

IHM Communal Reflection Process



How are you connected with the sisters of IHM?

_____ Sister _____ Associate _____ Partner in Mission

LAUDATO SI' Goal #5 Ecological Education

Refers to not only the study and teaching of ecology but to informed lifestyle choices rooted in sound ecological learnings, values, and responsibilities which become the moral bedrock of this 7-year journey toward sustainability in the spirit of the “Integral Ecology” of Laudato Si.

We cannot underestimate the importance of the “ecological conversion” needed in order to meet the challenges of the current cultural and ecological crisis. This conversion is dependent on an education which seeks to “restore the various levels of ecological equilibrium, establishing harmony within ourselves, with others, with nature and other living creatures, and with God.” Pope Francis emphasizes embracing a new lifestyle which moves away from “individualism, unlimited progress, competition, and consumerism” while moving toward “solidarity, responsibility and compassionate care” for the whole of creation. (LS 210) This is a moral and ethical choice at the very heart of who we are as people of God.

O Holy One, give us a heart full of compassion that we might willingly embrace lifestyle changes that heal, restore, protect, and reverence the whole of creation. Stir in us and in our educators a deep concern for Earth that spills into creative and inspiring teachings, processes, and sharing that move us and others to a more faithful living out of humanity’s covenant with the Earth.

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

1. **Help Scientists by gathering data!** *Participate in the [City Nature Challenge](#) (international event) April 29th – May 2nd and/or participate in ongoing [Citizen Science Projects](#).*
2. **Improve your recycling habits!** *Research your recycling hauler to learn what items are recyclable*
3. **Increase your knowledge!** *Listen to an environmental podcast / read an environmental focused book / watch an environmental film*
4. **Talk about our Earth!** *Have a conversation with a friend/family member/coworker about an environmental topic (recycling, climate change, gardening, etc.)*
5. **Lead by example!** *Know that your actions, no matter how small, can be the spark that encourages change in others.*
6. **Reflect!** *“Every Individual Matters. Every individual has a role to play. Every individual makes a difference” – Jane Goodall*
7. **Other**

In light of your reflections indicate:

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

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