



16TH – 24TH MAY 2020

EVERYTHING IS CONNECTED



**Office of Human Development
Climate Change Desk**

FABC Federation of Asian Bishops' Conferences

— NETWORK PARTNERS WITH —



DICASTERY FOR PROMOTING
INTEGRAL HUMAN DEVELOPMENT



The Global Catholic
Climate Movement

We're living through history-shaping events. Laudato Si' teaches us how to build a better world—together.

People everywhere are crying out for hope, and our faith is urgently needed to light the way.

For Laudato Si' Week, 16-24 May 2020, Catholics are uniting in solidarity for a more just and sustainable future.

We stand united with our brothers and sisters in faith as we grow through the crisis of this moment to build a better tomorrow.

We can:

Reflect and prepare through online training, 16-23 May, 2020

Join the Worldwide Day of Prayer, 24 May, 2020

Put preparation into action during the Season of Creation from 1st September to October, 2020.

This booklet is a compilation from various sources.

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In Pope Francis' message "Show Mercy to our Common Home" (Sept 1, 2016) he reminds us that one of the first steps toward integrating love and care for creation as part of our Christian faith, is by conducting an examination of conscience. We offer this Examen based on the Pope's message to help you through this process. This Examen, is patterned after the examination of conscience developed by St. Ignatius of Loyola. We invite you to use it as a way to deepen your vocation as "protector of God's handiwork" or before going to the Sacrament of Confession.

This Examen has 6 steps:

1. Rest in the presence of God.
2. Give thanks for God's creation and creatures
3. Reflect on the ways you have heard "both the cry of the earth and the cry of the poor."
4. Ask forgiveness for the ways you've fallen short in caring for God's creation and creatures.
5. Make amends by committing to concrete ways to show mercy to creation and your neighbours.
6. Close in prayer

1. Rest in the presence of God.

"Turning to this bountiful and merciful Father who awaits the return of each of his children, we can acknowledge our sins against creation, the poor and future generations" – Pope Francis

Before you begin, take a moment to remember that you are in the presence of our loving Creator. It might help to close your eyes, take a few deep breaths, and offer a prayer for the grace to listen deeply to God's word within you.

2. Give thanks for God's creation and creatures.

"The first step... involves "gratitude and gratuitousness, a recognition that the world is God's loving gift" – Pope Francis

- ♦ Offer thanks for the many ways God has blessed you through creation. This might include what you ate for breakfast, the water you drink... or it might be a favourite tree, the sounds of birds chirping or a place in nature that is special to you.

- ◆ Give thanks for the the people, past and present, who have contributed to the fabric of your life. You might think about the people who helped raise you, your teachers, the people who pick your food, make your clothes, and the countless others. Pope Francis invites us into “loving awareness that we are not disconnected from the rest of creatures, but joined in a splendid universal communion.” Our lives are interconnected, and interdependent on so many other people!

3. Reflect on the ways you have listened to “the cry of the earth and the cry of the poor.”

“Inasmuch as we all generate small ecological damage,” we are called to acknowledge “our contribution, smaller or greater, to the disfigurement and destruction of creation” – Pope Francis.

Take time to reflect on the following questions Pope Francis asks in his message:

- ◆ Am I aware of the “cry of the earth and the cry of the poor?” Am I conscious of how the natural world, the plants, and animals are suffering? Do I take time to learn about the social and economic realities faced by so many around the globe?
- ◆ In what ways have I made a conscious effort to care for creation and its creatures? In what ways have I fallen short?
- ◆ Are there ways and times that I consume more than is necessary?
- ◆ How can I help to “make amends for past and present religious intolerance” as well as for injustice towards people of other religions, “women, indigenous peoples, immigrants, the poor and the unborn?”

4. Ask forgiveness for the ways you’ve fallen short in caring for God’s creation and creatures.

“After a serious examination of conscience and moved by sincere repentance, we can confess our sins against the Creator, against creation, and against our brothers and sisters” – Pope Francis.

Bring to God the ways that you have fallen short in caring for our common home and ask for forgiveness. If you are so moved, you might want to bring some of your reflections to the Sacrament of Reconciliation “as the place where the truth makes us free”.

5. Make Amends

“Examining our consciences, repentance and confession to our Father who is rich in mercy leads to a firm purpose of amendment. This in turn must translate into concrete ways of thinking and acting that are more respectful of creation”
– Pope Francis.

