



SEASON OF CREATION

September 2026

Each day we'll explore how water brings life to everything



Living Water
Season of Creation 2026

IMMERSION IN LIVING WATER
Ezekiel 47:9, 12

Thank you to Joliet Laudato Si' Committee and Sinsinawa Dominican Care of Creation Committee for their valuable input and support.

1 On this 1st day, gently sip some water thanking and praising God for this essential gift of life.



2 **YOU** are about 60% water: your brain about 75%.

Where does that water come from? Thank God, especially if that water is readily available.



3 Pray the words, **"Water of life,"**

while you water your indoor plants.



4 In early morning, look at some outdoor plants for water droplets that condensed over night.

What a miracle the water cycle is!

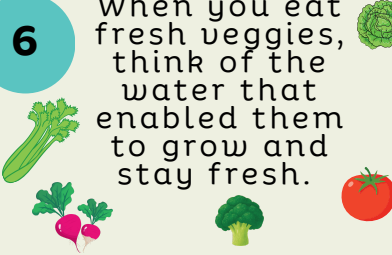


5 Water your outdoor plants in early morning or late afternoon in order to conserve water.



6 When you eat fresh veggies, think of the water that enabled them to grow and stay fresh.

How could they thrive without it? How do you keep them fresh?



7 Don't forget to make sure water is available for the birds in your yard but be careful not to provide a breeding spot for mosquitoes!



8 Begin your day mindfully sipping some water before enjoying your choice of beverage.

Are you aware of how your life depends on that water?



9 Has it rained recently? Did you notice the different sounds it made on the windows, the sidewalk, bare soil, or plants?

Listen carefully to the song of Creation.



10 Go outside after a rain to look for a puddle. Can you see your reflection in it? What else do you see?



11 Clouds are made of water droplets. Spend time looking at the clouds today. What kind are they?



12 Water flows, sustains life and makes Earth the **"Blue Planet."**

Pray about what water means to you.



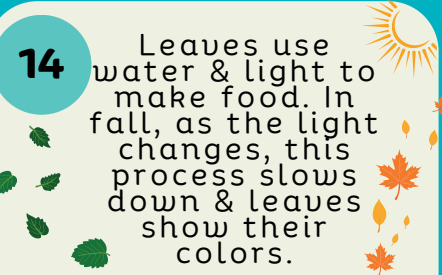
13 Have you looked for a rainbow recently?

Try to find one the next time the sun comes out after a shower. Just think that light passing through water creates color!



14 Leaves use water & light to make food. In fall, as the light changes, this process slows down & leaves show their colors.

Collect a palette of colorful leaves. Which are your favorites?



15 Pray Psalm 63: "My soul is thirsting for you, O Lord my God."

What does this mean to you? How does it relate to **"Living Water?"**



16 Have you ever been thirsty but couldn't find any water to drink? What did you do?

Pray for those who walk several hours to find theirs.



17 It's migration time. Have you heard the honking of geese or the bugle call of the sandhill cranes overhead?

They overnight on water not only for food and water, but for protection.



18 Water sustains life; it can also destroy life.

Pray for those affected by water-related climate catastrophes.



19 Too much water, too little water, just the right amount of water. Water is a limited resource no matter where you live or how it comes to you.

How can you conserve water in your daily life?



20 Do you live near water?

Visit it if you can today and look at all the plants and animals that depend on it. How do you depend on it?



21 We use water for drinking, cooking, & cleansing. Plants use it to make food which provides the oxygen we need to breathe.

Let's continue to celebrate **"Living Water"**



22 Plants release water through their leaves, cooling the air around them.

How grateful we should be for the shade, beauty, & food that plants provide because of water.



23 All life depends on water in some way; butterflies, turtles, deer, dragonflies, flowers, cardinals, and YOU!

Can you add to this list? Be specific.

What made you think of what you chose?



24 How did yesterday's animals use water? To drink? To wash? To lay their eggs? For food? For protection? For rest?

Do you use water for the same purposes?



25 Psalm 42: "As the deer longs for streams of running water, so my soul longs for you, O God."

What have we done to the water of life? Try not to waste or pollute water by choices you make. Is there one way you can conserve it in your home?



26 Water creates spaces for plant roots to grow.

It dissolves minerals that give us the nutrients we need from food. Soil could not provide for plants & plants could not provide for us without water.



27 Water carves mountains & valleys; creates rolling hills & plains; supplies waterfalls & rain for prairies & grasslands.

When you look at these, thank God for the water that created & sustains the life in them.



28 Water is alive with life. Water gives life. Water is a home for life. Water sustains life.

What other sentences can you make to describe water?



LET'S END THE SEASON OF CREATION WITH SOME QUOTES ABOUT WATER TO DEEPEN OUR AWARENESS AND APPRECIATION OF THIS LIFE-GIVING GIFT.

29 **"Water is the driving force of all Nature."**

(Leonardo DaVinci)

We've looked at plants, animals, soil, landscapes, rocks, and water itself. What an adventure we've had!



30 **"If there is magic on this planet, it is contained in water."**

(Loren Eiseley)

Can you think of anything not connected to water in some way?



October 1 **"We forget that the water cycle and the life cycle are one."**

(Jacques Yves Cousteau)

We are all connected! How many connections can you make?



2 **"All the water that will ever be is right now."**

(National Geographic)

In what ways can you protect the water you've been given? Is action needed?



3 **"No one will protect what they don't care about, and no one will care about what they have never experienced."**

(David Attenborough)

We have experienced water during this Season of Creation. Let's care about it, protect it, and thank God for it.



4 Celebrate **"Living Water"** by praying this phrase from the Canticum of St. Francis:

"All praise be yours, my Lord, through Sister Water, so useful, lowly, precious, and pure."

