

A CELEBRATION OF

Laudato Si

At Home

Reflect, Pray, Act

HOW CAN WE MAKE A
DIFFERENCE?

Often when we reflect on our world we can notice many problems: harm to the environment; disrespect for nature and for each other; poverty and violence.

Sometimes we can feel helpless, but Pope Francis calls us all to work together to make a difference even if only in small ways. Here are some suggested ideas for use at home to aid us in reflecting on our world, praying for our world and taking action to make our world a better place.

Reflect

GROUP DISCUSSION IDEAS

In this section we offer some ideas to encourage children to talk about climate change and how to look after our world.

We have provided a list of suggested quotes from Laudato Sí, and relevant discussion questions to go alongside them.

As well as this we have offered a suggested activity where children can explore the outdoors with home-made binoculars.

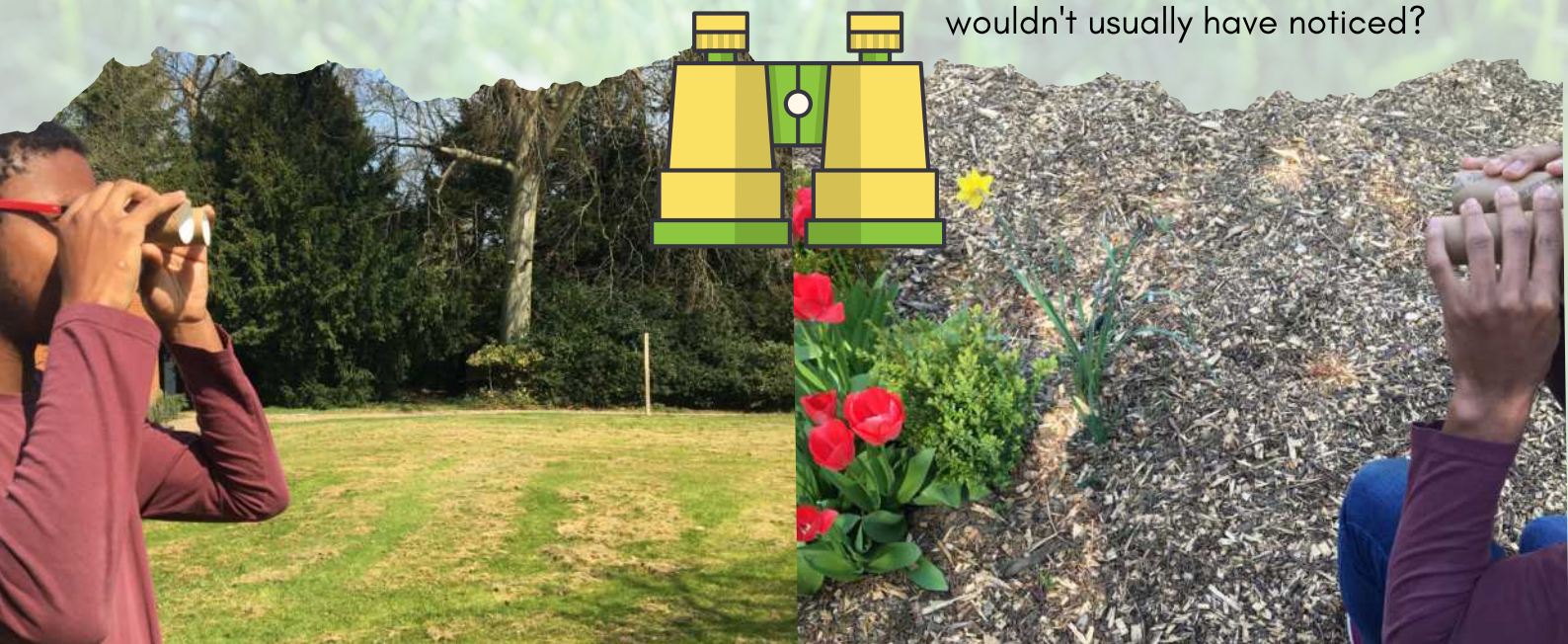
What Can You See?

Click [here](#) to find Laudato Si' online

All you need are some toilet rolls!



Hold or stick your toilet rolls together (you can decorate them first if you'd like), and then venture outside with family or friends to use your home-made binoculars! What catches your eye? What have you spotted which you wouldn't usually have noticed?



