



**LAUDATO SI'
WEEK 2023**

C E L E B R A T I O N G U I D E

Eco-spirituality



1. Plant a contemplation garden

May is the perfect time to plant a garden to honor Mother Mary while caring for Mother Earth and [promoting biodiversity](#). Cultivating a garden with flowers, fruits, and vegetables provides you and your loved ones with healthy food and supports the world's food sources while enriching the soil, cleaning the air, and making use of rainwater runoff. Plus, it helps beautify the world and offers a place of contemplation. People can spend time in the garden listening to what God is saying through nature.

2. Nature walk

Contemplate God's creation while cultivating physical and spiritual health by incorporating nature walks into your routine, be it by yourself or with friends and family.

3. Procession

Invite your parish community to a procession or walk through the center of your town. You can walk while praying, singing, making noise, and/or carrying signs with slogans about bringing Laudato Si' to life and the need to care for our common home.

4. Say Grace

Thank God for the gifts of creation by saying Grace before and after meals, making this gratitude a daily and consistent part of life. It orients us in relation to the Creator as recipients of God's blessings. Consider celebrating the annual World Day of Prayer for the Care of Creation on September 1 and marking your calendar for the [Season of Creation](#), the annual celebration of prayer and action that's celebrated by Christians worldwide from September 1 to October 4.

5. Prayer gathering

Organize a Rosary for Creation or a prayer gathering. You can also simply get together and sing some songs.

6. Public meditation

Unite with three or more people in a public place in your city. Carry a sign that says "Live Laudato Si'", "Laudato Si' Week", or other creation care messages you think your community should see.

7. Laudato Si' Reading

Have you read the encyclical? Has it been read in your community? Organize an online or in-person event to read, meditate and act on some passages of Laudato Si'.

8. Get your copy of the official Laudato Si' Movement Prayer Book

The book has prayers for every moment of our lives, including prayers for mornings and evenings, as well as prayers for special moments, such as prayers for justice and prayers for hope and encouragement. Download a free copy & more information: laudatosimovement.org/prayerbook.

9. Start your own Laudato Si' Circle

Laudato Si' Circles are small groups that meet regularly to deepen their relationship with God as Creator and all members of creation. Together, they pray with and for creation, reflect on their ongoing ecological conversion, and take action.

10. Enroll in our five-week contemplation training

[Laudato Si' Movement's Contemplation Training aims](#) to help individuals and communities to become familiar with contemplation and deepen their practice. "This contemplation of creation allows us to discover in each thing a teaching which God wishes to hand on to us, since "for the believer, to contemplate creation is to hear a message, to listen to a paradoxical and silent voice" (LS 57).

Lifestyle

1. Join the Laudato Si' Action Platform

Caring for creation means caring for the home we share. This responsibility is “essential to a life of virtue” (LS 217). The Vatican’s Dicastery for Promoting Integral Human Development’s [Laudato Si' Action Platform](#) is a space for institutions, communities, and families to learn and grow together in the holistic spirit of integral ecology. All are invited to join this community, as “everyone’s talents and involvement are needed to redress the damage caused by human abuse of God’s creation” (LS 14).

2. Make “seed bombs”

Whether it’s a plant pot, flowerbed, wild patch in your lawn, or an entire meadow, sowing wildflowers provides vital resources to support a wide range of insects that wouldn’t otherwise survive in urban areas. Going for a walk and throwing them, or digging “seed bombs” into your garden is a great way to spend an afternoon! [How to make a seed bomb.](#)

3. Organize or participate in a clean-up

Whether it’s a big group event or a solo clean-up, you can get involved anywhere. Plan your own with your community to remove billions of pieces of trash from neighborhoods, beaches, rivers, lakes, trails, and parks. It’s vital that we reduce waste and plastic pollution, improve habitats, and prevent harm to all members of God’s creation.

4. Opt for reusable shopping bags

According to [EarthDay.org](#), an estimated four trillion plastic bags are used each year worldwide. Keeping a few reusable bags handy to take to the grocery store helps cut back on plastic use and keeps bags out of landfills.