Pray to God for the grace to know how you are invited to better care for creation, the poor, and future generations. In his message, Pope Francis offers the following guidance,

As a corporal work of mercy, care for our common home requires “simple daily gestures which break with the logic of violence, exploitation and selfishness” and “makes itself felt in every action that seeks to build a better world... A single question can keep our eyes fixed on the goal: “What kind of world do we want to leave to those who come after us, to children who are now growing up?”

What changes can you make in your personal life or in your community to better care for our common home and its inhabitants, present and future?

6. Closing Prayer

Conclude your Examen by giving thanks for the merciful love that you received during this time and then praying the final prayer in the Pope’s message:

**O God of the poor,
help us to rescue the abandoned
and forgotten of this earth,
who are so precious in your eyes...
God of love, show us our place in this world
as channels of your love
for all the creatures of this earth,
God of mercy, may we receive your forgiveness
and convey your mercy throughout our common home.
Praise be to you!
Amen.**

[All quotes are taken from Pope Francis’ message “Show Mercy to our Common Home” written on the occasion of the World Day of Prayer for the Care of Creation (1 September, 2016)]



Photo by JComp

Leader: We gather here in the name of the Father, and of the Son and of the Holy Spirit. Amen.

Opening Prayer

God, who gives us the gift of creation, we gather here as many, made one. We ask that you help us to hear Your call, so that we may discern how we can use the gifts You have given each and every one of us to be advocates for our earth and for those who live in poverty throughout the world today. Hear our prayers, fill our hearts, make us one in You.

Leader:

One of the principles of Catholic social teaching is Care for Creation. We show our respect for the Creator by our stewardship of creation. We are called to protect people and the planet, living our faith in relationship with all of God's creation. We are committed to actions of advocacy in our lives that fulfil this responsibility. Prayer can make us more conscious of this call, and can form us to follow Jesus' example to respond freely out of love.

Earth

Reader The entire universe speaks of God's love, God's boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God. The history of our friendship with God is always linked to particular places which take on an intensely personal meaning; we all remember places and revisiting those memories does us much good. Anyone who has grown up in the hills or used to sit by the spring to drink or played outdoors in the neighbourhood square; going to these places is a chance to recover something of their true selves (Laudato Si', 84).

Leader Close your eyes, imagine that you are standing in an open ground. Become aware of the earth beneath your feet. Marvel and be grateful for the nourishment you receive from 'our mother Earth'.

Silent Prayer



Air

Reader This is why the earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor; she “groans in travail” (Rom 8:22). We have forgotten that we ourselves are dust of the earth (cf. Gen 2:7); our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters... Each year hundreds of millions of tons of waste are generated, much of it non-biodegradable, highly toxic and radioactive, from homes and businesses, from construction and demolition sites, from clinical, electronic and industrial sources. The earth, our home, is beginning to look more and more like an immense pile of filth. (Laudato Si’ 2 & 21).

Leader Become conscious of your breathing. Be grateful for the gift of air and resolve to use your voice to advocate for the purity of Earth’s atmosphere.

Silent Prayer



Fire

Reader Climate change is a global problem with grave implications: environmental, social, economic, political and for the distribution of goods. It represents one of the principal challenges facing humanity in our day. Its worst impact will probably be felt by developing countries in coming decades. Our lack of response to these tragedies involving our brothers and sisters points to the loss of that sense of responsibility for our fellow men and women upon which all civil society is founded (Laudato Si’ 25)

Leader Open and close your hands, aware that our ability to do so is fuelled by the sun’s energy that is captured by the plant life that we eat. Rejoice in the energy of the sun and resolve to use your energy to face climate change, one of the principal challenges facing humanity in our day.

Silent Prayer



Water

Reader The access to safe drinkable water is a basic and universal human right, since it is essential to human survival and, as such, is a condition for the exercise of other human rights. Our world has a grave social debt towards the poor who lack access to drinking water, because they are denied the right to a life consistent with their inalienable dignity (Laudato Si’ 30)

Leader Breathe again deeply, taking in molecules of water that have also passed through the bodies of all breathing creatures. Be grateful for the gift of water and resolve to use it with reverence and justice.

Silent Prayer

Faith Sharing

The family/group can have a short period of sharing on the following question: In the encyclical *Laudato Si'*, Pope Francis has emphasized that ecological concerns are not an optional or secondary aspect, but linked to our Christian faith experience. How can we put the message of Pope Francis of caring for creation into practice?

Closing Prayer:

Prayer of St. Francis (A reflection using Pope Francis' tweets)

Reader: "Let the cry for peace ring out in all the world."

