

Earth

South

Winter

Strength

LAUDATO SI': The Encyclical of Pope Francis on the Environment

“The first focus is to call human beings to respect, cherish, and stop exploiting planet earth-the home of all creation.” (Sean McDonagh 2016 xiii)

Begin with three minutes of contemplative silence followed by Acknowledgment of Country.

Leader: Today we have an uninterrupted 10 minutes to sit outside amongst trees, or by a river or the ocean to contemplate quotes from Laudato Si'. Please take this page outside with you.

“The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, for we know that things can change.” LS: 13

Pause: Close your eyes and reflect – what can I do?

“Each year hundreds of millions of tons of waste are generated, much of it non-biodegradable, highly toxic and radioactive, from homes and businesses, from construction and demolition sites, from clinical, electronic and industrial sources. Earth, our home is beginning to look more and more like an immense pile of filth.” LS: 21

Pause: Close your eyes and reflect –Is this a surprise to me?

“Humanity is called to recognise the need for changes of lifestyle, production and consumption.” LS: 23

Pause: Close your eyes and reflect –Am I willing to change mine?

“There has been a tragic rise in the number of migrants seeking to flee from the growing poverty caused by environmental degradation. They are not recognised by international conventions as refugees; they bear the loss of the lives they have left behind, without enjoying any legal protection whatsoever.” LS: 25

Pause: Close your eyes and reflect –How will I respond?

“Each year sees the disappearance of thousands of plant and animal species which we will never know, which our children will never see, because they have been lost forever.” LS: 33

Pause: Close your eyes and reflect.

“Pope Francis highlights the importance of the Sabbath, as a time of rest for everyone, and Jubilee, as a way of distributing the goods of creation.” LS: 71

Pause: Close your eyes and reflect.

Leader: Open your eyes and become aware of the outside environment wherever you are and declare your intention to tread consciously and breathe in the sacredness of all that is.

During this week intend to greet the sun each morning.

Conclude with one minute of contemplative silence.