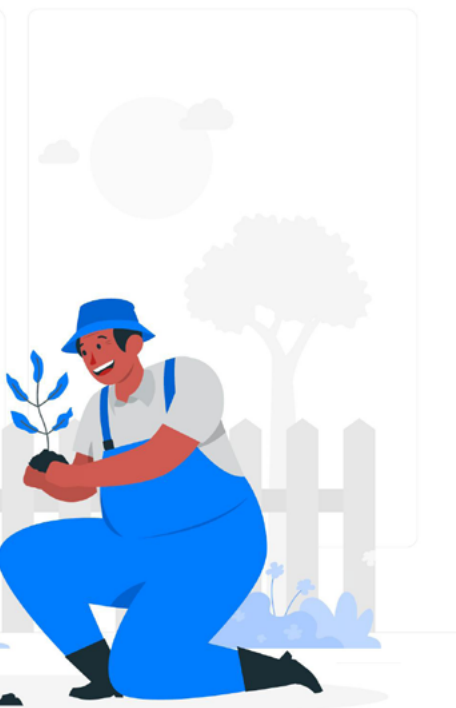
5. Meatless Mondays

Join the Meatless Monday campaign. This helpful website, among others, offers plant-based recipes and guides to help you implement Meatless Monday in your school, hospital, workplace, and community. Try going one step further and make meatless Fridays a part of the whole year, as opposed to something you do just during Lent. Fasting from meat benefits your health and helps the environment by cutting back on greenhouse gasses.

6. Enjoy your leftovers

About 17 percent of global food production may go wasted, according to the United Nations Environment Programme’s (UNEP) [Food Waste Index Report 2021](#), and estimates suggest that 8-10 percent of global greenhouse gas emissions are associated with unconsumed food. To cut back on food waste, learn to love leftovers and creatively [give them a new life!](#) More: [15 quick tips on how to reduce food waste.](#)





7. Compost

Start composting to use those leftovers you can't consume. While diverting food from landfills, composting helps enrich soil, promotes plant growth, filters and uses rainwater, and decreases greenhouse gasses. You can compost anywhere! Proof: [Everything you need to know about composting in an apartment.](#)

8. Frequent your local farmers market

Supporting a local farmers market is a delicious way to support and preserve God's creation, especially farmers and artisans in your community. It also reduces transportation pollution and cuts back on trash and plastic bag usage, since produce is minimally packaged.

9. The dishwasher is your friend

Hand-washing dishes uses over two gallons of water per minute. If possible, use a dishwasher, which only uses 2-8 gallons per entire cycle. You'll also save time and have one less chore to do!

*Use natural cleaning products

Substitute chemical household cleaning products for natural ones. Chemical cleaning products pose health risks and impact the environment as they are released into air and water sources. Switch to natural products, or learn to make your own by using household ingredients like baking soda, essential oils, lemon juice, and vinegar. [*Make your own cleaning products](#)

10. Shop second-hand

Shopping second-hand helps keep items out of landfills and [conserves water](#). It's also a creative way to care for the environment. Plus, it is easier to find classic, sustainable, and unique thrifted pieces rather than relying on the fashion industry that pushes cheap and ever-changing fads. You could also start a swap-circle with your closest friends!

* Do-It-Yourself (DIY) gifts

Be a hit at any birthday party by making your own unique gifts. Be sure to include your family in the gift-making fun! [These wallets](#) are a personal favorite—you only need a pair of scissors and a drink carton. *Other gift ideas

Advocacy

1. Bell ringing for climate justice

Ask your pastor to ring the church bells for three minutes for the victims of the climate crisis and as a wake-up call for your entire community to advocate for the most vulnerable members of God's creation.

2. Blackout for creation

On a certain day and time in the evening, have everyone on your street turn off the lights in their homes to work together to help save God's creation and unite in solidarity for a cleaner and more resilient future for all.