All: Lord, make me an instrument of your peace.

Reader: "Where we find hate and darkness, may we bring hope in order to give a human face to society."

All: Where there is hatred, let me sow love;

Reader: "God is so merciful toward us. We too should learn to be merciful, especially with those who suffer."

All: Where there is injury, pardon;

Reader: "Christians know how to face difficulties, trials and defeat with serenity and hope in the Lord."

All: Where there is doubt, faith;

Reader: "We ought to never lose hope. God overwhelms us with grace if we keep asking."

All: Where there is despair, hope;

Reader: "The light of faith illumines all our relationships and helps us to live them in union with the love of Christ, to live them like Christ."

All: Where there is darkness, light;

Reader: "If we wish to follow Christ closely, we cannot choose an easy, quiet life. It will be a demanding life, but full of joy."

All: And where there is sadness, joy.

Reader: "Let us allow Jesus into our lives and leave behind our selfishness, indifference and closed attitudes to others."

All: O Divine Master, grant that I may not so much seek to be consoled as to console;

Reader: “Let us ask the Lord to give us the gentleness to look upon the poor with understanding and love, devoid of human calculation and fear.”

All: To be understood as to understand;

Reader: “God loves us. May we discover the beauty of loving and being loved.”

All: To be loved as to love.

Reader: “Every time we give in to selfishness and say ‘No’ to God, we spoil his loving plan for us.”

All: For it is in giving that we receive:

Reader: “We are all sinners, but we experience the joy of God’s forgiveness and we walk forward truly in his mercy.”

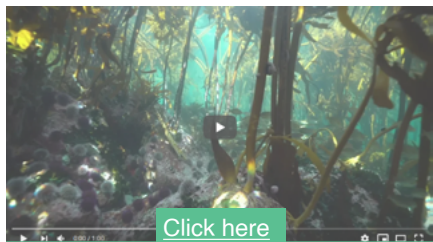
All: It is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

(Adapted from education.crs.org & sosf.org)

17TH MAY 2020

WATCHING AND REFLECTING WITH VIDEOS ON YOUTUBE

The following videos could be watched on Youtube:



Pope Francis invites you to celebrate Laudato Si’ Week



Top 10 Things You Need to Know about Pope Francis’ Laudato Si’ - [Click here](#)



Laudato Si’ by Cardinal Tagle



Laudato Si’ Animation – Cafod

Questions for Reflection:

1. What message do I get from Pope Francis’ encyclical Laudato Si’?
2. How can I experience God’s presence in creation?

ROSARY MEDITATIONS

THE JOYFUL MYSTERIES

18TH MAY
2020

“There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary.” - Sister Lucia dos Santos of Fatima

Pope Francis’s universal intention is “That people may learn to respect creation and care for it as a gift of God.”

One important way to join Pope Francis and Catholics throughout the world in praying for this intention is to pray the Rosary.

And so we’re offering you these special Rosary meditations that help us reflect on the importance of human dignity and the value of respecting creation—all in light of what God has done for the salvation of the world. These special meditations ponder the mysteries of the Most Holy Rosary through the lenses of a Catholic understanding of ecology, as taught to us by Saint John Paul II, Benedict XVI, and Pope Francis.



1st Joyful Mystery - The Annunciation

And the angel said to her in reply, “The holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God...Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” Then the angel departed from her. Luke 1:35-38

Mother, pray that your Son grants us the grace to listen to and say Yes to God. May our Yes prompt us to follow His laws, which make all life possible. Help us to discern and understand His plan of life and love in the natural order of creation. Pray that we may turn from fear and desire so that in all that we do and in all that we consume, we may be at peace with all people and all life.



2nd Joyful Mystery - The Visitation

When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, “Most blessed are you among women, and blessed is the fruit of your womb. Luke 1:41-42

Mother, pray that your Son grants us the grace to receive and share His Gospel of life with all people so that we, like you, may participate in the salvation of all creation. Help each of us first to better know and live His words of everlasting life. And then, in how we live and in how we love, help

us to proclaim to the world the greatness of your son, our Lord, who comforts the afflicted, gives strength to repentant sinners, and makes all things new.



3rd Joyful Mystery - The Birth of Jesus

While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn. Luke 2:6-7

Mother, pray that your Son grant us the grace to make Him present in the world through our lives, our choices, and our loving care for all people and all that He has created. Help us to listen to and be with those in need. Help us to protect all life. Help us to share what little we have so that God may make of us keepers of our sisters and brothers, as well as stewards of the good and ordered garden here on Earth.



