“But let justice roll on like a river, righteousness like a never-failing stream!”

Amos 5: 24

The Season of Creation is a time for all Christians to renew our relationship with our Creator and all creation through celebration, conversion, and commitment together.

This time of gratitude and activism starts on September 1st (World Day of Prayer for Care of Creation) and ends on October 4th (St. Francis’ Feast Day).

This year we are called to join the river of justice and peace, to take up climate and ecological justice. Come, journey with us!

USCCB
Prayer to Care for Our Common Home

Father of all,
Creator and ruler of the universe,
You entrusted your world to us as a gift.
Help us to care for it and all people,
that we may live in right relationship—
with You,
with ourselves,
with one another,
and with creation.

Christ our Lord,
both divine and human,
You lived among us and died for our sins.
Help us to imitate your love for the human family
by recognizing that we are all connected—
to our brothers and sisters around the world,
to those in poverty impacted by environmental devastation,
and to future generations.

Holy Spirit,
giver of wisdom and love,
You breathe life in us and guide us.
Help us to live according to your vision,
stirring to action the hearts of all—
individuals and families,
communities of faith,
and civil and political leaders.

Triune God, help us to hear the cry of those in poverty, and the cry of the earth, so that we may together care for our common home.

Amen.
Feature: Plastic Pollution

Although plastic has become an everyday convenience, its mismanagement is one of the biggest modern environmental disasters. Plastic pollution is causing catastrophic harm to oceans, rivers, animals, food, human beings, and more.

The chart below shows a breakdown of where plastic is found in our every day lives. For more info, scan the QR!

Take Action!

- **Sunday:** Read Ch. 1 of *Laudato Si’*
- **Tuesday:** Carry a reusable water bottle all day instead of buying packaged beverages
- **Wednesday:** Pick up 3 pieces of plastic litter
- **Thursday:** Commit to using cloth or paper shopping bags exclusively
- **Friday:** Bring a reusable straw and utensils with you to work/school
- **Saturday:** Go for a hike or walk!

WE PRAY:

Dear Lord, thank You for giving us this incredible world. May we realize the harm done by pollution and use our time and effort to counter its negative consequences. Help us live mindfully and act responsibly. Amen.
Feature: Water Availability

Water is essential for life, but 771 million people around the world do not have access to safe water. This crisis involves drought, illness, lack of sanitation, climate change, and poor water quality. For info about how the Global Water Crisis affects the vulnerable around the world, scan the QR code!

Take Action!

- **Sunday:** Read Ch. 2 of *Laudato Si’*
- **Tuesday:** Time your shower and consider how much you might reduce
- **Wednesday:** Look at your water bill. How much water do you use? The average single-family home in the USA uses ~300 gallons/day
- **Thursday:** Google "Global Water Crisis" and learn how the poor and vulnerable are affected.
- **Friday:** Share your new knowledge about water with someone
- **Saturday:** Go for a stroll in nature!

WE PRAY:

*Dear God, we recognize water as necessary for life. Help those who do not have access to safe water. May we appreciate the resources we have and use them well. Allow us to maintain water quality, which will be beneficial to all life. Amen.*
WE PRAY:

Dear Lord, thank You for giving us this incredible world. May we realize the harm done by greenhouse gas pollution and make every effort to counter its negative consequences. Help us live mindfully and act responsibly. Amen.

Feature: Extreme Heat

2023 is set to be the hottest year on record! As the frequency of heat waves, record setting temperatures and wildfires increases, it’s vital to learn about the effects of extreme heat. If greenhouse gas emissions contributing to global warming are not addressed, temperatures will continue to rise and threaten human lives.

Projected Change in Number of Days Above 90°F Mid 21st Century, Higher Scenario (RCP8.5)

Take Action!

- **Sunday:** Read Ch. 3 of *Laudato Si’*
- **Tuesday:** Review your family wildfire response plan
- **Wednesday:** Research how to prepare for extreme heat and the physical signs of heat stress or stroke
- **Thursday:** Buy a plant or plant a tree to absorb harmful greenhouse gas emissions
- **Friday:** Consider ways your household can reduce your carbon footprint by decreasing fossil fuel use
- **Saturday:** Go on a group hike!

Credit to: Season of Creation
Feature: Air Quality

Air pollution is a major threat to global health and is getting worse! Air pollution is a mix of hazardous substances from both natural and human-made sources. A subset of particulate matter (airborne particles) known as PM 2.5 causes most health problems related to poor air quality in the United States.

Numerous scientific studies have linked particle pollution exposure to a variety of problems, including:

- premature death in people with heart or lung disease
- nonfatal heart attacks
- irregular heartbeat
- aggravated asthma
- decreased lung function
- increased respiratory symptoms, such as irritation of the airways, coughing or difficulty breathing.

Unhealthy levels of air quality can also reduce visibility and cause the air to appear hazy. Scan the QR code to learn more from the National Institute of Health.

WE PRAY:

Dear Lord, thank You for giving us this incredible world. May we realize the harm done by pollution and use our time and effort to counter its negative consequences. Help us live mindfully and act responsibly. Amen.

Take Action!

- **Sunday:** Read Ch. 4 of *Laudato Si’*
- **Tuesday:** Walk/bike/take public transit to work
- **Wednesday:** Check your car maintenance records to ensure up to date performance
- **Thursday:** Look up your air quality
- **Friday:** Fast from electricity use with a family game night and limited lighting throughout the house
- **Saturday:** Take a stroll in nature!
Week Five

Feature: Biodiversity Loss

Biodiversity loss is the reduction or elimination of a wide range of biological life. Human driven biodiversity loss, caused by habitat destruction, overfishing, poaching, pollution, etc. is long lasting and severe.

This eco-wheel image shows natural resources provided by biodiversity, benefits & beneficiaries, and drivers of change.

WE PRAY:

Creator God, help us fulfill our role as stewards of creation. Allow us to be considerate of our beautiful world in all that we do. Let our actions be productive, not destructive. We ask for Your guidance as we seek to care for creation with love and respect. Amen.

Take Action!

- **Sunday:** Read the last two chapters of *Laudato Si’*
- **Tuesday:** Research local endangered or threatened wildlife species
- **Wednesday:** Rid your garage of harsh lawn chemicals
- **Thursday:** Plant milkweed and other pollinator-friendly plants
- **Friday:** Donate to a conservation non-profit
- **Saturday:** Take a hike to a biodiverse area!