



## Beginning the 2023 Season of Creation – “*Harmonize Our Hearts*”

Reflection #2: September 1 - 2

*“The Spirit of God has filled the universe with possibilities and therefore, from the very heart of things, something new can always emerge.” (Laudato Si #80)*

**READ:** 2<sup>nd</sup> part of Pope Francis’ letter for the 2023 Season of Creation (*below*)



**REFLECTION:** Pope Francis calls us during this Season of Creation to **dwelt upon heartbeats:** our own as well as those heartbeats which give us life: our mother’s... Creation’s...God’s...

A pilgrimage place (like Lac St. Anne in Canada) is healing...and also inviting of an individual/group to go to the heart of the matter. Francis focuses us this Season by inviting us to journey with him on a pilgrimage. We are called to harmonize our hearts (our perceptions and lifestyles) with the heartbeat of Creation, that which gives life. Where do our hearts beat in harmony with Life? What influences in our society allure us away from such a harmony?

**ACTION:** As we begin this year’s Season of Creation, we must admit how out-of-sync our Western hearts are with the rest of the natural world. Is there a link between such disharmony and our Western addiction to screentime (and derived dopamine)? \*

During this Season of Creation, **create a plan to limit screentime.** (And thus, have time and attentiveness to harmonize your heart with that which truly gives life.)

*“In the heart of this world, the Lord of life, who loves us so much, is always present.” (LS #245)*

## Resources for September 1 - 2

### **Pope Francis' letter for the 2023 Season of Creation**

*(Excerpt 2 of 8)*

2 On a beautiful summer day in July 2022, during my pilgrimage to Canada, I reflected on this on the shores of Lac Ste. Anne in Alberta. That lake has been a place of pilgrimage for many generations of indigenous people. Surrounded by the beating of drums, I thought: *“How many hearts have come here with anxious longing, weighed down by life’s burdens, and found by these waters consolation and strength to carry on! Here, immersed in creation, we can also sense another beating: the maternal heartbeat of the earth. Just as the hearts of babies in the womb beat in harmony with those of their mothers, so in order to grow as people, we need to harmonize our own rhythms of life with those of creation, which gives us life”* (1).

During this Season of Creation, let us dwell on those heartbeats: our own and those of our mothers and grandmothers, the heartbeat of creation and the heartbeat of God. Today they do not beat in harmony; they are not harmonized in justice and peace. Too many of our brothers and sisters are prevented from drinking from that mighty river.

[1] Homily at Lac Ste. Anne, Canada, 26 July 2022.

From <https://www.vatican.va/content/francesco/en/messages/pont-messages/2023/documents/20230513-messaggio-giornata-curacreato.html>

**Pray with Scripture: 1 Kings 3: 5, 7-12**

\* Screentime/dopamine - Learn more about this dissonant sign of our times in this very brief video (*yes, screentime!*) at <https://www.youtube.com/watch?v=kGZvNbfrNag> and Dr. Anna Lembke’s work *“Dopamine Nation”*.

Photo by Michael Swan, The Catholic Register