4th Joyful Mystery - The Presentation of Jesus in the Temple

Now there was a man in Jerusalem whose name was Simeon. This man was righteous and devout, awaiting the consolation of Israel, and the holy Spirit was upon him... He took him into his arms and blessed God, saying: “Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation. Luke 2:25-30

Mother, pray that your Son grants us the grace to listen to and heed the words of modern prophets—those who speak of faith, those who speak of sound, scientific reason, and those who speak of both. Help us to understand those who have read the truths of the created order and who now speak of sacrifice. Pray for us, Mary, that like you we may face our own sacrifices and sufferings..



5th Joyful Mystery - Finding Jesus in the Temple

After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers. Luke 2:46-47

Mother, pray that your Son grants us the grace to seek, to find, to listen to, and understand His truth. Help us to discern truth in all that nature reveals and in all that is spoken by the poor and suffering. Let us, and especially our leaders, see that our business must always be the business of doing the will of the Father. In doing so, we may live in harmony with Him, our neighbours, and all creation.

(Adapted – Global Catholic Climate Movement)

ROSARY MEDITATIONS

THE SORROWFUL MYSTERIES

19TH MAY
2020



1st Sorrowful Mystery - The Agony in the Garden

Then he said to them, “My soul is sorrowful even to death. Remain here and keep watch.” He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; he said, “Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will.” Mark 14:33-36

Mother, pray that your Son grants us the grace to suffer along with those that suffer. Help us to embrace outcasts. Help us to change our ways from selfish consumption to selfless sacrifice and self-restraint.



2nd Sorrowful Mystery - The Scourging at the Pillar

Then Pilate took Jesus and had him scourged. John 19:1

Mother, pray that your Son grants us the grace to build political, social, corporate, and scientific structures that respect the dignity of life. Mother Mary, help the Church bring to international and local communities the desire to care for the indigenous, the emigrants, and the ecosystems that allow all life to flourish.



3rd Sorrowful Mystery - Crowning with Thorns

They clothed him in purple and, weaving a crown of thorns, placed it on him. Mark 15:17

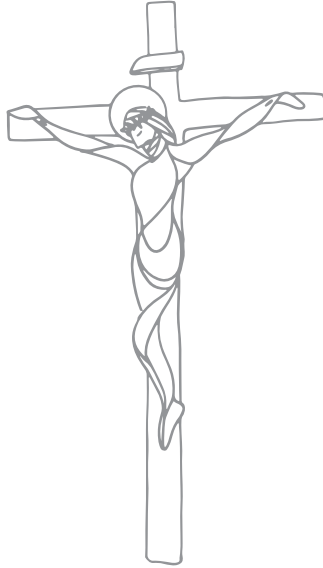
Mother, pray that your Son grants us the grace to respect creation, all life, and the truth that He brought to the world. Help us all—as individuals and as members of governments, businesses, and communities—to always see the dignity of our fellow human beings.



4th Sorrowful Mystery - Carrying of the Cross

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children.” Luke 23:27-28

Mother, pray that your Son grants us the grace to see the cost to all creation and all souls whenever we encounter those affected by a changed climate or by poisoned waters, land, and air. Mother Mary, help us to see the damage being done to ourselves and future generations whenever we watch from a distance the anguish of others.



5th Sorrowful Mystery - The Crucifixion

But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may [come to] believe. John 19:33-35

Mother, pray that your Son grants us the grace to die to self so that others may live. Help us to give of our lives so that the world we have broken may be healed for those here now and those not yet born.

(Adapted – Global Catholic Climate Movement)



1st Glorious Mystery - The Resurrection

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. John 20:1

Mother, pray that your Son grants us the grace to see in His Resurrection the promise of a world made new. Mary, help us to grow in certainty that the Author of Life is risen! Pray that we always see Him alive in our brothers and sisters in Christ. Pray that with the grace of God, all people of goodwill may boldly confront and defeat modern forms of sin, decay, and death.



2nd Glorious Mystery - The Ascension

“But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.” When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight. Acts 1:7-9

Mother, pray that your Son grants us the grace to trust in Him, even if we cannot see Him. Help us to see a connection between our efforts in the world and the presence of Christ, who lives and reigns with the Father and the Holy Spirit, one God, for ever and ever.



