

Refrain from making any unnecessary purchases, and only purchase items that you know are sustainably sourced, especially coffee, chocolate, produce, meat, fish, and clothing (products that have very high rates of human trafficking and environmental degradation). Donate money saved to <a href="Missing-Amssignation">AMSSND's Haiti Water</a> <a href="Initiative">Initiative</a> or another program that addresses human trafficking and/or environmental issues.

"Replace consumption with sacrifice, greed with generosity, wastefulness with a spirit of sharing, an asceticism which 'entails learning to give, and not simply to give up. It is a way of loving, of moving gradually away from what I want to what God's world needs. It is liberation from fear, greed and compulsion.' As Christians, we are also called 'to accept the world as a sacrament of communion, as a way of sharing with God and our neighbours on a global scale. It is our humble conviction that the divine and the human meet in the slightest detail in the seamless garment of God's creation, in the last speck of dust of our planet." (LS 9)

## A prayer intention for each day:

- 1. For a personal change of heart toward embracing an integral ecology.
- 2. For the sustenance and stability of those who are materially poor.
- 3. For those forced to migrate due to land grabs and related violence.
- 4. For those impoverished and forced to migrate due to others' environmental irresponsibility, which exacerbates climate-related hazards that make land untenable.
- 5. For the people of Haiti, for whom poverty and climate change-induced natural disasters make life increasingly unstable.
- 6. For those living in poverty, migrants, and refugees, who are especially vulnerable to human trafficking.
- 7. For victims and survivors of human trafficking.