



“Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.” (LS 217)

6 Weeks with Laudato Si 2024: Seeds of Hope

[Adapted from the work of The *Laudato Si’* Committee of the Sisters of Charity Federation.]

Week 1 – May 19 – May 26

Sunday: Plan to read Laudato Si in six weeks - You only need to read 5 numbered sections a day! Copies are available on the display outside the library or free online at: www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html

Monday: Practice deep enjoyment – savor slowly a piece of fine chocolate, a glass of wine, a deep breath.

Tuesday: Make the acquaintance of a potted or garden plant that you will especially visit and care for during these weeks – a particular act of creation care.

Wednesday: Pray for those most affected by climate change – those living in poverty, around the world and right here in Rochester.

Thursday: Try this week not to use a single disposable plastic product. **Some tips:** www.epa.gov/plastics/what-you-can-do-reduce-plastic-waste#RR.

Friday: Plan to host a simple soup and bread supper with your friends and watch an ecological video together.

Recipes from the Sisters of Mercy: www.sistersofmercy.org/wp-content/uploads/2022/02/2022-Mercy-Meatless-Mondays_compressed.pdf

Suggested Videos: www.pbs.org/independentlens/blog/earth-day-watch-list-17-new-films-about-sustainability-climate-change/

Saturday: “We have only one heart, and the same wretchedness which leads us to mistreat an animal will not be long in showing itself in our relationship with other people.” (LS 92) **Spend some time with an animal. How is it prayer for you?**