

# EASTER 2019



**Live the Easter  
from the SDG 2030**

Thanks to:



For the Text and Design

Translation:

Art Gramaje, cmf





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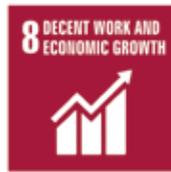
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*For this Easter time that starts Sunday of Resurrection we make you get back a reflection proposal and prayer for each of the fifty days of this period. May they be for everyone us source of life and hope.*

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## SDG 1: **No Poverty End poverty in all its forms everywhere**

### Reading

# 1

*“For I know well the plans I have in mind for you—oracle of the LORD—plans for your welfare and not for woe, so as to give you a future of hope. When you call me, and come and pray to me, I will listen to you” Jer. 29, 11-12.*

### Reflection

Poverty is a Human Rights problem. According to United Nations data, some 783 million people and still more than 40% of sub-Saharan Africa continue to live below the poverty line, that is, with less than \$ 1.90 per day.

But moving forward is possible and currently is happening. Since 2000, the global poverty rate has been reduced by half. Economist Jeffrey Sachs estimated that about \$175 billion would be needed to end extreme poverty around the world in 20 years. It seems like a lot, however, this is less than 1% of the joint income of the richest countries in the world.

When we think about all this, do we still believe that it is not possible; are we affected by discouragement? Or are we able to look with eyes of faith and build from hope?

### Reading

# 2

*The spirit of the Lord GOD is upon me, because the LORD has anointed me; He has sent me to bring good news to the afflicted, to bind up the brokenhearted, To proclaim liberty to the captives, release to the prisoners, To announce a year of favor from the LORD and a day of vindication by our God; To comfort all who mourn; to place on those who mourn in Zion a diadem instead of ashes, To give them oil of gladness instead of mourning, a glorious mantle instead of a faint spirit. Is. 61, 1-3.*

### Reflection

Poverty has many causes and manifests itself in very diverse ways. It is a difficult issue that requires complex, transversal and well thought out solutions. The good news is that, precisely because of that complexity, we can address it in many ways. The end of conflicts, quality education, access to health services and medicine, drinking water and sanitation infrastructures, generating decent, harmonious and sustainable jobs, building clean and healthy cities plus other ways contributes to generate wealth in individuals, communities and countries and also create more just societies.

Let us utilize this framework and let us see what we can do. Think of our neighborhoods, city, town or village. How many initiatives are contributing to the end of poverty from these diverse and possible solutions? Are we people who generate righteous wealth (material or spiritual)?



## SDG 1: No Poverty End poverty in all its forms everywhere

### Lectura

# 3

*The community of believers was of one heart and mind, and no one claimed that any of his possessions was his own, but they had everything in common. With great power the apostles bore witness to the resurrection of the Lord Jesus, and great favor was accorded them all. There was no needy person among them for those who owned property or houses would sell them, bring the proceeds of the sale, and put them at the feet of the apostles, and they were distributed to each according to need. Acts 4: 32-35*

### Reflection

*“The increase in inequality is detrimental to economic growth and undermines social cohesion, which increases political and social tensions. In some cases it can promote instability and conflicts” (UN, 2018). On the contrary, equity translates into peace and prosperity for individuals and societies. Are we clear about what equity means? Is it the same as equality?*

*Equity introduces an ethical dimension within equality and recognizes that not all of us begin from the same starting point and do not have the same opportunities. Therefore, each situation requires a specific response tailored*

*to the situation. The Sustainable Development Goals take this difference into account. For example, progressive taxes are a good policy towards equity that can be applied in many countries.*

*Here is a visual comparison of “equality” and “equity”: <https://fundacionadecco.org/azimut/las-politicas-igualdad-la-empresa-evolucionaran-la-equidad/>*

*Equity also be seen in our day to day lives in that goods can be “distributed to each according to need” (Acts 4:35). How might we apply this in our daily life and in the way we treat others?*



Foto: Miguel Ángel Velasco, cmf



## SDG 2: End hunger, achieve food security and improve nutrition and promote sustainable agriculture

# 1

### Reading

*Blessed are you who are now hungry, for you will be satisfied. (Luke 6: 21)*

### Reflection

The Beatitudes are difficult because of the clarity of Jesus' words to us!

Creation is something that is given to us, but that ought not leave us indifferent. God creates the world, creates men and women, and gives us a legacy: Caring for our world. Then, in the face of so much chaos, he sent us Jesus who leaves us these teachings. With the Beatitudes, we are brought closer to people who are the weakest and these ones on the margins are the first in God's Kingdom. So, what do we do?

The hunger that ravages the world is still something to fight against. Let us see now what is it is we have achieved over the years that has helped to fight hunger and has built a path to eradicate it.

There are many organizations that fight hunger, but one of the most effective is the World Food Program (WFP). It covers 80 countries a year and about 80 million people annually receive food thanks to their good works. The WFP is considered the leader of humanitarian organizations in the eradication of hunger. Not only do they offer food assistance, but they also help each of the countries or communities with high malnutrition rates to improve and train themselves so that they are able to grow/produce food.

According to the WFP, "... each year, we distribute approximately 12.6 billion rations at an estimated cost per serving of 31 cents." This makes us appreciate the enormous work that this organization does towards this goal to produce food and that is basic for life. How can we follow this path?

Governments are the main funders of the WFP, but there are also private non-profit organizations that help improve their capacity. Also, as individuals, we can make our voluntary contributions. Personal donations can help in times of crisis. Donating food to schools and food incentives can be given to send girls to school (since girls are the main affected by domestic work). Food can be given as payment and incentive to people who build schools, hospitals or infrastructure so necessary in the community when conflicts or natural disasters appear are some examples (More information at: [www.wfp.org/node/268](http://www.wfp.org/node/268))

In addition, the program does not only donate food. Actions are also carried out that lead to work in rural environments to get food and to enter the agricultural market. (More information at: [www.wfp.org/emergency-relief](http://www.wfp.org/emergency-relief))



Foto: Miguel Ángel Velasco, cmf



## SDG 2: End hunger, achieve food security and improve nutrition and promote sustainable agriculture

# 2

### Reading

*"The kingdom of heaven is like a landowner who went out at dawn to hire laborers for his vineyard. After agreeing with them for the usual daily wage, he sent them into his vineyard. Going out about nine o'clock, he saw others standing idle in the marketplace, and he said to them, 'You too go into my vineyard, and I will give you what is just.' So they went off. [And] he went out again around noon, and around three o'clock, and did likewise. Going out about five o'clock, he found others standing around, and said to them, 'Why do you stand here idle all day?' They answered, 'Because no one has hired us.' He said to them, 'You too go into my vineyard.' When it was evening the owner of the vineyard said to his foreman, 'Summon the laborers and give them their pay, beginning with the last and ending with the first.' When those who had started about five o'clock came, each received the usual daily wage. So when the first came, they thought that they would receive more, but each of them also got the usual wage. And on receiving it they grumbled against the landowner, saying, 'These last ones worked only one hour, and you have made them equal to us, who bore the day's burden and the heat.' He said to one of them in reply, 'My friend, I am not cheating you. \* Did you not agree with me for the usual daily wage? Take what is yours and go. What if I wish to give this last one the same as you? [Or] am I not free to do as I wish with my own money? Are you envious because I am generous?' Thus, the last will be first, and the first will be last." As Jesus was going up to Jerusalem, he took the twelve [disciples] aside by themselves, and said to them on the way, "Behold, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death and hand him over to the Gentiles to be mocked and scourged and crucified, and he will be raised on the third day." Mt 20: 1-19*

### Reflection

*Our food and wages come from the earth. Although the Earth does not give us money, it gives us what we need to walk our journey.*

For this reason, it is very important to pay attention to the Earth. The International Fund for Agricultural Development (IFAD) is committed to our rural sectors that provide food. It seems that since cities have their large markets and particular space, they are not conscious from where our food originates and where those who do not live in the big cities of the world get it. The rural environment is necessary for our large cities and to survive therefore we can not leave it behind when talking about hunger and how to eradicate it.

The International Fund for Agricultural Development (IFAD) is another path open to the eradication of hunger. They report that 40% of the world population live in rural areas and, therefore, ought to be the focus of attention to eradicate hunger. Of this 40% of the world population, 80% of children, women and men, live in situations of extreme poverty. If we are invested in the rural population, life and the problems that increase poverty (such

as hunger or global malnutrition,) would be greatly reduced.

According to the IFAD, in sub-Saharan Africa, for example, investing in the agricultural sector is eleven times more effective than investing in other places. The reason is "because small successful farms provide employment to unskilled workers. Small families generate income that is spent in rural communities and stimulates the rural economy. This, in turn, contributes to peace and security. The food that feeds everyone is cultivated in agricultural production."

In addition, we cannot forget the connection that the indigenous societies have to the Earth. For a society to grow, it has to do it from the basic elements-- from what the Earth provides: work, food, livestock, family. In all societies there is a great storied connection with the Earth. Let us eradicate hunger on our planet.

Here is a Spanish song that evokes our connection to the earth: <https://www.youtube.com/watch?v=OQng5VakPS8>



## SDG 2: End hunger, achieve food security and improve nutrition and promote sustainable agriculture

### Reading

# 3

*"As you go, make this proclamation: 'The kingdom of heaven is at hand. Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give. Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. The laborer deserves his keep.'" Mt. 10: 7-10*

### Reflection

In our homes we can also help to eradicate hunger or, at least, not generate more waste that can lead to hunger for other people.

Within the United Nations is the Food and Agriculture Organization (FAO) of the United Nations. It is the agency that is responsible for working to end hunger. FAO's objective is, "to achieve food security for all, and at the same time guarantee regular access to sufficient and good quality food in order to lead an active and healthy life. With more than 194 member states, FAO works in more than 130 countries. We can all play an important role in eradicating hunger."

Since 1945, FAO has worked hard and has had great achievements such as: the elaboration of international standards to guarantee safe and quality food for all from the Codex Alimentarius; promote the right to food as a human right and introduce it into the constitution and legislation of more than 30 countries; and freed up dams and rivers in Africa.

We from our homes can also make our own impact with our food use. What we buy and what we throw away, what we eat or the waste of food that, is also "contributing", in some way, to reduce hunger in the world. So we can begin a path to control the food that that ends up in the garbage. Also, in some places, composting is a perfect means for fertilizing the land.

In addition, of course, there are millions of tips and mechanisms to reduce the ecological footprint and organic waste, which can help us be more consistent with our purchases and with what we "receive for free". By living in the Developed World, we have a great amount of resources at our disposal to end poverty; not everything has to be financial. We receive gifts freely; we live in the era of marketing of large regions and new technologies. In our homes, let us use our resources in responsible and efficient ways in order to start a path that puts an end to poverty.



