



## A prayer for World Environment Day

This year's theme is "Time for Nature", encouraging us to spend time in nature, to become attentive, and raise our voices in protecting and healing Earth community.

From the website <https://www.worldenvironmentday.global/>

"The foods we eat, the air we breathe, the water we drink and the climate that makes our planet habitable all come from nature.

Yet, these are exceptional times in which nature is sending us a message: To care for ourselves we must care for nature.

It's time to wake up. To take notice. To raise our voices. It's time to build back better for People and Planet.

This World Environment Day, it's Time for Nature." (World Environment Day 2020)

## In the words of Pope Francis

As has long been known in the Christian Tradition, nature opens us up to and reveals the divine. In the words of Pope Francis:

'The entire material universe speaks of God's love and boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God' (Laudato Si', 84).

Let us allow a short time in nature to nurture our spirits today.

## Meditation

(from *Cosmic Sparks* by Margie Abbott RSM 2020, used with permission)

Take several deep breaths and focus on the area outside where you are sitting.

Watch for any signs of life.

Each time you focus on a creature or a plant or shrub bow to each one separately and say in your mind's eye "For you I am grateful".

You may like to go one step further and bow profoundly and with your hands joined say in your mind's eye "Namaste" "I bow to the divinity in you and when you are in that place and I am in that place we are one".

## Blessing

(by Nellie McLaughlin RSM *Out of Wonder*, 2016)

May the wisdom that inspired our ancestors of old to align their lives with the Sun and rhythms of Earth enable us to experience the radiance of harmony and delight in the oneness of all life.

**Amen**



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theme: "Time for Nature"

