



To Breathe Its Praise: Lenten Reflections on AIR

All praise be yours, my Lord, through Brothers Wind and Air

St. Francis of Assisi

To Breathe Its Praise

Suggestions for Convener:

This material was created to help groups heighten their appreciation of the sacred gift of air, the divine Mystery living and acting within that gift, the current quality of air on planet Earth, and how we can respond in faith to this knowledge. The title is taken from the Hopkins poem on p. 6.

Adapt this resource in any way that facilitates sharing, community building, and prayerful reflection. Scripture quotations are from Eugene H. Peterson's *The Message: the Bible in Contemporary Language*.

Please make copies on both sides of sustainable paper. Before the first meeting, be sure the participants know the dates, times, and location of the first meeting, and the goals of the program. Ask that participants to contact the convener if unable to come (so group won't be waiting for them). Always stop in time to complete the closing and to socialize. If refreshments are desired, decide how they will be provided.

Read material in advance to acquire whatever is needed

Some suggested music to use whenever music is wanted:

"Breath of the One Life," Jan Novotka (from *Awakening Consciousness*); "Breathe on Me, Breath of God," Edwin Hatch; "Send Out Your Spirit," Tim Schoenbacher; "Everything Is Holy Now," Peter Mayer (You Tube); "Spirit of the Living God"; "You Are the Wind Beneath My Wings"

Week One: • If needed, easy-to-read name cards for each participant. When participants are absent, put names in the center to keep them in the group's circle.

- Sufficient number of booklets.
- Equipment for blowing bubbles.
- Centerpiece of some kind honoring air (incense? bubble-making equipment?)

Week Three: Purchase/borrow Healing Earth — Our Common Blessing (DVD) or use preview on computers. (Go to www.seescapes.com, Click Meditations; Choose "Healing Earth"; Preview #5: "Healing the Air We Breathe")

Special thanks to Thomas J. Murphy, Ph. D., and to the Society of the Holy Child Jesus.

Pro-



duced by Terri MacKenzie, SHCJ
terrishej@aol.com
<http://ecospiritualityresources.com>

Lent, Week One: Air — Meaning and Metaphor



I. Introduction

Welcome, intros, overview.

From Sunday's Scripture: *Mark 1:11-12: Jesus saw the sky split open and God's Spirit, looking like a dove, come down on him. Along with the Spirit, a voice: "You are my Son, chosen and marked by my love, pride of my life." At once, this same Spirit pushed Jesus out into the wild . . .*

Silent reflection, then share: What strikes you about that story? How do you hear the Spirit? What are your hopes for this Lenten series?

II. Input

Air is a religious issue, not a partisan one. Air is needed to live, to speak, to hear, to smell. How long would you live without breathing?

You breathe automatically 24/7, but it's helpful to take time occasionally to do it consciously. Feet flat on floor, hands relaxed or in lotus position, slowly fill your diaphragm, then lungs. Let the oxygen fill your body, then slowly exhale every bit of carbon dioxide. Be grateful for the gift of clean air. Be grateful for God's breath within you. Kabir wrote: *God is the breath within our breath*. What do you think he meant?

An average person breathes in over 3,000 gallons of air each day. The atoms you inhale connect you to the depths of space and time. Among the atoms you breathe is argon, which represents less than 1% of the atmosphere and isn't altered by humans. Thus we breathe argon atoms that are likely to have been inhaled previously by every saint and every sinner who ever breathed — Jesus included!

Besides taking place on an individual level, this exchange also happens globally. Oceans and forests, especially rainforests, serve as Earth's lungs, absorbing carbon dioxide emissions and releasing clean oxygen into the atmosphere. How might awareness of this usually-unconscious, intimate exchange of holy air be profoundly unifying?

How do smells reach your nose and olfactory process? Share smells that make you smile and/or elicit treasured memories.