Foto: Miguel Ángel Velasco, cmf



## SDG 3: Ensure healthy lives and promote well-being for all at all ages

# 1

### Reading

*Remember not the events of the past, the things of long ago consider not; See, I am doing something new! Now it springs forth, do you not perceive it? In the wilderness I make a way, in the wasteland, rivers. Is. 43: 18-19*

### Reflection

Neglected or forgotten diseases, such as Chagas, malaria or sleeping sickness, affect billions of people in the world. These diseases could be treated or prevented but there are no effective treatments or, if they have them, they are very toxic. This causes death to many adults and children in the world, because these diseases do not have a treatment or a vaccine that would save their lives.

They are forgotten because they affect very poor and vulnerable populations. Being part of an "unattended market" they are forgotten because they do not interest the pharmaceutical industry; people on the margins have lower profitability for these companies.

Fortunately, there are initiatives like DNDI (Drugs for Neglected Diseases Initiative) which is a non-profit organization promoted by Doctors Without Borders and is contributing considerably to the development of medicines and vaccines for these diseases through a new research and development model that puts people at the center above economic interests. In addition to being more humane and just, it is also profitable! A different world is possible and, without a doubt, there is hope.

You can check their website at <https://www.dndial.org> (EN)



Foto: Miguel Ángel Velasco, cmf



## SDG 3: Ensure healthy lives and promote well-being for all at all ages

# 2

### Reading

*"Come to me, all you who labor and are burdened and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." Mt 11: 28-30*

### Reflection

Health is "a state of complete physical, mental and social well-being, and not only the absence of diseases or illnesses" (WHO, 1948).

Jesus understood this well. Choosing health or wanting to be healed is not only therapeutic. It does not come about by trying. Health is also a choice. Get up, straighten up, look at the day with joy; embrace death in order to choose life.

***This Morning*** (Benjamín González Buelta, sj.)

*This morning  
I straighten my back,  
I open my face,  
I breathe in the dawn,  
I choose life.*

*This morning  
I look into your eyes,  
I embrace you,  
I give my word,  
I choose life.*

*This morning  
I look for you in death,  
I lift you up from the mud,  
I carry you, so frail,  
I choose life.*

*This morning  
I welcome the wounds,  
I silence my limits,  
I dissolve my fears,  
I choose life.*

*This morning  
peace comes back,  
I render the future,  
I share joy,  
I choose life.*

*This morning  
I listen to you in silence,  
I let you fill me,  
I follow you closely,  
I choose life.*

Foto: Miguel Ángel Velasco, cmf





## SDG 3: **Ensure healthy lives and promote well-being for all at all ages**

# 3

### Reading

*At that time Jesus said in reply, "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike." Mt. 11: 25*

### Reflection

Pregnancy and childbirth involve particular risks. Every day 840 women die from causes related to pregnancy and childbirth that could have been prevented.

There is still much to be done in this regard, but we are on the right track. According to data from the United Nations, since the year 2000, maternal mortality (this is the rate of pregnant women who do not survive childbirth) has decreased by 37% and, since 1990, almost 50%. In East Asia, Northern Africa and South Asia, maternal mortality has declined by about two-thirds.

This is due, in part, to the fact that more and more women around the world, especially in the most disadvantaged regions, access family planning services and receive prenatal care. In middle-income countries, such as Colombia and other Latin American countries, the percentage of women receiving prenatal care increased from 65% in 1990 to 83% in 2012.

We thank God for the women and men who work every day so that these improvements are possible.

We give thanks with this Spanish song: [https://www.youtube.com/watch?v=XFRjr\\_x-yxU](https://www.youtube.com/watch?v=XFRjr_x-yxU)

#### **THIS IS AMAZING GRACE** (Phil Wickham)

Who breaks the power of sin and darkness  
Whose love is mighty and so much stronger  
The King of Glory, the King above all kings  
Who shakes the whole earth with holy thunder  
And leaves us breathless in awe and wonder  
The King of Glory, the King above all kings

**This is amazing grace  
This is unfailing love  
That You would take my place  
That You would bear my cross  
You lay down Your life  
That I would be set free  
Oh, Jesus, I sing for  
All that You've done for me**

Who brings our chaos back into order  
Who makes the orphan a son and daughter  
The King of Glory, the King of Glory  
Who rules the nations with truth and justice  
Shines like the sun in all of its brilliance  
The King of Glory, the King above all kings

Worthy is the Lamb who was slain  
Worthy is the King who conquered the grave



## SDG 4: **Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all**

# 1

### Reading

“Learn to do good. Make justice your aim: redress the wronged, hear the orphan’s plea, defend the widow.” Is 1: 17

### Reflection

What problem does not have education and learning as solutions? It is, of course, the basis for changing the world. Everything ends and starts in education. There is no Sustainable Development Goal that is possible without the education of the citizens that inhabit the planet; and it will only be possible to achieve these SDGs when we all are sensitive to the problems we face. Is the problem that people do not care, or that politicians do not pay attention, or that there are other problems to address? No. The problem is that we are not educated for this; that our sensibility is desensitized-- that our education makes us attend to what is more urgent than what is really important.

Climate change has no solution other than the education of the generations. Peace will only be achieved if the citizens of the future are educated by understanding this concept. Recycling and responsible consumption are only possible if the citizens are educated-- all the more to preserve Human Rights!

So, how can we not defend education boldly? How can we not make it our main goal? Education is the greatest hope we have.

Father, help us learn. Much. Always



Foto: Miguel Ángel Velasco, cmf



## SDG 4: **Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all**

# 2

### Reading

God of my ancestors, Lord of mercy, you who have made all things by your word And in your wisdom have established humankind to rule the creatures produced by you, And to govern the world in holiness and righteousness, and to render judgment in integrity of heart: Give me Wisdom, the consort at your throne, and do not reject me from among your children; For I am your servant, the child of your maidservant, a man weak and short-lived and lacking in comprehension of judgment and of laws. Indeed, though one be perfect among mortals, if Wisdom, who comes from you, be lacking, that one will count for nothing. Wisdom 9:1-6

### Reflection

Goal 4.7 of this SDG 4 tells us: “by 2030 ensure all learners acquire knowledge and skills needed to promote sustainable development, including among others through education for sustainable development and sustainable lifestyles, human rights, gender equality, promotion of a culture of peace and non-violence, global citizenship, and appreciation of cultural diversity and of culture’s contribution to sustainable development”

Development yes, but not in just any way: Sustainable Development is what is needed. We are already beginning to be aware of the damage done by the plastic bags, soda cans tops or cotton swabs. But those things are

not enough. Our conscience and our faith ask more of us. Sustainable development calls us to find a way for all of us who inhabit this planet to develop well so that we can all live—and live in peace.

There is a way we can live this here and now: Fair Trade. If you do not know, you are missing sustainable trade with people, the economy and the environment. And it works!

What is fair trade? Please watch: <https://www.youtube.com/watch?v=xT6TQsxlDOY>



Foto: Miguel Ángel Velasco, cmf



## SDG 4: **Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all**

# 3

### Reading

*Jesus said, "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these." Mt. 19: 14*

### Reflection

Here are some facts from SDG 4:

- More than 265 million children are not in school and 22% of them are of primary school age.
- The main causes of poor education are the shortage of trained teachers, the poor conditions of schools and the lack of equity between boys and girls.
- More than half of the children who are not enrolled in school live in sub-Saharan Africa.

Let us look more closely: In the world there are approximately 2.1 billion children. Therefore, the 265 million out of school represent 12%.

It is not insignificant. That is equivalent to more than one in ten children without access to education. Of these, one in two, live in sub-Saharan Africa and this is one of the main areas in our world that is shaping the future.

Thank God, we are shocked by data like this because it means that we care, and to care is the first step to change it. This is our hope. Human rights are also very important for our children. Human rights are our best instrument. Listen to the following song in Spanish: "Rights, your best instrument."

In: <https://youtu.be/Wk-VR3BqCH4>



Foto: Miguel Ángel Velasco, cmf



## SDG 5: Achieve gender equality and empower all women and girls

### Reading

# 1

Matthew shows us that women were the first to recognize the Risen Jesus, the first to experience the Resurrection and to the Hope that Christ gives us.

*“After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning and his clothing was white as snow. The guards were shaken with fear of him and became like dead men. Then the angel said to the women in reply, “Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples, ‘He has been raised from the dead, and he is going before you to Galilee; there you will see him.’ Behold, I have told you.” Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage. Then Jesus said to them, ‘Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me.’” Mt. 28: 1-10*

### Reflection

Gender Equality is not only a fundamental human right, but, as the United Nations affirms, it is foundational to be able to build a world together in which we can advance in prosperous, sustainable and peaceful ways. But there are still countries that do not deal with violence against women. One in five women between 15 and 49 years experience physical or sexual violence at present.

Historically, we have made some advancements in the long struggle in gender equality but we still have a lot to do. There are some small steps that have made women an essential visible element in the construction of today's society: from the field or from finances, from home or outside. Women are a key element for the evolution and hope of the world. It is, without a doubt, a necessary piece for LIFE, for LOVE, and for HOPE.

Let us follow the path of the announcing the Good News of Christ, let us follow the path of LIFE and HOPE.



Foto: Miguel Angel Velasco, cmf



## SDG 5: Achieve gender equality and empower all women and girls

# 2

### Reading

Jesus always acknowledged women who were one of the most disadvantaged social groups of his time. Let us read about Jesus' encounter with the Samaritan woman. It was personal, close, renovating and healing just as the change towards our previous goals should be.

*So Jesus came to a town of Samaria called Sychar near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.*

*A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.) Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." [The woman] said to him, "Sir, you do not even have a bucket and the well is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this well and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water."*

*Jesus said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." The woman said to him, "Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth;\* and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Anointed; when he comes, he will tell us everything." Jesus said to her, "I am he, the one who is speaking with you." At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, "What are you looking for?" or "Why are you talking with her?" The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Messiah?" They went out of the town and came to him. Meanwhile, the disciples urged him, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Could someone have brought him something to eat?" Jesus said to them, "My food is to do the will of the one who sent me and to finish his work. Do you not say, 'In four months\* the harvest will be here'? I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving his payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that 'One sows and another reaps. I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work.'" John 4: 5-38*

### Reflection

In order to deepen the SDGs, it is important to know our goals and to be able to know what we can do towards these goals. What can we do? There are six targets for the fifth SDG on gender equality:

- 5.1 End all forms of discrimination against all women and girls everywhere
- 5.2 Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation
- 5.3 Eliminate all harmful practices, such as child, early and forced marriage and female genital mutilation
- 5.4 Recognize and value unpaid care and domestic work through the provision of public services, infrastructure and social protection policies and the promotion of shared responsibility within the household and the family as nationally appropriate
- 5.5 Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic and public life

5.6 Ensure universal access to sexual and reproductive health and reproductive rights as agreed in accordance with the Program of Action of the International Conference on Population and Development and the Beijing Platform for Action and the outcome documents of their review conferences

Many of these goals are experienced within our daily lives and from now on, we can begin to change. Words and other forms of expression can support a form of politics that assume that women and men are equal in the workplace, that there are no professions that should be marked by gender.

