

# Happy Eco-Theological Lent

March 2nd - April 10th  
2022

TAKE THE PLANET AND THOSE WHO NEED YOU  
BY THE HAND

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*Circolo Laudato Si' nelle Selve - Roma - Laudato Si' Movement*  
Parrocchia Natività di Maria Santissima - Rome



# 40 sentences of the Gospel that accompany our hands and our actions, one per day

Your Father who sees in secret will reward you - If anyone wishes to come after me, let him deny himself - When the bridegroom is taken from them, then they will fast - Leaving everything, he rose and followed him - He was led by the Spirit into the desert where you were tempted by the devil - To one of the least of these brothers, you did it to me - Your Father knows what things you need - There is one greater than Jonah - He who seeks finds and to him who knocks it will be opened - You shall not kill - Love your enemies - This is my Son, the chosen one, listen to him - A good measure, pressed down, filled and overflowing - He who exalts himself will be humbled - what do you want? - The dogs came to lick the sores of Lazarus - They will have respect for my son - I must attend to my Father's affairs - Leave him still this year - No one is a prophet in his own country - Up to seventy times - I have come to give full completion - Whoever is not with me is against me - Behold the handmaid of the Lord - Whoever humbles himself will be exalted - Let us eat and feast - Go, your son lives - Get up, take your stretcher and walk - The Son by himself can do nothing - I have a higher testimony - The leaders have acknowledged that he is the Christ - Never has a man spoken like this - Whoever among you is without sin, Let him who is without sin cast the first stone - My testimony is true - He spoke of the Father - You will know the truth and the truth will make you free - Before Abraham was, I Am - What John said of this man was true - If we let him continue, all will believe in him - This is my body which is given for you - Let it be - One of you will betray me - You have said it - You understand what I have done to you - It is done - He has risen.



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# Eco-Theological Lent 2022

1 hand = 5 fingers = 5 weekly themes

1. The right size

2. An open and generous heart

3. Green friends

4. The quest for sobriety that  
makes us happy

5. Eager to change course



# Eco-Theological Lent

1° Sunday 06.03.22 - GOSPEL

1 And Jesus, full of the Holy Spirit, returned from the Jordan, and was led by the Spirit 2 for forty days in the wilderness, tempted by the devil. And he ate nothing in those days; and when they were ended, he was hungry.

3 The devil said to him, "If you are the Son of God, command this stone to become bread." 4 And Jesus answered him, "It is written, 'Man shall not live by bread alone.'"

5 And the devil took him up, and showed him all the kingdoms of the world in a moment of time, 6 and said to him, "To you I will give all this authority and their glory; for it has been delivered to me, and I give it to whom I will. 7 If you, then, will worship me, it shall all be yours." 8 And Jesus answered him, "It is written, 'You shall worship the Lord your God, and him only shall you serve.'"

9 And he took him to Jerusalem, and set him on the pinnacle of the temple, and said to him, "If you are the Son of God, throw yourself down from here; 10 for it is written, 'He will give his angels charge of you, to guard you,' 11 and 'On their hands they will bear you up, lest you strike your foot against a stone.'"

12 And Jesus answered him, "It is said, 'You shall not tempt the Lord your God.'"

13 And when the devil had ended every temptation, he departed from him until an opportune time. Luke 4:1-13







# Eco-Theological Lent

1st Sunday 06.03.22 -

COMMENT



The right size

## THE RIGHT SIZE

The first Sunday of Lent leads us into the desert to be tempted. Temptations creep in among our needs and desires. They arise from our body and its weakness. Hunger is a need but it is also a desire and, in thinking about his mission, Jesus comes across the different types of hunger: bread, all the kingdoms, the temple. Hunger, if it becomes desire, never stops feeding itself. We can find refuge in Scripture to set the right limits and to find within ourselves the right measure!





# Eco-Theological Lent

1st week

## The right size

1. I cook the right amount, without exceeding quantities, I don't throw food away.

2. I buy organic, non-packaged, plastic-free food  
I eat more vegetables and less meat, especially avoiding intensive farming.

