

An Note for Comms: Index numbers and page numbers must be fixed accordingly.

FOR TRANSLATORS: For all the prayers that already have a translated version in your language, please proofread it [according to the English version here](#) - a lot of details have been changed due to theological concerns (links are provided in the comments). Also, a few rules to keep in mind: 1. all pronouns referring to God must be capitalized and avoid using male pronouns when possible, 2. try to always include female and male nouns when referring to generic groups, 3. always use in your language the equivalent to “human/humanity” instead of “man/men” when referring to humans in general, 4. do not capitalize “common home” and “creation”, 5. only capitalize “sister mother earth” and “earth” where they are capitalized in English, 6. when translating the index, do it through the hyperlink tab so it still links to the page where the prayer is found. Any questions feel free to contact suzi@laudatosimovement.org

LSM PRAYER BOOK

“I would like to offer Christians a few suggestions for an ecological spirituality [which] can motivate us to a more passionate concern for the protection of our world.” (LS 216)

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Foreword

Foreword to the Laudato Si' Movement Prayer Book

By Cardinal Michael Czerny S.J.

Interim Prefect of the Vatican's Dicastery for Promoting Integral Human Development

We humans are all in relationship with God. God is the Creator and we are creatures whom God creates. When we pray, we pay attention to that relationship, learn about it, grow in it, get reshaped and renewed by it.

In *Laudato Si'*, Pope Francis implored and guided us to pay much more attention. We humans should pay attention to our relationships to each other and to all the rest of the created order as well as to God.

Following Francis of Assisi, Pope Francis begins his encyclical with gratitude for all of Creation. The very title is a prayer of praise sung by all Creation for the Creator.

Following science and conscience, Pope Francis begs us to hear “the cry of the earth and the cry of the poor.”

Since June 2015, when *Laudato Si'* was published, millions of people have responded to his plea. People have acted in practical ways to improve our relationships with the earth and with each other. People have also prayed, in both traditional and new ways, for a healthier and more loving world called “our common home”. Inspired by the invitation to practice an “ecological spirituality” (LS 216), people are developing new prayers of words and of deeds. Let's all pray.

This booklet shares many lovely prayers and prayer practices. You will find inspiration for how to express:

- exhilaration, awe and joy at the wonders of the nature world
- gratitude for all of nature's gifts that sustain us
- sorrow and shame at how we humans have mistreated the earth and each other and are continuing to do so
- commitment to heal the earth and our human relationships.

Let us pray.

When Jesus responded to the request “Lord, teach us to pray”, his suggestion began with these two words: “Our Father”. Our father, not my father – a father whom Jesus addressed as “Abba”, *Daddy* or *Papá*, not as a remote deity..

Nowadays we recognize Mother, Father, Great Spirit and other ancient and new names for our loving Creator; and now, we understand, more profoundly and urgently than ever, that we are in this together. Our common humanity, not my needs and wishes alone; our connection with all of creation, not my use of this or that resource; Our Father and Our common home. We learn to pray.

The prayers in this book emerge with caring love from the many levels of the Laudato Si' Movement. The prayers are in fruitful dialogue with Pope Francis's own beautiful contributions: "A prayer for our earth" and "A Christian prayer in union with creation" (Section 1, below), and in the encyclical they come after his own spiritual and mystical introduction (LS 238-46) to read and meditate again and over again.

Let us pray: "*Laudato si' mi' Signore - Praise be to you, my Lord*" (LS 1).

Introduction

Introduction to the Laudato Si' Movement Prayer Book By Dr. Lorna Gold, Board Chair of LSM

Our work as the Laudato Si' Movement is shaped by our values. We are *grounded in faith* and *committed to spiritual transformation*. We *embrace contemplation and action* so that we can discern how to *act prophetically* while *living in hope*. We are *contemplatives* and *activists* embracing the *paradox¹ of slow and fast rhythms* to respond to the crises we are living. Our values guide us in the challenges of caring for our common home, which is never free from obstacles and frustrations. Accepting these challenges, our values remind us to *care for one another* and *cultivate unity within the diversity* of the environmental movement, our Church, and our diverse societies and cultures. Truly, we have many wonderful partners!

Along with our synodal process that started in 2019, this Prayer Book emerges from the heart of our Movement. It is the fruit of our united walk, listening to one another and to all the branches that compose the beautiful tree that is our network. Many spiritual resources have been created since the beginning of our journey, but now once and for all we have a compilation of prayers to guide us in our ecological conversion as individuals and as a community that cares and acts for creation.

¹ You can read more about our Contempl-Action Paradox (aka the Slow-Fast paradox) at bit.ly/LSMParadox.

Through each prayer gathered here you can also hear the different voices that compose our Movement, from grassroots to grasstops, showcasing different corners of the world where our members are active and bringing Laudato Si' to life. This book, therefore, stands not only as a new tool for our continuous work in spiritual transformation for integral ecology, but also as a testimony of our diversity that the Holy Spirit unites.

This collection of prayers serves to lift up all who seek to care for our common home, whether in personal contemplation or shared reflection. There are prayers for gatherings, prayers for retreats, prayers for protests, prayers for the hours of the days and seasons of the year, and so much more.

May these prayers deepen our journey along the path of ecological conversion, and like that great writer of prayers, the Psalmist, may we “sing as we go” (*Laudato Si'* 244).

How to use this book

This book is structured into eight parts: 1) Prayers from Laudato Si' 2) Praying with creation 3) Hearing creation's song, 4) Hearing creation's cry, 5) Hearing creation's call 6) Prayers for daily life 7) Creation themed morning and evening prayers and the 8) Laudato Si' Rosary. The best way to navigate through this book is by paying close attention to the index and what each of those eight sections have to offer.

Section 1 - Prayers from Laudato Si'. We begin with the two prayers from the encyclical which serves as the inspiration for our movement, prayers which remind us of Pope Francis' call “to hear both the cry of the earth and the cry of the poor.” (LS 49)

Section 2 - Praying with creation includes prayers to frame your encounter with God by listening and praying with creation itself. At the heart of our movement's prayer is praying with creation. Pope Francis, using the words of St. Pope Paul II, reminds us that God has written a precious book, “whose letters are the multitude of created things present in the universe.” (LS 85)

Sections 3 through 5 follow the three movements in LSM's Laudato Si' Retreat: hearing creation's song, hearing creation's cry, and hearing creation's call. In Section 3 - Hearing creation's song, you will find prayers to give praise and to give thanks to Creator God. We invite you to open your eyes, ears, and hearts and listen to the song of creation.

In Section 4 - Hearing creation's cry, you will find prayers for a wide variety of socio-environmental problems such as natural disasters, extinct and endangered species, environmental justice, among others. The Ecological Way of the Cross is included in this section.

In Section 5 - Hearing creation's call, you will find prayers for justice, our LSM family and advocacy efforts.. If you are looking for inspiration to raise a prophetic voice, you will also find in this section prayers for bold action and prayers for hope and courage.

Section 6 - Prayers for daily life includes prayers to accompany you through the day-to-day. For example, there are prayers for when you wake up, for your family, or for discernment. The Ecological Examen is also included here.

Section 7 - Creation themed morning and evening prayers are centered on the immense gift that is God's creation. There are two prayers for each day of the week to help you start and end your day with the grace of God.

Section 8 - is the Laudato Si' Rosary, with special reflections for each mystery, which closes the content of our book.

We pray that this book supports and inspires you and your community in the journey towards deeper ecological conversion.

Finally, our deepest gratitude to each person who contributed to making this beautiful tapestry. Laudato Si'!

Section 1 - Prayers from Laudato Si'

Prayer for our earth

All-powerful God, you are present in the whole universe
and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Fill us with peace, that we may live
as brothers and sisters, harming no one.
O God of the poor,
help us to rescue the abandoned and forgotten of this earth,
so precious in your eyes.
Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.
Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature
as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle
for justice, love and peace.

Pope Francis, Laudato Si', 2015.

Christian prayer in union with creation

Father, we praise you with all your creatures.
They came forth from your all-powerful hand;
they are yours, filled with your presence and your tender love.
Praise be to you!
Son of God, Jesus,
through you all things were made.
You were formed in the womb of Mary our Mother,
you became part of this earth,
and you gazed upon this world with human eyes.
Today you are alive in every creature
in your risen glory.
Praise be to you!
Holy Spirit, by your light
you guide this world towards the Father's love
and accompany creation as it groans in travail.
You also dwell in our hearts
and you inspire us to do what is good.
Praise be to you!
Triune Lord, wondrous community of infinite love,
teach us to contemplate you
in the beauty of the universe,
for all things speak of you.
Awaken our praise and thankfulness
for every being that you have made.
Give us the grace to feel profoundly joined
to everything that is.
God of love, show us our place in this world
as channels of your love
for all the creatures of this earth,

for not one of them is forgotten in your sight.
Enlighten those who possess power and money
that they may avoid the sin of indifference,
that they may love the common good, advance the weak,
and care for this world in which we live.
The poor and the earth are crying out.
O Lord, seize us with your power and light,
help us to protect all life,
to prepare for a better future,
for the coming of your Kingdom
of justice, peace, love and beauty.
Praise be to you!
Amen.

Pope Francis, Laudato Si', 2015.

Section 2 - Praying with creation

"For the believer, to contemplate creation is to hear a message, to listen to a paradoxical and silent voice." (LS 85)

Canticle of the creatures

Most High, all-powerful, good Lord,
Yours are the praises, the glory, and the honour, and all blessing.

To You alone, Most High, do they belong,
and no human is worthy to mention Your name.

Praised be You, my Lord, with all Your creatures,
especially Sir Brother Sun,
Who is the day and through whom You give us light.

And he is beautiful and radiant with great splendour;
and bears a likeness of You, Most High One.

Praised be You, my Lord, through Sister Moon and the stars,
in heaven You formed them clear and precious and beautiful.

Praised be You, my Lord, through Brother Wind,
and through the air, cloudy and serene, and every kind of weather,
through whom You give sustenance to Your creatures.

Praised be You, my Lord, through Sister Water,
who is very useful and humble and precious and chaste.

Praised be You, my Lord, through Brother Fire,
through whom You light the night,
and he is beautiful and playful and robust and strong.

Praised be You, my Lord, through our Sister Mother Earth,
who sustains and governs us,
and who produces various fruit with coloured flowers and herbs.

Praised be You, my Lord, through those who give pardon for Your
love, and bear infirmity and tribulation.

Blessed are those who endure in peace
for by You, Most High, shall they be crowned.

Praised be You, my Lord, through our Sister Bodily Death,
from whom no one living can escape.

Woe to those who die in mortal sin.
Blessed are those whom death will find in Your most holy will,
for the second death shall do them no harm.

Praise and bless my Lord and give Him thanks
and serve Him with great humility.

St. Francis of Assisi (1224 A.D.)