The goals of the SDGs are lofty, but they start from the smallest, from the building of the Kingdom and in the daily life of the 21st century.

Let us listen to a Spanish song to help us reflect. It is a song sung by women with intellectual disabilities who also fight for equality and who struggle to be recognized, for being part of society. Vivas: <https://www.youtube.com/watch?v=z1J0FqWMxTI>

"We are brave and we fight for the rights of all human beings"



## SDG 5: Achieve gender equality and empower all women and girls

# 3

### Lectura

It is amazing to see the importance of women in the journey of each human life. Jesus does not remain impassive before women's roles-- in particular the role of mother--which undoubtedly becomes visible in the Sacred Scriptures.

The figure of Mary--as a mother, as a counselor, as a promoter, as a supporter --is the key figure for Jesus of Nazareth. History would have been quite different without Mary. She was the woman who gave birth in a stable in Bethlehem, who prepared her son for public life and saw the flesh of her flesh die on a cross.

*"All who heard it were amazed by what had been told them by the shepherds. And Mary kept all these things, reflecting on them in her heart. Then the shepherds returned, glorifying and praising God for all they had heard and seen, just as it had been told to them."* Luke 2: 18-20

*On the third day there was a wedding\* in Cana\* in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, "They have no wine." [And] Jesus said to her, "Woman, how does your concern affect me? My hour has not yet come." His mother said to the servers, "Do whatever he tells you." Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. Jesus told them, "Fill the jars with water." So they filled them to the brim. Then he told them, "Draw some out now and take it to the headwaiter." So they took it. And when the headwaiter tasted the water that had become wine, without knowing where it came from (although the servers who had drawn the water knew), the headwaiter called the bridegroom and said to him, "Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now." Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him. John 2: 1-11*

*Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. John 19: 25-27*

### Reflection

With these readings we can consider the importance of women in the life of each one of us--as mothers, as grandmothers, as sisters, as friends, as companions, as women, as daughters. It is important to ask ourselves the question: What would our life be like if the women around us were not there?

We invite you to read the last stanzas of this poem by Marwan:

*Companions:* You are an imbecile if you do not see them. Women are fighting and tearing away at their souls for everyone. People say that if they governed the world there would be no wars. No one would want to kill the child that another woman had carried in her womb because only they conceive the endless pain of losing a child. They would never deprive another of the miracle of being a mother. Never. Never would they.

I just want them to rest, let them rest, that this century little by little give them back what they have lost: their schedules, stop cleaning after us, to solve their crossword puzzle. They already have enough with their stuff, their ghosts. Forget mine and yours.

The mirror of Frida, the mirror of Szymborska, the mirror of Rosa Parks, the mothers of the Plaza de Mayo, Mafalda, Femen, Simone de Beauvoir, women in struggle against history, the hands of Mother Teresa of Calcutta, Indira Gandhi, Victoria Kent and her gaze at the prisoner. Their example. the path is marked.

Mothers, women, sisters, couples, companions, eternal, companions, miracle, companions, without owner, companions, always, companions.

From the book *All My Futures Are With You* (Planet, 2015).

If women's roles are valued, it is because we have fought and struggled together. Let us continue being women, let us continue being companions, let us continue to give way to HOPE, let us continue to be one with those who accompany us.



## SDG 6: Ensure access to water and sanitation for all

# 1

### Reading

*Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end. The devil had already induced Judas, son of Simon the Iscariot, to hand him over. So, during supper, fully aware that the Father had put everything into his power and that he had come from God and was returning to God, he rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist. John 13: 1-5*

### Reflection

The targets for Goal 6 are:

**6.1** By 2030, achieve universal and equitable access to safe and affordable drinking water for all

**6.4** By 2030, substantially increase water-use efficiency across all sectors and ensure sustainable withdrawals and supply of freshwater to address water scarcity and substantially reduce the number of people suffering from water scarcity

Have you thought about how many times a day we use water? But not just to drink? These two points of SDG 6 remind us that the simple gesture of washing hands with clean

water is still a luxury in certain parts of the world. But do not think it only happens in poor countries, sometimes it happens in our own back yard. Despite the fact that around 1000 children die due to diarrheal diseases associated with poor hygiene, we remind you that between 1990 and 2015, the proportion of the world population that used an improved source of drinking water increased from 76% to 90%. Nothing indicates that if we continue working we can not reach 100%. We invite you to follow the twitter [https://twitter.com/UN\\_Water](https://twitter.com/UN_Water). Be assured of the advances that are being made for a fair access and responsible use of this water that is so necessary for life.

Without water Jesus could not have washed the feet of the disciples. Can you imagine if he were not able to perform one of the most powerful gestures of his LOVE? We leave you with this reading of the Gospel and with some questions that arise from these goals. Remember them when we hear the challenges of our times like «Let's build a higher wall!», «They only come to steal our jobs and take away our work!», «They live that way because they are lazy.» How can those who do not even have water wash their feet? And what can we do so that everyone can wash others' feet? What value do we give to the water we use?



Foto: Miguel Ángel Velasco, cmf



## SDG 6: Ensure access to water and sanitation for all

# 2

### Reading

We are increasingly aware of the damage we do to ourselves and to others when we isolate ourselves from our world and do not take for granted the planet we live on and that creation has been given to us to protect. The first stories of the Bible already tell us about water, about its presence: *"In the beginning, when God created the heavens and the earth and the earth was without form or shape, with darkness over the abyss and a mighty wind sweeping over the waters"* Gen. 1: 1-2

And Jesus himself began his mission by being baptized with water: *"After Jesus was baptized, he came up from the water and behold, the heavens were opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. And a voice came from the heavens, saying, 'This is my beloved Son with whom I am well pleased.'"* Mt. 3, 16-17.

### Reflection

The targets of Goal 6 for today are:

**6.6** By 2020, protect and restore water-related ecosystems, including mountains, forests, wetlands, rivers, aquifers and lakes

**6.3** By 2030, improve water quality by reducing pollution, eliminating dumping and minimizing release of hazardous chemicals and materials, halving the proportion of untreated wastewater and substantially increasing recycling and safe reuse globally

How many times a day do we wash our faces, take a shower or drink a glass of water? A devastating fact is: More than 80% of the wastewater resulting from human activities is dumped into the rivers or the sea without any treatment which causes its contamination. With the use-and-throw-away mentality-- the immediacy and excessive consumption in which we find ourselves involved-- we have managed to create an «ecosystem» parallel to nature. We can take it for granted and we do not give nature the necessary respect. Today we invite you to take time to listen to this Spanish song by Perotá Chingó. May we think about our place in this world, as a human race, as a population and as individuals and be responsible. Think of the image of downpouring rain. We cannot avoid feeling that freshness and that life that leaves the water in motion, as light. After all, we are only temporary visitors of this world. We hope that our journey is to cleanse, heal, give life and go to the heart.



Foto: Miguel Ángel Velasco, cmf

<https://www.youtube.com/watch?v=tNuO2-vlI9Y>



## SDG 6: Ensure access to water and sanitation for all

### Reading

# 3

*Jesus had to pass through Samaria. So he came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.*

*A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.) Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." [The woman] said to him, "Sir, you do not even have a bucket and the well is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this well and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." John 4: 4-15*

### Reflection

The targets for Goal 6 for today are:

**6.2** By 2030, achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations

**6.A** By 2030, expand international cooperation and capacity-building support to developing countries in water- and sanitation-related activities and programmes, including water harvesting, desalination, water efficiency, wastewater treatment, recycling and reuse technologies

**6.B** Support and strengthen the participation of local communities in improving water and sanitation management

Today we read the Gospel and see a less visible dimension included in the goals of the SDGs. Jesus asks a foreign woman for water and we always emphasize the conflicted relationship between Jews and Samaritans. But she is also a WOMAN and Jesus speaks to her. During the years 2005 and 2015, women have increased their strength by contributing access to basic water and sanitation services. Today, we see women as important instruments of change. Women and girls are responsible for collecting water

in 80% of households without access to running water. Access to water is key to the empowerment of women, especially in rural areas, since they can perform other paid work. «If a woman has to walk daily to places far from her home, it is practically impossible for her to do work capable of providing income for herself and her home» (Rehema Bavuma, Conference for the Decade of Action for Water, June 2018).

There are many places where the traditional role of gender determines what options women have. This is important, not because women want to leave the care of their families, but because at the moment of truth, they are key people to transport water but have no choice in the matter. It directly affects the access and involvement of women in decision-making regarding water. That is why we would like to ask ourselves the following question when we hear that we are already better than previous generations and that feminism is not necessary: In general, for the most part, who is responsible for bringing water home?

Strengthening the role of women in society remains indispensable in a truly transformative agenda for development and in order to allow women to contribute in a meaningful way, gender inequality must be addressed, even in such daily issues as water management and water sanitation.



## SDG 7: Ensure access to affordable, reliable, sustainable and modern energy for all

# 1

### Reading

*Jesus said to them, "The light will be among you only a little while. Walk while you have the light, so that darkness may not overcome you. Whoever walks in the dark does not know where he is going. While you have the light, believe in the light, so that you may become children of the light." After he had said this, Jesus left and hid from them. John 12:35-36*

### Reflection

Think, for a moment, what our world would be like if we did not have electricity. In our many daily tasks that we see as essential, without electricity, we could not carry them out. Electricity allows us to have running water instead of having to travel long distances to look for it. Electricity allows us to store vaccines for children and makes it possible for light at night to do everyday tasks.

Thanks to the latest advances since 2000, access to electricity increased from 78% to 87%, which brought down the number of people without access by 1 billion. It increased the most in South Asia (from 60% to 86%), and in sub-Saharan Africa (from 26% to 43%). These significant increases have been possible thanks to the changes in this generation of electricity from solar energy regardless of the network.

The following story is an example of hope: *Coming from remote communities in Honduras that did not have electricity, four women are leading efforts to install, maintain and repair*

*solar energy equipment. They have already installed more than 200 panels, and each one generates 85 watts of power for domestic use and other purposes, such as having light, hearing the news, cooking, etc.*

*Women, at The Barefoot College (in India), developed their skills in their solar energy program. This is a pioneer institution in the field of teaching complete technological programs for simple people. Thanks to the PPD (a Small Grants Program) "28 solar engineering projects have been supported in 18 countries", and "as a result of this, 71 women have been empowered and have brought electricity to 3,778 households and 22,739 people in 52 villages."*

(More at: <http://www.latinamerica.undp.org/content/rblac/en/home/ourwork/climate-and-disaster-resilience/successstories/women-from-honduras-learn-about-solar-energy-in-india.html>)

Foto: Miguel Angel Velasco, cmf





## SDG 7: Ensure access to affordable, reliable, sustainable and modern energy for all

# 2

### Reading

*"You, Lord, are clothed with majesty and splendor robed in light as with a cloak. You spread out the heavens like a tent; setting the beams of your chambers upon the waters. You make the clouds your chariot; traveling on the wings of the wind. You make the winds your messengers; flaming fire, your ministers. Psalm 104: 1-4*

### Reflection

For many years, fossil fuels such as coal, oil or gas have been the main sources of the production of electricity. But the burning of fuels with high carbon content produces large amounts of greenhouse gases that have harmful effects on the population and the environment. The main factor is the production of energy, which represents 60% of the world's greenhouse gas emissions.

