

Laudato Si Week @ HOME

Laudato Si Week, May 16 -24 “Everything is Connected”

Though this is not a liturgical feast or liturgical celebration, Pope Francis invites us to join him in celebrating the gift of life. We are celebrating the 5th Anniversary of *Laudato Si’: On Care For Our Common Home* which is a beautiful encyclical letter from Pope Francis. *Laudato Si* meant for all to read and reflect. It is available for free online on the Vatican website, but also as a paperback through Amazon, USCCB, and other online bookstores. The title literally means, “Praise be to You!”, taken from the canticle of St. Francis. Pope Francis tells us that there is an urgent need to respond to the cry of the earth and the cry of the poor in this global ecological crisis. “There is nobility in the duty to care for creation through little daily actions.” (211) *Laudato Si’*. Remember to reuse, recycle, reduce. You can make a difference!

Celebrate @ Home Activities

- Watch this video together as a family.
<https://laudatosiweek.org/>
- Simple ways to Reuse, Recycle, and Reduce:
 - What kind of lighting do you have at home? Make a change from old incandescent light bulbs to LED energy efficient bulbs. Turn off your lights when you are not in the room.
 - Great job brushing your teeth! Be sure to turn the faucet off while you brush.
 - Ride your bicycle or walk instead of driving the car. It’s great exercise, fun and you can enjoy nature. Notice the color of the sky, the song of the birds and smile at other people as you go by. Bring a bag along to pick up trash.
 - Clean out your closets. Donate your items to a shelter or area mission.
 - As a family plant a tree. Did you know that trees add oxygen to the air that we breathe? They also help to clean the air and they are an important habitat for birds and other animals.
 - Drink water from a cup not a plastic water bottle.
- Visit the Catholic Ecology Library - an extensive collection of statements on Ecology from popes, saints, bishops, scripture and more. www.kateri.org/library/
- Participate in the “Everything is Connected” Global Prayer on May 24th, noon (local time). See prayer on the side.



Loving God, Creator of heaven and earth and all that is in them, you created us in your own image and made us stewards of all your creation. You've blessed us with the sun, water and bountiful land so that all may be nourished.

Open our minds and touch our hearts, so that we may attend to your gift of creation. Help us to be conscious that our common home belongs not only to us, but to all of your creatures and to all future generations, and that it is our responsibility to preserve it. May we help each person secure the food and resources they need.

Be present to those in need in these trying times, especially the poorest and those most at risk of being left behind. Transform our fear and feelings of isolation into hope and fraternity so that we may experience a true conversion of the heart.

Help us to show creative solidarity in addressing the consequences of this global pandemic. Make us courageous to embrace the changes that are needed in search of the common good.

Now more than ever, may we feel that we are all interconnected and interdependent. Enable us to listen and respond to the cry of the earth and the cry of the poor. May the present sufferings be the birth pangs of a more fraternal and sustainable world.

Under the loving gazes of Mary Help of Christians, we make this prayer through Christ our Lord. Amen.



Links for More Ideas and Activities

- USCCB.org : *Care for Creation* (Scripture quotes, pray with your children and respond with action).
- BHG.org : *Beginner Vegetable Gardening Made Easy* - Eat and share what you grow!
- YouTube.com : *Laudato Si – CRS Elementary Animated Brief* (an animated video for children)
- Youtube.com : *Vatican Releases Video on Pope's Encyclical* (For families with older children)
- thehealthy.com : *41 Ways Kids Can Help Save the Planet in 5 Minutes or Less*
- <https://bit.ly/gratitudeforearth> : *A Prayer of Gratitude for the Earth* - A family prayer service



Thanks to the Catechetical Leaders in the Diocese of Syracuse
for sharing these great ideas for families!
Our website RCfaithquest.syrdio.org has many ideas for this holy season!