The Hebrew/Aramaic word *ruah* translates breath and spirit; the Greek word *pneuma* [nooma] translates wind, spirit, breath. Because one cannot speak without *air*, *word* is often included. These words are sometimes used interchangeably in Scripture. Even before science discovered details of the breathing process, ancient peoples recognized the value of air, breath,

wind, and spirit as metaphors and names for divinity. In Sunday's Gospel, God spoke (obviously a metaphor). Speaking starts at the very beginning: In the beginning was the Word.

What can we learn about God through the gift of wind/ air/ breath/ spirit? Why do you think it is or is not an appropriate metaphor/name for the divine mystery?

III. What is God saying to us?

The Spirit pushed Jesus out into the wild. Pause to consider how the Spirit might have "pushed" you in your life, even if you recognized it only in retrospect. Share if you wish.

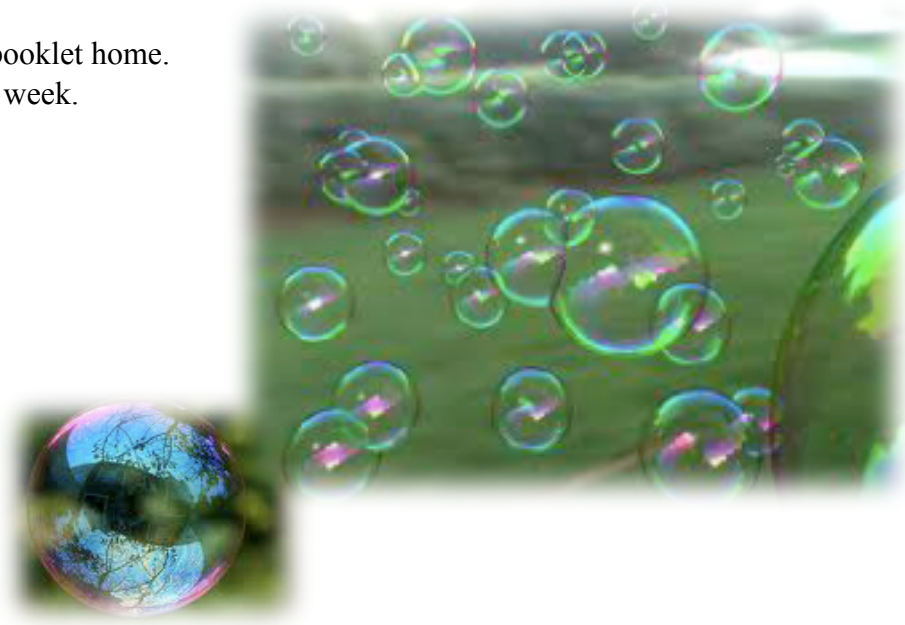
IV. This week: This Lent we ask the Spirit within us to deepen our awareness of the Mystery we call God that is present within air, breath, and S/spirit. Become more aware of air as you breathe/ speak/ smell/ hear. Note references to air/ breath/ spirit in Scripture, hymns, sacraments, prayers, and in the news. Deepen your gratitude for the gift of air and its use as metaphors for God.

V. Closing:

Blow bubbles (or watch as others in the group blow them) for a few minutes. Then listen while convener reads the first part of the Bubble Prayer on p. 5. Read together the section that begins: *Spirit-source within all . . .* Read it again, slowly and thoughtfully. You are invited to express a prayer of gratitude or praise (or whatever).

Socialize.


Take your bubbles and booklet home.
Bring your booklet next week.



"If you wish to know the divine," said the Buddha 2,500 year ago, "then feel the wind on your face and the warm sun on your hand."

Bubble Prayer

Terri MacKenzie, SHCJ



God-like,
I blow life into the shiny
soapy water taut within a slim
wand in my hand. Hollow planets appear.
Each perfect sphere bears my breath for its
given lifespan. I don't own them, yet without me they
couldn't float silently through space. I smile with delight
as each bubble takes shape, its thin skin a canvas that
mirrors light and unrepeatable pinks or blues.