Fortunately, since 2000, 10% of the population has stopped relying on firewood, charcoal, manure and hard coal for cooking and heating. But there is still a long way to go, as 41% of the world population (2.8 billion people) still lacks access to clean cooking technologies and fuel.

In recent years, the rate of renewable sources in the energy produced in the world amounts to 22% and is gaining ground on fossil energy. The regions where most are being promoted are in Africa and Asia. It is necessary to continue these effort to achieve the goals. The following account is about a measure that has been put

into practice and that should make the rest of the world reflect on whether we are doing everything possible to reduce our emissions:

*"The Azraq refugee camp in northern Jordan will be the first in the world to use a solar power plant to meet its energy needs. The photovoltaic plant is located in a desert area characterized by hot summers and very cold winters. The installation will provide electricity to 20,000 refugees who have had sporadic access to electricity during the past two years. The supply of energy at zero cost will represent an important saving for UNHCR, which will provide assistance in other areas. In addition, it will contribute to the country's green economy objectives for the year 2020, by reducing CO2 emissions in its initial phase-- 2,000 tons per year. In order to build the photovoltaic plant, 50 refugees were hired and it is expected that some of them will take care of its maintenance."*

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## SDG 7: Ensure access to affordable, reliable, sustainable and modern energy for all

# 3

### Reading

*"You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Mt 5: 14-15*

### Reflection

The advances in energy conservation have been quite significant. For example, global energy intensity (the energy quotient used per unit of GDP) was reduced by 2.8 percentage points from 2014 to 2015, which is twice the improvement between 1990 and 2010. In fact, low and middle income countries achieved greater declines. In the end-user sectors, reductions of 4.2% have been achieved, but efforts must continue in order to have large energy savings.

Would it be good to open a bag of cookies and throw away the ones that are left over? Or good for a painter to throw away a can half used because he finished his project? Or to buy

compulsively clothes that we are not going to wear? In the same way, we should take care of the energy that we have, without squandering it, and treat it as a precious and finite good. It is up to us.

In our homes, we can all save electricity by turning appliances off completely after using them, and turning off the lights in empty rooms. We can also use low energy lights and insulate the house as much as possible to conserve heat and reduce electricity consumption. Instead of using more polluting means of transport, we can bicycle, walk or use public transport to reduce carbon emissions.



Lovelyday12 - Freepik.com



## SDG 8: Promote inclusive and sustainable economic growth, employment and decent work for all

### Reading

Please watch: <https://www.youtube.com/watch?v=cxUuU1jwMgM&list=PLJha7AjW1Oo6qgE8WCmsTpyRYN1R8bcRF>



# 1

### Reflection

"*Work dignifies humanity*" said Karl Marx. It seems like a true statement, but now we think the opposite. Not intending to be incendiaries, we suggest a new twist for this phrase. Without a doubt, Marx reflected on work and on the inevitable periods of inactivity that life has. He was not wrong in saying these words; work is inherent to being human. We have it, better said and written in Genesis and not as a form of suffering nor self-realization. The feeling of building a sustainable future (even when we fail) justifies our existence in some way and allows us to discover, invest our talents, and bear fruit. Even with all this, work does not dignify the person. This is because the person is worthy of dignity for the mere fact of having been born human. The work that we do, without a doubt, recognizes and is part of that dignity but only if we are talking about dignified jobs.

A decent job is one that allows the person to carry out the dignified life they deserve. This implies an honest salary, an environment of security in the workplace, social protection for families, the protection of rights -including that of free expression-, equal treatment, and opportunities for both genders. Also, we could say that a decent job should be coupled to a key moment and the person's particular needs. In this way, a job that forces a child to work is not a worthy job, nor that which forces a 64 year old person work at 3 a.m. It is not dignified if it coerces a woman not to get pregnant, or if it does not allow a man, at the end of the day, to spend quality time with his family. Neither is a job without a contract that protects the rights and defines the responsibilities of the worker, nor that which pays so low that the person cannot provide for basic needs and support their family to live.

For the International Labor Organization (ILO) it is necessary to promote jobs that offer social protection and respect rights if we are to end poverty and achieve economic growth that is sustainable and, at the same time, inclusive.

Fortunately, there are several projects that are happening already and seeing results. A clear example is the fight against child labor. Over the past decade with the support of the ILO, more than 60 countries - which implement almost 200 laws - adapted their legal frameworks in accordance with the ILO Conventions on child labor. Since 2004, within the framework of its systematic evaluation of the application of Conventions Nos. 138 and 182, the ILO Committee of Experts has noted that the number of comments indicating progress has increased sevenfold.

Some of these results are:

- Over the last 15 years, nearly one million children were rescued from child labor or prevented from entering it thanks to ILO projects in around 110 countries around the world.
- The total number victims of child labor decreased by 30 percent, from 246 million in 2000 to 168 million in 2012.

In any case, the problem is not just the big companies, the employer, or the laws that protect the employee. As in all things, there is something that we in our daily lives can do to keep that worker's dignity protected. We begin by recognizing workers as equals, respecting the limitations of their responsibilities and functions, and valuing his work, be it service or product. Last but not least, we can be responsible when buying those products or hire their services, without granting us indulgence for ignorance, but taking the necessary precautions to be consistent with our moral commitment. At the end of the day, we are the work of others, and our work is, in a way, responsible for their work.



## SDG 8: Promote inclusive and sustainable economic growth, employment and decent work for all

# 2

### Reading

*Whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. Col 3:17*

### Reflection

The big companies and corporations have their advantages and disadvantages: everything depends on the perspective of the eyes that examine them. Something that we can all consider wrong is the dehumanization of labor and its products. It seems as if there is a great impenetrable wall that prevents us from knowing what is behind the products we buy. What is its origin, its past, its future? From where do these jeans come? Did a human really design them? Did a human hand or a machine make them? Who knows the wonders of the latest technological advances and to what extent they will get rid of human beings! From where does this bottle of milk come? Does it really come from a real cow? Who milked it? How many km from here is that cow? In what conditions does it live? Will it look anything like the green Swiss meadow that appear on the label? What will happen to the plastic in the bottle afterwards?

The reality is that we rarely stop to think about these questions when it comes to consuming goods. Who has hours to surf the internet in the supermarket aisle to learn about milk? We use the half hour after a long day of work to buy groceries urges and to be effective we generally choose the lower price or the one that gives more for less. Even then we are not going to use it all; part of the product could spoil before we can finish it.

Jesus' attention to others was seen in how he looked at people. The evangelists took the trouble to describe the gaze of Jesus in many of his interactions. If it is so important, maybe we should examine our eyes too. How do we look

at the eyes behind the milk bottle, our jeans, our late train? The message in the above scripture is clear; Whatever it is, do it in the name of the Lord Jesus: do it with Love, with Justice, and receive the Grace.

Fortunately, there are already movements that have proposed to make this task easier for us. Fair Trade and the different associations that promote it are a crucial element in the network of alternatives that defend a model of decent and sustainable work. For example, since 1974, the PREDA Foundation (Prevent And Rehabilitate Drug Abusers Foundation) is an institution that is managing to curb prostitution in the Philippines through Fair Trade and the dignified work that it generates. Thanks to it and Fair Trade, today it is possible for thousands of Filipino children to escape the clutches of sexual exploitation. Through the production of handicrafts and their sale through this channel of "solidarity commerce", the foundation offers them a way of life that allows them to reintegrate and take control of their lives.

But Fair Trade is not limited only to the sale of baskets, cocoa, or coffee, nor is it the only way to recognize the dignity of the worker in the product. Promoting the local artistic scene or organizing our schedules to make these purchases are gestures that also come with our own seal of justice: consume with awareness and knowledge of the cause.



## SDG 8: Promote inclusive and sustainable economic growth, employment and decent work for all

# 3

### Reading

*You have sown much, but have brought in little; you have eaten, but have not been satisfied; You have drunk, but have not become intoxicated; you have clothed yourselves, but have not been warmed; And the hired worker labors for a bag full of holes.* Haggai 1:6

### Reflection

According to experts, economics is a social science that studies how to manage the resources available to meet human needs, as well as the behavior and actions of human beings. Therefore, its ultimate objective is to improve the living conditions of people and societies.

But the popular concept of economics is more identified with an incomprehensible entity reserved for a few experts to profit through a shameless exploitation of resources and rights. Far from having anything to do with the wise administration of goods and the satisfaction of human needs, the models to follow promote an insatiable anxiety and greed, unattainable for all, and undoubtedly unsustainable for the planet. Evidently, they fulfill their function of making the whole world more consumeristic and continue to feed the desire for infinite growth of those who already have great wealth.

Fortunately, some people capable of thinking and feeling outside this framework decided to

create a business model where the focus was not economic growth at all costs, but centered on society and its people. We are talking about the so-called social enterprises, whose goal is to achieve objectives that are at the same time social, environmental and financial. This is often described as the "triple result": achieving social, environmental and economic benefits at the same time.

An example of this is the travel agency Nadiu Viatges, a company based in Barcelona that promotes a socially and ecologically responsible tourism model. Through something as daily and rewarding as travel, together we would drive the economic growth of local people and businesses in just conditions, reducing the environmental impact and collaborating in projects of solidarity on our journey. John Bird as the founder of the street newspaper The Big Issue says, *"you can receive economic benefit and be ethically correct at the same time."*

Foto: Miguel Ángel Velasco, cmf





## SDG 9: **Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation**

# 1

### Reading

*Those who cultivate their land will have plenty of food, but those who engage in idle pursuits will have plenty of want. Prov. 28: 19.*

### Reflection

Basic infrastructure remains scarce in many developing countries: roads in poor condition, basic sanitation services to which 2,500 million people have no access, and lack of access to water for 800 million people worldwide.

Fortunately, there are places in which much progress has been made in recent years, such as the information and communication technologies. We are optimistic. Despite the fact that 16% of the world's population does not have access to 3G mobile broadband networks (reaching 39% in the least developed countries), these figures have improved compared with those registered a few years ago and the forecasts.

