



A HEART IN ACTION

Give food

To the hungry...

THAT'S HOW WE LIVED IT...

We, the teens from Los Angeles, went to help out at a community garden. We had a lot of fun preparing the soil and planting seeds.

We planted strawberries, carrots, lettuce and onions.

Now we're waiting for the seeds to grow and become good fruits and vegetables.

We want to give them to families in our city who don't have enough money to buy fresh produce.

I give myself a task: to document and report on this activity.



CALIFORNIA



APPOINTMENT NEXT WEEK: CONTINUE TO WORK ON THE COMMUNITY GARDEN.

>> Always New!

WORD OF LIFE

11

Eph. 4:32

«BE KIND TO ONE ANOTHER, TENDERHEARTED, FORGIVING ONE ANOTHER, AS GOD IN CHRIST HAS FORGIVEN YOU.»



FORGIVENESS: WE NEED TO MAKE A DETERMINED CHOICE TO TRY TO SEE EACH PERSON AS IF THEY WERE COMPLETELY NEW, WITHOUT REMEMBERING HOW THEY OFFENDED US, COVERING EVERYTHING OVER WITH LOVE, IMITATING GOD, WHO ALWAYS FORGIVES AND FORGETS.



LET'S FILL OUR DAYS WITH CONCRETE, HUMBLE, INTELLIGENT ACTS OF SERVICE THAT EXPRESS OUR LOVE FOR OTHERS. WE NEED A LOVE THAT IS KIND AND MERCIFUL, THAT KNOWS HOW TO FORGIVE AND ALSO TO FORGET.



JUST 3 WORDS COULD CREATE A DIFFERENT SOCIETY, ONE RICHER IN BROTHERLY LOVE AND SOLIDARITY.

- EVERY DAY
- I WILL TRY
- TO SEE OTHERS
- AS IF IT WERE
- FOR THE FIRST TIME



KINDNESS: TO WANT WHAT IS GOOD FOR OTHERS.

MERCIFUL: TO WELCOME OTHERS AS THEY ARE, NOT AS WE WOULD LIKE THEM TO BE, WITH THEIR DIFFERENT PERSONALITIES, AND ALL THOSE DEFECTS AND HABITS THAT IRRITATE US.



5 SMALL GESTURES: TO SERVE + TO DO GOOD + TO LOVE THE POOR + TO FORGIVE + TO FORGET

From a commentary by Chiara Lubich - Adapted by the Gen 3 Center