Laudato Si Useful Quotes

Climate change is a global problem with grave implications. (25)

All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents. (14)

Young people demand change. They wonder how anyone can claim to be building a better future without thinking of the environmental crisis and the sufferings of the excluded. (13)

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)

The entire material universe speaks of God's love, his boundless affection for us. (84)

I urgently appeal, then, for a new dialogue about how we are shaping the future of our planet. We need a conversation which includes everyone, since the environmental challenge we are undergoing, and its human roots, concern and affect us all. (14)

Rest opens our eyes to the larger picture and gives us renewed sensitivity to the rights of others. (237)

We were not meant to be inundated by cement, asphalt, glass and metal, and deprived of physical contact with nature. (44)

The climate is a common good, belonging to all and meant for all. At the global level, it is a complex system linked to many of the essential conditions for human life. (23)

The earth, our home, is beginning to look more and more like an immense pile of filth. In many parts of the planet, the elderly lament that once beautiful landscapes are now covered with rubbish. (21)

The deterioration of the environment and of society affects the most vulnerable people on the planet. (48)

Once we start to think about the kind of world we are leaving to future generations, we look at things differently; we realize that the world is a gift which we have freely received and must share with others. (159)

We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that "less is more"...it is a way of living life to the full. (222-223)

Reducing greenhouse gases requires honesty, courage and responsibility, above all on the part of those countries which are more powerful and pollute the most. (169)

Saint Therese of Lisieux invites us to practise the little way of love, not to miss out on a kind word, a smile or any small gesture which sows peace and friendship. (230)

Laudato Si Useful Questions

What do you think 'less is more' means? Why could it be important?

What do you think the difference is between a house and a home?

Why do you think Pope Francis thinks resting is so important?

Pope Francis talks about a 'throwaway culture'. What do you think this means?

What do you think the difference is between the words 'nature' and 'creation'?

Can you list different ways mistreating the planet can cause poverty?

Pope Francis asks us: 'What kind of world do we want to leave to those who come after us, to children who are now growing up? (160)' - How would you answer this question?

What do you think 'ecological conversion' means?

What do you like most about spending time in nature?

What do you think the term 'common good' means?

What do you think is the most important action to help stop climate change? Why?

What does Laudato Sí teach us about Science and Religion?

Pope Francis speaks about our world as 'our common home'. what do you think that means?

What are the good and bad aspects of social media and technology?

Pray

SPENDING TIME WITH GOD

In this section we offer some tips on how to set up a prayer table at home.

We offer some print-outs of the two suggested prayers that Pope Francis gives us in *Laudato Sí*, as well as St Francis' prayer: 'The Canticle of the Creatures'. The first, 'A prayer for our earth', was written by Pope Francis for anyone of any faith that believes in an all-powerful creator. The second prayer, 'A Christian prayer in union with creation' was written for the whole Christian community.

These can be placed on a prayer table.

Building a Prayer Table



Find a small table and cover with a cloth that mirrors the liturgical colours of the season. Include a candle and a cross to remind children that Jesus is the light of the world and is present to us. It is also useful to have a Bible, YOUCAT and prayer books for children to pick up and read.



More Ideas



Placing a small statue of Mary or having some rosaries draped on the table can give deeper relevance to the 'Hail Mary' prayer for children. You could pray this as a family.



Perhaps a jar could be placed on the table for children to offer prayers during the week.

Placing flowers or other plants on the table can emphasise the importance and beauty of God's creation. Perhaps you could go on a walk and pick some flowers for the prayer table?





Canticle of the Creatures

St Francis of Assisi

Most High, all powerful, good Lord,
Yours are the praises, the glory, the honour,
and all blessing.

To You alone, Most High, do they belong,
and no man is worthy to mention Your name.

Be praised, my Lord, through all your
creatures,
especially through my lord Brother Sun,
who brings the day; and you give light through
him.

And he is beautiful and radiant in all his
splendour!

Of you, Most High, he bears the likeness.
Praised be You, my Lord, through Sister Moon
and the stars,
in heaven you formed them clear and precious
and beautiful.

Praised be You, my Lord, through Brother
Wind,
and through the air, cloudy and serene,
and every kind of weather through which
You give sustenance to Your creatures.
Praised be You, my Lord, through Sister Water,
which is very useful and humble and precious
and chaste.

