



LAUDATO SI WEEK

19TH TO 26TH MAY, 2024

SEEDS OF HOPE

Celebrate by planting Seeds of Hope – with a suggested action for each day of the week.

Ecological Conversion Sunday: Begin your day with a contemplative prayer on nature, invoking the Holy Spirit to guide you and allow you to perceive the divine presence in every element of Creation.

Sustainable Transportation Monday: Consider more environmentally friendly alternatives such as public transportation, shared transportation or if possible, consider choosing an electric vehicle.

Sustainable Food Tuesday: Adopt a sustainable diet. Eat plants instead of animals, buy organic products, read the label to check geographic origin, buy in bulk, support responsible producers that practice organic farming, avoid food waste.

Renewable Energy Wednesday: Research and promote the use of renewable energy in your home or community. Educate yourself on the different types of renewable energy and consider the feasibility of installing them. Share the benefits with friends and family.

Waste Reduction Thursday: Participate or organise local clean-ups. Calculate how much plastic you use and discard each year. Find out if the products you buy contain microplastics, which are toxic to both animals and humans. Act by switching to reusable items.

Water Conservation Friday: Check your home for leaks in pipes, faucets, toilets, etc. Install energy-saving devices such as showerheads and water-saving faucets, use the dishwasher and washing machine only with full loads, use rainwater for irrigation and reuse washing machine water to clean outdoor areas.

Catechesis and Integral Ecology Saturday: Promote integral ecology with your children. God has entrusted us with the beautiful task of caring for His creation, from the mountains to the oceans, including every living being, in harmony with nature and with our brothers and sisters in need, working to build a more just and caring world. Reflect how our actions affect the environment and the most vulnerable.

Reflection and Commitment Sunday: Reflect on the changes made and commit to sustaining them. (Global Day of the Environment is on 5th June) Set future goals. Reflection and personal commitment are fundamental to generate significant change in our daily actions.

Prayer to the Holy Spirit

You are God's presence in our hearts, bringing life, love and joy, like a caring Mother. You are in singing birds, hidden in vegetation, in the subtle fragrance of inconspicuous flowers. You are a Mystery, invisible, but powerfully influencing our lives. We open our hearts to you. Please inspire us and give us wisdom, courage and hope. Let us make use of our various talents and Your gifts. Please teach us patience, kindness, faithfulness, gentleness, and self-control. Guide us the right way and teach us to love You, others, and ourselves. Please help us to work together in peace and respect every person, regardless of all the differences between us, but also to respect nature and everything else you have created for us. Finally, let us always remember our dignity of being Your children and about our freedom to serve others, like Jesus,

Amen

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