

Season of Creation

WEEK 1: SEPTEMBER 1-4

PRAY:

- 1 That the Season of Creation will be a time of deepening ecological conversion.
- 2 For a spot in nature that has been holy ground for you.
- 3 For the health of the land, waters, all species for whom Convent Station is a home.
- 4 Pray for our brothers and sisters in faith that they may see care of creation as an essential part of a life of faith.

LEARN: Watch a video of Pope Francis launching the *Laudato Si' Action Platform*

<https://www.humandevlopment.va/en/news/2021/the-launch-of-the-laudato-si-action-platform.html>

ACT: Make a personal plan about how you want to celebrate the Season of Creation. What do you want to do, read, pray, reflect on, talk about?

WEEK 2: SEPTEMBER 5-11

PRAY:

- 5 For healing from our cultural addiction to fossil fuels.
- 6 For scientists who are developing non-petroleum-based energy sources.
- 7 For marine life endangered by plastic waste.
- 8 For pelicans who inspired our Congregation symbol.
- 9 For the health of the land and waters of Harvey Cedars.
- 10 For children of the future who will suffer from our current selfishness.
- 11 For subsistence fisher-folk who pull up nets full of rubbish.

LEARN: Watch the 7-minute UN film *Plastic Ocean*

https://www.youtube.com/watch?v=ju_2NuK5O-E

ACT: Refuse straws unless absolutely necessary/Bring your own grocery tote bags/Switch to glass Tupperware/Buy cartons or glass versus plastic whenever possible/Use less plastic- packaged food.

WEEK 3: SEPTEMBER 12-18

PRAY:

- 12 For a body of water that has refreshed your spirit
- 13 In thanksgiving for the miracle of water.
- 14 Every time you take a drink today, pray for those who do not have access to fresh water.
- 15 For the health of wetlands, swamps, bogs, and marshes.
- 16 For endangered marine species.
- 17 For people who advocate for environmental protection.
- 18 For the millions of people worldwide who lack access to proper sanitation facilities.

LEARN: Watch the Ted Talk “Save That Drop”

<https://www.youtube.com/watch?v=n84KV1scsQY>

ACT: Don't let the tap run/Time your showers and reduce the time by a few minutes/Wash dishes once a day/
Flush toilets every other use/No unnecessary bottled water/Use the minimum amount of water when cooking/Put a dropped ice cube in a plant rather than down the sink.

WEEK 4: SEPTEMBER 19-25

PRAY:

- 19 In thanks for the pollinator bees that feed you.
- 20 For migrant workers who harvest your food.
- 21 International Peace Day - The military is a huge polluter. Pray for disarmament.
- 22 For forgiveness for our wastefulness in a world of want.
- 23 For cooks whose creativity delights our palates.
- 24 For organic farmers and gardeners.
- 25 In thanks for your favorite vegetable.

LEARN: Watch *Just Eat It: A Food Waste Story*

<https://www.youtube.com/watch?v=BR1Y-ieyjfjU>

ACT: Eat lower on the food chain: less meat/more vegetables, grains, nuts/Plan weekly menus around what's already in the fridge/Always make a shopping list/Use your freezer/Plan an “eat the leftovers night” each week/Casseroles, stir-fries, frittatas, soups, and smoothies are great ways to use leftovers.

WEEK 5: September 26- October 4

PRAY:

26 In thanksgiving for the ways in which creation nourishes your body and spirit.

27 In repentance for treating other species as objects rather than neighbors in our common home.

28 For all the Congregations in the Charity Federation, that our charity will embrace Earth.

29 In thanksgiving for the beauties of the season of autumn.

30 For an animal companion who has enriched your life.

October 1 In thanksgiving for St. Therese of Lisieux who reminds us that, “an integral ecology is also made up of simple daily gestures which break with the logic of violence, exploitation and selfishness, (*Laudato Si'*, 230).

2 In thanksgiving for Pope Francis and his world leadership in ecology.

3 In thanksgiving for our celebration of the Season of Creation.

4 In thanksgiving for St. Francis of Assisi who, “helps us to see that an integral ecology calls for openness to categories which transcend the language of mathematics and biology, and take us to the heart of what it is to be human,” (*Laudato Si'*, 11).

LEARN: Watch this video meditation on the beauties of creation

<https://www.youtube.com/watch?v=ZXFuhEcS3Eo>

ACT: Spend as much time as you can outside enjoying nature/Include non-human species in your prayer/Read *Laudato Si'* again.

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