Laudato Si' Chaplet

The Laudato Si' Chaplet is a simple prayer technique to pray with creation inspired by St. Francis' Canticle of the Creatures. It is recommended to pray the Chaplet outdoors and with a Rosary at hand. More information on the chaplet can be found at bit.ly/LaudatoSiChaplet

Pray the verses from the Canticle of the Creatures that praise God through the 4 elements and all creatures 10 times each (following the Rosary beads). Namely:

- **Praised be You, my Lord², through all Your Creatures** x10
Glory Be and/or Laudato Si' refrain³
- **Praised be You, my Lord, through Brother Air.** x10
Glory Be and/or Laudato Si' refrain
- **Praised be You, my Lord, through Sister Water.** x10
Glory Be and/or Laudato Si' refrain
- **Praised be You, my Lord, through Brother Fire.** x10
Glory Be and/or Laudato Si' refrain
- **Praised be You, my Lord, through Sister Mother Earth.** x10
Glory Be and/or Laudato Si' refrain

[Optional] A short reflection and sensorial exercise could introduce each of the 4 elements.⁴

Suggested format: You might begin the Chaplet with an introductory song of praise such as Laudate Omnes Gentes or Hallelujah. You might then contemplate creation, spending time in prayerful silence contemplating God's artwork in creation using your different senses. After praying the Chaplet close with an Our Father or another creation centered prayer.

² If you feel called, you could say "Creator God" rather than "My Lord".

³ Laudato Si' Refrain: "Laudato Si' mi Signore, con tutte le tue creature" - "Praised by you, my Lord, with all your Creatures"

⁴ For example, spending a few minutes on each of the following. (1) Take deep breaths to become aware of the blessing of Brother Air; (2) then bring your attention to any presence of Sister Water at sight (clouds, river, lake, ocean) or feel the saliva in your mouth and touch your body to remember that we are 70% water; (3) then feel the presence of Brother Fire through the light and/or the warmth of the Sun's rays; (4) lastly, touch Sister Mother Earth with your hands and/or bare feet. Notice how the 4 elements are in perfect balance, as the planet has the perfect amount of each of them to allow life to flourish. Take time for silence (ideally a minimum of 1 minute with each element), to experience God's love through the elements.

An **extended version** of the Chaplet could also include the following verses:

- **The Gratitude Verses:** Thank You, my Lord, for all Your creatures/ Brother Air/ Sister Water/Brother Fire/ Sister Mother Earth.... x10
- **The Repentance verses:** Sorry, my Lord, for my abuse of all Your creatures/ Brother Air/ Sister Water/ Brother Fire/ Sister Mother Earth. X10

Prayer for listening

Most blessed holy Trinity,
Creator, Savior and Ruah⁵,
Through Your Word of life
All was and is created,
All was redeemed and is called to redemption,
All was united in Your bosom of love and is called to live in communion.
Because of You, dear Trinity,
All of creation is a constant exercise of listening to Your Word
So that we can embody the Word in our own lives.
Teach us, therefore, how to truly listen to Your creating and creative Word.
Remind us that Your Word is present and can be heard in each living being.
May we listen and learn from Your message present throughout nature.
Open our ears and our hearts and teach us strength and courage so that we may hear the pain and suffering of our sister mother earth and of those most affected by the socio-environmental crisis.
Amen.

Suzana Moreira, Laudato Si' Animator, Coordinator of Eco-Conversion Programs at LSM. Rio de Janeiro, Brazil.

Communing with creation: Listen, Linger, Love

“To contemplate creation is to hear a message, to listen to a paradoxical and silent voice”. (LS 84)

Here is a prayer to invite you to contemplate creation. It can be done inside or outside.

⁵ The Breath, Wind, or Spirit of God in Hebrew.

Linger: Walk or look around you slowly. Notice if some member of creation attracts your attention, a cloud, a tree, a plant indoors. Allow yourself to linger, to pause at whatever attracts your attention and be present to what is there. Use your senses to take in the wonder of this creature: the colors, shapes, smells, textures.

Listen: What might this being be trying to tell you? What might God be saying to you through this element of creation? Consider entering into dialogue with this member of creation, calling to mind St. Francis talking to the birds and calling Brother Sun and Sister Moon. You might ask a question. Then listen. Just be open to what might arise.

Love: When you are ready to leave, find a way to offer love, by saying thanks, offering a prayer to God for this encounter, wishing your new friend well. Find a way to acknowledge the gift you have received and your desire to give something in return.

If there is time, you might try this process of Linger, Listen, and Love with another element in creation.

Communing with Creation: A particular place

“The history of our friendship with God is always linked to particular places which take on an intensely personal meaning; we all remember places, and revisiting those memories does us much good.” (LS, 84)

If you are indoors, you might try a similar meditation as the one above praying with creation through the imagination.

Recall: Enter into a time of prayer and bring to mind a place in nature that is meaningful to you. It can be a place from childhood, a place visited during a special trip, or maybe somewhere you’ve never been, but has significance to you.

Imagine the place as vividly as possible, as if you are there right now. Noticing the colors...the textures...the different shapes...the sounds...the smells. Notice also how you feel in this place.

Pray: As you imagine yourself in this special place, ask if there is a message God is sharing with you at this time. Just notice if anything arises.

Give thanks: When you are ready, close by offering a prayer of thanks to God for the gift of creation and whatever message you may have received at this time.

Section 3- Hearing creation's song: prayers of praise and gratitude

"To sense each creature singing the hymn of its existence is to live joyfully in God's love and hope." (LS 85)

Prayer to the Holy Spirit

Come, O Holy Breath of God, poured out 'in the beginning'
be with us at this time of a climate emergency
and an ever-increasing loss of biodiversity.

Over the aeons
the Spirit of God empowered the universe to emerge,
enabled biological evolution to take place,
and inspired the unique advent of the human
endowed with the gift of reflective self- consciousness.

The same Spirit of God authored the Incarnation
of the eternal Word of God in Jesus of Nazareth,
animated His disciples to go forth,
and established a new ecclesial community on the day of Pentecost.

Be with us once again,
as You were in the past,
to heal our broken universe
so that we can see the face of the Creator God
in the wonders of creation.
Amen.

*Dermot A. Lane, Laudato Si' International Scholars Tertiary Education Network' (LISTEN).
Dublin, Ireland.*

God of Life

God of Life,
You love the universe into being,
Let us give praise.
You embrace the world without distinction,
Let us give thanks.
You call humanity to make flesh Your tenderness,
Let us live accordingly.
You endow all creation with Your divine beauty and wisdom,
Let us acknowledge.
You forgive all trespasses.
Let us learn Your ways.
You grace us unconditionally,
Let us receive humbly.
You are our hope,
Let us remember.
Amen.

Amy Echeverria, Columbans International, LSM Cofounding Member and Founding Board President. United States of America.

Prayer to Mary/ *Oración a María*

The Angel of the Lord announced that you would love
And creation was overjoyed
And smiled in the walnut trees and danced in the flowers.
And you, Mary, simple woman, woman of the people
You said "yes" to the novelty of the Kingdom
And the whole earth became pregnant with verses
And dreamed of justice and distilled delicacies.
"Behold the handmaid of the Lord," you said
and you allowed God to be God in your dwellings
and thus you pointed out the happy route of the beatitudes.

And it was done unto you according to the Word
And God came to be in you as a furrow opening.

And the Word became flesh, became a body, became blood
And the divine became matter, making the love of the Father tangible.

Because of that, God dwells among us
In the genetic novelty and the infinity of the cosmos
In the waves of the sea and in all the hands willing to learn how to love.
The incarnate, materialized God is among us:
Life project, from the ground to the sky
Life project, resilience and consolation.

The Angel of the Lord announced that you would love
And he keeps announcing that another world is possible
If the cry of the poor transforms selfishness into bread and hugs
If the weeping desert fertilizes our wit and guides our steps
If the abandoned animals move us to join hearts and weave more ties.
From these human mangers that we are
We ask you, Mother, that the Kingdom that your
Baby proclaims may come.
May the knowledge of love arise in us, with its wonder and grace.

And may each basin be a new cradle
where ecology rhymes in harmony,
Where justice plays with smiles
and where Christmas is more
than a rite, it is pregnancy,
covenant, embrace, fraternal communion,
cosmic Eucharist, sacred liturgy of a better world.

Amen! Hallelujah! Amen!

Originally written in Spanish by Alirio Cáceres, Permanent Deacon of the Archdiocese of Bogotá, Colombia. Ecotheologian. Member of the LSM Global Membership Council.

Prayer of praise / *Una oración de alabanza*

Our precious Father God, You are the beginning and the end of everything, You are our Creator and Preserver. You accompany us throughout our lives. You suffer and rejoice with us. You work

and sacrifice Yourself. You care for the world and convert the contrary forces of nature for the goodness of all. We depend on You. This gives us reassurance. Thank You!

You became a poor, humble servant and the provider of our sustenance. You are wise, penetrating the depths of the hearts of women and men, where no one can enter. We see Your face in nature and within the deep womb of mother earth. Renew us so that we may live in unity with You, in communion with each other and in harmony with the world.

You are present here and now. You are the flower of existence and of life in its fullness. You are the Lord of realized hope, of the word fulfilled and of the land in bloom. Allow us to be Your collaborators, working together for a new creation.

You are communitarian. Keep us communal. Give meaning and fullness to our life, for You want what is good for all. Take care of us, reconcile us, rebuild us, so that we may sustain history.

Amen.

Originally written in Spanish. Taken from the oral tradition of the Nahua peoples of Mexico.

Laudato Si' inspired prayer

God, source of all life, we give You thanks for the great gift of our earth. Praised be You, O Lord, for in Your infinite goodness You blessed us with an abundant and life-giving natural world, giving us the capacity to nurture it for generations to come. Thank You for enlivening us with Your Spirit and light, for through this gift we are strengthened and renewed in our mission here on earth.

Inspired by the example of Pope Francis, grant us the humility to remember that we are but one part of a vast ecosystem, an integral ecology, all of which is precious in Your eyes. Enriched as we are by faith, nourished as we are through the Eucharist, grant us the strength we need to be steadfast advocates for the unheard, mindful of the intrinsic importance of every living thing on earth.

Endowed with a renewed understanding and appreciation of our earth, we now have a responsibility to act. For just as we were baptised with living water and became ambassadors for Christ, through our ecological conversion we now become ambassadors for our earth. May the rivers of knowledge flow on from within us as we continue to work towards an integral ecology.

Empower us, O Lord, that we may recognise social and ecological injustice in our communities, and act decisively to create meaningful change.

We make this prayer through Christ our Lord, Amen.

Freya Zemek, St Mary's Manly Freshwater Parish 'By the Sea' in NSW, Australia, Oceania. In 2015, Freya thanked Pope Francis together with 150 young people of faith from around the world for his encyclical Laudato Si' on behalf of LSM (GCCM at the time).

Our beloved Amazon/ *Nuestra querida Amazonía*

Praised be You, God of beauty, for the constancy of that light rain that falls barely perceptible to our eyes.

Drops that progressively generate the small threads of water that together with many more will see the birth of rivers, which are a source of life in abundance for all.

Praised be You, Lord, for the delicate strokes of Your creation in which the beautiful connection of each and every one of the created things on the face of the earth is expressed.

With the peoples of this Amazon, O Lord of life, may we know how to recognize and discern Your truth in the diversity of each culture, living in harmonious relationship with the earth, with others, and with Your divine power.

May we recognize You risen and rising in the daily hopes and struggles of their lives, in their wisdom, and in their longing for the Kingdom through Jesus. Laudato Si'! Amen.

Originally written in Spanish by Mauricio López, Pan-Amazonian Ecclesial Network (REPAM), LSM Member Organization.

We thank you Lord

We thank You, Lord, for the perfection with which You created our mother earth. For filling her with beauty, goodness and generosity. For looking at her with love, because by contemplating her You reaffirmed that everything created was very good.

We thank You, Lord, for the trees, plants and flowers that speak to us through Your silence, for the song of the birds that in their diversity sing a beautiful melody to their Creator, for the air that gently caresses us.

