

CELEBRATION GUIDE

Laudato Si' Week 2024



WELCOME

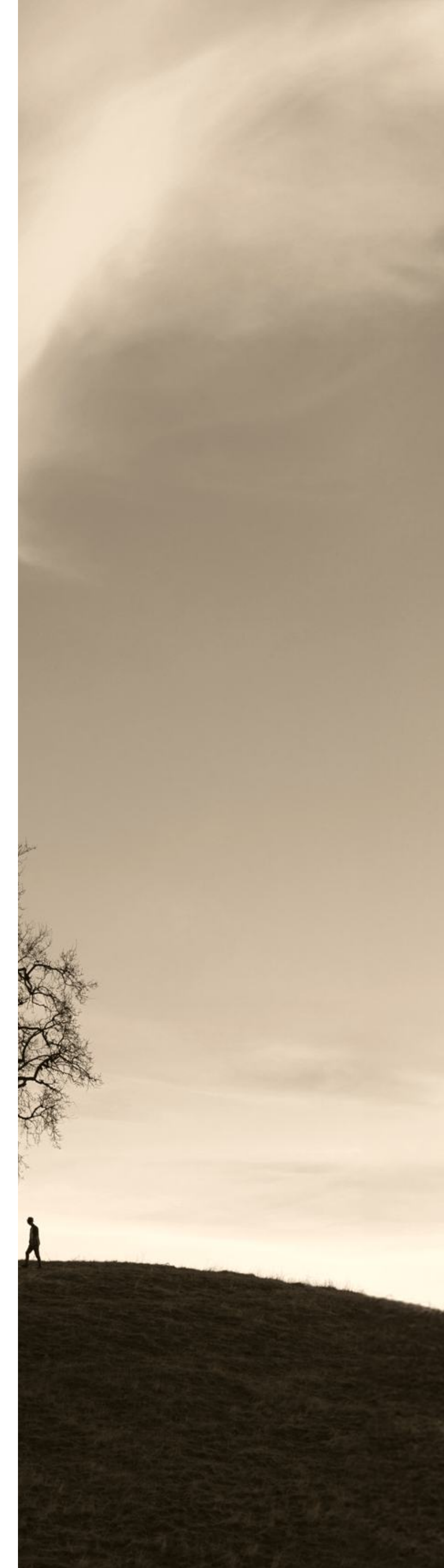
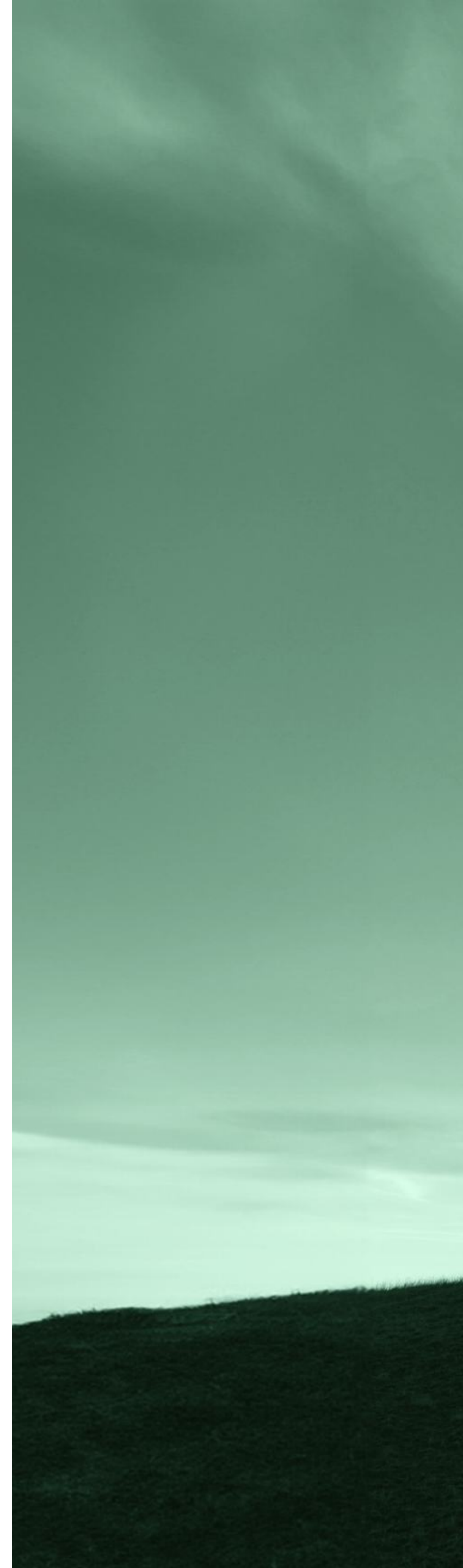
About this Celebration Guide

