

# SIX WEEKS WITH LAUDATO SI'

The *Laudato Si'* Committee of the Sisters of Charity Federation offers you this simple tool for study, reflection, and action on the 2015 encyclical letter of Pope Francis, *Laudato Si': On Care for Our Common Home*.

*“Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.” (LS 217)*

## WEEK ONE

**Sunday** Plan to read *Laudato Si'* in six weeks – you only need to read 5 numbered sections a day!

**Monday** Practice deep enjoyment- savor slowly a piece of fine chocolate, a glass of wine, a deep breath.

**Tuesday** Get a potted plant that you will especially care for during these weeks – a particular act of creation care.

**Wednesday** Pray for those most affected by climate change - those living in poverty.

**Thursday** Try this week not to use a single disposable plastic product.

**Friday** Plan to host a simple soup and bread supper with your friends and watch an ecological video together.

**Saturday** “We have only one heart, and the same wretchedness which leads us to mistreat an animal will not be long in showing itself in our relationship with other people.” (LS 92) Spend some time with an animal. How is it prayer for you?

*“Christian spirituality...encourages a prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with consumption.” (LS 222)*

## WEEK TWO

**Sunday** *Embrace the Silence* Sunday – Turn off iPhones, TV, radio, computer. Spend time outside listening to the sounds of creation.

**Monday** Pray for those most affected by climate change - animal species who lose their habitat.

**Tuesday** Have you ever mentioned an ecological sin in confession?

**Wednesday** Clean your dryer’s lint filter after each use –this can reduce its energy usage significantly.

**Thursday** Write or call your members of Congress on an ecological issue that is important to you.

**Friday** Abstain today from a spirit of defeatism that despairs of facing climate change.

**Saturday** Turn your thermostat down a few degrees in winter or up in summer and pray for those who do not have easy access to energy.

*“Once we start to think about the kind of world we are leaving to future generations, we look at things differently; we realize that the world is a gift we have freely received and must share with others.” (LS 159)*

## WEEK THREE

**Sunday** Walk around your place of worship today and look for ways in which it could be more “green.”

**Monday** Read a nature poet – Mary Oliver, Wendell Berry, Emily Dickinson, Gerard Manley Hopkins.

**Tuesday** Drink a glass of water with reverence as you recall the waters of your birth and baptism.

**Wednesday** Pray for those most affected by climate change – millions of fisher folk in the world whose livelihood is destroyed by warming oceans and ocean acidification.

**Thursday** Include an ecological message, perhaps a quote from *Laudato Si'*, as part of the signature of your emails.

**Friday** Become more aware of your hot water use. Turn off the faucet when you scrub dishes. Shorten your shower times.

**Saturday** Mary’s Day – “In Mary’s glorified body, part of creation has reached the fullness of its beauty...therefore we can ask her to enable us to look at the world with eyes of wisdom.” (LS 241)

*“Learning to accept our body, to care for it and to respect its fullest meaning, is an essential part of any genuine ecology.” (LS155)*

#### WEEK FOUR

**Sunday** Talk a walk in your neighborhood. Do you know your neighbors? Not just the humans but trees, plants, birds, animals, bodies of water. Meet some you don't know.

**Monday** Pray for those most affected by climate change – children of future generations who will pay the price of our selfishness today.

**Tuesday** Take a nap; take a walk. Good self-care is part of integral ecology too!

**Wednesday** Give a donation to an environmental organization.

**Thursday** Use only cold water and biodegradable detergent for laundry.

**Friday** Light a candle and reflect on the words of martyr of the Amazon, Sr. Dorothy Stang, SNDdeN, "I light a candle and look at Jesus on the cross and ask for the strength to carry the suffering of the people, the suffering of Earth."

**Saturday** Check your coffee, tea –are they Fair Trade? Good for workers, good for Earth.

*“There is a nobility in the duty to care for creation through little daily actions, and it is wonderful how education can bring about real changes in lifestyle.” (LS 211)*

#### WEEK FIVE

**Sunday** Resolve not to buy anything new this week, except essentials like food.

**Monday** Pray for those most affected by climate change – farmers whose livelihood is destroyed by irregular seasonal changes.

**Tuesday** Take a few moments to breathe deeply and become aware of the communion of air shared by all breathing things.

**Wednesday** Natural disasters create the social chaos that promotes human trafficking. To act for climate justice is to fight human trafficking.

**Thursday** Pray for Pope Francis – one of the most outstanding voices for ecological sustainability in the world.

**Friday** Make an act of contrition today for the ways in which you have harmed Earth, our common home.

**Saturday** Check your tire pressure. Low pressure tires use more gas per mile.

*“Eternal Life will be a shared experience of awe, in which each creature, resplendently transfigured, will take its rightful place and have something to give to those poor men and women who will have been liberated once and for all.” (LS 243)*

#### WEEK SIX

**Sunday** Plan your menu for this week. Choose as many meatless meals as you can; eat as many organic, locally produced foods as possible.

**Monday** Pray for those most affected by climate change – people who suffer from extreme heat and poor air quality.

**Tuesday** Talk to a friend, family member, co-worker about what it has meant to you to live six weeks with *Laudato Si'*.

**Wednesday** Reflect on how we humans have betrayed our fellow creatures by our selfish consumption.

**Thursday** Be conscious as you eat today that every meal is a holy communion.

**Friday** “Jesus entered into the created cosmos, throwing in his lot with it, even to the cross.” (LS 99)

**Saturday** Light a candle and renew your commitment to the vision of *Laudato Si'*

**Sunday and forever...** “Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope.” (LS 244)

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