We thank You for all the Universe that in constant movement renews, recreates and transforms itself, elevating our being to You and making us contemplate Your greatness, praising You for all that You have created, as Saint Francis and Saint Clare did one day.

We thank You Lord for so many men and women who throughout history have loved, guarded and cared for our common home, raising their voices as brave prophets, denouncing the injustice, misappropriation and exploitation of our sacred natural resources, accepting persecution and even martyrdom.

We ask for their intercession, along with Mary, our Mother, for all the people throughout the world who respect our sister mother earth, who contemplate her and feel as one with her, who work for good and who go throughout the world as messengers of peace and consciousness, praising You for having created her.

Amen.

Originally written in Spanish by the Order of Poor Clares of the Monastery of San Damiano. Planes de Renderos, Panchimalco, San Salvador, El Salvador. Creation Care Prayer Network.

Everything sings greatness/ *Tutto canta la grandezza*

Praise and thanks be to You,
Creator of the universe
For the beauty and variety You have given us.
As seasons change,
the colors of the woods, countryside and meadows
also change continuously
and bring joy to our eyes,
along with new scents even for those who cannot see.

How marvelous the perfect mechanism that You thought of,
one of an orderly and joyful coexistence,
and with so much responsibility
for the beings You created in Your own image and likeness!

The scent of the flowers, the majesty of the trees,

the song of the birds, the spectacle of the mushrooms
make of Your woods stupendous cathedrals,
where we celebrate in joy
the memorial of creation and our covenant as brothers and sisters.

From the heights of the snowy peaks
and from the depths of the abysses of the cerulean seas
everything sings the greatness
of God our Creator.

Laudato Si', our Lord! Amen

Originally written in Italian by Giovanni Zanaboni, Laudato Si' Animator: Arcidosso, Toscana, Italy.

Prayer for life/ *Preghiera per la vita*

Creator God,
among all Your works
the greatest miracle
is the life
that makes our common home
unique in the whole universe.

Life is joy.
Life is tears.
Life is toil.
Life is hope.

You have woven life
from the depths of the sea,
from the depths of the earth,
from the depths of an egg,
and of a womb.

Laudato Si'
my Lord Creator
each time You grant
to repeat this miracle.

Help us to understand
how precious this gift is
in our relationships with creatures,
from the depths of the sea,
to the depths of the earth,
from the currents of the air,
to our brothers and sisters
near and far,
the elderly and children,
and those who are yet to be born,
making way once again
to this immense miracle of love
that is life. Amen.

Originally written in Italian by Antonio Caschetto, LSM Program Coordinator, Italy. Assisi, Italy.

Prayer for water

Creator, we turn our attention to acknowledge and give thanks for Your gift of water. The mighty seas, the calm lakes, the rivers, the streams, and the rain that falls to refresh our sister mother earth.

At the beginning of creation You sanctified the waters. Your gift is indispensable to all life on earth. It grows our food, it sustains all living things physically. When we are in need of spiritual strength You instructed us to go down to the water and wash our spirits clean.

Awaken the heart of those who exploit Your gift for profit. And forgive those of us who take Your gift for granted.

Help us to remember the preciousness of Your gift and give us the wisdom to use Your gift wisely and to share it equitably.

A:Ho⁶

⁶ A:Ho is a form of "amen," meaning something like "since it was uttered, it is so".

Virginia Fifield, Mercy Associate, Rochester, New York, United States of America. Virginia is from Akwesausne, a Mohawk reservation that straddles the U.S. and Canada. The Mohawk tribe is part of the Haudenosaune (Iroquois) Confederacy.

Prayer for the mountains/ *Oración por las montañas*

Creator God, we thank You for the majestic beauty of the mountains,
sometimes hidden amidst the clouds or sometimes very imposing with the sunlight.

Home of many creatures, source of life, blessed are we for being able to contemplate them.
We ask You, Lord, help us to protect them, for they all are a sign of Your infinite love.
Amen.

Doménica Reyes, LSM Communications Project Manager. Latacunga, Ecuador.

Section 4 - Hearing creation's cry: listening to the cry of the earth and the cry of the poor

"Our goal is 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)

We cry out to You

Caring God, the earth and we cry out to You

Along with the earth, we ask You to free us from greed, selfishness and indifference

Along with the air, the water, the land and the wind, we ask You to help us get rid of all the pollution

Along with the forest, birds and animals, give us the strength not to destroy ourselves and the delicate webs that connect our ecosystems and all life together

Along with those on the edges of society, the unheard, the powerless, the struggling and the suffering, we ask You the strength to be just, merciful and compassionate

Along with those in power and positions of authority, we ask for wisdom to be good stewards of our common home

And finally, along with the whole of creation and peoples, we give You thanks for all the efforts to restore our sister mother earth

Amen.

Bishop Allwyn D'Silva, Auxiliary Bishop of Bombay. Mumbai, India.

Prayer in natural disasters

Gracious God, we pray for the victims of this disaster, Lord, that You would comfort the lives that were spared, and that You would take care of those who perished.

Lord, please bless those who are doing everything they can to help these people and also make sure that things run smoothly in repairing this great community/State/Nation.

Please help the victims to have patience and also help family members to be reunited. Lord, we pray that You will ensure that the victims do not come under any illnesses from this disaster, and we also pray that they get enough food and clean water and proper shelter for everyone.

Lord, please touch the hearts of the world to continue to pray for these people and also to donate whatever they can to help rebuild this wonderful community/State/Nation.

Lord, only You can make miracles happen and we are asking for one now. Through Christ our Lord. Amen.

Br. Benedict Ayodi, OFM Cap. LSM Africa Program Manager. Nairobi, Kenya.

Prayer for extinct and endangered species/ *Oração pelas espécies extintas e em perigo de extinção*

Lord God, our Creator
all life forms that exist on our sister mother earth
come from Your hands.
You created us in the diversity of genera and species,
giving each of Your creatures a unique and singular mark.
We praise You, O Father, with all Your creatures!
We praise You, our Lord, for biodiversity!

We contemplate Your action that transforms and recreates everything,
in the diversity of species that throughout natural history
have been appearing or being naturally extinct,
as a natural result of evolution.

Each species contributes, in its own way
to offer humanity, free of charge, the ecosystemic services
that beautify, dignify and fill human life with colors and meaning.

However, today we see the threat to the diversity of life in our common home,
and that human action throughout history has drastically accelerated
the rate of extinction of species, increasing up to 1,000 times the natural rates.
Inspired by Pope Francis, we want to reaffirm:
"We have no right to do so" (LS 33).

We want to turn the cry of the earth and the cry of the poor into our cry.
Teach us, Lord, to care for creation!
Inspire us to commit ourselves and engage in concrete actions
to protect and conserve every species on our planet.
Through Christ, Your Son and our brother. Amen.

*Originally written in Portuguese by Friar Wellington Buarque, OFM, Laudato Si' Animator.
Pernambuco, Brazil.*

Prayer for migrants and refugees: Share the Journey Campaign Prayer

Have mercy on me, God most high.
In my fear and loneliness, be my refuge.
Far from my homeland, I feel lost.

My heart is stirred by thoughts of the family I left behind.
O God, hear their cries and come to their help!
Calm the storms of anxiety and doubt raging within me.
Go before me and guide my steps among a people I do not know.
May their kindness and compassion assure me that You are there to
welcome me.
Amen.

*Prayer developed by Cardinal Luis Tagle, president of Caritas Internationalis following his
experiences meeting migrants and refugees helped by Caritas.*

Prayer for indigenous and original peoples / Prece pelos Povos Indígenas e Originários

Great Spirit, the essence of all Nature,

Breath of life that creates and recreates all beings,

Our indigenous and original peoples hear Your voice in the waters, lands, sun, winds, and
dewfall that moisten our sister mother earth and the germinated seeds that turn into food.

They see the love of Your beauty in the flora and fauna, in the pollination of birds, butterflies,
and bees, the nectar of life everywhere.

Teach us to hear their sacred instruments and flutes that elevate body and spirit to the eternal
world.

Give us Your Wisdom to rescue our harmony, interconnecting us in a grand scheme, weaving and
threading the web of life.

May Your power be the sunlight that illuminates our joint living for the "good living" or *sumak
kawsay*, *buen vivir*.

Force of Life, give us Your Strength to keep alive our peoples who most care for our common
home.

Sustain our great Hut, which yearns for life and respect.

Make us hear Your life in the moan, cry, and voice of the forests and of the people that grow
from the womb of the earth.

Amen.

Originally written in Portuguese by Laura Vicuña Pereira Manso, of the Kariri Indigenous People, Franciscan Catechist Sister. Missionary of the Indigenous Missionary Council (CIMI), member of the Executive Committee of the Ecclesial Conference of the Amazon (CEAMA), and member of the Post-Synodal Council of the Amazon Synod.

Mother of the Amazon Region

Mother of life,
in your maternal womb Jesus took flesh,
the Lord of all that exists.
Risen, he transfigured you by his light
and made you the Queen of all creation.
For that reason, we ask you, Mary, to reign
in the beating heart of Amazonia.
Show yourself the Mother of all creatures,
in the beauty of the flowers, the rivers,
the great river that courses through it
and all the life pulsing in its forests.
Tenderly care for this explosion of beauty.
Ask Jesus to pour out all his love
on the men and women who dwell there,
that they may know how to appreciate and care for it.
Bring your Son to birth in their hearts,
so that he can shine forth in the Amazon region,
in its peoples and in its cultures,
by the light of his word,
by his consoling love,
by his message of fraternity and justice.
And at every Eucharist,
may all this awe and wonder be lifted up
to the glory of the Father.

Mother, look upon the poor of the Amazon region,
for their home is being destroyed by petty interests.
How much pain and misery,
how much neglect and abuse there is
in this blessed land
overflowing with life!
Touch the hearts of the powerful,
for, even though we sense that the hour is late,
you call us to save
what is still alive.
Mother whose heart is pierced,
who yourself suffer in your mistreated sons and daughters,
and in the wounds inflicted on nature,
reign in the Amazon,
together with your Son.
Reign so that no one else can claim lordship
over the handiwork of God.
We trust in you, Mother of life.
Do not abandon us
in this dark hour.
Amen.

Pope Francis, Querida Amazonia, 2020.

Ecological prayer from Mesoamerica / *Oración ecológica desde Mesoamérica*

God of life, God of all peoples,

We thank You from the rising sun, because You have made the world perfect and have left us in this corner of Your creation to experience the mystery of Your greatness in our "Beloved Mesoamerica"

... where the mountain forests provide the rains that nourish the fields, producing our daily bread

... where the two seas, full of mystery, kiss the coasts to the rhythm of the moon
... where the multitude of animals invites us to understand that we all have a place in that great web of life
... where the diversity of peoples and cultures manifests in infinite forms the greatness of Your creation
... where the smell of cocoa, the sacred drink of the Mesoamerican peoples, rises to heaven with the songs as an offering to You and a sign of our desire to live in deep fraternity.

Help us, Lord, to tune our ears to Your voice: present in the beauty of a waterfall, in the song of a little bird and also in the cry of a child who suffers from hunger. May the cry of the poor and the cry of the earth awaken us from any indolence and allow us to live the ecological conversion that manifests our affirmation that, although there is much to change in our lives and this world, we are willing to do what is necessary to recover harmony in this house of Yours, our common home.

