

# Laudato Si in Action

## A Time to Rest

We are in the midst of the Season of Creation, where Christians all over the world celebrate creation, God's gift to us all.

This week I'd like to share another section of Pope Francis' Season of Creation message:

*In his wisdom, God set aside the Sabbath so that the land and its inhabitants could rest and be renewed. These days, however, our way of life is pushing the planet beyond its limits. Our constant demand for growth and an endless cycle of production and consumption are exhausting the natural world. Forests are leached, topsoil erodes, fields fail, deserts advance, seas acidify and storms intensify. Creation is groaning!*

*During the Jubilee, God's people were invited to rest from their usual labour and to let the land heal and the earth repair itself, as individuals consumed less than usual. Today we need to find just and sustainable ways of living that can give the Earth the rest it requires, ways that satisfy everyone with a sufficiency, without destroying the ecosystems that sustain us.*

*In some ways, the current pandemic has led us to rediscover simpler and sustainable lifestyles. The crisis, in a sense, has given us a chance to develop new ways of living. Already we can see how the earth can recover if we allow it to rest: the air becomes cleaner, the waters clearer, and animals have returned to many places from where they had previously disappeared. The pandemic has brought us to a crossroads. We must use this decisive moment to end our superfluous and destructive goals and activities, and to cultivate values, connections and activities that are life-giving. We must examine our habits of energy usage, consumption, transportation, and diet. We must eliminate the superfluous and destructive aspects of our economies, and nurture life-giving ways to trade, produce, and transport goods.*

The full text of the Holy Father's message can be found here:

<https://press.vatican.va/content/salastampa/en/bollettino/pubblico/2020/09/01/200901a.html>

Working together, we can help take care of our common home.

Paul Litwin