3rd Glorious Mystery - The Descent of the Holy Spirit

And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. Acts 2:2-4

Mother, pray that your Son grants us the grace to welcome the Spirit's life within us, so that, like you, we may give flesh to God's Word in all we do. With the gifts of the Holy Spirit, may our Yes, like yours, proclaim the greatness of the Lord; may our spirit rejoice in God, our saviour—for to those who fear Him, He promises healing, even of the scars that we've inflicted on creation.



4th Glorious Mystery - The Assumption of Mary

Then the angel said to her, “Do not be afraid, Mary, for you have found favour with God.” Luke 1:30

Mother, pray that your Son grants us the grace to find hope in your Assumption. Help us to gain courage from the knowledge that you are with our great High Priest. Mother Mary, who sought help from Jesus at the wedding in Cana, help us to trust in your powerful intercession with He Who sits at the right hand of the Father. And so, Mother Mary, to you do we entrust the needs of the poor, the displaced, the indigenious—the needs of all people and of Earth itself, which offers us life in accord with the laws of God.



5th Glorious Mystery - The Coronation of Mary, Queen of Heaven

A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. Revelation 12:1

Mother, pray that your Son grants the whole world the grace to see in you a foretaste of the new heavens and the new earth. May your example encourage those who labour here on earth for the protection of all people and all creation.



(Adapted – Global Catholic Climate Movement)



1st Luminous Mystery - Baptism of Jesus

It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, “You are my beloved Son; with you I am well pleased.” Mark 1:9-11

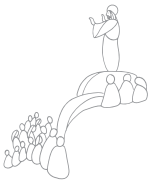
Mother pray that your Son grants us the grace to fulfil our baptismal promises. Help us to offer our lives to God— to remain close to Him in Word and Sacrament—so that He, through us, may enter human history and all creation to elevate, protect, and transform it. Help us to baptize with our love of God all that we enter into—business, civil affairs, our relationships, and our homes. In doing so, help us to please God, the creator of all that is.



2nd Luminous Mystery - Wedding at Cana

His mother said to the servers, “Do whatever he tells you.” Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. Jesus told them, “Fill the jars with water.” So they filled them to the brim. Then he told them, “Draw some out now and take it to the headwaiter.” John 2:5-8

Mother pray that your Son grants us the grace to have elevated the ordinary within us so that we may share our best to those close to us and those that we have never met. Help transform our daily activity in worldly affairs. Help us to see beyond our immediate needs and wants. Pray that we may instead discern the greater needs of the common good—the needs of all people, of all life, and all creation.



3rd Luminous Mystery - Proclaiming the Kingdom

“This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.” Mark 1:15

Mother pray that your Son grants us the grace to believe in the promises and the challenges of His words. Help us to repent from all vice and all that is within us that seeks ultimate pleasure not from God but from consuming worldly and limited natural resources. Helps us to recognize that the time of true fulfillment has come. Help us to follow Christ, Who brings us to what we all desire and need—life eternal with God.



4th Luminous Mystery – The Transfiguration

And he was transfigured before them; his face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him...While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, “This is my beloved Son, with whom I am well pleased; listen to him.” Matthew 17:2-5

Mother pray that your Son grants us the grace to see God’s glory in each other and in all creation. Help us to never to forget that all prayer and all grace must impel us to enter the fallen world and work for peace, charity, justice, and the restoration of all that is poisoned by sin. Help us, Mary, to be transfigured in faith, hope, and love.



5th Luminous Mystery - Institution of the Eucharist

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, “Take and eat; this is my body.” Then he took a cup, gave thanks, and gave it to them, saying, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.” Matthew 26:26-28

Mother pray that your Son grants us the grace to remain in Him by remaining in communion with the Church. Help us to see in the Eucharist that which saves not only each of us but the entire cosmos. Mary, help us to see the bread and wine that are offered for the sacrifice of the Mass as they truly are: the fruits of the earth and the work of human hands.



(Adapted – Global Catholic Climate Movement)

REFLECTION CARBON FOOTPRINT



22ND MAY
2020

Note to the Instructor

Carbon Footprint is the amount of energy spent or emitted during the production and consumption of goods and services.