Is that how it was for you, Holy Ruah, breathing over the
chaos at the dawn of time; breathing life into the dry bones?

All: Spirit-source within all that exists, Your breath has
animated creation from its beginning, empowering beings
to contain divine life ever more consciously. Clothe us in
hues of compassion and respect for galaxies, atoms,
bubbles and bones. Quicken our awareness that all
"others" radiate your presence. They are mirrored
in me and I in them. May we reverence,
display, and delight in our
God-life.

Andriyan Nikolayev, USSR, cosmonaut: "A strange feeling of complete, almost solemn contentment suddenly overcame me when the descent module landed, rocked, and stilled. The weather was foul, but I smelled Earth, unspeakably sweet and intoxicating. And wind? How utterly delightful; wind after long days in space!

Blessed Virgin Mary Compared to Air

(first lines)

Gerald Manley Hopkins

Wild air, world-mothering air,
Nestling me everywhere,
That each eyelash or hair
Girdles; goes home betwixt
The fleeci-est, frailest-fli-est
Snowflake; that's fairly mixed
With riddles, and is rife
With every least thing's life;
This needful, never spent,
And nursing element;
My more than meat and drink,
My meal at every wink;
This air, which, by life's law
My life must draw and draw
Now but to breathe its praise

Embrace the Wind

Virginia Skrdlant, SHCJ

Did you ever embrace the wind
with the vigor of your love?
Did you hold its hand and
smell the fragrance of the earth on its breath?
Did you sleep with the wind
and find comfort in its raging sound?
Did you kiss the wind when it was warm
and tranquil?
What is the wind to you and me?
To me it is a dance, a serene grace,
the gift of life.
The power of God that floods all living things.
Sometimes it hides in some obscure retreat.
Like God in those deep, dark hours when we
cannot pray, the wind is always here
embracing our lives with the spirit it brings.
All of God that speaks of beauty and love.
Every breath, every sigh, every song,
is the wind of God in us.
How often do we thank the wind?
Do we speak to the wind at all?

Lent, Week Two: Air — Past and Present

I. Introduction

Any notes. Sharing from last week. Music/breathing to switch gears.

Genesis 1: 1-2: In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep. A wind from God swept over the face of the waters. Then God spoke.

Job 33:4: The Spirit of God made me what I am, the breath of God Almighty gave me life!

Silent reflection, then share your reaction to those two Scripture excerpts.

II. Input

Where did air come from, and when? Popes now accept the reality of evolution, affirming that the divine and loving power we call God is intrinsic to creation and each being within it. In our lifetimes, scientists have learned that our cosmos began some 14 billion years ago. Over 4.5 billion years ago a supernova's explosion caused clouds of gas and dust to revolve. One became our Solar System. Elements collided and stuck together, forming centers of concentration. One became the right size and the right distance from our Sun for a new phase of the universe's unfolding: Planet Earth. (Cf. www.journeyoftheuniverse.org/)

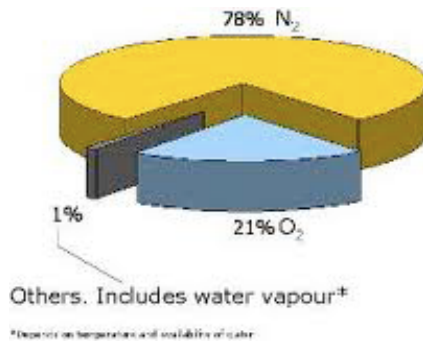
At first Earth's atmosphere was brownish orange, consisting mostly of nitrogen mixed with carbon dioxide and methane gases. These stayed in balance with evolving life forms, until, about 2 billion years ago, when photosynthesis evolved and released oxygen into the atmosphere. Because pure oxygen is toxic to living beings, the release of more and more oxygen threatened to break down Earth's once-vibrant multilevel community.