Inspired by Pope Francis' encyclical *Laudato Si'*, this eight-day guide seeks to motivate all people of good will to protect our Common Home through concrete actions and simple changes in the way we live.

Each day a specific theme is proposed that addresses aspects of integral ecology, such as waste reduction, renewable energy use and water conservation.

We aim to foster a deeper respect for creation, promote sustainable habits and deepen our commitment to a lifestyle that respects the Creator's handiwork. Through inspirational quotes, practical activities, reflections and prayers, we hope this guide will be a valuable resource to inspire meaningful change in our interaction with the environment.

Each day you will find an action, ways to put it into practice, its importance and impact on our planet; as well as supporting arguments based on the magisterium of the Catholic Church and science.



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DAY 1 - MAY 19

ECOLOGICAL CONVERSION SUNDAY

INSPIRATION:

"In the distance on the horizon we could see the great mountains... The sight of these beauties made a deep impression on my thoughts; I felt that I was already beginning to understand the greatness of God and the wonders of heaven." St. Thérèse of Lisieux, Manuscript A, 58r.

LSW 2024

TODAY'S ACTIVITY:

PENTECOST IN NATURE

WHAT TO DO?

Encounter with Creation: A Guided Meditation



Today we celebrate the Feast of Pentecost and we propose that you begin your day with a contemplative prayer in nature, invoking the Holy Spirit to guide you and allow you to perceive the divine presence in every element of creation.

1. Find a natural setting near your home that resonates with your spirit.

2. Disconnect your phone or switch to airplane mode to eliminate distractions. Consider setting an alarm for 15 or 20 minutes to guide your meditation session gently.

3. Approach your chosen spot and sit comfortably, allowing your hands to rest gently on your thighs. If possible, consider removing your shoes to establish a deeper connection with the earth.

4. Begin by taking three slow, deep breaths, allowing the rhythm of your breath to anchor you in the present moment.

5. Take in the landscape around you, immersing yourself in the sights, smells, colors, and sounds of nature. Seek to view everything with fresh eyes, embracing a new perspective.

6. Should thoughts arise during your meditation, acknowledge them without judgment and allow them to pass like leaves on a stream. Consider keeping a journal nearby to capture any persistent thoughts that arise, allowing you to return to them later if needed..

Remember, meditation is a practice. Be patient with yourself, and approach each session with openness and curiosity, free from expectation or self-criticism.

May this time of meditation deepen your connection with the beauty and sacredness of God's creation, nurturing your spirit and guiding you on your journey of faith.



WHY?

To contemplate is to grant oneself the time to be silent, to pray, to restore harmony to the soul, the healthy balance between head, heart and hands, between thought, feeling and action. ([Address of His Holiness Pope Francis to the participants of the meeting of the Laudato Si' Communities](#))

WHAT IMPACT WILL MY ACTIONS HAVE?

Contemplating connects us spiritually with the natural world and gives us a sense of peace and serenity.

It also raises our awareness of the importance of protecting the environment and can inspire us to take concrete steps to care for and preserve nature.

ADDITIONAL RESOURCES:

- [Blog about what an ecological conversion means](#)
- [Laudato Si' Movement's Contemplation Guide](#)
- [Guided meditations to contemplate creation](#)

PRAYER TO THE HOLY SPIRIT:

Holy Spirit, You are God's presence in our hearts, bringing life, love and joy, like a caring Mother. You are in singing birds, hidden in vegetation, in the subtle fragrance of inconspicuous flowers... You are a Mystery, invisible, but powerfully influencing our life. We open our hearts to You.