Think for a moment of the great advance that the emergence of mobile communication and the Internet has brought to humanity. The development of a country is closely linked to these technologies which offers the means of interacting with others (both individually and as a group or government) in order to exchange ideas, knowledge and progress. The following is an example of global collaboration in this area:

*"The Trans-Eurasian Information Super Highway (TASIM) super-highway project aims to create a transnational fiber optic line running through all the countries of Eurasia, from Western Europe to East Asia.*

*The project includes the creation of a major transit link from Frankfurt to Hong Kong which will connect the main information exchange centers in Europe and Asia. The transit line will be extended through China, Kazakhstan, Azerbaijan, Georgia and Turkey to Germany. A northern transit line will cross the territories of Russia, Ukraine and Poland.*

*TASIM will create its own active and centrally managed network that will be added to the existing fiber optic networks provided by the participating groups (TASIM Consortium). It will take advantage of the transit infrastructure to offer affordable connectivity to countries located in Eurasia and even farther away."*

(In: <https://www.itu.int/en/sustainable-world/Pages/goal9.aspx>)



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## SDG 9: **Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation**

# 2

### Reading

*Take good care of your flocks, give careful attention to your herds; For wealth does not last forever, nor even a crown from age to age. When the grass comes up and the new growth appears, and the mountain greens are gathered in, The lambs will provide you with clothing, and the goats, the price of a field, And there will be ample goat's milk for your food, food for your house, sustenance for your maidens. Prov. 27: 23-27*

### Reflection

Infrastructure development is so important that in countries with lower incomes in Africa the limitations in this area affect the productivity of companies by up to 40%.

Small and medium-sized companies engaged in industrial processing and production are the biggest creators of employment. They make up more than 90% of companies worldwide and represent 50-60% of employment. In fact, the increase in industrialization has a positive

impact on society: every job in the industry creates 2.2 jobs in other sectors.

Investment in infrastructure, sustainable industrial development and technological progress determines economic growth, social development and action against climate change in a country. Sustained growth must include an industrialization that offers opportunities for all people and that has the backing of innovation and resilient infrastructures.



Zurijeta - Freepik.com



## SDG 9: **Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation**

### Reading

# 3

*Anything you can turn your hand to, do with what power you have; for there will be no work, no planning, no knowledge, no wisdom in Sheol where you are going. Ecc. 9: 10*

### Reflection

The price of not achieving the goals of this objective are very high. Considering the great role that industry plays in development, putting an end to poverty would be much more difficult. It is important to increase scientific research and improve the technological capacity of industrial sectors by encouraging innovation. This will be achieved by facilitating small businesses' access to financial services including affordable credit.

The least developed countries have an immense potential for industrialization in food and beverages (agroindustry), textiles and clothing. The areas of sustained employment and productivity are very good.

On the other hand, in developing countries, only 30% of agricultural production is subject to industrial processes (in the most developed countries it is 98%). This means that there are huge opportunities for growth in developing countries in the agricultural industry.

Perhaps this is a perception that this goal is one for which people on the street can do little--that it only depends on government. But much of what can be done is in our control:

- Surely, we know some hospital or clinic where they are raising funds to improve infrastructures and medical care facilities.
- We collaborate with non-profit groups who finance projects that provide infrastructure for basic needs and promote sustainable growth in the most disadvantaged countries.

- Promote initiatives that demand a greater investment in research and innovation. This is essential for a country to move forward.
- Let us reflect on how business affects our lives and well-being and encourage politicians to give priority to such crucial issues as these.



Foto: Miguel Ángel Velasco, cmf



## SDG 10: Reduce inequality within and among countries

# 1

### Reading

*Keep watch over yourselves and over the whole flock of which the holy Spirit has appointed you overseers, in which you tend the church of God that he acquired with his own blood. I know that after my departure savage wolves will come among you, and they will not spare the flock. And from your own group, men will come forward perverting the truth to draw the disciples away after them. So be vigilant and remember that for three years, night and day, I unceasingly admonished each of you with tears. And now I commend you to God and to that gracious word of his that can build you up and give you the inheritance among all who are consecrated. I have never wanted anyone's silver or gold or clothing. You know well that these very hands have served my needs and my companions. In every way I have shown you that by hard work of that sort we must help the weak, and keep in mind the words of the Lord Jesus who himself said, 'It is more blessed to give than to receive.'" When he had finished speaking he knelt down and prayed with them all. Acts 20: 28-36*

### Reflection

SDG 10 tells us that "children in the poorest 20% of the population are up to 3 times more likely to die before their fifth birthday than children in the richest 20%." They die simply because they were born in a poorer place. If this is the case, we are doing something wrong; there is something that destabilizes balance and justice. Something that does not allow us to accept the weak and to remember that it is better to give than to receive.

This SDG also informs us that "up to 30% of income inequality is due to inequality within households, even between women and men, and women are more likely than men to live below

50% of the average income ". For very few, gender discrimination is somewhat extinct. For so many others, this is their daily reality. These parallel realities exist a few kilometers away..

The weak still suffer and the resistance also continue to exist. These are the ones with conviction. The fighters. The nonconformists. Those that are entrenched. Those who empathize. Those who refuse to accept injustice. Those who give themselves. Those who hear the Word. Those of us who know that it is useless to lament. Those whose time has come to act urgently.

God has taught us--and it's worth it.

Foto: Miguel Angel Velasco, cmtf





## SDG 10: Reduce inequality within and among countries

# 2

### Reading

Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing. Anyone who does not remain in me will be thrown out like a branch and wither; people will gather them and throw them into a fire and they will be burned. If you remain in me and my words remain in you, ask for whatever you want and it will be done for you. John 15: 4-7

### Reflection

It seems that it is not good enough just to be curious, to give alms, to listen to news, to be sensitized. It seems that things have gotten out of hand and we exist in a world that automatically metes out inequality-- simply by the way we live. But we cannot despair, but continue to persevere and keep looking for ways to change our world. To build the Kingdom. To bearing fruit. To achieve what God wills. To arrive.

*Arrive (Miguel Ángel Vázquez)*

*It's about getting there, Step by Step  
arrive*

*Do not be daunted by delirium or fear  
arrive*

*Go through forests and storms, jump into  
rivers, soak up the sun's rays  
arrive*

*Walk from defeat to defeat, until the final  
victory  
arrive*

*Know yourself as capable after injury,  
overcome the abyss  
arrive*

*Smiling rain veils the black clouds, the  
glowing noon sun early mornings and  
silence  
arrive*

*Expect the unexpected, corral columns of  
intolerance, flirt with destiny  
arrive*

*Believe in the impossible, follow signs  
arrive*

*Walk with others, never to venture alone  
especially when your road takes you into the  
darkness  
arrive*

*Lift up of hope and struggle, receive the  
wind's caresses and comfort  
arrive*

*Shout to the sky, throw stones into the  
water, listen to the letters of children  
arrive*

*Follow the footprints, Make your own  
arrive*

*And once you have arrived, affirm that the  
reason you have journeyed is why you  
arrive*



Foto: Miguel Ángel Velasco, cmtf



## SDG 10: Reduce inequality within and among countries

# 3

### Reading

*For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.' Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?' And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'* Matthew 25: 35-40

### Reflection

SDG 4 tells us that there is good and bad news; the good news is that *"the inequality of income between countries has been reduced"*. The bad news is that this inequality *"has increased within the countries themselves"*. That is to say, some countries are getting a little less poor, but within the countries the rich are richer and the poor are poorer.

Without focusing on distant countries (where this is extremely scandalous), we can see it every day in our cities. Begging is still present, evictions are still frequent (although sometimes the news stops reporting it), social aid is insufficient. Sometimes it seems that the system (educational, health, political) is not prepared for these people which, apparently, are less "human" than others. Sometimes, we call these people "foreigners."

We share a Spanish song with you by Migueli ([www.migueli.com](http://www.migueli.com)). What will become of the stranger?

**EXTRANJERO** (Migueli) [https://youtu.be/7hNI\\_Fk2SH4](https://youtu.be/7hNI_Fk2SH4)

*Do not say yes or no,  
do not get what I expect;  
will there be others to my hunger  
call him what I do not want,  
it will be of another color,  
it will not be right,  
it will not feel passion  
in the parties of the towns.*

*What will become of the stranger?*

*It will not feel hot,  
not have friends nearby,  
that they exploit you without problems,  
may the coldness harden you;  
maybe, around you,  
a fence of indifference  
and borders of rejection,  
of incomprehension, of impatience.*

*Do not look at your heart,  
they do not value the real,  
that the pain forces you to flee  
and to die in the Strait,  
that you suffer and we blame you,  
of extreme miseries,  
wars, hunger, dictators  
and do not show solidarity.*

*What will become of the stranger?*

*Yes, my brother, you, the stranger,  
you who never felt it,  
you who think you are the master  
and you resist sharing  
as if singing, the air  
of the earth were ours,  
as if the river and the valleys  
they did not already have their Owner.*



## SDG 11: **Make cities inclusive, safe, resilient and sustainable**

# 1

### Reading

*"Getting a house was difficult at that time. The capital city was too small for its five million inhabitants even by dint of widening the squares, opening avenues and multiplying the neighborhoods, the lack of land for the construction of private homes was a threat. So it the statement that ran from mouth to mouth was quite accurate: in Paris there are no houses, only streets." Paris in the Twentieth Century by Jules Verne (1864).*

### Reflection

This passage is one of the many interpretations of society's future that some dared to visualize. Jules Verne was not misguided. Unfortunately, neither was George Orwell in his book "1984". Then the naming expands to a diversity of styles: a future filled with the most curious technologies-- some decadent and others directly post-apocalyptic. The Internet, in fact, is full of examples that show how in the past, they imagined the future. The future that is our present today. However, there are not even air taxi stations, nor are the cities as clean as if they were painted. The current picture is another story. What is the image we have now of the future? Personally, how do we visualize the future? Does it include aircraft, multi-function home robots and minimalist fashions? Or diversity, accessibility, ecology, health, humanity?

It is difficult to clearly define what will be abandoned. What we do know is that the reality of the growth of humanity and the future of cities is unstoppable. If we think that cities are frenetic now, in about 30 years we and our children will live in a world in which urban centers will have increased by two-thirds of their current population. It seems apocalyptic, but it is not. We just have to be more efficient with space and with our resources. Cities are like ecosystems, in themselves very active, but poorly managed in some aspects. We produce large amounts of garbage without knowing it. Something that today we only call "generate waste."

Fortunately, again, there are people imagining a future not so picturesque but a future even

better because it is possible and we are hopeful. Examples are windows with photosynthetic cells to take advantage of solar energy, gyms that use the energy generated in their machines in the building such as electricity, diamonds made from the carbon emissions of a city, highways made of recycled plastic, or the implementation by Green Law of roofs in cities like Toronto, Copenhagen, Cordoba (Argentina) or Switzerland in all its extension as a country. These hopeful signs tell us that it is possible to do things differently and do them well.