Instead of failing, life adapted! Earth overcame the threat by inventing respiration to balance the elements! Oxygen concentrations in the air stabilized at 21% — transforming and enhancing Earth's whole and complex system.



Earth has adapted to new situations over and over and over for its 4.5 billion years of existence. Over huge periods of time, dangerous imbalances have brought forth creative solutions to make our lives possible. Maintaining a healthy balance of elements is essential for the life of humans and other life forms and for the functioning of the entire terrestrial ecosystem. We participate in the intimate cooperation among all the spheres whenever we breathe.

Today's air is primarily nitrogen (c. 78%) and oxygen (c. 21%) plus other gases found in very small amounts and various particles. Until about 200 years ago, our atmosphere contained



275 parts per million (ppm) of carbon dioxide (CO₂). That is a useful amount — without some CO₂ and other greenhouse gases that trap heat in our atmosphere, our planet would be too cold for humans to inhabit. But the amount of CO₂ is now over 400 ppm, obviously exceeding the safe amount, judged to be 350 ppm. The United Nations warns that this level has not been seen in millions of years. CO₂ is increasing more quickly than it can adapt on its own.

III. What is God saying to us?

Decades ago Teilhard de Chardin wrote in The Divine Milieu that ". . . nothing here is profane for those who know how to see." and "By means of all created things, without exception, God assails us, penetrates us and molds us" Remembering that air is required for many things, how has the Sacred Mystery been revealed to you through air?

IV. For Lent this week: Especially at Mass and during times of prayer, attend to the divine presence in Brothers Wind and Air. Notice when, where, and why "Spirit" is used in our Mass prayers. Become more aware of all the creatures with whom we share breath — not just humans, and not just life today, but also life dating to the beginning of air and all future generations of all species.

V. Closing: Take a moment to save any insight gained from our sharing.

Become aware that you and our Earth are turning what-we-name East within a solar system, within a galaxy, within a universe. Remember that God is "the breath within our breath" and lives and acts within creation. Be aware that Earth, too, breathes! Think of the people, atoms of whose breath you might be inhaling.



Read Hopkins' poem on p. 6 several times silently. Share your favorite word or phrase.

Socialize.

Lent, Week Three: Air — Pollution and Possibilities

I. Introduction

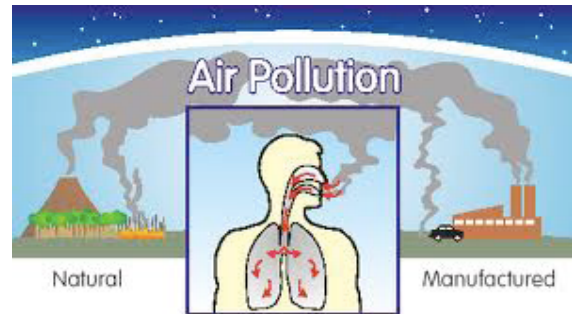
Any notes. Sharing from last week.

Music/breathing to switch gears.

Gen. 2:7 - God formed [hu]man out of dirt from the ground and blew into [his] nostrils the breath of life. The [hu] man came alive — a living soul!

Silent reflection. Then: this is not the Genesis story we most often hear, nor the one probably read Holy Saturday. How are the two stories different?

What do we now know that the Scripture writers could not have known?



II. Input

As we inhale air, we can also inhale other vapors (e.g., paints) and fine particulate matter (e.g., vehicle exhausts, cigarette smoke, industrial production). Regardless of where we live, chances are we are exposed to highly toxic mercury, acid gases, and heavy metals from America's coal-fired power plants. Air contaminants also come from mining, manufacturing, and use of fossil fuels (mining, production, transport, and use); radioactive waste and fallout from nuclear plants and weapons tests; agribusiness; deforestation.