Please inspire us and give us wisdom, courage, and hope. Let us make use of our various talents and Your gifts. Please teach us patience, kindness, faithfulness, gentleness, and self-control. Guide us the right way and teach us to love You, others, and ourselves. Please help us to work together in peace and respect every person, regardless of all the differences between us, but also to respect nature and everything else you have created for us. Last but not least, let us always remember about our dignity of being Your children and about our freedom to serve others, like Jesus. Amen

by Sylwia Ufnalska, Laudato si' Animator, coordinator of Rogalin Ways of the Holy Spirit and of the project "Tree of Life" – Rogalin, Poland)



DAY 2 - MAY 20

SUSTAINABLE TRANSPORTATION MONDAY

“The quality of life in cities has much to do with systems of transport, which are often a source of much suffering for those who use them. Many cars, used by one or more people, circulate in cities, causing traffic congestion, raising the level of pollution, and consuming enormous quantities of non-renewable energy. This makes it necessary to build more roads and parking areas which spoil the urban landscape” (LS 153).



TODAY'S ACTIVITY:

USE SUSTAINABLE MEANS OF TRANSPORTATION

WHAT TO DO?

→ Instead of using your car, consider other more environmentally friendly alternatives.

Public transportation: When the destination is too far to walk or cycle, consider using public transportation as a more environmentally friendly option.

Shared transportation: Explore ridesharing alternatives. If the destination is far away, but you know someone who is traveling in that direction, you could carpool to reduce carbon emissions.

Electric transportation: If you are in the market to buy a car, consider choosing an electric one. Making this switch from a conventional vehicle to an electric vehicle can reduce your carbon footprint by an average of up to 2 tons per year.

WHY SHOULD I DO IT?

Transportation, especially private automobiles, accounts for about 25% of global greenhouse gas emissions (Source: International Energy Agency).

WHAT IMPACT WILL MY ACTIONS HAVE?

Opting for public transport instead of car use can reduce up to 2.2 tons of carbon emissions per person per year (Source: United Nations).

ADDITIONAL RESOURCES

- [Report on the effects of the current transportation model](#)
- [Transport effects](#)

PRAYER TO GUIDE YOUR PATH:

God, we ask for your guidance and protection in our daily journeys. May each step we take be an act of love and responsibility towards our planet and to all beings that inhabit it. Bless our paths, and help us to reach our destination safely and in harmony with creation. Amen.



DAY 3 - MAY 21

SUSTAINABLE FOOD TUESDAY

INSPIRATION:

“We know that approximately a third of all food produced is discarded, and ‘whenever food is thrown out it is as if it were stolen from the table of the poor’” (LS, 50).



TODAY'S ACTIVITY:

