

Parish Focus Area: Ecological Spirituality

Open your eyes and hearts to the wonder of Creation

- Take a walk with family and/or friends in a park or other natural area and offer a prayer together.
- Notice how nature is responding to the season of fall in Indiana. Give thanks and praise for beautiful fall colors.
- Look for and wonder at the resilience of nature in urban spaces – plants growing through cracks in pavement, birds, insects, and all the life around us that often goes unseen.
- Take the time to observe and dwell upon some small part of nature such as a leaf, stone, or flower. Study this and note the many details of it that can be noticed with close observation, such as shapes, parts, and colors. Perhaps make a drawing of it to help you look at it in more detail.

Take some time to reflect

- Reflect on the interdependence of all life on Earth and journal those reflections.
- Reflect on and pray for the poor and most vulnerable who are often those most affected by environmental degradation and climate change.

Be inspired to care for Creation

- Read Pope Francis's 2015 encyclical, "*Laudato Si': On Care for Our Common Home*" and his 2023 apostolic exhortation "*Laudate Deum*". Summaries and study guides are widely available online.
- Read books, poetry, and prayers that help us move closer to God through Creation. Some suggestions include "The Comfort of Crows: A Backyard Year" by Margaret Renkl and "The Backyard Bird Chronicles" by Amy Tan.

Expand your prayer life

- Offer prayers of praise and gratitude for the gift of Creation. Offer prayers of intercession for those affected by pollution and environmental degradation.
 - [Canticle of Creatures](#) (St. Francis)
 - [Prayer for Peace](#) (St. Francis)
 - [A Prayer for our Earth](#) (Pope Francis)
- Other prayer resources include:
 - [Spreading Seeds of Hope and Peace for Creation](#) (Catholic Climate Covenant)
 - [Laudato Si' Movement Prayer Book](#)

- The Examen is a Jesuit prayer practice that helps individuals notice and respond to the presence of God in their daily lives. Use these as a means of deepening your ecological spirituality.
 - [Ecological Examen](#)
 - [Laudate Deum Examen](#)
- Participate in ecological prayer services, especially the [Pilgrimage of Hope for Creation in Honor of St. Francis of Assisi](#) on October 4 from 10 am to noon at Marian University.