Help us to receive and follow Your will, like the seed that germinates in the earth and produces many fruits always walking hand in hand in the face of the many threats to integral life, confident that Your grace will always sustain us along the way.

And in the darkest night, Lord, let us live fully in the certainty that the dawn will soon come, and with it a new opportunity to celebrate one more day in the heart of the community of creation.

Amen.

Originally written in Spanish by José Fitzgerald CM, Mesoamerican Ecological Ecclesial Network (REMAM).

Prayer for the islands

Creator God of the Universe
God of the living land and seas and all they carry
Through the power of Your Word, You created the islands
With Your outpouring love, You have given them to us as a gift
To become a source of life, our identity and sustenance
And You commanded us to become good stewards of the land and the seas of the islands.

Ever loving and compassionate and merciful God
Look not on our shortcomings and failures before You

We have abused the gifts You have given us
Both the land and the seas are bleeding and crying
We have become irresponsible stewards of the islands
As our greed, selfish consumerist culture subdues our love and care for the land and oceans

Turn Your ear, O merciful Lord, and hear the cries of the islands
Strengthen our resolve to turn away from our sinful ways
We have destroyed the land and oceans
Through our corrupt agricultural practices, pollution, mining and deforestation in the islands.
Renew our commitment to become better stewards of our homelands floating on vast oceans.
Our hearts lament, crying out for Your healing hands, O Lord.

God of life, heal Your wounded earth
May Your Spirit empower us to choose the road less travelled
The road that leads us to life and sustainable living
Equitable living with others, especially the poorest among us
And maintaining the balance with the ecosystems surrounding us.
Continuously guide us in the paths of righteousness and justice
So that we may enjoy again Your love and grace in the land and the seas.
This we ask in the name of the One who came, that we may have life in its fullness, our Lord
Jesus Christ,
Amen.

Paulo Baleinakorodawa, member of the LSM Global Membership Council and LSM Oceania Chapter, Fiji Islands.

Tears of creation/ *Hai toccato da vicino*

Lord Jesus,
through Your incarnation
You shared the tears of creation
that "groans and suffers the pains of childbirth" (Romans 8: 22)
You made human fragility your own
in climatic injustice,
in our fears, and in our worries.

When anguish tries to prevail
over the oppressed peoples and over us,
we ask You to bring Your loving
presence to our hearts,
in order to rediscover the purpose
of our presence in the world. Amen

Originally written in Italian by Miriam Resta Corrado, Laudato Si' Animator. Supersano, Puglia, Italy.

For the sick: A COVID prayer

After days of dark clouds
tonight the sky opens wide in all its beauty
where I lose myself, enchanted like a child,
discovering the light of the mystical moon.

I breathe in Your breath
and I search in the air of this night
for what so many Covid patients are missing,
I search for health,
and I search for those lost in our sea,
the migrants in the night, while the moon whitens the waves.

Lord of limitless goodness,
You hear the cry of sister earth
that joins with the cry of the abandoned of the world
and of all the sick, in body and spirit,
a lament that demands from us another path.

Make us feel like a gift
that flows from Your open hands:
a reality illuminated by love
in the sick and in those who care for them,
that summons us to a universal communion.

Amen.

Originally written in Italian by Nunziata Toscano, Laudato Si' Animator and member of the Laudato Si' Circle of Bronte, Catania, Italy. When this prayer was composed, Nunziata was in isolation with her husband due to Covid. During this time she was involved in prayer with the Italian network of LS Circles.

Prayer for the grace of conversion

In my desire for reconciliation with creation, I ask God for forgiveness and the grace of ecological conversion. I acknowledge the ways in which I personally have chosen convenience, selfishness, and greed over ecological and social justice. I also acknowledge the ways structures, patterns, and cultures of sin impact my life, the lives of people on the margins and the earth. Through my recognition of where I have fallen short in caring for creation and my brothers and sisters, and through God's mercy, I pray for a conversion of heart to amend my ways. I seek through my prayer and actions to reconcile myself with God, creation and humanity.

Excerpted from the Ecological Examen developed by the Office of Justice and Ecology of the Jesuit Conference of Canada and the United States & Ignatian Solidarity Network. www.ecologicalexamen.org.

Stations of the Cross: Ecological Way of the Cross

Introduction

During the Stations of the Cross, we retrace Christ's steps by enacting the biblical record of his Passion, with each station commemorating a stage in Christ's journey to crucifixion.

The Ecological Way of the Cross puts the suffering of Christ's Passion in our time by relating it to the suffering of the earth and the poor.

The First Station

Jesus is condemned to death.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

God of life, many of our sisters and brothers risked and lost their lives working to protect this beautiful world You created. We believe they have fallen asleep in You, Lord. May their sacrifice be remembered and honored by those they served. Amen.

The Second Station

Jesus carries his cross.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Lord Jesus, just as You embraced the burden of our sins, we pray for those who will be forced to carry the burden of environmental disasters caused by our rampant development. We also pray for those who risk their lives to embrace the call of social and climate justice. Amen.

The Third Station

Jesus falls for the first time.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

We pray for our sisters and brothers hidden in the darkness of modern slavery, in factories and homes across the world, forced to work in inhumane conditions and deprived of their freedom. Help us to remember those who suffer for our unsustainable lifestyles and give us a change of heart so that this evil may be rooted from our world. Amen.

The Fourth Station

Jesus meets his mother.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Lord, by the sorrow You felt in meeting Your mother, we pray that we can meet with compassion our sister mother earth who sustains all life with air, food, and water. Amen.

The Fifth Station

Simon of Cyrene helps Jesus carry his cross.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Lord, help us to recognize that we are our sisters' and brothers' keepers, and like Simon of Cyrene, help us to alleviate the suffering of those crushed by injustice, poverty, and violence. Amen.

The Sixth Station

Veronica wipes the face of Jesus

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

We pray that we may see the face of Jesus in the faces of all those suffering from illness, particularly those suffering from the coronavirus and conditions exacerbated by climate change such as asthma and heat strokes. Like Veronica, help us to be a source of compassion and comfort. Amen.

The Seventh Station

Jesus falls a second time.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Lord, as You have fallen a second time, so do we fall to our indifferent consumerism. Help us, we pray, to be conscious of our purchasing decisions, to choose what is ethically and sustainably made, and to stand up for those who carry the heavy burden of unjust economic policies. Amen.

The Eighth Station

Jesus meets the women of Jerusalem

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Like the women of Jerusalem, we weep for our children who will bear the brunt of our environmental destruction. God of life, help us to resist the culture of death that seeks only its own gain and to the detriment of all other living beings, including those that are yet to live. Amen.

The Ninth Station

Jesus falls a third time.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Lord, the weight of the cross caused You to fall a third time. We, too, daunted by unbridled exploitation, fall to anguish and frustration. Give us the strength to rise again and again in our fight for social and climate justice. Amen.

The Tenth Station

Jesus is stripped of his clothes.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Jesus, You were stripped of Your clothing and dignity. So, too, the earth is stripped of its minerals and nutrient rich topsoil. Help us to seek and develop a just transition to renewable forms of energy and to restrain our consumption so that the earth may be restored to its glorious bounty. Amen.

The Eleventh Station

Jesus is nailed to the cross.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Lord Jesus, our misguided models of progress have blinded us to the wonder and sacred destiny of Your creation. Conflict over natural resources are the nails with which we crucify You over and over again. Forgive us our greed and awaken Your abiding presence in us. Amen.

The Twelfth Station

Jesus dies on the cross.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Jesus, by dying on the cross You surrender Your will to the Father so that we may have life. Help us, we pray, to surrender our indifference to the plight of people displaced from their homes by climate-induced floods, famine, and war. Amen.

The Thirteenth Station

Jesus is taken down from the cross.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Lord, even as we witness the extinction of entire species, help us to hold on to our faith, hope, and love. Just as Joseph of Arimathea and Nicodemus stepped up to care for Your lifeless body, give us the courage to be a voice for the unheard. Use us as instruments of peace for all creation. Amen.

The Fourteenth Station

Jesus is laid in the tomb.

We adore You, oh Christ, and we bless You!

Because by Your holy cross, You have redeemed the world.

Prayer

Creator of all things, to You nothing is impossible; to You all are beautiful and precious. Help us to see creation as You do. Help us to lay aside our differences and embrace each other as sisters and brothers. Amen.

Concluding Prayer

Lord Jesus, open our eyes and hearts to Your passion and death still going on around us. Help us to see that You are condemned to death again in the extinction of species, that the weight of the cross You still carry is our consumerism and throwaway culture; that You are still dying with the victims of extreme weather, war, conflict, and our indifference.

As Your passion continues throughout history and the world, give us the confidence and courage to be like those who comforted You on Your way to the cross – Veronica, Simon of Cyrene, Joseph of Arimathea, and Your most Blessed Mother.

Br. Benedict Ayodi, OFM Cap. LSM Africa Program Manager. Nairobi, Kenya.

Section 5 - Hearing creation's call: prayers for bold action and the LSM Movement

*"The effects of the present imbalance can only be reduced by our decisive action, here and now."
(LS 161)*

Prayers for Justice

Prayer for fundamental human rights

God of Justice, we pray for the courage and determination to defend fundamental human rights. We ask for the courage to actively combat poverty, inequality, lack of work, land and housing, and the denial of social and labor rights.

We pray for equality, that there would not be first, second or third class people; much less the so-called "disposable".

We also pray for those who defend human rights.

For those who risk their lives while fighting for fundamental rights under dictatorships, authoritarian regimes and even in democracies in crisis, that they may see their sacrifice and their work bear abundant fruit. Amen.

Prayer based on Pope Francis' prayer intention for fundamental Human Rights. By Ana Carolina Gutierrez, LSM Spiritual consultant. Italy.

Prayer for environmental justice

For those who are suffering from environmental injustice...

R: Lord, hear our prayer.

For those who do not have access to clean water...

R: Lord, hear our prayer.

For those who suffer health impacts from air pollution...

R: Lord, hear our prayer.

For the environmental racism that endangers and harms Black, Indigenous, and People of Color...

R: Lord, hear our prayer.

For our oceans that are overwhelmed by plastic pollution...

R: Lord, hear our prayer.

For young people and future generations facing the fear of climate catastrophe...

R: Lord, hear our prayer.

Creation Justice Ministries, United States of America.

Prayer for nonviolence

God of Mercy and Compassion, open our hearts to Your grace. Give us the courage, we pray, to radically transform our own lives, and appreciate more deeply the covenant You made with all creatures on earth. Help us to respond to the cry of the earth and of the poor, as peacemakers who challenge the violence that threatens us all.

Guide us along the path of nonviolence, to reconnect with nature, to value all peoples of the earth, to consume less, and waste nothing. Pour out upon us the power of Your love, that we may protect life and beauty. Fill us with Your peace, that we may live as brothers and sisters, harming no one.

We make this prayer through Christ Our Lord. Amen.

Pax Christi England & Wales and Catholic Nonviolence Initiative.