ADOPT A SUSTAINABLE DIET

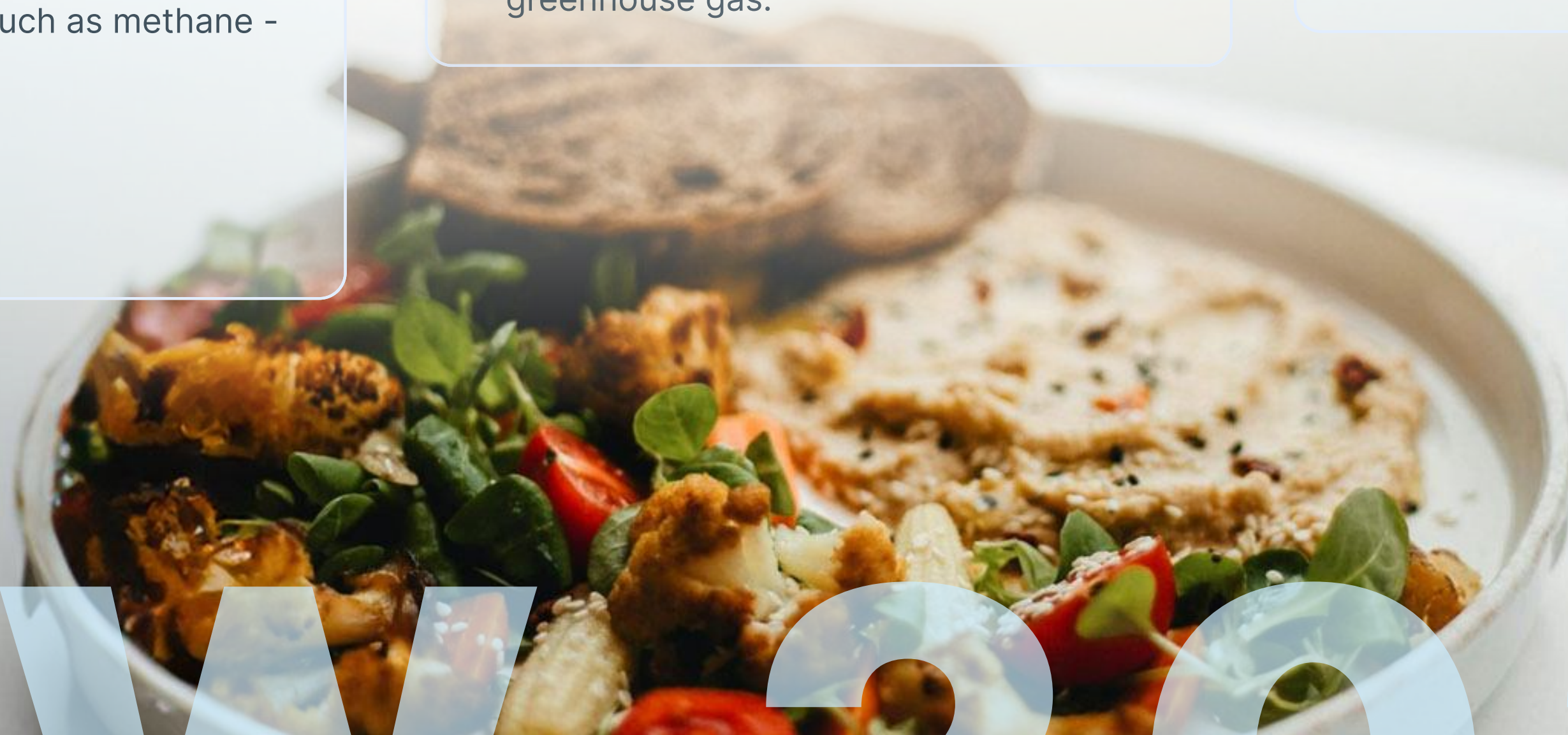
→ Promote and practice more sustainable eating in your daily life.

What to do?

1. Eats plants instead of animals: A plant-based diet is more efficient than an animal-derived diet. In some countries, cereals and legumes (crops harvested only as dry grains) are grown to feed livestock. These crops could feed more people than the animals that eat them. Farm animals also generate significant amounts of pollutants such as methane - a greenhouse gas - and manure.

2. Buy organic products: Organic agriculture is less harmful to people and wildlife than conventional agriculture, which uses pesticides and synthetic fertilizers often derived from petroleum, a fossil fuel that contributes to polluting emissions, especially carbon dioxide—a dangerous greenhouse gas.

3. Read the label: In most countries, packaged foods have labels that list their ingredients and sometimes their geographic origin. Reading the label can help determine whether to buy or reject a particular item. If the product has more than 5 ingredients, it is best not to buy it.



4. Buy in bulk: Non-perishable foods can sometimes be purchased in bulk. This not only saves money, but often minimizes packaging. In some stores, it is possible to source and reuse one's own shopping containers.

5. Support Responsible Producers: Some producers, in addition to practicing organic farming, employ other sustainable practices, such as cultivating coffee under intact forest canopy instead of clearing standing forests. Others adhere to fair labor practices or donate a percentage of their profits to environmental or social causes. Buying from these producers helps them sustain their commendable work.

(written by John Fodi, participant and collaborator of the Laudato Si Action Platform)

6. Don't waste: To avoid spoilage waste, buy only as much perishable food as you will consume in the time frame of your shopping trip, and prepare only as much as you will consume in a given meal. If you can maintain a compost stockpile, use it to dispose of food scraps and vegetable waste, e.g., potato skins, apple cores, etc. If you have access to recycling, always recycle bottles, jars and cans. These should be rinsed. Rather than sending the rinse water down the drain, save it and use it for cooking something else. The same can be done with the water in which vegetables are boiled or steamed.

WHY DO IT?

Agriculture is responsible for approximately 24% of global greenhouse gas emissions, and meat production contributes significantly to this impact (Source: UN Food and Agriculture Organization (FAO)).

WHAT IMPACT WILL MY ACTIONS HAVE?

If every person in the world adopted a more plant-based diet and reduced their meat consumption, we could drastically reduce greenhouse gas emissions and reduce pressure on natural resources, such as land and water. In addition, a balanced diet free of chemicals and processed products will allow you to live a fuller and healthier life.

