry Mother Earth within you.

She is not outside of you.

MOTHER EARTH

is not just your environment.

In that insight of inter-being,

it is possible

to have real communication

with the earth,

which is the highest form

OF PRAYER.

—Thich Nhat Hanh—

"Incarnation"

by Simone Campbell, SSS

. . . Let compassion be our hands,
reaching to be with each other, all others
to touch, hold, heal this fractured world.

Let wisdom be our feet,
bringing us to the crying need
to friends or foe to share this body's blood.

Let love be our eyes,
that we might see the beauty, see the dream
lurking in the shadows of despair and dread. . .

We are the Body of God! (7-15, 22)

AT HOME—Reduce, Reuse, Recycle!

- ➔ Buy minimally packaged goods.
- ➔ Plug air leaks in windows and doors to increase energy efficiency.
- ➔ Recycle paper, plastic, glass and metal.
- ➔ Repurpose things to divert waste from local landfills.
- ➔ Adjust your thermostat, lower in winter, higher in summer.
- ➔ Wash clothes in warm or cold water.
- ➔ Run dishwasher when full; don't use heat to dry dishes.
- ➔ Save electricity by plugging into a power strip and turning it off completely when not in use.
- ➔ Plant trees!

