

In response to Pope Francis' call to environmental sustainability in the spirit of *Laudato Si'*, we're creating worksheets for each of the seven *Laudato Si'* Action Platform goals. These worksheets are written especially for households (individuals, couples and families) in north American settings, although anyone can use them. We'll send them monthly between September 2022 and March 2023. You can also download them at: <https://godsplanet.us/sector/families-and-individuals>. By completing all 7 worksheets, you'll create an Action Plan for implementation over seven years. Journey with us!

MARCH 2023: Goal #7 – Community Resilience and Empowerment: According to the Vatican, “Community resilience and empowerment envisage a synodal journey of community engagement and participatory action at various levels. Actions could include promoting advocacy and developing people's campaigns, encouraging rootedness and a sense of belonging in local communities and neighbourhood ecosystems.” (www.laudatosiactionplatform.org)

In this worksheet, we'll look at ways each of us can help build resilience and empowerment within our neighborhoods and local communities. We'll begin by reflecting on the characteristics that might define a Resilient Community. Then we'll examine our personal and household connections at all levels of society. Finally, we'll consider how each of us can get involved as a leader or member of formal and informal networks that work to build environmentally and socially resilient communities. **Are you ready?**

FOCUS AREAS for Goal #7

- **Community Resilience:** What is it and how can it help resolve the social and environmental problems of the day? How can we help build it?
- **Personal and household networks.** How do my current social connections and networks work to build resilience? Is there more they can do, or more that I can do?

SPECIFIC ACTIONS for Goal #7

Pray Gratitude and Hope. Say a prayer of thanksgiving to God for all that He has blessed us with and consider what it means to hope in the Lord. How can Gratitude and Hope help you, your household and your community's journey toward environmental sustainability in the spirit of *Laudato Si'*? (*Laudato Si'*, paragraphs 220, 228 – 232 and 243-245).

Act 2 short term actions, 1 longer term action:

SHORT TERM ACTIONS

1. **Community Resilience:** Reflect on the attributes that make a community environmentally and socially resilient. How do resilient communities come about? How can we build them?
2. **Your connections and relationships:** What social networks do you belong to, in your household, your family, your neighborhood, your city, your region and the world? Map them out using a diagram such as the one on page 4 of this worksheet. How do your connections with others, at all levels, increase resilience within your community?

LONGER TERM ACTION

1. **Building Resilience within your Community:** Reflect on what you discovered while completing the two short term actions above. Then, look for organizations and networks within your community that build resilience. Consider joining or creating a new network and offering your talents.

Advocate

1. Host a group of neighbors and friends with the purpose of discussing our abilities to respond to the environmental and social challenges of our day. Consider sharing the list you developed in the first SHORT TERM action, describing Resilient Communities, with them.
2. Share this program (the Maryknoll Affiliates *Laudato Si'* Action Platform Worksheets) with your pastor and parish staff.

MY/OUR PLAN FOR LS GOAL #7 – Community Resilience and Empowerment

PRAY in Gratitude and Hope. Say a prayer of thanksgiving to God for everything. Consider what it means to hope in the Lord. How can Gratitude and Hope help you, your household and your community's journey toward environmental sustainability in the spirit of Laudato Si'? (Read Laudato Si': On Care for Our Common Home, paragraphs 220, 228 – 232, and 243 – 245).

MY/OUR REFLECTION (What do you notice during your prayer, or while reading the written paragraphs from Laudato Si'?):

ACT for Creation: SHORT TERM – do these soon!

1. **“Community Resilience”:** Reflect on the attributes that make a community environmentally and socially resilient. Consider this list of proposed attributes and discuss them with members of your household. What would you add or change?

In resilient communities:

- Residents have constructive relationships with each other, within their own neighborhoods and within their cities through a variety of formal and informal networks. (Residents can discuss a variety of issues and actions with each other. Residents also find ways to enjoy time together).
 - Residents have positive relationships with the natural world, awareness of the flora and fauna which are native to their region and cooperate to help it succeed within and around their communities.
 - Landscape and green spaces mitigate heat, preserve and conserve water supplies, and provide wildlife habitat via corridors and “lily pads.” Space is provided for human leisure without harm to non-human inhabitants.
 - Community has a strong local food system. Residents can grow or purchase food which is local, in season and grown as organically as possible. Food markets offer interaction with the farmers, such as through Farmers Markets, CSAs and other food cooperatives. Prevents and avoids food deserts.
 - Carbon footprint is continually considered and reduced. Community planning enables walkable and bike-able lifestyles, and reduces automobile usage by offering mass transportation and encouraging carpooling or trip avoidance. Residents share responsibility for carbon footprint through energy conservation and stewardship.
 - A strong local economy provides goods, services and just employment with the least waste and damage to the environment.
 - Water systems are sustained by residents and the municipality. Residents share responsibility with the municipality for the health of the local water systems through conservation, and by avoiding pollutants and chemicals indoors and out, as much as possible.
 - Those who are struggling are helped, and newcomers are welcomed and integrated.
 - Other? What characteristics would you like to see improved in your own community?
- How do resilient communities come about? How can we help build them?

MY/OUR ACTIONS (write down your thoughts on what Resilient Communities have):

NOTE: We recommend adding extra pages to capture your thoughts.

- Your connections and relationships:** What are your social networks? Consider formal and informal connections within your household, your family, your neighborhood, your city, your region and the world. Consider also organizations you belong to. Map them out using a diagram such as the one on page 4 of this worksheet. How do your connections with others, at all levels, increase resilience within your community? How do they increase resilience across the globe?