Prayer for social justice

Spirit of Truth

Who enfolds our world in Your Love,
we come to You with a heavy heart.
How does one begin to dismantle the evils
of racism, sexism, classism, environmental injustice
and other ism's permeating society?
Are we complicit with the corporate sin
of societal institutions by remaining silent observers?
How can we be an instrument of peace and radiate Your healing love?
People like Desmond Tutu, Martin Luther King, Jr.
and protestors marching on our streets denounce systemic injustices.
We read Scripture's injunctions--love God, love my neighbor,
pray for my enemies, even those who persecute me.
Are we heeding these difficult teachings?
Is it enough for us to welcome strangers into our circle of relationships,
alleviate the suffering of the Lazaruses-on-my-doorstep, and
celebrate the diversity of people and their creeds?
Grace us that we have love for all,
promote justice for all,
and have mutual respect for all creation.
Amen

Constance (Connie) Fahey, Franciscan Sisters of Mary, United States of America.

For a just, habitable and sustainable common home / *Por una casa
común justa, habitable y sostenible*

Merciful God and Creator of all,
We praise You for the gift of the earth, home to so many forms of life
The common home of peoples, cultures, and species
We have made it an unjust place
where some consume and pollute more than others, and

the poorest face the greatest impacts of climate change.
Therefore, we ask You to help us achieve climate and ecological justice
So that no one takes for themselves what belongs to all,
that we may share the world's goods equitably, and live simply
so that we may bear witness that the earth is the sister and mother of all.
Help us to respect its rhythms of regeneration, so that it may sustain all living beings both in the
present and for future generations.
Amen.

*Originally written in Spanish by Daniel Castellanos Velasco, religious brother of the
Missionaries of the Holy Spirit congregation, LSM Spiritual consultant. Mexico.*

Prayers for LSM Members

Prayer for Laudato Si' Animators

Loving Creator, allow us to be animators of God's creation, radiating kindness, love and humility
to uplift the poor and forgotten of this Earth and tenderly care for our common home, focusing
on the good of all. Lord, send Your creative spirit into each of us.

We ask for open minds, open hearts and an open will, so that we can be alert and able to identify
solutions to complex problems on Earth, in our Church and with communities around the world.
Allow us to draw others closer to Jesus Christ, our Savior and Brother.

We are grateful for the trust placed in us and accept this ministry of living Laudato Si', to share
the gospel of creation with the whole world. We are committed to serving with joy, love and
audacity. We commit to work to help rebuild the community of life on Earth, through the process
of ecological conversion, to develop an integral ecology with the human family.

We make a commitment to respect and deepen our understanding of the needs of all creation and
bring the light of Christ to every relationship, within ourselves, with each other, with creation
and with our Creator. We ask that we might always respond to the cry of the Earth and the cry of
the poor as Laudato Si' Animators and ecological ministers. Amen.

Prayer for LSM Chapters/ *Oración por los Capítulos del Movimiento Laudato Si'*

Beloved Jesus,

May we be one as the Father, the Holy Spirit and You are One, so that our Chapters may be a sign of love for the whole world.

May we know how to build bridges
valuing and enjoying diversity.

May our hearts walk the path of mindful conversation, so that the fruits of our encounter with You may spring forth fruitfully in our relationships with all creation.

May our gaze be able to recognize You, especially in those in greatest need.

Make us "influencers" of peace, justice and reconciliation.

May we know how to respond to the voice of Mary, who urges us to "do what You tell us" in our common home.

In the breaking of the Bread, may we find ourselves, as brothers and sisters, in the firm conviction that You make all things new.

Amen

Originally written in Spanish by Ariana Díaz Acuña, Costa Rica National LSM Chapter Coordinator and Mesoamerica representative for the LSM Regional Council. San José, Costa Rica.

Prayer for Laudato Si' Circles/ *Oración para Círculos Laudato Si'*

Creator God,

Help us see You in the faces of all those here
who are the companionship of our Laudato Si' Circle.

Help us experience with them, and through them, a renewal of hope and faith
in the struggle for the common good and the healing of this wounded planet.

“We are afflicted in every way, but not constrained;
perplexed, but not driven to despair;
persecuted, but not abandoned;
struck down, but not destroyed;
always carrying about in the body the dying of Jesus,
so that the life of Jesus may also be manifested in our body.” (2 Corinthians 4:8-10)

Thank You because not everything is in our hands
and thank goodness for that.
We trust in Your divine providence
and we ask that You may bless our Circle
to always be a witness of Your love and friendship.

Amen.

Originally written in Spanish by Ana Belén Ortega, LSM Hispano America Assistant. Quito, Ecuador.

Prayer for the Laudato Si' Generation: Life, movement and being!

Holy Father, Creator of all things,
in You alone "we have life, movement and being" (Acts 17:28).
In Your infinite love You created humanity in Your own image and likeness,
and placed humans at the heart of creation.
You gave us the holy responsibility to guard creation in respect and harmony.
We beg You to look at this world which has lost its original beauty and which You redeemed
through Your Son who died and rose again.
Have mercy on this world which is more and more prey to natural cataclysms, caused by the
violent and subtle outbursts of humanity.
Teach us the young generations to recreate a true civilization of love,
and advocate for true harmony born of a pure heart and not of the blind and selfish quest for
profit,
so that the fragrance of the new creation that Your Son came to earth to install may be felt.
May we, the young generation united in the spirit of the Laudato Si' Movement
learn to praise You eternally by caring for the earth that You have given us,
You who reign for ever and ever.
Amen.

*Innocent Odongo, Member of Laudato Si' Generation Steering Group representing the
International Young Catholic Students (IYCS). Minakulu, Uganda.*

Prayer of the Creation Care Prayer Network

Loving God and Creator,

We come before You with humble and grateful hearts for the gift of creation.

In the suffering of communities devastated by ecological destruction.... Jesus, we feel Your wounds.

In the silent cries of extinct and endangered species...Jesus, we feel Your wounds.

In the tears of the most vulnerable among us...Jesus, we feel Your wounds.

In the greed and indifference consuming our planet.... Jesus, we feel Your wounds.

In the interconnectedness of all creation...Jesus, we encounter Your resurrected life.

In the glorious diversity of people and living creatures...Jesus, we encounter Your resurrected life.

In the wisdom of indigenous communities and environmental defenders...Jesus, we encounter Your resurrected life.

In the self-gift of those laboring for an integral ecology...Jesus, we encounter Your resurrected life.

For the ecological conversion of the people of God...Jesus, inspire Your people.

For burning hearts for climate and ecological justice...Jesus, inspire Your people.

For the fruits of the initiatives of Catholic institutions.....Jesus, inspire Your people.

For bold action in governments and societies...Jesus, inspire Your people.

Loving Creator, give us the grace to be faithful co-creators to care for our common home. Fill us with Your Spirit who renews the face of the earth. And inspire us that we may always sing as we go.

Through Christ our Lord.

Amen.

Prayers for Bold Action

Prayer for government leaders

At the heart of public service
Is the promotion of the common good
So that all citizens may flourish as children of God.

We pray that our civil servants seek first this common good
Rather than their own self-interest or special interests.

We pray that public officials hear clearly
Both the cry of the earth and the cry of the poor.

And we pray that those holding public trust
Allow these cries to move their hearts to action.

We pray for local, national, and global political leaders
To come to know and understand how the most vulnerable are faring.

And we pray that these servants measure their political success
By how well they have looked after the least, the lost, and the lonely.

We pray, O God, that You send Your spirit
Upon all those who seek the common good.

Amen

Dan Misleh, Catholic Climate Covenant. LSM Member Organization. United States of America.

Prayer for divestment

Creator God,
Through You all things were made, the stars in the sky, the birds of the air,
the breadth of life beneath the seas.
Beauty surrounds us, like a love letter inscribed on this earth.

Blessed be Your name.
But we have not lived up to our vocation as protectors of Your handiwork.
The earth has been plundered and cries out to us.
Through our use of fossil fuels we have filled the skies with gases which are harming our world, Your creation.
We know that it is the poor who suffer the most from our actions and we ask forgiveness.
We also know that things can change and that we can embark on new paths, restoring our common home and clearing the skies.
We pray that those who have decision making powers, will divest from the fossil fuel industry, challenging big corporations to leave behind this era of destruction and pollution.
We pray that political leaders make way for affordable forms of clean energy for all.
We ask that workers be treated fairly as we make this transition.
Move the hearts of those who seek only profit at the expense of the earth and the poor.
May we be guided by Your Spirit, in courage and determination.
Help us to embrace new possibilities, new sources of energy, and set out on this path of renewal.
We ask this through Jesus Christ Your Son,
Amen.
St. Francis of Assisi, pray for us.

Jane Mellet, LSM Secretariat. Dublin, Ireland.

Prayer for global summits

For political leaders across the globe
that are called to work together
and for all of us engaged
in raising “the cry of the earth and the cry of the poor”
in the run up to those summits.
May the Holy Spirit
guide us to keep most vulnerable communities
at the heart of each political decision
as a compass for social and climate justice.

May the outcomes of those international summits
be answering in scale and depth
to the emergencies the world is facing

and contribute to building a renewed harmony
between humanity and nature.

May the Lord give each of us the strength
and passion to be a unique piece
of a converted planetary community.
Amen.

Chiara Martinelli, formerly of International Cooperation for Development and Solidarity (CIDSE). Laudato Si' Animator, Member of the Global Membership Council & Member Organization. Brussels, Belgium.

Prayer before actions and protests

Heavenly Father, creator of life and peace.
In this journey of synodality, may our brothers, sisters, plants, animals
and future generations experience the grace of climate justice and
equality throughout all hemispheres of the Earth.

Open our hearts to listen to the cries of the earth, the cries of the poor
and future generations.
Grant us the wisdom to inspire others to respond to the ecological crises.
Give us the courage to join arms to take sustainable climate actions for
the better care of our common home.

May we work in peaceful dialogue and
respect the human dignity of others regardless of age, race, religion,
language or culture.
May all those whom we encounter through our prayer, work and actions
experience the grace of ecological conversion with compassion, care,
unity, healing and forgiveness.

May both our individual and collective actions blossom peacefully to
bring fuller life to all of God's creatures. We make this prayer through
Christ our Lord and intercession of our Blessed Mother Mary.

Amen

Analisa Ramsahai, Laudato Si' Generation and LSM Board Member, Trinidad and Tobago.

Prayer for collaboration

Let us join in prayer as we seek to be responsive to our need to be collaborators with one another. We want to be open to the grace present with us during this time. Let us pray in the form of an acrostic which is a special format that was used with the Psalms to seek the guidance of wisdom. We know You are here Loving God, as we are gathered in Your name, as seekers to be in communion with one another to explore ways to have our common home be a benefit to everyone. In this...

Collective gathering of persons around common interests and deep concerns

Be with us God, and when

Other ideas are considered, help us to encourage one another to share from the heart.

With a spirit of openness guide us in

Listening for similarities and challenges for change.

Help us to embrace

Learning in new ways as there is a receptivity to the thoughts of others.

Enable us to be still, so as to be

Attentive and focused to all that is being said and to engage in personal study for deeper understandings.

Broaden our perspective for all of creation, and in this way

Be a receptive space to contemplate the beauty and giftedness of all of Your creation.

Instill in us the deep desire to

Order our lives so as to protect, respect and enhance the dignity of all creation.

As Your prophets of realism and sowers of hope enlighten our responses of

Realistic actions that follow from our loving hearts

Prompt us to be

Always attentive at meetings because this has become an important consideration for dialogue.

Enlighten us to consider ways that

Trust is developed when actions and attitudes are shared to enhance an open atmosphere.

Call us to be mindful of the importance of

Integrity and insist that we honor a commitment to find ways to work together.

Encourage us to be generous in

Offering what we can and, knowing that we are in the movement of the Spirit, God will provide.