The carbon footprint 1 litre of petrol is;

1. Manpower, money for satellite mapping of oil resource.
2. Travel and money spent on the meeting of business heads to close the deal of drilling an oil well.
3. Hiring a company of researchers to test the soil underwater.
4. The hiring of an oil rig to drill with its manpower and manned hours.
5. Drilling and polluting the ocean in the process. Creating an oil well with an oil tap.
6. Hiring an oil container to tap the oil and transfer the oil to a refinery on land.
7. The oil refinery uses water and energy to break the crude oil into its various components [petrol, diesel, kerosene and other byproducts]
8. The refined oil is put in a tanker and distributed to a petrol pump.
9. The petrol pump then sells that petrol to you. So for that 1 litre of Petrol there has been a million litres of fuel spent. This does not make sense. An alternative to fossil fuel is a desperate need of the hour.

The entire carbon footprint of buying 1 litre of petrol is summarized through the steps from 1 to 9 in the above-given example. Similarly, when we have money we decide to buy salmon from the supermarket/food section in a mall. This salmon has travelled from the pond it was grown in a far away country, to the processor plant that packed it, to the distributor warehouse to dispatch it, to the airport to fly it to the receiving country, say India, to the warehouse and to the distributor and then to the retailer and finally to your kitchen. The amount of energy spent to get that salmon to your kitchen is the amount of carbon footprint of your action and decision to eat that salmon. We must become aware of from where our food is sourced.

Therefore when you eat apples from another place it adds to your carbon footprint. Hence to ensure a low carbon footprint we have to choose to eat local and seasonal only.

Production requirement for 1 kg of meat.

- * 121,8 sq. meters of arable land for grazing the bulls etc.
- * 1500 litres of water,
- * 160 kgs potatoes,
- * 25 kgs of food-grain.* Petrol to transport the meat.* Refrigeration to store the meat

Try to research during the session, the carbon foot-print of 1 litre bottle of packaged water.

Duration: 30 to 45 minutes.

Topic: Carbon footprint.

Starter: Personal Carbon footprint calculator activity For each statement, circle the letter of any one option which best describes what you do. Assign 1 point for each 'A' answer and 3 points for each 'B' answer. Then add all five values together to determine how impactful your carbon footprint is:

1. My diet mostly consists of

- A. Vegetarian food
- B. Non-vegetarian food

2. I watch the TV or use the computer for

- A. Fewer than 4 hours a day
- B. 4 or more hours a day

3. In a month, I purchase

- A. Fewer than 5 clothes/ books/personal care items
- B. 5 or more clothes/ books/personal care items

4. My daily commute is usually by

- A. Walk or cycle/Public transport
- B. Private vehicle

5. When it's hot, I...

- A. Switch on the fans
- B. Use the AC44

5 to 10 points: Congratulations! Your carbon footprint is light, continue making climate-friendly choices

10 to 15 points: Your carbon footprint is medium, consider adopting the suggestions in this session for reducing your carbon footprint

15 points: Though your carbon footprint is high, you can always lower it by implementing the climate-friendly steps you have learned.

Instructor Notes:

Energy – It is a collection of carbon footprints from a variety of sources such as industrial processes, transport and electricity and fuel emissions. The large energy producing companies like oil and coal are the largest emitters of human-induced greenhouse gases.

Industrialization – as a result of industrialization the levels of carbon dioxide have continued to rise tremendously and at an alarming rate.

Agriculture – In the developed as well as developing nations, most of the agricultural practices are carried out for commercial reasons. Consequently, because of mass production of livestock, a large amount of methane gas is released in the atmosphere.

Waste – The waste that is generated because of different processes and human activities, have a harmful impact on the earth's natural resources (flora, fauna and the oceans). Human action (and inaction) because of the fast pace of life, we like to do things more quickly and look for convenience, resulting in an enormous increase in the carbon footprint.

Action and Ritual:

A group discussion on ways to reduce your carbon footprint individually.

Celebrate:

Create a skit on “it’s cool to”:

- * travel by public transport.
- * eat local and seasonal.
- * reuse and recycle.
- * share knowledge on conservation



Jesus, I Trust in You

MERCY AND OUR COMMON HOME

DIVINE MERCY REFLECTIONS

22ND MAY
2020

Make the Sign of the Cross

Pray on the first large bead: You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

Optional: Pray three times:

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

Pray on the following three small beads:

- The Our Father
- The Hail Mary
- Recite the Apostles Creed

For each decade, read and meditate on the **five Mercy2Earth Reflections**, in the order given below.

Pray on each of the opening beads:

O Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world. Amen.

For each bead of the decade, pray: For the sake of His sorrowful Passion—have mercy on us and on the whole world.

