

First Week of Lent – Mindfulness

Reflection on Goal Action #2
of the US Unit Laudato Si Action Plan:

“We will continue to re-use, re-purpose, re-cycle and reduce use of plastics and be mindful of consumption of goods and energy.”

READ: Paul’s injunction to be mindful
(Philippians 4:8)

REFLECTION: *Being conscious, thoughtfulness, cognizant, being attentive...*all these hearken towards mindfulness. Paul stresses such keen awareness as he concludes his letter to this first Christian community in Europe.

How do we practice mindfulness in a culture that encourages mindlessness?! At the same time, we are besieged by plastic. We are surrounded by goods. Energy is everywhere, but invisible. And...all of this is extracted from Earth. She indeed cries out to us because of our irresponsibility and overuse.

Let me ask: could you possibly imagine a *mindless* Nano? Not a chance. In fidelity to her founding spirit, as Presentation People *“we are conscious of the interconnectedness of all that exists and of God’s revelation in all of life”*. (C8)

ACTION: This Lent, let us ***“attend to the connections that sustain us in a consumer economy that hides them”***. Watch this very recent, excellent and short Laudato Si presentation by Vincent Miller: [Webinar: Daily Ecology in a World Where Everything Is Connected - YouTube](#) (begins at 21:45)

“We are speaking of an attitude of the heart, one which approaches life with serene attentiveness, which is capable of being fully present...” Laudato Si #226