

Reflection Wednesday 4th Week of Lent 2022

Back in 1999 **Joseph G Donders** wrote that God, the source of all life, began with a garden. That Garden developed in such a way that it filled the earth with life. The creator continues to create life. The rain forests of South America, along with all the other tropical forests, pump out oxygen in abundance, break down carbon dioxide and contain all the medicines we would ever need to heal ourselves from disease and illness.

“Tropical forests are intimately bound up with the quality of our air and water; they preserve soil, they moderate climate, they affect water distribution, they break down carbon dioxide, The rain forests are the most abundant nurseries, supplying the raw materials for the plants that feed and heal us.”

He added, *“This life system is being destroyed during our lifetime (23 years ago). An area the size of Britain is being destroyed each year, leading to a complete extinction of these life systems. In some countries the day of reckoning has already arrived.”*

Having done little or nothing for over twenty years but rather the reverse, whatever sins we may have to answer for here on earth, our greatest sin will be the destruction of the life and the planet with which God has blessed us.

Prayer will not change what we are doing, necessary and essential though it is; fasting and almsgiving in terms of creating situations that allow the earth to heal itself, is also essential. Do not waste utilities, turn off lights, don't waste water, use less plastic, recycle and reuse where possible, do not waste food.