

Season of Creation



ArchIndy
Creation Care
Commission
Week 3

Feature: Food

Skipping meat just one day a week helps our planet; for example, to produce a “finished” steak we spend energy, water and other natural resources. To maintain the current meat diet of humans worldwide, we use farmland to sustain the animals and their feed, leading to deforestation in many areas. In addition, almost 15% of all greenhouse gas emissions are created by the meat industry.

Producing fruits and vegetables requires less energy and water than most meat. For example, it takes approximately 1,850 gallons of water to produce a single pound of beef, as opposed to just 39 gallons of water to produce a pound of vegetables.

Lord - all we have is what You have given us. Life is a gift. Food is a gift. This earth is a gift. Help us live lives that express our gratitude for all Your gifts – life, food, and the beauty of this earth.

Take Action!

-  **Monday:** Enjoy your new recipe with your friend and discuss the unsustainable site of meat
-  **Tuesday:** Open the curtains facing the sun this morning and close them at night
-  **Wednesday:** Install a low-flow showerhead and remind yourself to take 5 minute showers
-  **Thursday:** Cut up old stained t-shirts to use as cleaning rags
-  **Friday:** Take the bus somewhere and teach your kids about maps, schedules, and places and jobs in the community
-  **Saturday:** Take a walk through the Fowl Sanctuary South Overlook (moderate)
-  **Sunday:** Read Ch 3 and 4 of Laudato Si'

This is not intended to provide medical advice. Consult your physician before starting something new!

OurCommonHome.org

From Sept to Oct each year, Christians around the world celebrate the Season of Creation by praying and acting together to protect our common home. View all 5 weeks and find more info and events on the website!

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