The city of Shanghai is a great example of how to cooperate with commitments from the government. Shanghai would have been the most polluted city in the most polluted country in the world but instead leads the process of transformation to a sustainable city. From 2006 to 2010, Shanghai recorded an average annual GDP growth of 11.2%, but the energy intensity (the quotient between energy consumption and GDP) of the city fell by 20%, which saved some 28 million tonnes carbon equivalents (TEC). The energetic mix of the city is also changing. The part corresponding to the use of coal was reduced from 53% in 2005 to 49% in 2010. In terms of transportation, in three decades, Shanghai has managed to build the largest rapid transit system in the world. We cannot forget another remarkable achievement regarding good air in the city: in four years it has incorporated 6,600 hectares of new vegetation and 12,000 hectares of forest have been added, an increase in the forest coverage of the city of 11% to 12.6%.



## SDG 11: **Make cities inclusive, safe, resilient and sustainable**

# 2

### Reading

*We must consider how to rouse one another to love and good works. We should not stay away from our assembly, as is the custom of some, but encourage one another, and this all the more as you see the day drawing near.* Heb. 10: 24-25

### Reflection

Although it may not seem so, even without the role of scientists, technological advances, or government investment, we can make a difference. The whole task of energy efficiency and the use of resources needs to be enriched by the effort of the most basic social groups: communities. We talk about something as simple as recovering conversations with those around us. We know what happens in our neighborhoods, our schools, our parks. Being able to use or reuse what someone else is going to throw away, sharing tools among a whole community of neighbors, or learn to take care of all common and public goods are some of the marvels of the most basic communication: from person to person.

In recent years more and more initiatives seek to recover this ingredient of coexistence and use it as an advantage: the app "I do not waste" or "nolotiro.org", are some of the examples through which we can consume more intelligently and ecologically thanks

to these consumer communities or various improvements in our neighborhood.

Perhaps the most striking example of a country in which the collaborative work of small communities is common is Japan. Foreigners are struck by the cleanliness of their streets and see groups of retirees cleaning the neighborhood park together. Various public goods are shared without anyone stealing or mistreating them. It is in this context that a community model has been successful. The inhabitants in the town of Kamikatsu, without the help of special containers or trucks, recycle 80% of their garbage. They wash and classify the waste into 45 categories and deposit it in a community collection center. With the money obtained from recycling, the municipality provides subsidies to improve the well being of the community. Undoubtedly, this experience shows that when all people in a community wants something, it can be done.

Foto: Miguel Ángel Velasco, cmf





## SDG 12: Ensure sustainable consumption and production patterns.

# 1

### Reading

When Jesus raised his eyes and saw that a large crowd was coming to him, he said to Philip, "Where can we buy enough food for them to eat?" He said this to test him, because he himself knew what he was going to do. Philip answered him, "Two hundred days' wages worth of food would not be enough for each of them to have a little [bit]." One of his disciples, Andrew, the brother of Simon Peter, said to him, "There is a boy here who has five barley loaves\* and two fish; but what good are these for so many?" Jesus said, "Have the people recline." Now there was a great deal of grass in that place. So the men reclined, about five thousand in number. Then Jesus took the loaves, gave thanks, and distributed them to those who were reclining, and also as much of the fish as they wanted. When they had had their fill, he said to his disciples, "Gather the fragments left over, so that nothing will be wasted." So they collected them, and filled twelve wicker baskets with fragments from the five barley loaves that had been more than they could eat. John 6: 5-13

### Reflection

The target from SDG 12 for today is:

**SDG 12.3:** "By 2030, halve per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains, including post-harvest losses"

How ironic! Many of us were told as a child, "You have to eat everything on your plate. There are children in the world who have nothing and will die of hunger." We thought: "How is it possible that, because we do not eat this dish, we are guilty of someone else dying of hunger?". Looking at this goal of the SDGs and reviewing these memories, we realized that these actions changed us and made us aware of the blessing we had to be born in the developed world. It made us put less on the plate the next time. It made us value something that came to us as a gift and without effort, reminding us that there were people who did not have it so easy. Maybe it does not make much sense to eat everything on the plate once or for a day, but if these habits become a way of life, then it does make a difference.

These are some suggestions from the website of the Food and Agricultural Organization. This invitation to change is needed because surely we DO NOT achieve the development goals by looking the other way. The miracle began when a child who approached Jesus gave what he had and it was the only thing he could do.

- "Nine ideas to reduce food waste and become a hero #HambreCero:

1. *Small amounts: Serve or eat smaller portions of food in your house and share meals with your friends in restaurants when the portions are large.*
2. *Reuse your leftovers: Save your leftovers for another meal or use them in a different recipe.*
3. *Buy only what you need: Be smart with your purchases. Make a list of what you need and follow it. Do not buy more than you can consume.*
4. *Leave prejudices aside: Buy «ugly» or irregular fruits and vegetables. They are equally good they just look different.*
5. *Check your refrigerator: Store foods at a temperature between 1 and 5 degrees Celsius for maximum freshness and shelf life.*
6. *First in, first out: Use first products you had previously purchased. Move the older products to the front and place the newest ones in the back.*
7. *Understand the dates: «Consume before» indicates a date when the food is safe to be consumed, while «Preferably consume before» means that the quality of the food is better before that date but it is still safe for consumption after this. Another date that can be found in the food packages is the «Expiration», which is used for inventory rotation for manufacturers and retailers.*
8. *Compost: Some food waste may be unavoidable, so why not install a compost bin?*
9. *Donate the surplus, "sharing is living."*

DO YOU HAVE ANYTHING ELSE?

(Share it in: <http://www.fao.org/zhc>)



## SDG 12: Ensure sustainable consumption and production patterns.

# 2

### Reading

*Jesus said, "No one can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and mammon. "Therefore I tell you, do not worry about your life, what you will eat [or drink], or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they? Can any of you by worrying add a single moment to your life-span? Why are you anxious about clothes? Learn from the way the wild flowers grow. They do not work or spin. But I tell you that not even Solomon in all his splendor was clothed like one of them. If God so clothes the grass of the field, which grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith? So do not worry and say, 'What are we to eat?' or 'What are we to drink?' or 'What are we to wear?' All these things the pagans seek. Your heavenly Father knows that you need them all. But seek first the kingdom [of God] and his righteousness, and all these things will be given you besides. Do not worry about tomorrow; tomorrow will take care of itself. Sufficient for a day is its own evil. Mt. 6, 24-34.*

### Reflection

The target for today's goal 12 is:

**"12.2** *De aquí a 2030, lograr la gestión sostenible y el uso eficiente de los recursos naturales."*

**Target 12.2:** By 2030, achieve the sustainable management and efficient use of natural resources.

As we read the chosen this target of goal 12 for today, we laugh--How easy it is to say!

Who knows where we will be in 2030?!

Achieve sustainable management: Management?! Sustainable?! What are we going to manage?!

We would like to be efficient with light and water!

But how do we do these things? And what's more, what can we do? This reading of the Gospel of Matthew can help us when the questions of hopelessness arise.

After reading it and rereading the goal, it may seem all but impossible:

By 2030: Well we better look at TODAY (repeat this phrase daily)

Achieving sustainable management: What do we manage? Our house! Our life! Do we do it right? If it's not, we should start.

Efficient use: From what and from where do we consume, how can we consume less? How much time do we save if we leave the computer on-- five minutes? Conserve? Do we use energy saving light bulbs? How much do we save if we turn off the tap while we soap up? In the supermarket, do we buy only what we will need or do we always have more than enough and then do the goods expire?

Surely each of us can ask ourselves: What is wrong with our daily routine?



## SDG 12: Ensure sustainable consumption and production patterns.

# 3

### Reading

*Now this is how the birth of Jesus Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins." Mt. 1: 18-21*

### Reflection

**Today's target is 12.c:** *Rationalize inefficient fossil-fuel subsidies that encourage wasteful consumption by removing market distortions, in accordance with national circumstances, including by restructuring taxation and phasing out those harmful subsidies, where they exist, to reflect their environmental impacts, taking fully into account the specific needs and conditions of developing countries and minimizing the possible adverse impacts on their development in a manner that protects the poor and the affected communities.*

Wow! We are dumbfounded as we read this goal: Subsidies? National circumstances? Tax systems? ... BUT WHAT DOES THIS HAVE TO DO WITH US? It seems clear that we cannot do anything towards this goal.

Maybe Joseph felt similarly to learn what happened to Mary: "What do I do with this?" Then he had a dream ...

We leave you with this story. I hope that the Pepes and the Monchos will always win! <https://www.youtube.com/watch?v=HLIJkmy3vy8>

Maybe we cannot do anything directly for this goal. But maybe just maybe we know the friend of some president or maybe we meet some minister in a bar, maybe our vote means something and we decided to choose better representatives for working toward of these goals. What is certain though is that we educate our children so that their world is better than ours, so that they are better than us. It is a good dream!

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## SDG 13: **Take urgent action to combat climate change and its impacts**

# 1

### Reading

*We have to do the works of the one who sent me while it is day. Night is coming when no one can work. While I am in the world, I am the light of the world.* John 9: 4-5

### Reflection

We are the first generation capable of eradicating poverty and the last generation capable of curbing climate change. That, my friends, is called living this historical moment. So we ask ourselves: what will we say to our children when they ask us, "what did you do when you found out about this"?

SDG 13 says that Climate Change "is a global challenge that does not respect national borders, it is a problem that requires the international community to work in a coordinated and precise manner so that developing countries move towards a low carbon economy."

So we ask ourselves: What role are we going to play?

We ask because we believe that there is still time for hope.

#### **OUR TIME** (Pedro Casaldáliga)

*It's late  
but it is our time.*

*It's late  
but it's all the time  
that we have on hand  
to make the future.*

*It's late  
but it's us at  
this late hour.*

*It's late  
but it's early morning  
if we push for it.*



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## SDG 13: Take urgent action to combat climate change and its impacts

# 2

### Reading

*God also said: See, I give you every seed-bearing plant on all the earth and every tree that has seed-bearing fruit on it to be your food; 30and to all the wild animals, all the birds of the air, and all the living creatures that crawl on the earth, I give all the green plants for food. And so it happened. 31God looked at everything he had made, and found it very good. Evening came, and morning followed—the sixth day Gen. 1: 29-31*

### Reflection

Answer this trivia question: Why is the average temperature of the North pole is  $-8^{\circ}\text{C}$  and that of the South pole is  $-35^{\circ}\text{C}$  since solar rays, on average, affect the the earth the same throughout the year?

Answer: The north pole is nothing more than ice floating in the ocean, while the south pole is a continent (the Antarctic), that is, under the ice there is earth. This causes the marine currents heat the north pole below and increase its temperature.

So the famous north pole is that: ice floating in the ocean and when the ice warms up, it melts.

In relation to this, SDG 13 gives us some facts:

- Since 1979, the Arctic sea ice has been reduced with losses of 1.07 million  $\text{km}^2$  every 10 years.
- Given the current concentration and the continuous emissions of greenhouse gases, it is likely that by the end of the century the increase in global temperature will exceed 1.5 degrees centigrade. The world's oceans will continue to warm and the melting will continue. An average rise of sea level of between 24 and 30 cm is expected by 2065 and between 40 and 63 cm for 2100. Most of the issues related to climate change will persist for many centuries, despite the fact that emissions are curbed.