With reliance on faith know that

Nothing is impossible if we trust in the grace of God guiding us on this way. Amen.

Sheila Kinsey, FCJM. Executive Co-Secretary JPIC Commission of the International Unions of men and women religious (USG-UISG), LSM Global Membership Council.

Prayer for meetings: In the richness of this meeting/ *Nella ricchezza di questo incontro*

Beloved Father,
God of Light,
send Your Holy Breath
to ignite our hearts
and enlighten our minds.
God of guidance,
Protect us and grant us
clear and deep thoughts,
an open heart and attentive ears.
Help us feel each other's hearts
in the richness of this meeting
and in the generosity of every exchange.
Gathered here in Your name
we entrust to You our frailties and weaknesses.
We ask, in return, for You to reveal to us the gift and the hope
of being brothers and sisters of peace, love and justice. Amen.

Originally written in Italian by Maria Antonietta Manna, Laudato Si' Animator. Civita, Calabria, Italy.

Prayer for the Laudato Si' Action Platform

Creator, we are embarking on a journey
towards greater love for You,
our brothers and sisters, and Your creation.

Holy Spirit, we humbly ask that You guide us on our journey,
that You bring us Your illuminating and warming fire
as we seek to discern and respond to Your will.

Redeemer, we thank You
for the new hope that unites us with all those
who are healing their relationships with God, creation, and the human family.

We pray for commitment and unity
as we live out an integral ecology
to protect all life on earth.

We ask this in the name of Jesus Christ, our Lord.
Amen.

Prayers of Hope and Encouragement

A prayer for when we want to give up

God of hope,

You have placed us on this earth in a moment of ecological crisis. We face a crisis of such proportions and urgency, at times it feels like it could crush us.

At times we rebel. We did not ask to be born into this moment, yet being alive now, we face the fate of humanity and the planet. It places a weight on our shoulders and we feel called forth to heal Your world.

At times we struggle. Sometimes, we wish it were not like this, that we could just go about our business. We are tempted to turn our heads away. Sometimes we feel that the fight is futile – the science can seem to say that hope is lost. We feel we do not have the strength to go on. We feel burnt out.

When we feel like this, may we take time out and turn our gaze to You. May we draw close to You, dear Lord, and realise that You have been here too. You know what it means to feel defeated, hopeless, and crushed. You share our tears and weep with us for the future of our children and all Your creatures.

On the cross You too cried out in abandonment: “my God, my God, why have You forsaken me?” In Your cry, the whole of creation cried out. You held all our tears until they overflowed, transforming them into infinite dew drops.

When all seems lost, may we experience Your divine mercy. May we be gentle on ourselves and merciful to others. May we find strength for the road ahead.

Amen

Lorna Gold, Chair, LSM Board of Directors, Ireland.

Prayer for courage to speak truth to power

God our Father and Mother
You are the source of all power that exists on earth
All powers proceed from You
inviting us to share and participate in its play
each according to our calling - in the service of life on earth.
In each passing generation, from Old Testament to today
You have raised up leaders and prophets
and they spoke the truth boldly and clearly.
You endowed Your leaders with needed courage
to speak truth to the kings and rulers
men and women who felt in their hearts

the suffering of the poor and heard the cry of the earth
and used their voices to ease the pain of the powerless and voiceless.

Jesus, Your death on the cross is a reminder
to question and challenge the evil in our leaders.
In solidarity with the discarded and abandoned
we need to see and expose the white washed sepulchres.
The life and death of Jesus our leader
beckons us to carry the power of His truth in our voices
to heal the wounded world and the creation.

We pray to the same Holy Spirit that once acted in Jesus.
O Holy Spirit, wake us up out of our personal worlds.
Open our eyes to see the pain and suffering of the people
and the cry of Your creation.
While some amass more, many more go hungry
While some take control of others, others live in fear.
While some cause climate crisis, others protect and advocate.
Help us see and say those things that must be said.
Free us from the fear of consequences and
give us the courage to speak the truth with justice and love.

With God's power working within us
help us train young prophetic voices and energies
to labor to establish the new earth and new heavens
where everyone will use the power shared with them
where there will be no powerful and powerless
where all of us will be instruments of one great power
manifesting many creative dimensions of Your love. Amen

*Xavier Jeyaraj, SJ. Member of LSM Global Membership Council and Board of Directors.
India/Italy.*

Inspire in us a spirit of awe

Divine Creator, God,

We thank You
for the wonder of the universe
and its eons of time and life
that has sustained us.
We thank You for our sister mother earth,
her beauty and giftedness,
the bounty of her days
and her sacred ground.

Sadly, we have abused
earth's sacred space
and have misread its sacred story,
claiming it as our own,
opposing Your divine plan.
Its gift of sustainability
has been snatched away,
diminishing its sustenance
for the good of all.

Yes, we can hear its anguished cries
of pain and distress;
its resources stripped bare,
its climate distorted,
its water and soil poisoned,
its landscape unable to cope.

Creator God,
Help us to care for sister mother earth
with loving attention
to its sacred journey.
As it gives of itself without measure.
Inspire in us a spirit of awe
for its beauty and many life forms.
And may we be thankful
knowing that it waits unceasingly
to refurbish itself for our sake.

Amen.

Sr. Maura Fitzsimons, PBVM. Laudato Si' Animator. Shaw, Mississippi, United States of America.

Creation Prayer

Bless us, God our Father,
The immense beauty of the universe
is an expression of your love for us.
The earth in its freshness
The trees and plants in all their grandeur,
Allow us to cherish the beauty of life – in the person and in nature,
Bequeathed by the stewardship of our ancestors.
Renew us, Lord Jesus,
In whom all things are renewed by the grandeur of your saving grace.
You taught us love in all its fullness,
Teach us to be active stewards of your creation –
Defending the rights of our people,
Protecting our mountains, lands, trees and animals,
Renewing what we have lost through our sinfulness.
Empower us, Holy Spirit.
To embrace the prophetic life of stewardship,
Rejecting all forms of abuse in our environment,
Inspiring a cleaner and sustainable future for our children,
Developing innovative solutions to address environmental
degradation and climate change.
As we care for the gift of our existence,
We care too, for our world.

Br. Tagoy Jaazeal Jakosalem OAR, Philippines.

Part 6: Prayers for daily life

“There is a nobility in the duty to care for creation through little daily actions.” (LS 211)

Prayer upon awakening/ *Oración al despertar*

Every morning - good morning, Life! -

Easter is renewed.

I leave behind the darkness of my gloom,
and Your Light dawns in my core.

My eyes awaken
from the slumbering sleep
that briefly calmed
the pain of the peoples.

In dreams I forgot my troubles,
and tasted a little of Your New Wine.
The powerful light of dawn dispelled the reverie,
and clarity returned in the face of so much mourning.

Every morning - good morning, Life! -
My Easter is renewed.
The whole creation awaits my yawning
of renewed strength to begin anew.

My eyes awaken
from slumbering sleep,
filled with Your Light
to look without fear.

In vigil I will carry
on my new shoulders,
the fragments of life
of the beautiful forests.

And over the crystalline waters
and the fresh rivers,
I will freely undertake Your flight
tied to the wings of the faith of the peoples.

Every morning - good morning, Life! -
Your Easter is renewed.
and You take us by the hand
to travel through the times,

to fill with hope
the hearts of peoples
and to dwell in peace
the renewed earth of new heavens.
Amen.

Originally written in Spanish by Friar Eduardo Agosta Scarel, O. Carm. Spain/Argentina.

A prayer for our earth: Morning and Evening

Morning

O Lord, open my lips
And my mouth will proclaim your praise.

As morning dawns, I praise you, for
you are present in the whole universe
and in the smallest of your creatures.
You embrace with your tenderness all that exists.

As I walk the journey of this day, pour out on me the power of your love.
Fill me with peace, that I may protect life and beauty.
May I act this day in solidarity with the forgotten of this earth,
And sow beauty, not pollution and destruction.
In Jesus' name, Amen.

Evening

God, come to my assistance.
Lord, make haste to help me.

You are the God of the poor,
You heal all who exist.
May my prayer in the calm of the evening

Unite me with every creature,
as all living families of the earth journey towards your infinite light.

Loving God, I thank you for being with me this day.
Encourage us all, we pray, in our struggle for justice.
Through the night I lift up to you
My hopes for your reign of peace on earth.
In Jesus' name,
Amen.

Erin Lothes, LSM Senior Program Manager, Senior Program Manager, Laudato Si' Animators Program, USA.

Discernment: Imagining more abundant life

Loving Creator,
As I begin this new day,
I ask for the grace to pay attention.

As I make decisions throughout the day,
Open my heart to remember that the ultimate goal of my life
Is to be in a loving relationship with You, myself, my neighbor, and the earth.

When I call to mind this purpose,
I am more easily able to discern the most loving action to take,
The next right step.

As I come to a crossroads during the day,
Help me to be a “contemplative in action”
By pausing to notice my feelings and to remember the purpose of my life.

As I make a decision, I ask myself,
“What will bring about more love?”
“Which option will help create a world of abundant life?”
“What supports right relationship?”

Encourage my dreams for this world.

Expand my imagination beyond what I currently believe is possible
As we co-create a future where all life can flourish.

Amen.

Brenna Davis, Ignatian Solidarity Network. LSM Member Organization. Cleveland, Ohio, United States of America.

Ecological Examen⁷

This Ecological Examen is a tool for prayer, reflection and action for individuals and communities to deepen the call to care for creation and the most vulnerable. After each step, take a moment of reflection and prayer.

1. **I give thanks to God for creation and for being wonderfully made.** Where did I feel God's presence in creation today?
2. **I ask for the grace to see creation as God does – in all its splendor and suffering.** Do I see the beauty of creation and hear the cries of the earth and the poor?
3. **I ask for the grace to look closely to see how my life choices impact creation and the poor and vulnerable.** What challenges or joys do I experience as I recall my care for creation? How can I turn away from a throwaway culture and instead stand in solidarity with creation and the poor?
4. **I ask for the grace of conversion towards ecological justice and reconciliation.** Where have I fallen short in caring for creation and my brothers and sisters? How do I ask for a conversion of heart?
5. **I ask for the grace to reconcile my relationship with God, creation and humanity, and to stand in solidarity through my actions.** How can I repair my relationship with creation and make choices consistent with my desire for reconciliation with creation?
6. **I offer a closing prayer for the earth and the vulnerable in our society.**

Developed by the Office of Justice and Ecology of the Jesuit Conference of Canada and the United States & [Ignatian Solidarity Network](http://www.ignatiansolidaritynetwork.org/).

⁷ This is the summary of the Ecological Examen. To check the complete version please visit <http://www.ecologicalexamen.org/> (English only).

Prayer for the ability to listen in everyday life/ *Modlitwa o umiejętność słuchania*

Lord,
You have gifted me with the sense of hearing.
I can hear well the noise of the street,
the clicking of the keyboard, my voice raised in anger.
I have a harder time hearing the birds when they sing
of the hope and beauty of Your world in the morning.
I can't hear my neighbor
when she complains of deprivation,
or the cry of children who lack love.
I can't hear the hum of the trees
that tell me I am part of creation.

Help Lord.
Touch my ears and open my soul
so that I can hear it all
and listen to the silence in which You dwell.
Through Christ our Lord, Amen.

Originally written in Polish by Dominika Borkowska, Laudato Si' Animator. Kielce, Poland.

