

## ECOLOGICAL CONVERSION

One day our eldest daughter told us that she wanted to be a vegetarian, after watching the documentary Cowspiracy, which had caused her a strong impact. We didn't react right away, but we realized that the subject was very important to her, so we tried to explore it further. We discovered that it would be enough to reduce meat consumption to 60-70 grams per day to generate a positive impact on CO2 emissions into the atmosphere. For this reason we decided together that at dinner we would only eat vegetables, legumes and fruit.

This choice not only helped us to save money, but also helped us to adopt healthier eating habits and to grow in us a new sensitivity to environmental issues.

It was the experience of Greta Thunberg, who alone converted her family to an ecological conversion and, beginning to fast before the Swedish parliament, gradually involved hundreds of thousands of young people and adolescents, all over the world, through the "Fridays for the future" initiative.

Regardless of what each of us may think, the effect of Greta's work is undeniable and timely and can motivate for social ministry in our evangelization; aware that young people are not only our future, but a force that can change our present (Miguel Oliveira Pano in "Além-mar", Portuguese missionary magazine, December 2019).

### For personal and community reflection:

- = What do you think of this youth movement that takes to the streets to ask politicians for laws that are adequate to safeguard creation and civil society ecological ways of life? Why?
- = What is the aspect that provokes and motivates you to make life choices that respect nature, interpersonal relationships and cultural, social and religious differences?
- = What is the message that the commitment to safeguarding creation addresses to our community?