



LAUDATO SI' WEEK 2024

Laudato Si' Week 19 – 26 May 2024

“Let us be Seeds of Hope in our lives and our world”

Ideas to help us protect our Common Home through some simple changes

“There are no lasting changes without cultural changes...and no cultural changes without personal changes” (Laudato Deum 70)

Tick to say
“I did it!”
(...or at
least
” I tried”)

Each day a specific theme is proposed that addresses aspects of integral ecology, and aims to foster a deeper respect for creation, promote sustainable habits and deepen our commitment to a lifestyle that respects the Creator's handiwork.

Sunday 19May

➤ Ecological Conversion
Sunday

➤ Today we celebrate the Feast of Pentecost and we propose that you include in your day some time in contemplative prayer somewhere in nature, asking the Holy Spirit to allow you to see the divine presence in every element of nature.

Monday 20May

➤ Sustainable Transport
Monday

➤ Instead of using your car, consider other more environmentally friendly alternatives, e.g. public transport, car sharing, walking, cycling

Tuesday 21May

➤ Sustainable Food
Tuesday

➤ Promote and practice a more sustainable diet,
➤ eat more plants instead of animals; buy organic products; avoid overbuying perishable foods.

Wednesday 22May

➤ Renewable Energy
Wednesday

➤ Audit the use of renewable energy in your home and calculate your carbon footprint using the free calculator <https://www.carbonfootprint.com>

Thursday 23 May

➤ Waste Reduction
Thursday

➤ Try to avoid using single use plastic wrapping and containers if possible, and recycle when use is unavoidable, preferably back to the supplier

Friday 24 May

➤ Water Conservation
Friday

➤ Explore how you could save water in your home;- only use washing machine and dishwasher with full loads; collect and use rainwater for cars & plants

Saturday 25 May

➤ Catechesis and
Integral Ecology

➤ Find out about integral ecology and talk about it with your children, grandchildren and friends

Sunday 26 May

➤ Reflection and
Commitment Sunday

➤ Evaluate how the past week's Laudato Si' actions have impacted your relationship with the environment, social justice and your spirituality
➤ Join the outdoors J&P Rosary, today at 4.30p.m.
➤ Commit to sustaining any changes made

To fully experience this Laudato Si' Week, download the Celebration Guide on <https://laudatosiweek.org>