Prayer before shopping/*Modlitwa przed zakupami*

Thank You, Lord, for all Your gifts. For bestowing upon us the necessary food and things of daily use.

Do not let material possessions separate us from You, the Supreme Good. Open our hearts to Your love, which You show to us through the closeness of our brothers and sisters and the beauty of Your creation. Free us from attachment to the things we possess and enable us to share sacrificially with those who have less than us.

Teach us to be content with what is necessary. Protect us from greed, avarice and waste. May our daily choices serve to achieve justice in the world, not exploitation of the planet and its poor. We ask for the needed wisdom, sensitive hearts, and the virtue of moderation, so that when we purchase goods we are guided not only by our own benefit, but by concern for the common

good, the rights of workers, the proper treatment of animals, and the consequences for the environment.

Help us always to remember that You are our highest Good, and all that we have we owe to You.

Amen

Originally written in Polish by Malgorzata Rzym, Laudato Si' Animator. Warsaw, Poland.

Prayer for the body

Merciful God,

Heal us from the wounds of denying the gift and value of our bodies.

Remind us that our bodies are made up of elements from our sister mother earth,

She who sustains us through the air we breathe into our lungs,

Through the ground we stand on with our feet,

Through the water we drink and use to cleanse ourselves, and which we bless with our hands to become the baptismal water,

And through the goods we process with our digestive systems and cultivate to become the Bread of Life.

Help us, Loving God,

To see the power of Your binding love through the gifts of our sister mother earth and the gifts of our bodies.

Make us understand that to live in communion we must embrace our bodies as an integral part of who we are, and that it is through our bodies that we can labor and witness love to one another and to creation.

Amen.

Suzana Moreira, Laudato Si' Animator, Coordinator of Eco-Conversion Programs at LSM. Rio de Janeiro, Brazil.

Prayer for families

Creator God, in the Incarnation of Your Son,

You placed Your only begotten Son, our Savior, within a family.

Not just any family.

But a family on the margins, a family who so easily was overlooked.

A family from Nazareth who found no place in the inn, a family who had to flee oppression and

murder squads.

A family who was forced to flee in the middle of the night to Egypt.

Loving God, it was Your will that Your beloved son and our Savior Jesus chose the most humiliated and abandoned and from amongst them chose His closest associates and messengers.

Just as You, Lord Jesus, heard their voices of supplication and saw their plight,
Help us to hear their voices of supplication and see their plight.

Give us the grace of conversion.

Give us the eyes to see and the ears to listen to families who are suffering from the result of climate change, those whose fields have turned to desert, those whose livelihoods have been threatened by heat, rising waters and hurricanes.

May Your Holy Spirit give us the courage and the grace to judge.
Help us to act and to act prophetically.

Give us the words to accompany others in their ecological conversion.

Help us to be instruments of Your peace,

So that we may be Your hands and feet,

in our world, in our countries, in our regions, in our communities, in our neighborhoods, and in ourselves.

Build up and repair Your gift to us,

knowing that we are a single family dwelling in a common home.

For You are Emmanuel, God with us.

Amen.

Deacon Clayton Nickel, LSM spiritual consultant, Animator of Animators & Laudato Si' Animator. Washington, DC, United States of America.

Prayer for ecological conversion

Creator God, we thank You for the wonder and beauty of all You have created. You have created us humans to be protectors and carers of creation. Yet we are the ones who are now spoiling the works of Your hand.

Your Son Jesus Christ is still suffering and dying in the suffering earth and the suffering poor. Forgive us our sins against Your creation and against the poor of the world.

We join with the whole of creation in thanking You and praising You.

We thank You, Creator God, for all the good things we enjoy, help us to live more simply.

Give us the courage that you gave to the Apostles on the day of Pentecost to proclaim and advocate for the care of our common home and the poor. Amen

Fr. Tim Galvin, Laudato Si' Animator. Riwoto, South Sudan.

Angelus prayer for creation

Leader: The angel of the Lord appeared in a burning bush

People: The Lord is King, let earth rejoice

Hail Mary...

Leader: God looked at everything He had made and found it very good

People: Learn from the way the wild flowers grow

Hail Mary...

Leader: What you do to the least you do to me

People: We await new heavens and new earth

Hail Mary...

Leader: Pray for us, Holy Mother of God

People: That we may be made worthy of the promises of Christ

Leader: Let us pray.

O God, who wonderfully created human nature and still more wonderfully redeemed it. May those You have redeemed understand that there exists nothing more marvelous than the world's creation at the beginning. Recognizing that all creation is perfected in Christ, may all You have created give You praise and glory now and forever.

Glory be to the Father....

Archbishop Sócrates Buenaventura Villegas, Archbishop of Lingayen-Dagupan in Pangasinan, Philippines.

Part 7: Creation themed morning and evening prayers

The following morning and evening prayers are a proposal of prayers that follow the rhythm of time and hours, thematically centered on the immense gift that is God's creation. As prayers, they are an invitation to praise God, the Father, the Son and the Holy Spirit, starting above all from the gift of God's creation.

Following the deep monastic tradition, the book proposes two prayers for each day of the week, one for sunrise and the other for sunset. Each hour contains a Psalm, a reading from the Word of God (from the Old Testament in the morning, as a symbol of the dawn of God's work, and from the New Testament in the evening, as a symbol of Christ's redemption when time reached its fullness), an excerpt from *Laudato Si'*, a short commentary, a petition and the Lord's Prayer.

If the morning prayer is based on the new day that dawns and the evening prayer on the day that ends, each day of the week wants to praise God for one of the created gifts: on Monday for light, on Tuesday for water, on Wednesday for air, on Thursday for the earth and on Friday for all living beings; on Saturday for human beings, and finally on Sunday for the gift of rest, since it is the Lord's day.

This proposal only aims to help us lead our day together with prayer, a prayer understood as the fundamental nourishment for our commitment to the care of our common home, so that our whole life becomes a true *Laudato Si'* canticle.

Originally written in Spanish by Fr. Lluc Torcal, O Cist., Procurator General of the Cistercian Order, Spain.

Monday - Light

Morning prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 36(35):

6. LORD, Your mercy reaches to heaven; Your fidelity, to the clouds.
7. Your justice is like the highest mountains; Your judgments, like the mighty deep; human being and beast You sustain, LORD.
8. How precious is Your mercy, O God! The children of Adam take refuge in the shadow of Your wings.
9. They feast on the rich food of Your house; from Your delightful stream You give them drink.
10. For with You is the fountain of life, and **in Your light we see light**.
11. Show mercy on those who know You, Your just defense to the upright of heart.
12. Do not let the foot of the proud overtake me, nor the hand of the wicked disturb me.
13. They make the evildoers fall; thrust them down, unable to rise.

Reading from the Book of Genesis (Gn 1, 3-5):

³ Then God said: Let there be **light**, and there was **light**. ⁴ God saw that the **light** was good. God then separated the **light** from the darkness. ⁵ God called the **light** “day,” and the darkness he called “night.” Evening came, and morning followed—the first day.

LS 221

[E]ach creature **reflects** something of God and has a message to convey to us, and the security that Christ has taken unto himself this material world and now, risen, is intimately present to each being, surrounding it with his affection and penetrating it with his **light**. Then too, there is the recognition that God created the world, writing into it an order and a dynamism that human beings have no right to ignore.

Small reflection:

God created light and called it into existence. And through light we see the divine reflection in all creatures, for God penetrates everything with divine light. Is our relationship with creation a luminous relationship, one that respects and protects it so that God's light can shine, both in creation and in myself?

Petition:

God of goodness, in this new dawn, help us to be converted so that the strength and light of Your grace may move our relationship with all the creatures of this world that have come from Your hand. We ask this through Christ our Lord. Amen.

Lord 's Prayer. Amen.

Afternoon prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 43(42):

- 1 Grant me justice, O God; defend me from a faithless people; from the deceitful and unjust rescue me.
- 2 You, O God, are my strength. Why then do You spurn me? Why must I go about mourning, with the enemy oppressing me?
- 3 **Send Your light** and Your fidelity, that they may be my guide; Let them bring me to Your holy mountain, to the place of Your dwelling,
- 4 That I may come to the altar of God, to God, my joy, my delight. Then I will praise You with the harp, O God, my God.
- 5 Why are you downcast, my soul? Why do you groan within me? Wait for God, for I shall again praise him, my savior and my God.

Reading from the First Letter of Saint John (1Jn 1, 5-7):

⁵ Now this is the message that we have heard from him and proclaim to you: God is **light**, and in him there is no darkness at all. ⁶ If we say, “We have fellowship with him,” while we continue to walk in darkness, we lie and do not act in truth.⁷ But if we walk in the **light** as he is in the **light**, then we have fellowship with one another, and the blood of his Son Jesus cleanses us from all sin.

LS 211

There is a nobility in the duty to care for creation through little daily actions, and it is wonderful how education can bring about real changes in lifestyle. Education in environmental responsibility can encourage ways of acting which directly and significantly affect the world around us, such as avoiding the use of plastic and paper, reducing water consumption, separating refuse, cooking only what can reasonably be consumed, showing care for other living beings, using public transport or car-pooling, planting trees, **turning off unnecessary lights**, or any number of other practices. All of these reflect a generous and worthy creativity which brings out the best in human beings.

Small reflection:

Conversion is not real nor true if it does not have a direct impact on the care for our world. This impact is based on small actions that, multiplied by the constancy and conviction of many people, are capable of generating great changes. And these small actions, such as turning off an unnecessary light, are not very difficult to carry out. It is enough to start with one of them: then, the force of habit will make us acquire the practice and these actions will be carried out naturally and will increase in number, intensity and effectiveness.

Petition:

God of goodness, as the day is setting, send your light so that transformed by it we may serve our brothers and sisters and the earth that welcomes us, offering ourselves to their full service through small daily actions capable of having an effective impact on them. We ask this through Christ our Lord. Amen.

Lord 's Prayer. Amen.

Tuesday- Water

Morning prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 107(106):

31. Let them thank the LORD for his mercy, such wondrous deeds for the children of Adam.
32. Let them extol him in the assembly of the people, and praise him in the council of the elders.
33. God changed rivers into desert, springs of **water** into thirsty ground,
34. Fruitful land into a salty waste, because of the wickedness of its people.
35. He changed the desert into pools of water, arid land into springs of **water**
36. And settled the hungry there; they built a city to live in.
37. They sowed fields and planted vineyards, brought in an abundant harvest.
38. God blessed them, and they increased greatly, and their livestock did not decrease.
39. But he poured out contempt on princes, made them wander trackless wastes,
40. Where they were diminished and brought low through misery and cruel oppression.
41. While he released the poor man from affliction, and increased their families like flocks.
42. The upright saw this and rejoiced; all wickedness shut its mouth.
43. Whoever is wise will take note of these things, and ponder the merciful deeds of the LORD.

Reading from the Book of Ezekiel (Ez 47, 1-9):

¹ Then he brought me back to the entrance of the temple, and there! I saw **water** flowing out from under the threshold of the temple toward the east, for the front of the temple faced east. The **water** flowed out toward the right side of the temple to the south of the altar. ² He brought me by way of the north gate and around the outside to the outer gate facing east; there I saw **water** trickling from the southern side. ³ When he continued eastward with a measuring cord in his hand, he measured off a thousand cubits and had me wade through the water; it was ankle-deep. ⁴ He measured off another thousand cubits and once more had me wade through the **water**; it was up to the knees. He measured another thousand cubits and had me wade through the **water**; it was up to my waist. ⁵ Once more he measured off a thousand cubits. Now it was a river I could not wade across. The water had risen so high, I would have to swim—a river that was impassable.