3. Bringing food to those who don't have any (also through charities)

4. Do I use my wealth for the benefit of the poor?

5. Do I use my power to do the Good?





# Eco-Theological Lent

**2nd Sunday 13.03.22 GOSPEL**

28 And it came to pass about an eight days after these sayings, he took Peter and John and James, and went up into a mountain to pray. 29 And as he prayed, the fashion of his countenance was altered, and his raiment was white and glistening. 30 And, behold, there talked with him two men, which were Moses and Elias: 31 Who appeared in glory, and spake of his decease which he should accomplish at Jerusalem. 32 But Peter and they that were with him were heavy with sleep: and when they were awake, they saw his glory, and the two men that stood with him. 33 And it came to pass, as they departed from him, Peter said unto Jesus, Master, it is good for us to be here: and let us make three tabernacles; one for thee, and one for Moses, and one for Elias: not knowing what he said. 34 While he thus spake, there came a cloud, and overshadowed them: and they feared as they entered into the cloud. 35 And there came a voice out of the cloud, saying, "This is my beloved Son: hear him." 36 And when the voice was past, Jesus was found alone. And they kept it close, and told no man in those days any of those things which they had seen.

LUKE 9, 28-36







*Eco-Theological Lent*  
 2nd Sunday 13.03.22



An open and generous heart

**COMMENT**

AN OPEN AND GENEROUS HEART

The second Sunday of Lent leads us to the mountain to be transfigured. The hunger for the kingdom and the temple, as happened to the Master, now affects the disciples. They know neither the scriptures nor the Father, and on the mountain they are given revelation. First Moses and Elijah, then the Father and the love of the Son. Now they can begin to feed the hunger of their hardened hearts with the love that generates an open and generous heart!







*Eco-Theological Lent*

2nd week

# An open and generous heart

1 - I share with friends something good that has happened to me, or that I have conquered with difficulty.

2 - I use the words: Thank you, Please and Sorry, even when it is difficult.

3 - I open my heart or my home to those I feel are distant from me.

4 - I go to visit a sick person

5 - Do I see Jesus in the poorest?





# Eco-Theological Lent

3rd Sunday 20.03.22 GOSPEL

1 There were present at that season some that told him of the Galileans, whose blood Pilate had mingled with their sacrifices. 2 And Jesus answering said unto them, Suppose ye that these Galileans were sinners above all the Galileans, because they suffered such things? 3 I tell you, Nay: but, except ye repent, ye shall all likewise perish. 4 Or those eighteen, upon whom the tower in Siloam fell, and slew them, think ye that they were sinners above all men that dwelt in Jerusalem? 5 I tell you, Nay: but, except ye repent, ye shall all likewise perish. 6 He spake also this parable; A certain man had a fig tree planted in his vineyard; and he came and sought fruit thereon, and found none. 7 Then said he unto the dresser of his vineyard, Behold, these three years I come seeking fruit on this fig tree, and find none: cut it down; why cumbereth it the ground? 8 And he answering said unto him, Lord, let it alone this year also, till I shall dig about it, and dung it: 9 And if it bear fruit, well: and if not, then after that thou shalt cut it down.

LUKE 13, 1-9





# Eco-Theological Lent

3rd Sunday 20.03.22

## COMMENT

### GREEN FRIENDS

The third Sunday of Lent leads us into the heart of a little parable to remind us how the urgency of conversion is combined with patient waiting for a God trained in the times of his Creation. Our hunger and pressing need for consumption turns us into violent masters. God takes on the role of the patient vinedresser to remind us of the patience of waiting. Remoteness from creation generates violence on creation. Let us go back to learning, back to building green friendships!



GREEN FRIENDS







# Eco-Theological Lent

3rd week

## Green friends

1-I approach plants, learn about them and contemplate them.

2-I plant a seed, an olive stone, an almond... and wait for it to sprout.

3-I take care of the public green, go for a walk and observe the nature in my neighbourhood.

4-I bring water to the trees in the park near my house that don't have any irrigation.

5-I take care of a new plant or sapling on my balcony/garden.



# Eco-Theological Lent

4th Sunday 27.03.22 GOSPEL

11 Then drew near unto him all the publicans and sinners for to hear him. 2 And the Pharisees and scribes murmured, saying: A certain man had two sons: 12 And the younger of them said to his father, Father, give me the portion of goods that falleth to me. And he divided unto them his living. 13 And not many days after the younger son gathered all together, and took his journey into a far country, and there wasted his substance with riotous living. 14 And when he had spent all, there arose a mighty famine in that land; and he began to be in want. 15 And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine. 16 And he would fain have filled his belly with the husks that the swine did eat: and no man gave unto him. 17 And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger! 18 I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee, 19 And am no more worthy to be called thy son: make me as one of thy hired servants. 20 And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him. 21 And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son. 22 But the father said to his servants, Bring forth the best robe, and put it on him; and put a ring on his hand, and shoes on his feet. 23 And bring hither the fatted calf, and kill it; and let us eat, and be merry: 24 For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry. 25 Now his elder son was in the field: and as he came and drew nigh to the house, he heard musick and dancing. 26 And he called one of the servants, and asked what these things meant. 27 And he said unto him, Thy brother is come; and thy father hath killed the fatted calf, because he hath received him safe and sound. 28 And he was angry, and would not go in: therefore came his father out, and intreated him. 29 And he answering said to his father, Lo, these many years do I serve thee, neither transgressed I at any time thy commandment: and yet thou never gavest me a kid, that I might make merry with my friends: 30 But as soon as this thy son was come, which hath devoured thy living with harlots, thou hast killed for him the fatted calf. 31 And he said unto him, Son, thou art ever with me, and all that I have is thine. 32 It was meet that we should make merry, and be glad: for this thy brother was dead, and is alive again; and was lost, and is found.