ADDITIONAL RESOURCES:

- [10 sustainable eating habits](#)
- [Sustainable recipes by the Sisters of Mercy](#)
- [IPCC Food Security Report](#)

PRAYER OF GRATITUDE FOR FOOD:

God, we thank you for the bounty of the earth, which provides us with the food we need for our sustenance and well-being.

Bless these gifts that we gratefully receive, and give us the wisdom and responsibility to care for and protect the earth that provides us with love and abundance. Amen



DAY 4 – MAY 22

RENEWABLE ENERGY WEDNESDAY

“At present it is possible to achieve improved energy efficiency while at the same time encouraging research into alternative forms of energy” (Caritas in Veritate, 49. Benedict XVI, 2009).



TODAY'S ACTIVITY:

PROMOTE THE USE OF RENEWABLE ENERGIES



Research and promote the use of renewable energy in your home or community. If possible, switch to renewable energy sources. Invite others to do the same.

WHAT TO DO?

Educate yourself: Learn about different types of renewable energy available in your area, such as solar, wind, hydroelectric or biomass.

Assess: Consider the feasibility of installing renewable energy systems in your home or workplace.

Share: Share the benefits of renewable energy with your friends and family and encourage them to make the switch along with you.

WHY DO IT?

Power generation is the largest source of greenhouse gas emissions worldwide, with fossil fuels responsible for approximately 65% of these emissions (Source: International Energy Agency).

WHAT IMPACT WILL MY ACTIONS HAVE?

If we increase the share of energy generated from renewable sources to 36% by 2030, we could reduce greenhouse gas emissions by more than a third and limit global warming to 2 degrees Celsius, as accorded in the Paris Agreement.

ADDITIONAL RESOURCES:

- [Blog about renewable energy](#)
- [The Catholic argument for fossil fuel divestment](#)
- [Why divest from fossil fuels? Does it actually do any good?](#)

PRAYER FOR THE ADOPTION OF RENEWABLE ENERGIES

Lord, source of all wisdom and love,
Illuminate our hearts to recognize the richness of the renewable energies you have bestowed upon us.
Inspire us to adopt and promote their use in our daily lives, decreasing our reliance on fossil fuels.
Help us to care for our common home, fostering a cleaner and more sustainable future for all.
Amen.



DAY 5 - MAY 23

WASTE REDUCTION THURSDAY

INSPIRATION:

"We need to see that what is at stake is our own dignity. Leaving an inhabitable planet to future generations is, first and foremost, up to us. The issue is one which dramatically affects us, for it has to do with the ultimate meaning of our earthly sojourn" (LS, 160).



TODAY'S ACTIVITY:

REDUCE WASTE



Single-use plastics are those that were designed to be used only once before being discarded and are one of the main sources of pollution on the planet.

WHAT TO DO?

- Participate or organize in local clean-ups

- Calculate how much plastic you consume and discard each year

- Refuse using plastic in certain areas of your life, like not using straws or wearing clothes that contain microfibers such as nylon and polyester.

- Recycling can be beneficial to reduce plastic production, but it has to be done the right way. Ensure you understand your local rules and regulations on what you can recycle and how to recycle items properly.

- Many plastic products such as cigarettes and textiles can give off small molecules of plastic known as microplastics. Other, larger, plastic waste can also break up into microplastics over time. These microplastics can be harmful and toxic to cells in both animals and humans. Find out if the products you buy contain microplastics

- Every minute, 17,000 plastic bottles are bought and each year, 500 billion plastic bags are used. Take action by making changes such as switching to reusable cloth bags and saying no to plastic water bottles. For more plastic alternatives, read this

WHY DO IT?

Reducing waste production decreases our environmental footprint, reduces pollution, saves resources and promotes a more sustainable and conscious lifestyle.

Every year, more than 300 million tons of plastic are produced, of which around 8 million tons end up in the oceans, threatening marine life and coastal ecosystems (Source: UN Environment Programme (UNEP)).

WHAT IMPACT WILL MY ACTIONS HAVE?

If every person of good will in the world replaced one disposable plastic bottle with a reusable bottle, we could prevent millions of tons of plastic from entering the oceans each year.

By adopting these practices, we not only reduce the amount of waste that ends up in landfills, but we also drive a circular economy that values reuse and recycling over disposal.