After you have prayed all five decades of the Chaplet, pray the following prayer, which is repeated three times:

O Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Pray the closing prayers:

Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

Eternal God, in Whom mercy is endless, and the treasury of compassion inexhaustible, look kindly upon us, and increase Your mercy in us, that in difficult moments, we might not despair, nor become despondent, but with great confidence, submit ourselves to Your holy will, which is Love and Mercy Itself. Amen

The Five Mercy2Earth Reflections:

1 For the poor, the ill, the unborn, the migrant, and the forgotten

Eternal Father, we acknowledge that “we are one single human family. There are no frontiers or barriers, political or social, behind which we can hide, still less is there room for the globalization of indifference.” (LS 52) And so we pray for our brothers and sisters deprived of worldly needs; those ill in mind, body, or spirit; and those forgotten or abused by the powerful. We pray that they will know the merciful support of their family, their neighbors, their community, their economies, and their governments. Heavenly Father, may the weak of the world feel Your constant embrace. May they know Your Divine Mercy, O Lord; and may they, like us, be forgiven for all sins committed through the temptations of suffering.

2 For indigenous peoples

Eternal Father, we acknowledge that “it is essential to show special care for indigenous communities and their cultural traditions. ... For them, land is not a commodity but rather a gift from God and from their ancestors who rest there.” (LS 146) And so we pray for those people whose lands, waters, air, sacred places, homes, and ways of life have been taken from them, or contaminated and despoiled by others. May they be loved by their neighbor and by the powerful. May they be comforted by the promise of our shared, lasting home with You. May they know Your Divine Mercy, O Lord; and may they, like us, be forgiven for all sins committed through the temptations of oppression.

3 For wilful polluters

Eternal Father, we acknowledge that “the degree of human intervention, often in the service of business interests and consumerism, is actually making our earth less rich and beautiful, ever more limited and grey.” (LS 34) Moreover, we acknowledge that “our freedom fades when it is handed over to the blind forces of the unconscious, of immediate needs, of self-interest, and of violence.” (LS 105) And so we pray for our brothers and sisters—especially those business and government leaders, and those consumers—who knowingly harm Your created order for the fulfillment of worldly desires. We pray that through Your merciful grace, their hearts will soften, their minds will open, and they will respond to the cries of the poor and of the earth. Merciful Father, may all who wilfully despoil Your creation—its lands, waters,

eco-systems, and climate—adopt new lifestyles as they turn toward Your embrace. May they know Your Divine Mercy, O Lord; and may they, like us, be forgiven for all sins committed through the temptations of prosperity.

4 For those who pollute in ignorance

Eternal Father, we acknowledge that a “constant flood of new consumer goods can baffle the heart and prevent us from cherishing each thing and each moment.” (LS 222) And so we pray for all those who seek worldly fulfillment unaware of the consequences of their ongoing consumption. We pray that through Your merciful grace, their eyes and their minds will be opened. We pray that they will hear their own, inner cries, which come from spiritual hunger. Merciful Father, may those who are starved in spirit feel Your fulfilling embrace. May they know Your Divine Mercy, O Lord; and may they, like us, be forgiven for all sins committed through the temptations of desire.

5 For the whole world

Eternal Father, we acknowledge that creation “now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her. We have come to see ourselves as her lords and masters, entitled to plunder her at will.” (LS 2) Father of Mercy, You created the garden of Earth and filled it with Your truth, goodness, beauty, and Your divine order. May the renewal of all creation, promised at every Mass, come to fruition with the cooperation, love, and spiritual growth of us, Your creatures. Heavenly Father, we ask this through the Sorrowful Passion of Your Son, Our Lord and Saviour, who became human flesh to take away the sins the world.



(Source: www.mercy2earth.org)



¿Has firmado el
**COMPROMISO
LAUDATO SI'?**

ViveLaudatoSi.org

WHAT CAN WE DO TO CARE FOR CREATION? LAUDATO SI' PLEDGE

23RD MAY
2020

Answering Pope Francis' urgent call in Laudato Si,



Concrete Suggestions: I also pledge that

I will avoid wasting food and water.

I will use public transport more often

I will consume responsibly by only buying what I need

I will properly dispose of the waste I generate

I will inspire others to join me in protecting our planet

My personal commitments:

I now open my heart to an ecological conversion and being one with all of God's creation.

I will learn about Laudato Si', Pope Francis' Encyclical on care for our common home.

I will reduce the fuel consumption of my car/vehicle by using it less often and more conscientiously

I will reduce long-distance travel that consumes a lot of fossil fuel (mainly by road and air).

