

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!

**FEBRUARY 2023: Goal #6 – Ecological Spirituality:** According to the Vatican, “Ecological Spirituality springs from a profound ecological conversion and helps us to “discover God in all things”, both in the beauty of creation and in the sighs of the sick and the groans of the afflicted, aware that the life of the spirit is not dissociated from worldly realities. Actions could include promoting creation-based liturgical celebrations, developing ecological catechesis, retreats and formation programmes, etc.” ([www.laudatosiactionplatform.org](http://www.laudatosiactionplatform.org))

In this worksheet, we'll investigate the truths of our faith we're reminded of in *Laudato Si'*. These include the crucial idea from the book of Genesis that “*human life is grounded in three fundamental and closely intertwined relationships: with God, with our neighbor and with the earth itself.*” (LS, para. 66). We'll look for inspiration to St Francis of Assisi, the patron saint of ecology. We'll suggest practices that can help us grow in our faith, looking for God in all things, practices which can also help us understand how our choices and behaviors impact our relationship with our Creator and with all of Creation. **Are you ready?**

### FOCUS AREAS for Goal #6

- “**Finding God in all things**” how does God speak to us through the rest of His creation? What do the fundamental relationships we have with God, with our human brothers and sisters, and with the rest of Creation mean for the way we make choices in our lives every day?
- **Ecological Examen.** We'll examine this spiritual practice, and look for others which can help us grow in ecological spirituality.

### SPECIFIC ACTIONS for Goal #6

**Pray** Pray for Ecological Conversion. Consider St Francis of Assisi, described in *Laudato Si'*, “His response to the world around him was so much more than intellectual appreciation or economic calculus, for to him each and every creature was a sister united to him by bonds of affection. That is why he felt called to care for all that exists. His disciple Saint Bonaventure tells us that, “he would call creatures, no matter how small, by the name of ‘brother’ or ‘sister’.” (*Laudato Si'*, para. 10 -12).

**Act** 2 short term, 2 longer term actions:

#### SHORT TERM ACTIONS

1. **God in all things:** Take 30 minutes or an hour and spend it outside, in a prayerful setting. Notice, consider and pray for all of Creation, and for God's help caring for it.
2. **Ecological Examen:** Pray individually or communally using the Ecological Examen (see: <https://www.ecologicalexamen.org/> or use the attachment presented with the resources for LSAP Goal #6 at <https://godsplanet.us/maryknoll-affiliates-lsap-goals-worksheets> ).

#### LONGER TERM ACTIONS

1. **God in all things:** Commit to noticing God's presence in other humans, and in other creatures and natural beings. Consider their relationship to each other and to you. How is God calling you to “care and till” for the garden (Genesis 2:15), and to announce the Good News to all of Creation? (Mark 16:15).
2. **Growing in individual prayer and faith practices.** Find ways to incorporate prayer and service to all of Creation in your favorite prayer practices. For example, consider praying the Ecological Examen a few times per year. If you are moved by praying the rosary, try the *Laudato Si'* rosary. During Lent, pray the Ecological Stations of the Cross.

#### Advocate

1. Advocate for Creation Care in religious celebrations within your diocese.
2. Share the *Laudato Si'* Movement's Prayer Book with your pastor and parish staff.

**MY/OUR PLAN FOR LS GOAL #6 – Ecological Spirituality****NAME:** \_\_\_\_\_

- PRAY for Ecological Conversion.** Consider what we can learn from St Francis of Assisi, a main inspiration for Laudato Si', “His response to the world around him was so much more than intellectual appreciation or economic calculus, for to him each and every creature was a sister united to him by bonds of affection. That is why he felt called to care for all that exists. His disciple Saint Bonaventure tells us that, “from a reflection on the primary source of all things, filled with even more abundant piety, he would call creatures, no matter how small, by the name of ‘brother’ or ‘sister’.” (Read Laudato Si’: On Care for Our Common Home, paragraphs 10-12 and watch episodes 13 & 14 of Fr. Dan Horan’s Laudato Si’ series, for a total of 32 minutes. See: [https://youtu.be/fj-a5qVj3nY?list=PLO2W1tFFtdJn9V9\\_DvEbz9Byqt7XsYXRj](https://youtu.be/fj-a5qVj3nY?list=PLO2W1tFFtdJn9V9_DvEbz9Byqt7XsYXRj) ).

MY/OUR REFLECTION (What do you notice in the written paragraphs, or in the Youtube videos?):

**ACT for Creation: SHORT TERM – do these soon!**

- God in all things:** Find an opportunity to spend 30 minutes or an hour outside, in a prayerful setting. Notice what the rest of Creation is doing, the breeze, the birds, the insects, the clouds. Consider your relationship with the other beings, and their relationship with our mutual Creator. While you are there, say prayers for all of Creation and for God’s help caring for it.
- Ecological Examen:** Pray individually or communally using the Ecological Examen as presented by Ignatian Solidarity (see: <https://www.ecologicalexamen.org/> or use the attachment presented with the resources for LSAP Goal #6 at <https://godsplanet.us/maryknoll-affiliates-lsap-goals-worksheets> ).

MY/OUR ACTIONS (write down your observations from the short term activities):

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

**ACT for Creation: LONG TERM**

- God in all things:** Commit to noticing God’s presence in other humans, and in other creatures. What is their relationship to you? What is their relationship to God and each other? How does God view other Creatures, and what does that mean for humans? How is God calling you to “care and till” for the Earth (Genesis 2:15), and to announce the Good News to all of Creation? (Mark 16:15).
- Read through** the attachment called “6d The Spiritual Essence of Laudato Si’”, by the Maryknoll Affiliates Laudato Si’ Working group, posted at <https://godsplanet.us/maryknoll-affiliates-lsap-goals-worksheets>. What do you notice?

- **Growing individual prayer and faith practices.** Find ways to incorporate prayer and service to all of Creation in your favorite practices.

1. Make a list of all the ways that you currently pray. For example, “attend Mass”, “go to Confession,” “pray the Rosary,” “say grace before meals,” “spontaneous prayer,” “prayer before going to sleep,” “participating in Stations of the Cross.” After you’ve completed your list, go back and write suggestions to yourself regarding ways to incorporate prayer for all of Creation into your routine. For example, pray using the Laudato Si’ Rosary, or the Ecological Stations of the Cross.

2. Consider praying the Ecological Examen a few times per year, especially during Advent, Lent and the Season of Creation (Sep 1 – Oct 4).

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

NOTE: We recommend making your list on a separate piece of blank paper and attaching it to this worksheet.

- **ADVOCATE for Creation**
  1. Write to your Bishop. Ask that Creation Care be incorporated in religious celebrations within your Diocese, especially during the Season of Creation from Sep 1 – Oct 4<sup>th</sup> every year.
  2. Share the **Laudato Si’ Movement’s Prayer Book** with your pastor and parish staff. English: <https://laudatosimovement.org/download/laudato-si-movement-prayer-book/> Spanish <https://laudatosimovement.org/es/download/libro-de-oracion-del-movimiento-laudato-si/> .

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

*Congratulations! You’re making a difference by committing to growing in your faith and cooperating with God for the Care of His Creation. Give yourself a big pat on the back.*

*“(Jesus)... said to them, “Go into the whole world and proclaim the gospel to every creature.” Mark 16:15*