PRAYER FOR OUR EARTH:

God of love, show us our place in this world as channels of your love for all beings on this earth, for we are not only human beings, but also children of the earth. May we serve nature, which sustains life. Help us to share the fruits of the earth without selfishness so that all may prosper. Amen.

ADDITIONAL RESOURCES:

- [Blog: effective recycling techniques](#)
- [Video tutorial: how to compost at home.](#)
- [Video tutorial: how make a recycled coin purse](#)



DAY 6 - MAY 24

WATER CONSERVATION FRIDAY

INSPIRATION:

“Fresh drinking water is an issue of primary importance, since it is indispensable for human life and for supporting terrestrial and aquatic ecosystems” (LS 28).



TODAY'S ACTIVITY:

PROMOTE WATER CONSERVATION

WHAT TO DO?

→ Implement water conservation practices in your home or community.

Check: Inspect your home for leaks in pipes, faucets, toilets and irrigation systems.

Reduce: Install energy-saving devices such as showerheads and water-saving faucets, and use the dishwasher and washing machine only with full loads (i.e., don't wash a small amount of clothes that will waste a lot of water, but rather collect a large amount of clothes so that you can make good use of the water).

Reuse: Use rainwater for irrigation or reuse washing machine water to clean outdoor areas.

WHY DO IT?

Water is a vital resource that is increasingly threatened by overexploitation and pollution. Conserving water helps protect this essential resource for future generations.

According to the UN, more than 2 billion people live in countries with high water stress. This means that they face water shortages at least one month a year.

WHAT IMPACT WILL MY ACTIONS HAVE?

Water conservation reduces the amount of energy needed to process and transport water, reduces pollution and helps preserve aquatic ecosystems.

ADDITIONAL RESOURCES:

- [How to conserve water](#)
- [Pope on World Water Day: 'Do not waste or pollute'](#)

PRAYER FOR WATER:

Almighty God, you who are present in the whole universe and in the smallest of your creatures, You who surround with your tenderness all that exists, pour out upon us the power of your love so that we may care for life and beauty.

Teach us to discover the value of each and every thing, to contemplate with wonder, to recognize that we are deeply united with all creatures on our way to your infinite light. Amen.

DAY 7 - MAY 25

CATECHESIS AND INTEGRAL ECOLOGY SATURDAY

INSPIRATION:

“Since everything is closely interrelated, and today’s problems call for a vision capable of taking into account every aspect of the global crisis, I suggest that we now consider some elements of an integral ecology, one which clearly respects its human and social dimensions” (LS 137).



TODAY'S ACTIVITY:

PROMOTE INTEGRAL ECOLOGY IN YOUR CATECHESIS OR WITH YOUR CHILDREN



Talking about integral ecology in catechesis or with your children or grandchildren is a reminder that God has entrusted us with the beautiful task of caring for his creation, from the mountains to the oceans, including every living being.

This means that we must love and respect all of God's creatures, great and small, and care for the environment as a sign of our love for Him.

In addition, when we speak of integral ecology, we remember that God calls us to live in harmony with nature and with our brothers and sisters in need, working together to build a more just and caring world.

WHAT TO DO?

Integrate teachings on caring for God's creation in your catechism meetings or with your little ones at home.

Stories and parables: Include stories and parables that highlight the importance of integral ecology. You can use Laudato Si' or Laudate Deum.

Reflect: Reflect with your students on how our actions affect the environment and the most vulnerable.

Hands-on activities: Organize hands-on activities to share ideas about how we can act in harmony with nature, using drawings, crayons, or markers, so you can have a moment of reflection, but also have fun learning.

WHY DO IT?

Talking about integral ecology in catechesis or with the youngest children means teaching how to care for nature as part of our Christian faith, following Jesus' example.

It helps us to understand that we must be good to the environment and fair to all people, and guides us to live consistently with these values in our daily lives.

WHAT IMPACT WILL MY ACTIONS HAVE?

Integrating integral ecology into catechesis promotes a deeper understanding of the link between faith and care for the environment, motivates people to take concrete actions to protect God's creation and strengthens the testimony of faith in daily life.