I will minimize my use of electricity gas, water and paper products. I will not leave electrical appliances on when not in use. I will not leave the tap running while I am not using the water. I will reduce my use of paper products.

I will reduce my consumption and waste. I will refuse, reduce, reuse, repurpose (upcycle) and recycle. I will refuse to buy ecologically harmful products. I will reduce buying disposables. I will repair, mend and reuse things. I will repurpose used things/material into new things. I will recycle.

I will not carelessly pollute the earth with harmful substance. I will minimize consuming water/drinks sold in plastic bottles. I will stop using Styrofoam containers completely.

I will not buy, use or consume anything obtained from threatened or endangered plant and species. I will support the protection of threatened and endangered species.

I will eat a lot less meat, especially beef and dairy products. I will go vegetarian at least once a month, fortnight or week.

I will not waste food, by avoiding cooking or buying too much food for me to finish. I will share excess food with the poor.

I will learn to grow food in a safe and ecological way. I will support an ecological community farm/garden. I will support local food.

I will spend more time with nature. I will find ways to nurture some part of nature e.g. caring for a pet, cleaning the beach, saving seeds, gardening, restoring a degraded ecosystem etc.

Faith Approach

Contact with creation: How can we deepen our bond with creation? Through nature walks, hikes, camps etc.

Pray with creation: Practising meditation in the midst of nature and discovering God's presence in creation.

Pray for creation: Praying for the suffering earth, for the poor, for all creatures and for those eco-ambassadors who are fighting important battles on our behalf.

Eco Retreats: Participating in Eco Retreats.

Awareness

Awareness sessions: participating in various awareness sessions to know more about climate crisis and its impact on the world.

Laudato Si' encyclical: Reflecting along with the family/group on the various chapters of the encyclical.

Creation in scripture and tradition: Meditating on the passages from the Bible that speak of creation as well as the teachings of the Church.

Justice dimension: Trying to understand the link between the cry of the earth and the cry of the poor.

Concrete Actions

Energy efficiency: Using solar panels for water heating and for lighting, use of LED lights etc and using energy efficient appliances.

Water conservation: Water harvesting, reducing wastage. Try to keep open soil on some areas of the land, keeping it free from tar and concrete.

Compost: Use of drums or pits to turn organic garbage into compost

Promote eco-friendly celebrations: Eliminate all single use items at parish events and community functions. Keep a stock of steel or glass cutlery for common use. Eliminate food boxes and use serve snacks in trays. This can be further extended to all celebrations at home or in the community.

Avoid creating waste: Wherever possible, cut down on hymn sheets, posters and especially single use flex posters.

Kitchen garden: If space permits, grow fruits and vegetables

Recycling of tetra packs: Have a collection point where people can place their used tetra packs. These can be given over to NGOs for recycling.

Shroud burial: Instead of using a coffin to bury our dead could we should encourage the practice of shroud burial.

Lifestyle

Our efforts gain greater credibility if we show eco-sensitivity in our personal lifestyle. We are familiar with the mantra Reduce – Reuse - Recycle. However, it is not always easy to reuse or recycle certain items. Reducing our consumption of goods is the best eco-practice to adopt. We could reflect before buying something new or even accepting gifts. When possible, it's good to use public transport or walk. We could consciously seek to reduce our ecological footprint and walk more lightly on the earth. It does require personal sacrifice, but it is worth the effort.

(Say this prayer at noon at your local time on 24 May, 2020)

Loving God,

Creator of heaven and earth and all that is in them,
You created us in your image and made us stewards
of all your creation, of our common home.

You blessed us with the sun, water and bountiful land
so that all might be nourished.

Open our minds and touch our hearts,
so that we may attend to your gift of creation.

Help us to be conscious that our common home
belongs not only to us, but to all future generations,
and that it is our responsibility to preserve it.

May we help each person secure
the food and resources that they need.

Be present to those in need in these trying times,
especially the poorest and those most at risk of being left behind.

Transform our fear, anxiety and feelings of isolation into hope
so that we may experience a true conversion of the heart.

Help us to show creative solidarity in addressing
the consequences of this global pandemic,

Make us courageous to embrace the changes
that are needed in search of the common good,

Now more than ever may we feel that we are all interconnected,
in our efforts to lift up the cry of the earth and the cry of the poor.

We make our prayer through Christ our Lord.

Amen.

**“The climate is a
common good,
belonging to all and
meant for all.”**

- Pope Francis, Laudato Si’

Designed by