ACT for Creation: LONG TERM

- Building Resilience within your Community:**
Reflect on the results of your SHORT TERM actions, above. Then, look for organizations and networks within your community that build resilience. Consider joining one, or founding a new one.

MY/OUR ACTIONS (write your observations and choices from Long Term Activities in this section):

ADVOCATE for Creation

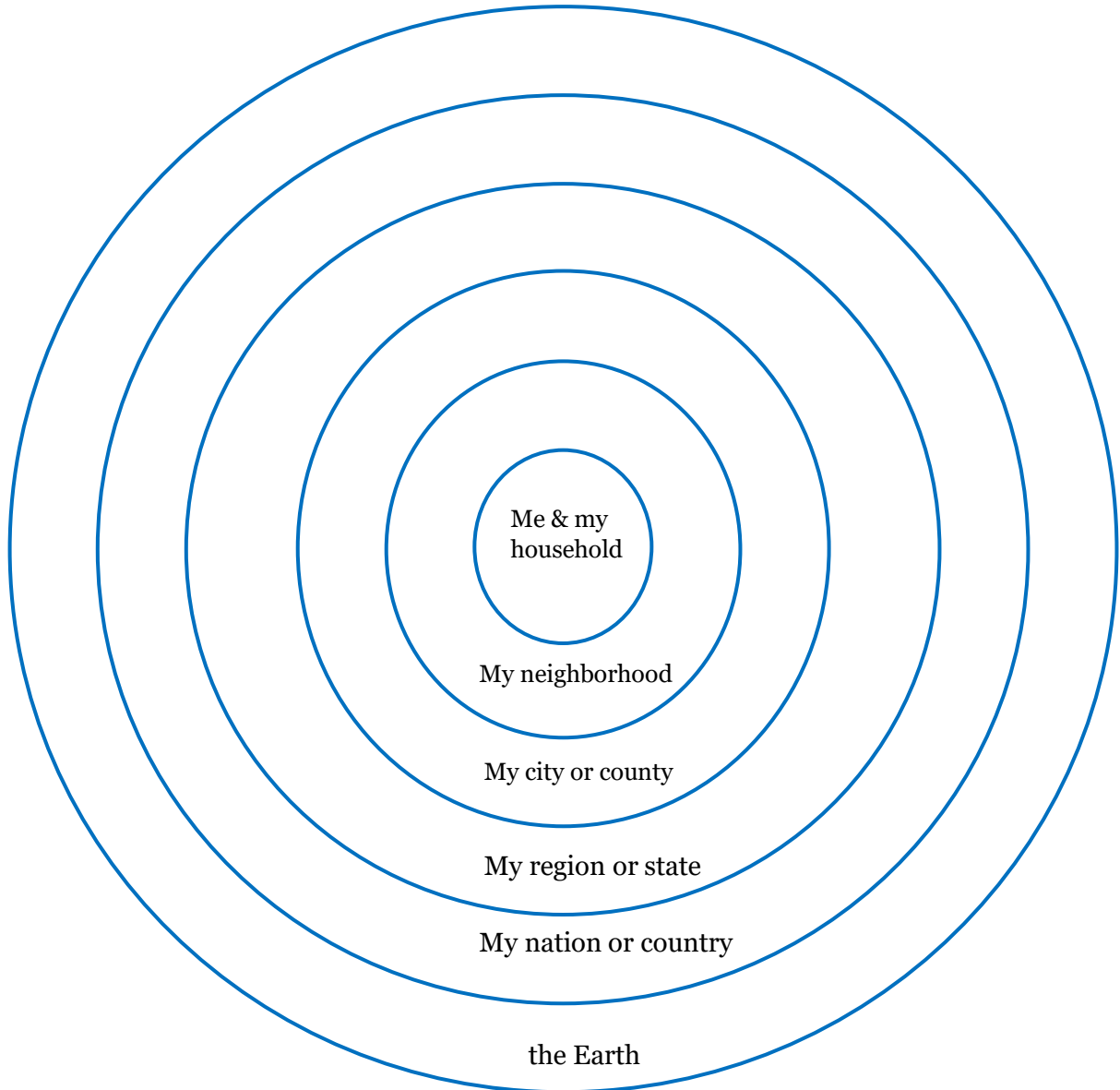
- Host a group of neighbors and friends with the purpose of discussing local responsibility to respond to the environmental and social challenges of our day. Consider sharing the list you developed in the first SHORT TERM action, describing Resilient Communities, with them.
- Share the Maryknoll Affiliates Laudato Si' Action Platform Worksheets program with your pastor and parish staff. <https://godsplanet.us/maryknoll-affiliates-lsap-goals-worksheets>

MY/OUR ADVOCACY ACTIONS (write in chosen activities):

Congratulations! You're making a difference by committing to find ways to build environmental and social resilience within your community, which will help all of Creation. Give yourself a big pat on the back!

"Two are better than one: They get a good wage for their toil. If the one falls, the other will help the fallen one. But woe to the solitary person! If that one should fall, there is no other to help." Ecclesiastics 4:9-10.

Diagram for SHORT TERM ACTION #2, mapping relationships and social connections:



Think about the formal and informal connections you have within your household, your family, your neighborhood, your city, your region and the world. Think about organizations you belong to. LIST them here, and then place them on the map above, within or crossing the geographic borders.