Luke 15, 1-3, 11-32



# Eco-Theological Lent

4th Sunday 27.03.22

## COMMENT

### THE SEARCH FOR THE SOBRIETY THAT MAKES US HAPPY

The Fourth Sunday of Lent leads us into the heart of a son who wants to run away with the money of an inheritance he is not yet entitled to. The hunger of the prodigal son is pure voracity and will lead him to failure. The squandering, the luxury, the lust for riches and excess that animate his heart are the same as those of every man with regard to a Creation received as an inheritance from the Father. It is only the embrace of that Father that can give us true joy and drive us towards the sobriety that makes us happy!

The search for the sobriety  
that makes us happy





# Eco-Theological Lent

4th week

The search for the sobriety that makes us happy

1-I only buy what I really need

2-I learn to desire and appreciate what I already have.

3-I refrain from spending more than necessary on a product

4-Beware of wanting to spend too little, renouncing the ethicality of the products! I inform myself about the origin of the products and the respect for the environment and human rights.

5-I ask forgiveness and offer my forgiveness.

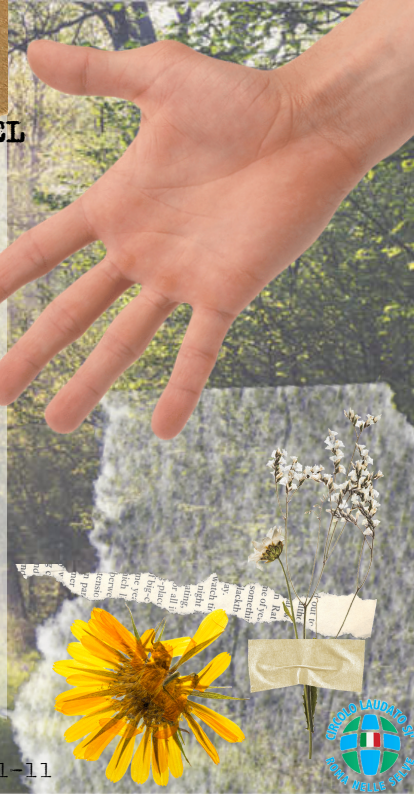


# Eco-Theological Lent

5th Sunday 03.04.22 GOSPEL

Jesus went unto the mount of Olives. 2 And early in the morning he came again into the temple, and all the people came unto him; and he sat down, and taught them. 3 And the scribes and Pharisees brought unto him a woman taken in adultery; and when they had set her in the midst, 4 they say unto him, Master, this woman was taken in adultery, in the very act. 5 Now Moses in the law commanded us, that such should be stoned: but what sayest thou? 6 This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with his finger wrote on the ground, as though he heard them not. 7 So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her. 8 And again he stooped down, and wrote on the ground. 9 And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst. 10 When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath not man condemned thee? 11 She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.

JOHN 8, 1-11





# Eco-Theological Lent

5th Sunday 03.04.22

## COMMENT

### EAGER TO CHANGE OUR WAY

The fifth Sunday of Lent leads us into the hearts of men who yearn for a justice without truth and without love. But a new way cannot be found by attacking the weak. When hunger and its lusts enter a religious, legal and social system, a structure of sin is created. No one is without sin, and we must eliminate the hunger for hatred and violence within us, and nurture a look of peace and mercy towards our brother, eager to change our way!



Eager to change course







# Eco-Theological Lent

5th week

## Eager to change course

1-I ask forgiveness from the Earth for mistreating it and from the people I have not respected.

2-I commit myself to defending the planet and the weakest by involving a friend.

3-I respect the water: no plastic bottles; I close the taps.

4-I respect the energy: I turn off lights and devices if not needed; I turn down the radiators a bit and cover myself a bit more.

5-I respect the air: I walk if I can avoid taking the car, I plant at least one tree.



*Eco-Theological Lent*

**HAPPY EASTER**