Ozone is created by chemical reactions between volatile organic compounds (VOC), and nitrogen oxides (e.g., from cars) in the presence of sunlight. Good ozone in the stratosphere protects us from ultraviolet rays that cause skin cancer. Bad ozone triggers a variety of health and breathing problems and damages crops and ecosystems.

More than 20 million Americans suffer from asthma and know firsthand what it feels like. Are you one of them?

The quality of air inhaled by pregnant mothers affects their new life. Exposure to air pollution can cause premature delivery, low birth weight, increased cancer risk, and heart malformations. Newborns are especially susceptible to mercury, one of the most toxic substances known to science. It can attack the nervous system, affecting everything from brain development to muscle coordination. Mercury released into the atmosphere settles into rivers, lakes and oceans; transforms into a more toxic form; and is ingested by fish. When expectant mothers eat the tainted

fish, they pass the mercury on to their children. As many as one in six U.S. women of childbearing age may already have enough mercury in their bodies to harm a pregnancy.



Pound for pound, children breathe 50% more air than adults and therefore inhale a greater proportion of pollution. The World Health Organization estimates that 2 million children die each year from respiratory ailments. Do you know any child(ren) with breathing problems? (Idling does increase carbon dioxide in the air, and it wastes gas.)

In 1987 the United Church of Christ's Commission for Racial Justice published a study, *Toxic Waste and Race* that coined the term "environmental racism." This names the fact that the marginalized suffer disproportionately from pollution. Of the 7.6 billion people on Earth (as of August 2017), the World Health Organization estimates that about 1/4 breathe unhealthy air! No national boundaries can keep out polluted air.

After the earthquake and tsunami in Japan in 2011, trace radioactive elements from the Fukushima nuclear plants reached Boston in two weeks. By 2050, it is estimated that Earth will have about 9.8 billion people, with great numbers who are poor. How will this affect pollution?

Some of the sources of hope for cleaner air include successes in removing lead from gasoline, increased awareness (especially since Earth Day in 1970), the Clean Air Act, regulations that caused improvement of air quality, efforts of the United Nations, and the many children and groups throughout the world committed to improving air quality. Using air for renewable energy from wind is another source of hope. What gives you hope for cleaner air?

III. What is God saying to us?

Jesus told us: "Whatsoever you do to the least of my brethren, you do to me." How does that apply to air care?

IV. For Lent this week: Learn about Dorothy Stang, SND or Chico Mendes, who gave their lives trying to protect farmland and rainforests in Brazil. We'll talk about them next week. Ask your electricity and gas suppliers if they have a green or renewable energy plan. Transition to a renewable energy source.

V. Closing:

View "Healing the Air We Breathe," section 5 (6 min.) from Len Sroka's Healing Earth Our Common Blessing. End by saying together the last part of the Bubble prayer on p. 5.

Socialize.

Lent, Week Four: Air — Truth and Consequences

I. Introduction

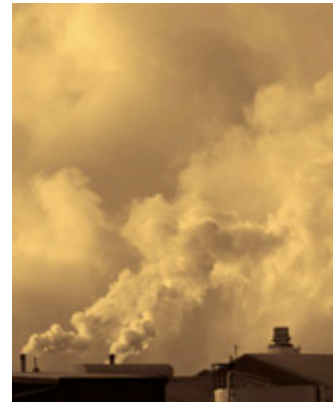
Any notes. Sharing from last week.

Music/breathing to switch gears.

Ps. 137:3 - 4: Our captors demanded happy songs . . . Oh, how could we ever sing God's song in this wasteland?

Romans 8:6 Those who trust God's action in them find that God's Spirit is in them — living and breathing God!

Silent reflection, then share: How did Dorothy Stang, SND, and Chico Mendes live out Romans 8:6? Share your reaction to their stories. Give examples of others making a difference by following their call.



