

# IHM Communal Reflection Process



## LAUDATO SI' Goal #1 - Cry of the Earth

*Refers to the current ecological/environmental crisis and the urgent need to for right action as we commit ourselves to this 7-year journey toward sustainability in the spirit of the “Integral Ecology” of Laudato Si.*

Heeding the *Cry of the Earth* is an invitation to open wide our hearts and our minds to the rapid diminishment of Earth and embrace the ecological challenges of these days. Pope Francis implores us “...to become painfully aware, to dare to turn what is happening to the world into our own personal suffering and thus to discover what each of us can do about it.” (LS 19) The crisis at hand is a turning point as some of Earth’s biological life systems are being pushed passed a safe threshold: the warming of the planet and climate change, biodiversity loss from habitat destruction creating a mass extinction event, chemicals and plastics infiltrating our waterways and oceans seriously impacting the health of life on the planet, and harmful chemicals polluting our air and soils interfering with the natural nutrient cycles of Earth, are some of the challenges.

### **Let us pray:**

*God of all Creation, Maker of Heaven and Earth, forgive us for our complacency and lack of understanding regarding the ecological crisis at hand. Give us the desire and energy to become more informed and to choose and act on behalf of future generations and of all Life. Humble us that might see Your face in all things and reverence Your permeating Presence everywhere. We are confident that with your grace we will learn “what is ours to do” and embrace this responsibility lovingly.*

**Below is a short list of ways you can, and perhaps are, responding to the Cry of the Earth. You are invited to prayerfully spend some time with this list and notice what action calls to you personally.**

1. Listen within for Earth’s cry.
2. Take inventory of your waste/garbage volume (e.g., food, packaging, plastics, and other non-recyclables) and reduce where possible.
3. Say No to bottled water.
4. Turn off lights and TVs when not needed.
5. Choose to consume foods lower on the food chain (whole grains, vegetables, fruits, and nuts).
6. Insulate and seal gaps around windows and doors.
7. Other....

### **In light of your reflections indicate:**

1. To which of the above are you drawn to commit?

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2. Are there other ecological actions you want to commit to?

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