

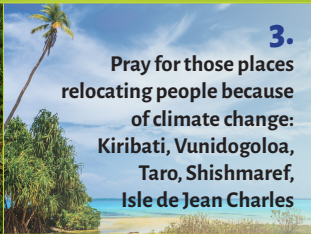









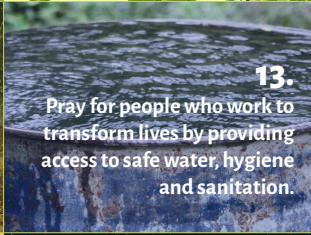


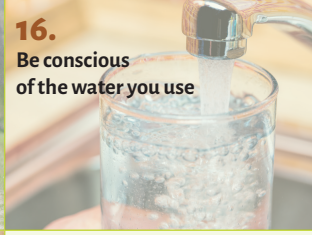





















<p>1. Reflect on your current efforts to care for creation</p> 	<p>2. Touch Earth with gladness</p> 	<p>3. Pray for those places relocating people because of climate change: Kiribati, Vunidogoloa, Taro, Shishmaref, Isle de Jean Charles</p> 	<p>4. Spend time in silence</p> 	<p>5. Walk outside, conscious of the weather</p> 	<p>6. Create a green space in your home place</p> 	<p>7. Know that to live is holy</p> 
<p>8. Walk in a park</p> 	<p>9. Make every day Earth Day</p> 	<p>10. Look down, look around, look up</p> 	<p>11. Look alive today!</p> 	<p>12. Enjoy being in this moment</p> 	<p>13. Pray for people who work to transform lives by providing access to safe water, hygiene and sanitation.</p> 	<p>14. Smile at the landscape</p> 
<p>15. Know that all of life is holy</p> 	<p>16. Be conscious of the water you use</p> 	<p>17. Watch the sun rise and set</p> 	<p>18. Learn a poem or song on the theme of creation</p> 	<p>19. Take flowers to a shut-in person</p> 	<p>20. Step outside and look at the stars</p> 	<p>21. Enjoy the unexpected events of this day</p> 
<p>22. Write a thank you card</p> 	<p>23. Pray for people who are victims and survivors of extreme weather events</p> 	<p>24. Be a blessing for someone today</p> 	<p>25. Count five blessings in your life</p> 	<p>26. Rejoice in the gift of your life</p> 	<p>27. Purchase less of what you need</p> 	<p>28. Join a green organisation</p> 
<p>29. Read an article addressing environmental concerns</p> 	<p>30. Sign a petition or write a letter or share with another person your concern for creation</p> 	<p>1. Give thanks for all creation</p> 	<p>2. Choose to walk today rather than drive</p> 	<p>3. Have a digital device free day</p> 	<p>4. Review the actions you have taken during this Season & commit to living simply, sustainably and in solidarity with Earth and the Earth Community</p> 	

'Each human being is an image of God ... each creature has its own purpose. None is superfluous. The entire material universe speaks of God's love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God...The universe as a whole, in all its manifold relationships, shows forth the inexhaustible riches of God.' *Laudato Si'* #84, #86



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'We need to take up an ancient lesson... the conviction that "less is more"... a return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to sadness for what we lack...' *Laudato Si'* #222