



SSND
Guide to
Laudato Si'
Commitment

2024



School Sisters of Notre Dame



“The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, for we know that things can change. . . Humanity still has the ability to work together in building our common home.”

—Pope Francis, *Laudato Si'*

Using this Guide

As we continue to look for ways to live out our commitment to *Laudato Si'*, we hope that this guide will serve as a framework for your personal commitment to action for the care of our common home. In it, the seven *Laudato Si'* Goals are listed, along with a short prayer, and a sample list of ways to work toward that goal. Of course, these are just a few of the myriad ways to take action. You may choose to implement one of those ideas, or they may serve as a jumping off point for an initiative of your own. However you use it, we hope this guide will encourage you to make changes to your daily actions and decisions, as we all work toward protecting our common home and future generations.

In order to make the process of integrating new initiatives more manageable, the guide is broken down with each goal assigned to a particular time period. This is designed to allow you to make each undertaking a part of your regular routine before moving on to the next.

Sharing our Stories

We hope you will share the ways in which you are working toward a better future for our Earth. By communicating our own actions and hearing from others, we can inspire and be inspired to do more, constantly building a better future together.

We invite you to send photos and short descriptions of what you are doing to take action toward specific goals. We will be sharing those stories in our province newsletters, on our website at ssnd.org, and on the SSND Facebook page. To participate, please send your stories and photos to Deb Litman, Collaborative Communications Manager, at dlitman@ssnd.org.

Together, we will build our common home.





Ecological Education

January 15-March 3

God of All, You teach us how to live so that others may simply live. Through our words and actions may we inspire others to do the same.

Suggested Actions:

- Bring in expert speakers to lead conversations about care for creation.
- Commit to reading a book or listening to a podcast about climate change. Organize a reading club that reads and discusses texts that deal with Care for Creation.
- Subscribe to the UN News Climate Newsletter: <https://news.un.org/en/content/un-news-climate-newsletter>

Response to the Cry of the Poor

March 4-April 14

God of Compassion, You made us in your image and likeness. Open our eyes to see you in others. Open our ears to your cry, and open our hearts to love like you, so that we may live as one human family.

Suggested Actions:

- Expand your reading to include authors and topics that feature a variety of voices, particularly those of underrepresented or marginalized communities. Encourage others to do the same.
- Learn more about the impact of watershed pollution on low-income communities or volunteer with a local clean the waterways project.
- Contribute food to your local food pantry.





Response to Cry of the Earth

April 15-June 2

Creator God, You fill the earth with life. Lead us to live in harmony with your creation. May we respect all life from the smallest of plants to the tallest of trees, the vastness of the oceans to the majesty of mountains, and the tiniest insects to the wildest beasts.

Suggested Actions:

- Plant trees, pollinator plants, and conservation landscaping. Cultivate a vegetable garden.
- Open and close windows and curtains to take advantage of natural temperature regulation. Adjust your thermostat a few degrees and put on or remove layers as necessary.
- Turn off light sources when not needed and find ways to reduce your water consumption.

Ecological Economics

June 3-July 21

God of Wisdom, You gifted us with right judgement and courage. Help us to share the earth's resources fairly and to use them wisely. Stand with us as we speak out against inequality and injustice. Guide our thoughts and actions as we care for our common home.

Suggested Actions:

- Learn the consequences of meat production on climate change, ecological devastation, and the persons on whose backs this economic system is built.
- Choose at least one day a week to eat meatless meals.
- Buy fresh, seasonal, locally grown food.





Ecological Spirituality

July 22-September 8

God, source of all life, You bless us with the gift of creation. Inspire us to gaze in wonder and awe at the beauty that surrounds us.

Suggested Actions:

- Initiate, plan, or participate in a creation-care themed prayer service, retreat, or mass.
- Renew your attention to the natural world. Look out your window; what creatures and elements can you greet and give thanks for?
- Concentrate on imbuing your walking, gardening, cooking, cleaning, and other activities with an awareness of the interdependence and the sacred nature of all things.

Community Engagement & Participatory Action

September 9-October 27

God of Justice and Love, You lead us on life's journey through creation. Guide us to act justly, love tenderly, and walk humbly in your ways.

Suggested Actions:

- Organize or join a group that will take on a Laudato Si'-inspired project such as recycling, park clean-up, or tree-planting.
- Advocate for changes in public policy that will advance solutions to the climate crisis.
- Pray for lawmakers to support conservation legislation.





Adoption of Simple Lifestyles

October 28-December 15

God of Love, You walk beside us, guiding our path. Teach us to simplify our lives, to pause, to slow our steps and to be mindful of all of creation, so that we may truly enjoy the richness of your love.

Suggested Actions:

- Choose at least one single-use plastic (utensils, water/soda bottles, bags) that you will no longer use, accept, or purchase.
- Recycle paper, glass, plastic, and cardboard.
- Look for alternatives to single use materials during the holiday season. Wrap gifts creatively using reusable materials you have at home. Consider sending e-cards.

Additional Resources

Laudato Si' encyclical:

https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html

SSND Laudato Si' web page: <https://ssnd.org/shalom/laudato-si/>

Laudato Si' Action Platform: <https://laudatosiactionplatform.org/about>

Laudato Si' movement: <https://laudatosimovement.org>

