

## DISCUSSION GUIDE



Water, land, air — our Earth Commons — is the blessing we share.  
Our Earth Commons is our life support system.  
Our sacramental life calls us to participate in bringing all things back together in Christ.

Our Baptism calls us to heal the water we drink.  
The Eucharist calls us to heal the land that feeds us.  
Our Confirmation calls us to heal the air we breathe.

### ***Meditations on this DVD***

1. Earth Commons — Our Shared Blessing (8.5 min)
2. Blessing Our Wounded Earth (5 min)
3. Healing the Healers (6.5 min)
4. Healing the Water We Drink (7 min)
5. Healing the Air We Breathe (6 min)
6. Healing the Land that Feeds Us (7.5 min)
7. Blessing a New Creation (8 min)

Total Run Time: 52 minutes

Download the Script for this DVD at:

[www.earthhealing.info/vis.html](http://www.earthhealing.info/vis.html) or [www.seescapes.com/HE01.php](http://www.seescapes.com/HE01.php)

Photo Credits: Many of the nature scenes on the DVD have been contributed by Janet Powell

[www.planetandpeople.com](http://www.planetandpeople.com)

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# 1. Earth Commons — Our Shared Blessing

## Overview

The air we all breathe. The water we all drink. The land that feeds us all.

Our Earth Commons is the blessing we share — our life support system. Our Earth Commons belongs to all people, all life — not just a privileged few. No one has a right to contaminate it. No one has the right to plunder it for profit.

We cannot stand silently by while others damage our Earth. The more we realize Earth's bounty and beauty, the more we must commit ourselves to preserving it and using it wisely.

## Discussion Questions

What image or words in this meditation most caught your attention? In what way?

How have the air, water or land shown you God's glory lately?

How have the air, water or land shown you human misdeeds lately?

What have you done lately to protect Earth's resources?

What have you done lately to help heal Earth's wounds?

## 2. Blessing Our Wounded Earth

### Overview

O God, merciful and loving Creator of all things, look kindly on this wounded landscape. In past times it gave praise and glory to You through its abundant vegetation and unique beauty.

We first ask your pardon for human faults to You, and to the land in all its gentleness. We beg forgiveness for it was a human family affair. Here we make our pledge to repair our wounded Earth around us, as best we can.

### Discussion Questions

What image or words in this meditation most caught your attention? In what way?

Do you remember a landscape that you loved which has been destroyed?

What do you wish you could have done to protect it?

What can we do now to make sure this doesn't happen again?

When was the last time you blessed a glass of water, or your next breath?

## 3. Healing the Healers

### Overview

Everywhere around us we face our individual and collective wrongdoing. Either we have committed ecological damage or, through our silence, we have allowed others to do so.

We can acknowledge our sinfulness, beg God's forgiveness. We can rise to new life. We can take our first faltering steps to improve our wasteful consumer practices, and to become sensitive to the needs of others.

Our sacramental life calls us to participate in bringing all things back together in Christ:

- Our Baptism calls us to heal the water we drink.
- The Eucharist calls us to heal the land that feeds us.
- Our Confirmation calls us to heal the air we breathe.

### Discussion Questions

What image or words in this meditation most caught your attention? in what way?

What can you consume less of, so that others may have more?

What do you feel is one of your environmental wrongdoings? What can you do about it?

How can we become healed so that we may become better healers of our Earth?

## 4. Healing the Water We Drink

### Overview

Availability of good quality drinking water is a growing global problem. And earth's dwindling supplies of drinkable water are becoming heavily contaminated by sewage and industrial or agricultural chemicals.

The water of our Baptism invites us to help heal the water we drink. Through Baptism we become like Christ. Our Baptism calls us to become suffering servants with loving hearts and protecting hands. We are called to halt the aggression against threatened species and our fellow human beings.

### Discussion Questions

What image or words in this meditation most caught your attention? In what way?

How does Baptism help us to see that all water is holy?

What are you willing to give up so that others may have clean water?

How can dying to our old wasterful habits help heal the water we drink?

## 5. Healing the Air We Breathe

### Overview

Clean air is part of the right to life of all living beings. The atmosphere is fragile and limited. And we're changing its composition. Our smokestacks and exhaust pipes are changing the climate of Earth. Climate change means trouble for all, especially the world's poor.

In Confirmation we received the Holy Spirit "the Breath of God." We are part of the breathing Body of Christ, a community of love. As we inhale we take in the Spirit. As we exhale we go out to others bearing witness to the Spirit in our breath. Through us the Holy Spirit breathes into our world with Love.

### Discussion Questions

What image or words in this meditation most caught your attention?  
In what way?

When do you remember being most conscious of your breath?

Concentrate on taking a few deep breaths.

What did you think as you breathed in?

What did you think as you breathed out?

Have you thought of the toxins you take in with each breathe?

What can you do to help heal the air we breathe?

## **6. Healing the Land that Feeds Us**

### **Overview**

When we eat, the land becomes part of us. The land is fragile and vulnerable. Land can be damaged. Land can suffer. We need to become sensitive to the suffering land and to the landless poor. We need to touch the earth with reverence and respect.

The Holy Eucharist, the Food from Heaven, is Earth-grown wheat and Earth-grown grapes — “the work of human hands.” We need the Bread from Life. We need Christ himself, to help us heal our land.

### **Discussion Questions**

What image or words in this meditation most caught your attention? In what way?

When are the times when you most feel yourself touching the Earth with reverence?

Have you ever planted a vegetable or herb garden? How did you feel about it?

What can you do to help heal the land that feeds us?

## **7. Blessing the New Creation**

### **Overview**

When we use our hands, head and heart to heal water, air and land we become like God working in our world. We have been consecrated to do God's work. We are called to do our part in establishing the New Creation.

We are consecrated to transforming our wounded Earth into a New Earth. By reverently tending our garden-Earth we join in this ongoing creative process.

### **Discussion Questions**

What image or words in this meditation most caught your attention? In what way?

Can we heal our wounded Earth without addressing the inherent shortcomings of our consumption-oriented economic and political system?

How can we use our hands to bless our world?

How can we use our heads to bless our world?

How can we use our hearts to bless our world?