3. Mass for Creation

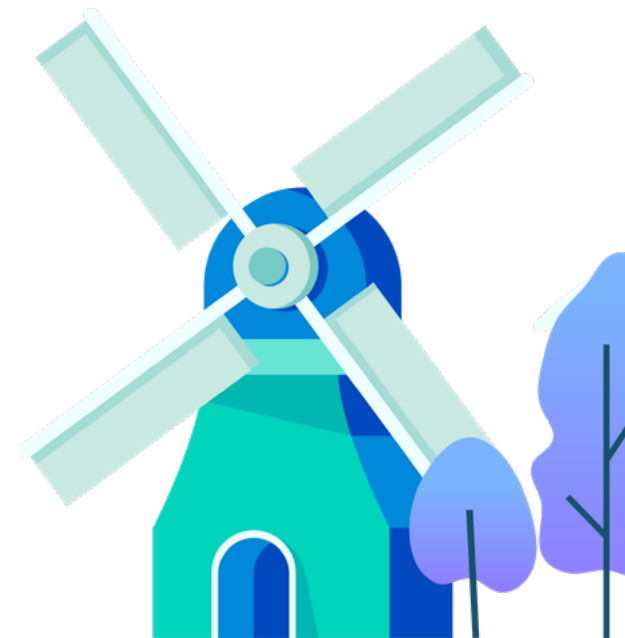
Talk to your pastor about having one of the week's Masses dedicated to praying for the victims of the climate crisis, the loss of biodiversity, giving thanks to the Creator for the gifts we have been given, or for all of these.

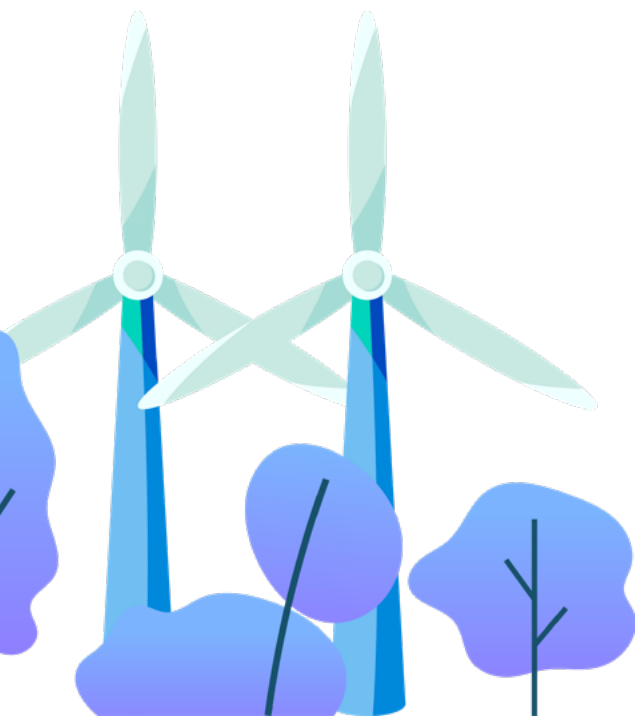
4. Boycott your bank

Banks give your money (via loans or via financial services) to fossil fuel companies so more coal, oil, and gas can be extracted, more pipelines can be built, and more money will line the pockets of a few corporate executives. Do you know where your money is? [Check how green your bank is and if it is not green enough, move your money to a green bank.](#)

5. Divest from fossil fuels

archdioceses, dioceses and religious orders all around the world. Your institution can join this list of catholic institutions worldwide that are prophetically acting to “hear both the cry of the earth and the cry of the poor”. Start the conversation with your institution. [Commit to divest.](#)





6. Learn more about biodiversity in your area

Everything is connected. Find out about how you can do your small part and help bring back biodiversity: [Why everyone should care about biodiversity loss.](#)

7. Get involved in our regional advocacy campaigns

Find out how you can help us gain momentum with our regional work. Whether it's our work with the [East African Crude Oil Pipeline \(EACOP\)](#), the Amazon or the Philippines, there is always plenty to be done!

8. Commit to leading your community to care for creation by signing up to become a [Laudato Si' Animator](#).

This free leadership development course will empower you to bring Laudato Si' to life. Join a community of like-minded leaders around the world, all of whom are committed to leading their communities in transformation action for our common home.

9. Webinars

Webinars are a great way to connect people from all corners of the globe and discuss important issues like the climate and biodiversity crises and fossil fuels. Here are a few other examples:

-Recycling: How to recycle the waste we produce? If there is someone in your community with experience in waste recycling, invite him or her to give a talk or workshop and invite your community to participate.

-Community or urban garden festival: Connect online to showcase community and personal gardens, share tips and techniques, encourage teamwork and inspire others to grow their own food.