Before this, it would be good if the countries agree to do something, but will be enough? The trouble is that sometimes we despair and say: "What can I do-- I am a tiny ant in this world?". Thank God, there are people who act instead of ask questions. They turn out to be people of hope for many, many, many other human beings.

In August 2018, 15-year-old Greta Thunberg sat in front of her country's parliament (Sweden) and went on strike every day for three weeks. His argument was simple: "Why study, if there is no future?". In this way, a movement called "Fridays for Future" (<https://www.fridaysforfuture.org/>) was created and has gone viral. It currently calls for demonstrations, protests and strikes every Friday around the world. The largest of all to date has taken place on March 15, 2019 which people from over 1,900 cities spread across 119 countries joined the protest.

Indeed, children are the future. Is it time to listen to them?

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## SDG 13: **Take urgent action to combat climate change and its impacts**

# 3

### Reading

*Now God grant I speak suitably and value these endowments at their worth: For he is the guide of Wisdom and the director of the wise. For both we and our words are in his hand, as well as all prudence and knowledge of crafts. For he gave me sound knowledge of what exists, that I might know the structure of the universe and the force of its elements, The beginning and the end and the midpoint of times, the changes in the sun's course and the variations of the seasons, Cycles of years, positions of stars, natures of living things, tempers of beasts, Powers of the winds and thoughts of human beings, uses of plants and virtues of roots — Whatever is hidden or plain I learned, for Wisdom, the artisan of all, taught me. Wis. 7: 15-21.*

### Reflection

Humans have the power of wisdom. Franklin D. Roosevelt said (and others have repeated): “*great power carries great responsibility*”. We know many things. We understand the workings of the elements, time, the stars. But all that knowledge comes from God.

The problem is that knowing does not mean solving: just like buying the gym membership does not mean getting fit. You have to workout from time to time.

In order to face these great challenges whether climate change, inequality, injustice, etc, we cannot start without putting ourselves in the hands of God and ask the Holy Spirit guide us beyond the barriers-- of our dreams, of our failures, of the uncertain. If we do, we will find our way to God, to build the Kingdom and, if possible, to improve this world a little.

We want to lift up your spirits with this Hillsong song. Listen to it as many times as you need. We highly recommend the English version video to you.

#### **OCEANS (Hillsong United)**

<https://youtu.be/DGRz2BJQRXU>

*You call me out upon the waters  
The great unknown where feet may fail  
And there I find You in the mystery  
In oceans deep my faith will stand*

*I WILL CALL UPON YOUR NAME  
AND KEEP MY EYES ABOVE THE WAVES  
WHEN OCEANS RISE  
MY SOUL WILL REST IN YOUR EMBRACE  
FOR I AM YOURS AND YOU ARE MINE*

*Your grace abounds in deepest waters  
Your sovereign hand will be my guide  
Where feet may fail and fear surrounds me  
You've never failed and You won't start now*

*Spirit lead me where my trust is without borders  
Let me walk upon the waters  
Wherever You would call me  
Take me deeper than my feet could ever wander  
And my faith will be made stronger  
In the presence of my Saviour*



## SDG 14: **Conserve and sustainably use the oceans, seas and marine resources for sustainable development.**

# 1

### Reading

*There is an appointed time for everything, and a time for every affair under the heavens. A time to give birth, and a time to die; a time to plant, and a time to uproot the plant. A time to kill, and a time to heal; a time to tear down, and a time to build. A time to weep, and a time to laugh; a time to mourn, and a time to dance. A time to scatter stones, and a time to gather them; a time to embrace, and a time to be far from embraces. A time to seek, and a time to lose; a time to keep, and a time to cast away. A time to rend, and a time to sew; a time to be silent, and a time to speak. A time to love, and a time to hate; a time of war, and a time of peace. What profit have workers from their toil? I have seen the business that God has given to mortals to be busied about. God has made everything appropriate to its time, but has put the timeless\* into their hearts so they cannot find out, from beginning to end, the work which God has done. Ecc 3: 1-11*

### Reflection

The targets for goal 14 for today are:

**14.1** *By 2025, prevent and significantly reduce marine pollution of all kinds, in particular from land-based activities, including marine debris and nutrient pollution .*

**14.3** *Minimize and address the impacts of ocean acidification, including through enhanced scientific cooperation at all levels*

It may seem, a priori, these two goals included within the ODS14 are intrinsically linked since water acidification comes mostly from the increase in atmospheric CO<sub>2</sub>--after all, it is pollution. Nature usually uses its own removal systems. For example, microalgae needs dissolved CO<sub>2</sub> for metabolism and therefore are responsible for removing it from the water to alkalize it. The oceans absorb around 30% of the CO<sub>2</sub> that humans produce. But, how far have we come in disrupting nature's balance?

In the reading that we propose today, they tell us that there is a time for everything. What time is it for us now? What do we have to do? Perhaps the time has arrived to take care of this world-- to take care of our garbage. Think about how long it has taken "nature" to give us food, water, energy. How do we return it; how do we give back and invest in nature? Are we still part of this world-- do we take time to care?

There are about 200,000 identified species of life in the oceans, but in real terms there may be millions. Let us take care for them.



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## SDG 14: **Conserve and sustainably use the oceans, seas and marine resources for sustainable development.**

# 2

### Reading

*After Jesus had finished speaking, he said to Simon, "Put out into deep water and lower your nets for a catch." Simon said in reply, "Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets." When they had done this, they caught a great number of fish and their nets were tearing. Lc. 5, 4-6.*

### Reflection

The targets for today are:

**14.4** *By 2020, effectively regulate harvesting and end overfishing, illegal, unreported and unregulated fishing and destructive fishing practices and implement science-based management plans, in order to restore fish stocks in the shortest time feasible, at least to levels that can produce maximum sustainable yield as determined by their biological characteristics.*

**14.b** *Provide access for small-scale artisanal fishers to marine resources and markets.*

From the beginning of time, humanity has used the sea to get food and resources. The authority with which Jesus commands the disciples to cast their nets is quite surprising. But in spite

of their despair they tried once again. Without a doubt, we can trust in Jesus' words. But we have to ask ourselves: what kinds of deals do we make as we endanger the livelihood of so many people? The oceans serve as the largest source of protein in the world and, moreover, more than three billion people depend on them as the main source of these proteins. Marine fisheries directly or indirectly employ more than 200 million people. The oceans are not only fishing resources, the majority of O<sub>2</sub> of the planet comes from the oceans, produced by microalgae, like *Emiliana Huxleyi*.

Today's one question on which to reflect is: how is strong is our conviction?



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## SDG 14: **Conserve and sustainably use the oceans, seas and marine resources for sustainable development.**

# 3

### Reading

God created mankind in his image; in the image of God he created them; male and female he created them. God blessed them and God said to them: Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that crawl on the earth. Gen 1: 27-28

### Reflection

The target for today is **14.C**:

*Enhance the conservation and sustainable use of oceans and their resources by implementing international law as reflected in UNCLOS, which provides the legal framework for the conservation and sustainable use of oceans and their resources, as recalled in paragraph 158 of The Future We Want.*

Paragraph 158 of that document says:

*"We recognize that oceans, seas and coastal areas form an integrated and essential component of the Earth's ecosystem and are critical to sustaining it, and that international law, as reflected in the United Nations Convention on the Law of the Sea, provides the legal framework for the conservation and sustainable use of the oceans and their resources. We stress the importance of the conservation and sustainable use of the oceans and seas and of their resources for sustainable development, including through their contributions to poverty eradication, sustained economic growth, food security and creation*

*of sustainable livelihoods and decent work, while at the same time protecting biodiversity and the marine environment and addressing the impacts of climate change. We therefore commit to protect, and restore, the health, productivity and resilience of oceans and marine ecosystems, and to maintain their biodiversity, enabling their conservation and sustainable use for present and future generations, and to effectively apply an ecosystem approach and the precautionary approach in the management, in accordance with international law, of activities having an impact on the marine environment, to deliver on all three dimensions of sustainable development."*

How did we get to the point that not even the oceans are able handle our acts? Lamentably, we are realizing the damage we are doing but now we can remedy it. It is important for us all to agree! It is the only way to see what is happening and get to work. Will you think about this reflection the next time you look at the sea? And when do you take a shower? Do we more forward with this commitment?

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## SDG 15: **Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss**

# 1

### Reading

*Then God said: Let the earth bring forth vegetation: every kind of plant that bears seed and every kind of fruit tree on earth that bears fruit with its seed in it. And so it happened: the earth brought forth vegetation: every kind of plant that bears seed and every kind of fruit tree that bears fruit with its seed in it. God saw that it was good. Gen 1: 11-12*

### Reflection

The most intact and extensive primary forest of the Southern Amazon of Peru supports more than 1,700 indigenous people. These people have a prominent role in the fight against poverty and climate change, since in Peru, 24% of the population is indigenous.

But, in recent years, faced with the lack of work, many people have chosen jobs in mining and illegal logging. This poses a serious threat to these communities since the “gold prospectors” have already deforested more than 12 thousand hectares.

For this reason, the initiative REDD + (Reduction of Emissions by Degradation and

Deforestation) and Indigenous Amazonian (RIA) was developed. They currently work with 390 indigenous peoples of the Amazon basin to reduce emissions of greenhouse gases. They have introduced techniques of sustainable farming, fish farming, experiential tourism, which allow communities to respond positively to climate change and ensure a future where their children live in the thousands of hectares of forests left by their ancestors. (See: <https://pnudperu.exposure.co/los-guardianes-del-pulmon-del-mundo>).



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## SDG 15: **Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss**

# 2

### Reading

*You water the mountains from your chambers; from the fruit of your labor the earth abounds. You make the grass grow for the cattle and plants for people's work to bring forth food from the earth, wine to gladden their hearts, oil to make their faces shine, and bread to sustain the human heart. The trees of the LORD drink their fill, the cedars of Lebanon, which you planted. Ps. 104: 13-16.*

### Reflection

For millennia, agriculture has played a fundamental role in societies for human survival. To this day, it remains a crucial sector in our world. In fact, more than 80% of the human diet is composed of plants -- rice, corn and wheat provide 60% of caloric intake.

Likewise, the use of land for agriculture employs 2.6 billion people. Land degradation is a serious threat, as it directly affects 74% of the people who are poor.

We can help curb desertification by eating seasonal foods, produced locally and sustainably, and not squandering money on the purchase of secondary food products. We can consume only what we need.

Due to droughts derived from climate change, in some African countries, cash crops traditionally generated by humans, such as cotton, millet or rice, have been severely affected. This has generated great pressure on women, who have to work to support their families with alternative income. An example:

In Massantola (Mali), the National Directorate of Agriculture and the UNDP (United Nations Development Program) has developed a project that aims to give more autonomy to women. The local cooperative received "solar panels to help them grind grain and produce flour", a process that manually requires a lot of time. Now they can "sell the vegetables they harvest to provide funds to the cooperative" and feed their families, which helps "fight against malnutrition."