II. Input

Just as we need clean air to breathe, so does our planet. Remember how Earth solved the challenge of excessive oxygen in our atmosphere in the early ages of Earth? Over the billions of years since, Earth has kept the components of our atmosphere in balance. Now, humans are adding an excess of carbon dioxide, methane, chlorofluorocarbons, and other chemicals to our atmosphere. They are called "greenhouse gases" because, in excess, they form a virtual hothouse around planet Earth and alter our climate and atmosphere. (Note: "climate" is not the same as "weather.")

Some people deny that Earth is warming; others deny that human activity is causing it. For a speedy demonstration by NASA of climate change since 1880, see <http://www.biological-diversity.org/news/center/articles/2012/nasa-01-19-2012.html>. The U.S. Conference of Catholic Bishops says that global climate change: "is not about economic theory or political platforms, nor about partisan advantage or interest group pressures. It is about the future of God's creation and the one human family [and all interconnected life] . . . It is about . . . our responsibility to those who come after us." Not just the humans, but all life and all systems!

The earliest predictor that climate change would result from human activity was G.P. Marsh, a U.S. Congressman, in 1847 who advocated what is now called "sustainable development." Over 95% of the world's best scientists and many recent reports confirm Marsh's insights. Significantly increased levels of industrial and military pollutants since the Industrial Revolution have resulted in a rise in the overall temperature of Earth's atmosphere: Damage already exceeds early predictions and causes weather extremes; melting ice caps, permafrost, and glaciers (source of drinking water in many parts of the world); droughts; deluges and floods; rising sea levels;

species migration and extinction; insect outbreaks. . . . What recent climate problems have occurred that follow this pattern?

Increased CO₂ and methane levels become both the cause and effect of further warming because white reflects light, dark absorbs it. The more ice melts, the more ocean blue space absorbs heat.

The oceans and forests that absorb and store CO₂ are being overwhelmed. In oceans, it forms acidity that disrupts the ocean's ecosystems and makes it more difficult for corals and other shell-forming organisms to grow. The Amazon rainforest recycles more than 20% of the world's oxygen supply, but trees there (and elsewhere) are cut to provide land for grazing cattle, to grow grain to feed animals on factory farms, and for lumber and paper. (c.f. Dorothy and Chico.)

Deniers say it is too expensive to reduce global warming, but governments pay huge amounts to deal with climate disasters. Many countries are striving to create ways to mitigate climate change and adapt to its inevitable damage. Every country in the world (except the United States) is part of the Paris Climate Agreement. Those who have contributed the most pollution greed to contribute to protect countries that have polluted less. What is your country (or state or city) doing to reduce global warming?



To manage both climate change and energy access for poor and developing nations, we need large-scale changes in the type and amount of energy we consume; land use; transportation; manufacturing; and food production. *Most basically, it requires a change in consciousness and relationship to the planet that nourishes us and of which we are a part.*

III. What is God saying to us?

It is too late to prevent climate change. But acting to lessen it and help others adapt to its impact makes the love of Jesus present and shows our faith that God lives and acts in us and in our world. What creative adaptation might our loving Creator be asking of us — individually, locally, in our parish/congregation — for the good of the whole?

IV. For Lent this week:

"Carbon footprint" means how much carbon you put into the atmosphere. Calculate your carbon footprint on this or any other calculator: www.footprintnetwork.org/en/index.php/GFN/page/calculators/

V. Closing: Read "Embrace the Wind," p. 6, and answer any one of its questions.



Excerpts from *Laudato Si': On Care for our Common Home*: Chapter One: Climate as a Common Good

24. Warming has effects on the carbon cycle. It creates a vicious circle which aggravates the situation even more, affecting the availability of essential resources like drinking water, energy and agricultural production in warmer regions, and leading to the extinction of part of the planet's biodiversity. The melting in the polar ice caps and in high altitude plains can lead to the dangerous release of methane gas, while the decomposition of frozen organic material can further increase the emission of carbon dioxide.