Praised be You, my Lord, through Brother Fire,
through whom you light the night and he is
beautiful

and playful and robust and strong.
Praised be You, my Lord, through Sister
Mother Earth,

who sustains us and governs us and who
produces
varied fruits with coloured flowers and herbs.

Praised be You, my Lord,
through those who give pardon for Your love,
and bear infirmity and tribulation.

Blessed are those who endure in peace
for by You, Most High, they shall be crowned.

Praised be You, my Lord,
through our Sister Bodily Death,
from whom no living man can escape.

Woe to those who die in mortal sin.
Blessed are those whom death will
find in Your most holy will,
for the second death shall do them no harm.

Praise and bless my Lord,
and give Him thanks
and serve Him with great humility





A Prayer For Our Earth



All-powerful God, you are present in the whole universe
and in the smallest of your creatures.

You embrace with your tenderness all that exists.

Pour out upon us the power of your love,
that we may protect life and beauty.

Fill us with peace, that we may live
as brothers and sisters, harming no one.

O God of the poor,
help us to rescue the abandoned and forgotten of this earth,
so precious in your eyes.

Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.

Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature

as we journey towards your infinite light.
We thank you for being with us each day.

Encourage us, we pray, in our struggle
for justice, love and peace.







A Christian Prayer in Union With Creation

Father, we praise you with all your creatures.
They came forth from your all-powerful hand;
they are yours, filled with your presence and your
tender love.

Praise be to you!

Son of God, Jesus,

through you all things were made.

You were formed in the womb of Mary our Mother,
you became part of this earth,
and you gazed upon this world with human eyes.

Today you are alive in every creature
in your risen glory.

Praise be to you!

Holy Spirit, by your light
you guide this world towards the Father's love
and accompany creation as it groans in travail.

You also dwell in our hearts
and you inspire us to do what is good.

Praise be to you!

Triune Lord, wondrous community of infinite love,
teach us to contemplate you
in the beauty of the universe,
for all things speak of you.

Awaken our praise and thankfulness
for every being that you have made.
Give us the grace to feel profoundly joined
to everything that is.

God of love, show us our place in this
world

as channels of your love
for all the creatures of this earth,
for not one of them is forgotten in your
sight.

Enlighten those who possess power and
money

that they may avoid the sin of indifference,
that they may love the common good,
advance the weak,
and care for this world in which we live.

The poor and the earth are crying out.
O Lord, seize us with your power and light,
help us to protect all life,
to prepare for a better future,
for the coming of your Kingdom
of justice, peace, love and beauty.

Praise be to you!

Amen.



Act

ECOLOGICAL FUN

There are many different ways to make a positive impact on our world: donating to charity; turning light switches off when we leave a room; not wasting food; and living simple kind lives. Let's explore these further in this section.

In Laudato Sí Pope Francis says:

'Saint Francis, faithful to Scripture, invites us to see nature as a magnificent book in which God speaks to us...For this reason, Francis asked that part of the friary garden always be left untouched, so that wild flowers and herbs could grow there, and those who saw them could raise their minds to God, the Creator of such beauty. Rather than a problem to be solved, the world is a joyful mystery to be contemplated with gladness and praise.'

As an activity to do at home, here is a recipe to create seed bombs, so that like St Francis, we can create areas of space filled with wild flowers to help the bees and other minibeasts, but also to help get to know God better through the beauty of his creation.

Seed Bombs!



You will need:

Meadow Flower Seeds

Peat-free Compost

Water

Powdered Clay

Mixing Bowl

Method:

Mix 1 part seeds with 5 parts compost and 2-3 parts powdered clay.

Slowly mix in water until everything starts to bind together.

Form the mix into small balls and leave to dry.

Once dry, throw into areas of garden that you want flowers to grow. Don't worry, the birds won't eat the seeds because they don't like the clay.



Don't leave the tap on whilst brushing your teeth and try to have showers instead of baths.

Do you have a compost bin at home? Try and collect waste food scraps from your vegetables to be used as compost.

Make home-made presents for friends and family and try to find recyclable wrapping paper or a reusable bag to gift them in.



How Else Can I Help?

Could you eat less meat at home? Maybe explore some vegetarian recipes a few days each week and help your parents cut the vegetables.

Are the products you buy as environmentally friendly as possible? How many products can you switch to being zero waste?

Could you grow some of your own fruits and vegetables at home? Or maybe fill some pots with flowers to put on a balcony.

*All of us can cooperate
as instruments of God
for the care of creation*

Laudato Sí, 14