Because of this, the groups of women have been strengthened "through training in sustainable agricultural practices, land administration and supply of seeds and tools". In addition, "funds have been established to encourage the creation of alternative sources for local communities." (In: <https://stories.undp.org/supporting-malis-women-to-adapt-to-climate-change>).

Foto: Miguel Ángel Velasco, cmf





## SDG 15: **Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss**

# 3

### Reading

*God said to Noah and to his sons with him: 9See, I am now establishing my covenant with you and your descendants after you 10and with every living creature that was with you: the birds, the tame animals, and all the wild animals that were with you—all that came out of the ark. I will establish my covenant with you, that never again shall all creatures be destroyed by the waters of a flood; there shall not be another flood to devastate the earth. Gen 9: 8-11*

### Reflection

Throughout history, it has sometimes been difficult to maintain a balance between the food that people need and the conservation of animal species. For this reason, it is very important to make responsible use of the available natural resources if we want the future generations to enjoy them.

For example, fish provide 20% of the animal protein to about three billion people. With a significant reduction of fish in our oceans, it would be much more difficult to cover global food needs.

Fortunately, progress is being made. For example, since 2010, the number of countries with laws that prevent and manage the spread of invasive species has increased by 19 percent. In addition, three-quarters of the countries have adhered to the Convention on Biological Diversity, including objectives in their national biodiversity strategies.

The following story is set in the refugee camp of Cox's Bazar, the largest in Bangladesh, which is home to a million Rohingya who flee the violence in Myanmar:

Forty five elephants had passed through the camp as part of their migratory routes in search of water

and food. This was dangerous for the refugees and there had been injuries. In order to reduce conflicts, the Elephant Response Team, an initiative of UNHCR (the UN Refugee Agency) and IUCN (International Union for the Conservation of Nature) have been created to protect refugees, animals and the surrounding forest.

They have created "31 watchtowers around the camp and 500 refugees will be trained to divert the elephants using lights and whistles". People have also been educated on what to do in a situation of risk and what areas to avoid. Since this initiative has been carried out, there have been fewer invasions of animals, and no one has been injured. Their work is important because it raised awareness among refugees about forest protection, prevention of tree cutting and respect for biodiversity and the migratory routes of elephants. (More at: <https://www.unenvironment.org/news-and-stories/story/these-women-fight-wildlife-conflict-bangladesh>).



Foto: Miguel Angel Velasco, cmf



## SDG 16: Provide access to justice for all and build effective, accountable and inclusive institutions

# 1

### Reading

Then the disciples returned home. But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been. And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him." When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher. Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'" Mary of Magdala went and announced to the disciples, "I have seen the Lord," and what he told her. John 20: 10-18

### Reflection

Open Arms has become one of the organizations that rescues people who go adrift in the sea in search of a better future. They are a great sign of the hope of a living resurrection when there is terrible suffering in migration. Open Arms is a sign encouragement--an impulse towards a new life. People can feel alive in the middle of nowhere.

Organizations like Open Arms, outside of what the institutions protect, are the change towards this development of healthy institutions. This is the way which we must walk in the struggle for peace and

justice. We move toward the construction of solid institutions that do not allow the death of any life.

Open Arms Organization: <https://www.openarms.es/en>

Let's reflect on these questions:

- What is mean for you to be resurrected?
- For these people, it is to come back to life.
- Where can you be resurrected?
- What can you do to be brought back?

Foto: Miguel Ángel Velasco, cmf





## SDG 16: Provide access to justice for all and build effective, accountable and inclusive institutions

# 2

### Reading

Ps. 96

*Sing to the LORD a new song  
sing to the LORD, all the earth.  
Sing to the LORD, bless his name;  
proclaim his salvation day after day.  
Tell his glory among the nations;  
among all peoples, his marvelous deeds.  
For great is the LORD and highly to be praised,  
to be feared above all gods.  
For the gods of the nations are idols,  
but the LORD made the heavens.  
Splendor and power go before him;  
power and grandeur are in his holy place.*

*Give to the LORD, you families of nations,  
give to the LORD glory and might;  
give to the LORD the glory due his name!  
Bring gifts and enter his courts;  
bow down to the LORD, splendid in holiness.  
Tremble before him, all the earth;  
declare among the nations: The LORD is king.  
The world will surely stand fast, never to be shaken.*

*He rules the peoples with fairness.  
Let the heavens be glad and the earth rejoice;  
let the sea and what fills it resound  
let the plains be joyful and all that is in them.  
Then let all the trees of the forest rejoice  
before the LORD who comes,  
who comes to govern the earth,  
To govern the world with justice  
and the peoples with faithfulness.*



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### Reflection

There are countless institutions that are responsible for insuring laws. There are government organizations that work for a strong economy and governments that seek to guarantee the lives of their citizens. But there is an organization that is truly important for justice to be fulfilled in the world : UNESCO.

(UNESCO in the SDGs: <https://en.unesco.org/sdgs>)

UNESCO is an organization that focuses on what nurtures us as human beings, wherever we live through culture and education. These are the key elements for a society to work and be dynamic.

UNESCO works on various topics that focus on these themes:

- Education to transform lives
- Freedom of expression
- To protect heritage and encourage creativity
- To learn to live together
- To build knowledge in societies
- One planet, our oceans
- Science at the service of a sustainable future
- To prevent violent extremism

In addition, there are many other related themes because justice and peace are not indifferent to climate change, to the role of women, to extremism, or to the basic right to education. Through the creation of programs, classes from the institutions or the creation of new spaces, UNESCO opens a host of development possibilities for thought and action.

We can see the work they do through their website. As an example we can look at this question:

What makes for good classroom? There is new information out on ideal school conditions. Check out: <https://en.unesco.org/news/what-makes-good-classroom-new-uis-data-school-conditions>



## SDG 16: Provide access to justice for all and build effective, accountable and inclusive institutions

# 3

### Reading

Now you are Christ's body, and individually parts of it. Some people God has designated in the church to be, first, apostles; second, prophets; third, teachers; then, mighty deeds; then, gifts of healing, assistance, administration, and varieties of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work mighty deeds? Do all have gifts of healing? Do all speak in tongues? Do all interpret? Strive eagerly for the greatest spiritual gifts. But I shall show you a still more excellent way. 1 Cor. 12: 27-31

### Reflection

Each one of us has gifts/charisms, which God has given us. We choose a path with these gifts and now we have to utilize them very well in order to build the Kingdom. If we belong to a democratic society, we have a right to demand from our elected leaders an accountability of their actions and decisions.

Our job is to capture Resurrection Hope in politics. We strive to be good citizens and members of a body that, civically, remains healthy. In the same way our institutions and our politicians are the means and support to a society that protects all its members. The building up of institutions is a key factor for the building of the Kingdom.

During the 52nd World Day of Peace celebrated this past January, Pope Francis said, "Politics, if carried out in the fundamental respect of life, freedom and dignity of people, can truly become in an eminent form of charity" and "Good politics is at the service of peace"

We can say that there is hope in the creation of new institutions; a path that will lead us to justice and peace for all men and women. From non-governmental to global organizations, justice and peace are possible with the help of the great means of communications in this globalized era.

Here are some "Beatitudes" written by the Vietnamese Cardinal François-Xavier Nguyen?

n Vãn Thu? n, who died in 2002. The Pope recalled in a peace celebration.

*"Blessed is the politician who has a high regard and a deep awareness of his role.*

*Blessed is the politician whose person reflects credibility.*

*Blessed is the politician who works for the common good and not for his own interest.*

*Blessed is the politician who remains faithfully coherent.*

*Blessed is the politician who brings forth unity.*

*Blessed is the politician who is committed to carrying out radical change.*

*Blessed is the politician who knows how to listen.*

*Blessed is the politician who is not afraid."*

In: <https://www.vaticannews.va/en/papa/news/2018-12/messaje-papa-francisco-jornada-mundial-paz-politica.html>



Foto: Miguel Ángel Velasco, cmt



# SDG 17: Revitalize the global partnership for sustainable development

# 1

## Reading

*Blessed are the peacemakers, for they will be called children of God. Mt. 5: 9*

## Reflection

From SDG 17, "Revitalizing the Global Partnership for Sustainable Development", we are invited to adopt the same shared vision with which this Global Partnership was forged. It became necessary to think of concrete goals that would involve all signatory countries-- the poorest and the richest-- equally and seek commitment at all levels: global, regional, national and local--goals that place people and the planet at the center.

We are called to work daily for peace, even in the smallest ways. But as committed Christian

citizens we also have the obligation to demand from our governments-- from the most local to the national level-- in the country where we live, that they fulfill their commitments. Also, that government's policies be coherent with each other and, with this global alliance, to develop concrete actions and ways to measure progress.

This can be difficult at times, but many NGOs and other citizen initiatives around us are already doing it. Let us be conscious of them and how we could support their work.

Foto: Miguel Ángel Velasco, cmf





## SDG 17: Revitalize the global partnership for sustainable development

# 2

### Reading

*"The Christian ideal will always invite us to overcome suspicion, permanent mistrust, the fear of being invaded, and the defensive attitudes imposed on us by today's world." Evangelii Gaudium, 88.*

### Reflection

According to United Nations data, official development assistance stood at \$135.2 billion in 2014-- the highest level ever reached.

Awareness and solidarity advance because we are also able to seek opportunities with others and for others. This enables us to get rid of

our prejudices, our suspicions or our fears and be able to find what unites us and then, walk together. We must continue working on the creation of networks of people, organizations, countries and work for justice and equity, moving forward together in the same direction.



Foto: Miguel Ángel Velasco, cmf



## SDG 17: Revitalize the global partnership for sustainable development

# 3

### Reading

*They that hope in the LORD will renew their strength, they will soar on eagles' wings; They will run and not grow weary, walk and not grow faint. Is. 40: 31*

### Reflection

The partnership of the SDGs reminds us that it is always better to walk together in community. Faced with individualism, resurrection hope is a hope that is shared and leads us to continue working together. It is a renewed faith that sustains us and that keeps us in the certainty that pain never has the last word.

***Fragments of Evangelical Life*** (J. M. Rodríguez Olaizola, S.J.)

*Believe in heart and in words.  
Believe with the head and with  
the hands.  
Deny the pain  
speak the last word.  
Risk to think  
that we are definitely not alone  
Jump into the void  
of life, for life,  
and face each day  
as if You can.  
Advance through doubt.  
Treasure, without merit or guarantee,  
some fragile certainty.  
Smile in the dark hour  
with the most lucid laughter  
what can I imagine?  
Because Love speaks in its own way,  
blessing the damned,  
caressing untouchables  
and passing crosses  
to the blessed.*



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