Things are made worse by the loss of tropical forests which would otherwise help to mitigate climate change. Carbon dioxide pollution increases the acidification of the oceans and compromises the marine food chain. If present trends continue, this century may well witness extraordinary climate change and an unprecedented destruction of ecosystems....

25. Climate change ... represents one of the principal challenges facing humanity in our day. Its worst impact will probably be felt by developing countries in coming decades. Many of the poor live in areas particularly affected by phenomena related to warming, and their means of subsistence are largely dependent on natural reserves and ecosystemic services such as agriculture, fishing and forestry. They have no other financial activities or resources which can enable them to adapt to climate change or to face natural disasters, and their access to social services and protection is very limited. For example, changes in climate, to which animals and plants cannot adapt, lead them to migrate; this in turn affects the livelihood of the poor, who are then forced to leave their homes, with great uncertainty for their future and that of their children. There has been a tragic rise in the number of migrants seeking to flee from the growing poverty caused by environmental degradation. They are not recognized by international conventions as refugees; they bear the loss of the lives they have left behind, without enjoying any legal protection whatsoever. Sadly, there is widespread indifference to such suffering, which is even now taking place throughout our world. Our lack of response to these tragedies involving our brothers and sisters points to the loss of that sense of responsibility for our fellow men and women upon which all civil society is founded.

26. Many of those who possess more resources and economic or political power seem mostly to be concerned with masking the problems or concealing their symptoms, simply making efforts to reduce some of the negative impacts of climate change. However, many of these symptoms indicate that such effects will continue to worsen if we continue with current models of production and consumption. There is an urgent need to develop policies so that, in the next few years, the emission of carbon dioxide and other highly polluting gases can be drastically reduced, for example, substituting for fossil fuels and developing sources of renewable energy. Worldwide there is minimal access to clean and renewable energy. There is still a need to develop adequate storage technologies. Some countries have made considerable progress, although it is far from constituting a significant proportion. Investments have also been made in means of production and transportation which consume less energy and require fewer raw materials, as well as in methods of construction and renovating buildings which improve their energy efficiency. But these good practices are still far from widespread.

Excerpts from a 17 page *Report by the Working Group Commissioned by the Pontifical Academy of Sciences* (glaciologists, climate scientists, meteorologists, hydrologists, physicists, chemists, mountaineers, and lawyers), Vatican, April 2011:



Three Recommended Measures: Human-caused changes in the composition of the air and air quality result in more than 2 million premature deaths worldwide every year and threaten water and food security —especially among those “bottom 3 billion” people who are too poor to avail of the protections made possible by fossil fuel use and industrialization. Since a sustainable future based on the continued extraction of coal, oil and gas in the “business-as-usual mode” will not be possible because of both resource depletion and environmental damages (as caused, e.g., by dangerous sea level rise) we urge our societies to:

I. Reduce worldwide carbon dioxide emissions without delay, using all means possible to meet ambitious international global warming targets and ensure the long-term stability of the climate system. All nations must focus on a rapid transition to renewable energy sources and other strategies to reduce CO₂ emissions. Nations should also avoid removal of carbon sinks by stopping deforestation, and should strengthen carbon sinks by reforestation of degraded lands. They also need to develop and deploy technologies that draw down excess carbon dioxide in the atmosphere. These actions must be accomplished within a few decades. *A Report by the Working Group Commissioned by the Pontifical Academy of Sciences - Page 5*

II. Reduce the concentrations of warming air pollutants (dark soot, methane, lower atmosphere ozone, and hydrofluorocarbons) by as much as 50%, to slow down climate change during this century while preventing millions of premature deaths from respiratory disease and millions of tons of crop damages every year.

III. Prepare to adapt to the climatic changes, both chronic and abrupt, that society will be unable to mitigate. In particular, we call for a global capacity-building initiative to assess the natural and social impacts of climate change in mountain systems and related watersheds.



