



A Lenten Journey

*Creation waits
with eager
longing: How
will you respond?*

**Tuesday
March 31, 2009**

Last Sunday's passage from Colossians 1 speaks of all things, visible and invisible, being created through Christ and for Christ. But what about the invisible things that humans have created?

All of us every day, every moment, breathe in and out, in and out, without thinking. We take for granted the invisible air that fills our lungs and keeps us alive. But think about this: every breath you take into your lungs may bring with it unwelcome, invisible particles of sulfate, nitrates, ammonia, sodium chloride, carbon, mineral dust and water. Particulate matter (PM) such as these, primarily the byproducts of human activity, are the most pervasive form of pollution that exists—air in your lungs contains PM emitted into the atmosphere through the combustion of fossil fuels in cars and trucks, factories and power plants, and from mining activities and erosion of road surfaces. [["Use of Air Quality Guidelines in Protecting Public Health: A Global Update"](#)]

According to the World Health Organization, long-term exposure to particulate matter is related to a number of heart and respiratory diseases. PM affects us all, but those most vulnerable to it are the elderly, children and people with preexisting lung and heart diseases. [["Health Aspects of Air Pollution"](#)]

Be Aware

How clean is the air in your community? Read the American Lung Association's "[State of the Air](#)" report to find out.

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God's work. Our hands.

