

Laudato Si' Week

If we approach nature and the environment without...openness to awe and wonder, if we no longer speak the language of fraternity and beauty in our relationship with the world, our attitude will be that of masters, consumers, ruthless exploiters, unable to set limits on their immediate needs. By contrast, if we feel intimately united with all that exists, then sobriety and care will well up spontaneously. (#11)

May 16

Action

Has it been five years since you read *Laudato Si'*? Spend time reconnecting with Pope Francis' words.

We are faced not with two separate crises, one environmental and the other social, but rather with one complex crisis which is both social and environmental. Strategies for a solution demand an integrated approach to combating poverty, restoring dignity to the excluded, and at the same time protecting nature. (#139)

May 17

Action

Take the St. Francis Pledge to care for creation and the poor.

What kind of world do we want to leave to those who come after us, to children who are now growing up? (#160)

May 18

Action

Begin Composting Now with one of three compost companies in Metro DC (Compost Crew / Compost Cab / Veteran Compost) – each offer easy pickup at your home or apartment building.

All is not lost. Human beings... are also capable of rising above themselves, choosing again what is good, and making a new start... and [embarking] on new paths to authentic freedom. (#205)

May 19

Action

Adjust your thermostat to save energy, turn off lights and change out all your light bulbs to LEDs

Our insistence that each human being is an image of God should not make us overlook the fact that each creature has its own purpose. None is superfluous. The entire material universe speaks of God's love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God." (#84)

May 20

Action

Take a walk in your neighborhood, your favorite park, or deep woods. Spend a few minutes in awe of what God has given us to cherish, care for and protect for future generations. Pick up any trash you see (recycle it if you can!)

"The universe unfolds in God, who fills it completely. Hence, there is a mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop, in a poor person's face. The ideal is not only to pass from the exterior to the interior to discover the action of God in the soul, but also to discover God in all things." (#233)

May 21

Action

Explore this book recommendation from Social Justice: *The Overstory*

Because all creatures are connected, each must be cherished with love and respect, for all of us as living creatures are dependent on one another." (#42)

May 22

Action

Reach out to your local, state and federal elected Representatives and encourage them to take action on climate change

"Saint Therese of Lisieux invites us to practice the little way of love, not to miss out on a kind word, a smile or any small gesture which sows peace and friendship. An integral ecology is also made up of simple daily gestures which break with the logic of violence, exploitation and selfishness." (#230)

May 23

Action

Commit to one simple gesture: Plant a garden. Join a CSA. Explore solar panels for your home. Eliminate meat from your diet once a week

"Everything is connected. Concern for the environment thus needs to be joined to a sincere love for our fellow human beings and an unwavering commitment to resolving the problems of society." (#91)

May 24

Action

Join Pope Francis in prayer at 12pm