Lent, Week Five: We thank God for Brother Air, Good Friday, and Easter

I. Introduction

Notes, including that World Water Day is March 22. Sharing from the past week.

Read silently pp. 13-14. Share one quote that cheered you, distressed you, motivated you

II. Prayer Service (adapted from one by Fr. Terry Moran)

Reader 1: *John 19:30: After Jesus took the wine, he said, "It's done . . . complete." . . . Bowing his head, he offered up his spirit.*

Pause for reflection.

Reader 2: We adore you, O Christ, and we bless you,

All: *Because by your Spirit, breathed forth from the cross, you have set us free.*

Reader 3: In the beginning the wild Spirit of God breathed over the waters, a roar of creative energy. In the beginning, the sweet voice of Holy Wisdom sang creation's patterns into existence.

Reader 4: From the cross, Jesus breathed forth his spirit and gave us the possibility of a world of tender love, right relationship, justice-making. Evolution birthed a new consciousness!

Reader 5: All living beings share one sacred breath. Enemies and friends, living beings of the past, the present, the future, every race, every nation, every religion, all creatures bright and beautiful — we all share one holy breath. One holy breath weaves us together as one.

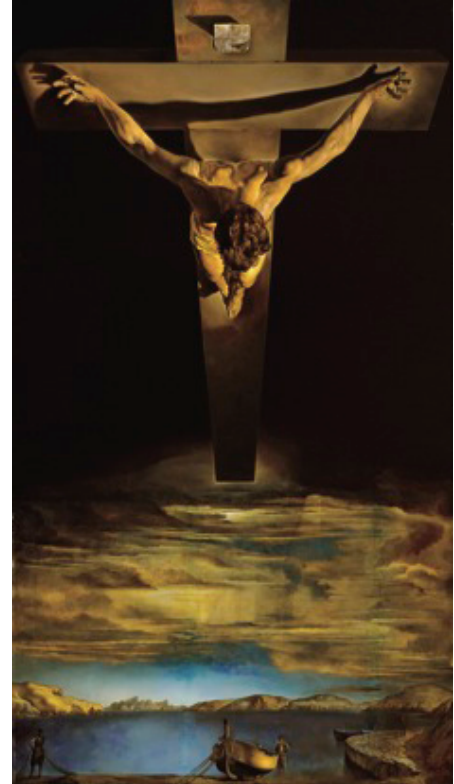
Reader 6: I invite you to breathe mindfully as an act of profound communion. Receive the sacrament of breath. Celebrate the holy communion of life. Listen to the word speaking within you.

Pause for reflective breathing.

Reader 7: Respond to each of these petitions with the words: *may divine breath renew them.*

Take turns reading the petitions:

- for birds, insects, all creatures that take to flight in the air . . . *may divine breath renew them.*
- for people who fly through the sky, pilots, researchers, astronauts . . .
- for company executives, politicians and investors who pollute the air for the sake of monetary profit . . .



- for those who work in and live near polluted environments, coal miners, chemical and nuclear plant workers . . .
- for those with emphysema, asthma, and chronic lung diseases . . .
- for those struggling to stop smoking and to reduce their carbon footprint . . .
- for those who fill their lives with stress and have forgotten how to breath deeply . . .
- for all who seek to befriend Brother Air as a sources of energy . . .
- for preachers and teachers whose words make the air ring with good news . . .
- for all who promote and foster good winds of change . . .
- for all who look at the sky and cosmos with wonder and "hear" them proclaim God's presence . . .
- Add as you wish
- for each of us, called to care for air with love and commitment . . . *may divine breath renew us.*

John 20: 19, 22: Later on that day, the disciples had gathered together . . . Then Jesus took a deep breath and breathed into them. He said, "Receive the Holy Spirit" Pray together:



III. Evaluation

Share one word that sums up this five-week experience for you. After each has shared:
Pause to remember anything you feel called to save and incorporate into your life.

IV. Party! May each have a blessed Holy Week and Easter!