ADDITIONAL RESOURCES:

- [Laudato Si' for children](#)
- [Get Outside Game Care for Creation](#)
- [Family Activities - Care for Creation](#)
- [Laudato Si Resources for schools & families](#)
- [CAFOD's LS Resources for Schools](#)
- [Blog: 52 ways to care for creation](#)

PRAYER FOR CATECHISTS:

Loving God, we ask you to bless our catechists with wisdom

and patience as they share your Word with our communities.

Strengthen them in their work of guiding others to a deeper understanding of your love

and the importance of caring for your creation.

May their dedication inspire all to live

in harmony with your will, promoting justice and care for the environment.

Amen.

DAY 8 - MAY 26

REFLECTION AND COMMITMENT SUNDAY

INSPIRATION:

“Love, overflowing with small gestures of mutual care, is also civic and political, and it makes itself felt in every action that seeks to build a better world. Love for society and commitment to the common good are outstanding expressions of a charity which affects not only relationships between individuals but also ‘macro-relationships, social, economic and political ones’” (LS 231).



TODAY'S ACTIVITY:

REFLECT ON THE CHANGES MADE AND COMMIT TO SUSTAINING THEM



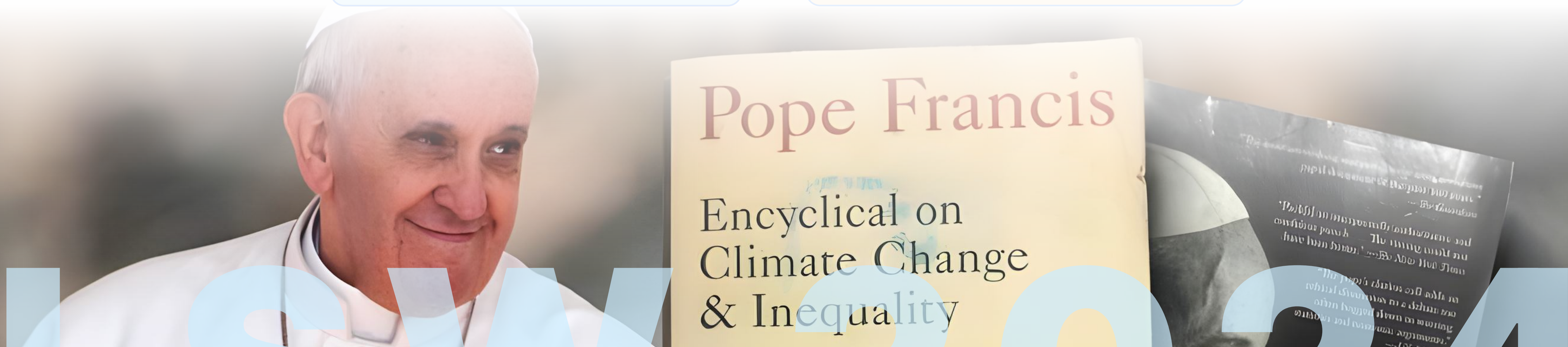
Share personal reflections on social media about the changes adopted during these days and set future goals.

WHAT TO DO?

Evaluate how these Laudato Si' actions have impacted your relationship with the environment, social justice and your spirituality.

Recognize: Recognize the benefits you have experienced by taking concrete steps to care for God's creation and commit to continuing these practices.

Be inspired by Laudato Si': Keep the inspiration of Laudato Si' alive by regularly recalling your motivations and seeking support in your community to sustain these commitments over the long term.



WHY DO IT?

Reflection and personal commitment are fundamental to generate significant and sustainable change in our daily actions and behaviors.

WHAT IMPACT WILL MY ACTIONS HAVE?

If each person committed to making small lifestyle changes and sustaining them over the long term, we could make a considerable collective impact on environmental preservation and the planet's health for future generations.

ADDITIONAL RESOURCES:

- [Laudato Si' Reflections](#)
- [Laudato Si' Mass](#)
- [Laudato Si' Prayer Book](#)

PRAYER FOR THE CARE OF OUR PLANET:

O Earth, source of life and beauty,
we ask your forgiveness for the damage we have caused
and we promise to care for you with love and respect.
Give us the strength and wisdom
to take concrete actions that will protect your fragility
and promote harmony among all living beings.
May our hands be instruments of healing and restoration,
and may our decisions reflect
a deep commitment to your well-being
and that of generations to come. Amen.





 **LAUDATO SI'**
WEEK 2024