6 Then he asked me, “Do you see this, son of man?” He brought me to the bank of the river and had me sit down. 7 As I was returning, I saw along the bank of the river a great many trees on each side. 8 He said to me, “This water flows out into the eastern district, runs down into the Arabah and empties into the polluted **waters** of the sea to freshen them. 9 Wherever it flows, the river teems with every kind of living creature; fish will abound. Where these **waters** flow they refresh; everything lives where the river goes.

LS 30

Even as the quality of available **water** is constantly diminishing, in some places there is a growing tendency, despite its scarcity, to privatize this resource, turning it into a commodity subject to the laws of the market. Yet access to safe drinkable **water** is a basic and universal human right, since it is essential to human survival and, as such, is a condition for the exercise of other human rights. Our world has a grave social debt towards the poor who lack access to drinking **water**, because they are denied the right to a life consistent with their inalienable dignity. This debt can be paid partly by an increase in funding to provide clean **water** and sanitary services among the poor. But **water** continues to be wasted, not only in the developed world but also in developing countries which possess it in abundance. This shows that the problem of **water** is partly an educational and cultural issue, since there is little awareness of the seriousness of such behaviour within a context of great inequality.

Small reflection:

God has created water and created it for everyone. From small springs, water flows over mountains and hills into the valleys to irrigate them and give life. All of life is based on water. That is why access to clean water is the fundamental right and the condition of life on our blue planet. Water is for everyone and it is up to all of us to make it possible that the water we use can once again become clean so that it can continue to give life to all living beings on the planet.

Petition:

God of goodness, You who have made water the source of life in this common home of ours, help us now as a new day begins to transform the deserts of our existence into springs of living water so that we may praise You together with all other creatures. We ask this through Christ our Lord. Amen.

Lord 's Prayer. Amen.

Afternoon prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 42(41):

- 2 As the deer longs for streams of **water**, so my soul longs for you, O God.
- 3 My soul thirsts for God, the living God. When can I enter and see the face of God?
- 4 My tears have been my bread day and night, as they ask me every day, "Where is your God?"
- 5 Those times I recall as I pour out my soul, When I would cross over to the shrine of the Mighty One, to the house of God, Amid loud cries of thanksgiving, with the multitude keeping festival.
- 6 Why are you downcast, my soul; why do you groan within me? Wait for God, for I shall again praise him, my savior and my God.
- 7 My soul is downcast within me; therefore I remember You from the land of the Jordan and Hermon, from Mount Mizar,
- 8 Deep calls to deep in the roar of Your torrents, and all Your waves and breakers sweep over me.
- 9 By day may the LORD send his mercy, and by night may his righteousness be with me! I will pray to the God of my life,
- 10 I will say to God, my rock: "Why do you forget me? Why must I go about mourning with the enemy oppressing me?"
- 11 It shatters my bones, when my adversaries reproach me, when they say to me every day: "Where is your God?"
- 12 Why are you downcast, my soul, why do you groan within me? Wait for God, for I shall again praise him, my savior and my God.

Reading from the First Letter of Saint Peter (1Pe 3, 18-22):

18 For Christ also suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the spirit. 19 In it he also went to preach to the spirits in prison, 20 who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through **water**. 21

This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, 22 who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.

LS 235

The Sacraments are a privileged way in which nature is taken up by God to become a means of mediating supernatural life. Through our worship of God, we are invited to embrace the world on a different plane. **Water**, oil, fire and colours are taken up in all their symbolic power and incorporated in our act of praise. The hand that blesses is an instrument of God's love and a reflection of the closeness of Jesus Christ, who came to accompany us on the journey of life. **Water** poured over the body of a child in Baptism is a sign of new life. Encountering God does not mean fleeing from this world or turning our back on nature.

Small reflection:

Just as water is the source of life, God has willed that this same water be the source of the baptismal renewal of all humanity in Christ. Water, together with other natural elements such as wheat, grapes and olive oil, form the basis of the sacraments and, therefore, of the economy of salvation. If they were to be lacking, we would also lack the means by which God offers and gives us His salvation. Saving the destruction of nature, in addition to helping life on the planet, prevents the sacramental doors to salvation from being closed.

Petition:

God of goodness, who through the water of baptism incorporates us into the bosom of Your Trinitarian mystery, never let us lack the water of life and of Your salvation. We ask this in the evening of this day, through Christ our Lord. Amen.

Lord 's Prayer. Amen.

Wednesday - Air

Morning prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 1:

- 1 Blessed is the man who does not walk in the counsel of the wicked, Nor stand in the way of sinners, nor sit in company with scoffers.
- 2 Rather, the law of the LORD is his joy; and on his law he meditates day and night.
- 3 He is like a tree planted near streams of water, that yields its fruit in season; Its leaves never wither; whatever he does prospers.
- 4 But not so are the wicked, not so! They are like chaff driven by the **wind**.
- 5 Therefore the wicked will not arise at the judgment, nor will sinners in the assembly of the just.
- 6 Because the LORD knows the way of the just, but the way of the wicked leads to ruin.

Reading from the Book of Wisdom (Wis 7, 1-6):

1 I too am a mortal, the same as all the rest, and a descendant of the first one formed of earth. And in my mother's womb I was molded into flesh 2 in a ten-month period—body and blood, from the seed of a man, and the pleasure that accompanies marriage. 3 And I too, when born, inhaled the common **air**, and fell upon the kindred earth; wailing, I uttered that first sound common to all. 4 In swaddling clothes and with constant care I was nurtured. 5 For no king has any different origin or birth; 6 one is the entry into life for all, and in one same way they leave it.

LS 2

This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her. We have come to see ourselves as her lords and masters, entitled to plunder her at will. The violence present in our hearts, wounded by sin, is also reflected in the symptoms of sickness evident in the soil, in the water, in the **air** and in all forms of life. This is why the earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor; she “groans in travail” (Rom 8:22). We have forgotten that we ourselves are dust of the earth (cf. Gen 2:7); our very bodies are made up of her elements, we breathe her **air** and we receive life and refreshment from her waters.

Small reflection:

To breathe is to live. Without air we die in a few seconds. And with our actions, we pollute the air that allows us to breathe, that common air, common to all, which makes us all equal among ourselves and in the eyes of God. By polluting the air, we pollute ourselves because we are also air. What strange beings we are that we destroy the very conditions that allow us to live! This eagerness to possess, thinking that we can obtain everything, is what has placed us before the abyss of losing everything, life included.

Petition:

God of goodness, who has made the air we breathe the bellows of life itself, do not allow our actions to turn us into chaff carried by the wind, neither on this new day nor ever again, and inspire us with the necessary intelligence to take care of the air we share. We ask this through Christ our Lord. Amen.

Lord 's Prayer. Amen.

Afternoon prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalms 139 (138):

1. LORD, You have probed me, You know me:
2. You know when I sit and stand; You understand my thoughts from afar.
3. You sift through my travels and my rest; with all my ways You are familiar.
4. Even before a word is on my tongue, LORD, You know it all.
5. Behind and before You encircle me and rest Your hand upon me.
6. Such knowledge is too wonderful for me, far too lofty for me to reach.
7. Where can I go from Your **spirit**? From Your presence, where can I flee?
8. If I ascend to the heavens, You are there; if I lie down in Sheol, there You are.
9. If I take the wings of dawn and dwell beyond the sea,
10. Even there Your hand guides me, Your right hand holds me fast.
11. If I say, “Surely darkness shall hide me, and night shall be my light”—

12. Darkness is not dark for You, and night shines as the day. Darkness and light are but one.
13. You formed my inmost being; You knit me in my mother's womb.
14. I praise You, because I am wonderfully made; wonderful are Your works! My very self You know.
15. My bones are not hidden from You, When I was being made in secret, fashioned in the depths of the earth.
16. Your eyes saw me unformed; in Your book all are written down; my days were shaped, before one came to be.
17. How precious to me are Your designs, O God; how vast the sum of them!
18. Were I to count them, they would outnumber the sands; when I complete them, still You are with me.
19. When You would destroy the wicked, O God, the bloodthirsty depart from me!
20. Your foes who conspire a plot against You are exalted in vain.
21. Do I not hate, LORD, those who hate You? Those who rise against You, do I not loathe?
22. With fierce hatred I hate them, enemies I count as my own.
23. Probe me, God, know my heart; try me, know my thoughts.
24. See if there is a wicked path in me; lead me along an ancient path.

Reading from the Letter to the Romans (Rm 8, 14-17):

14 For those who are led by the **Spirit** of God are children of God. 15 For you did not receive a **spirit** of slavery to fall back into fear, but you received a **spirit** of adoption, through which we cry, "Abba, Father!" 16 The **Spirit** itself bears witness with our **spirit** that we are children of God, 17 and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.

LS 88

The bishops of Brazil have pointed out that nature as a whole not only manifests God but is also a locus of his presence. The **Spirit** of life dwells in every living creature and calls us to enter into relationship with him. Discovering this presence leads us to cultivate the "ecological virtues". This is not to forget that there is an infinite distance between God and the things of this world, which do not possess his fullness. Otherwise, we would not be doing the creatures themselves any good either, for we would be failing to acknowledge their right and proper place. We would end up unduly demanding of them something which they, in their smallness, cannot give us.

Small reflection:

As the air we breathe fills the whole earth, so the Spirit of God, God's vital Breath, is present in all of creation. God is present in nature through God's Spirit, and nature manifests God and praises God's glory. Nothing is hidden from God's gaze, from God's presence, from God's care. The air is that element that best expresses the divine way of being in creation... and, in turn, as the air is unconfined, so God also escapes our will of possession and control. Are we going to let the air, a wonderful expression of the

presence of God, become corrupted and hinder it from being the bellows that sustains life?

Petition:

God of goodness, who sent Your Spirit to glide over the waters at the dawn of creation, now that night is coming, send Your Spirit again to renew our spirits and make us discover Your presence and the harmony of all creation. We ask this through Christ, Our Lord. Amen.

Lord 's Prayer. Amen.

Thursday - The earth

Morning prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 24(23):

- 1 The **earth** is the LORD's and all it holds, the world and those who dwell in it.
- 2 For he founded it on the seas, established it over the rivers.
- 3 Who may go up the mountain of the LORD? Who can stand in his holy place?
- 4 "The clean of hand and pure of heart, who has not given his soul to useless things, what is vain.
- 5 He will receive blessings from the LORD, and justice from his saving God.
- 6 Such is the generation that seeks him, that seeks the face of the God of Jacob." Selah
- 7 Lift up your heads, O gates; be lifted, you ancient portals, that the king of glory may enter.
- 8 Who is this king of glory? The LORD, strong and mighty, the LORD, mighty in war.
- 9 Lift up your heads, O gates; rise up, you ancient portals, that the king of glory may enter.
- 10 Who is this king of glory? The LORD of hosts, he is the king of glory.

Reading of the Book of Genesis (Gn 1, 1-2, 9-10):

1 In the beginning, when God created the heavens and the **earth** 2 and the earth was without form or shape, with darkness over the abyss and a mighty wind sweeping over the waters. 9 Then God said: Let the water under the sky be gathered into a single basin, so that the dry land may appear. And so it happened: the water under the sky was gathered into its basin, and the dry land appeared. 10 God called the dry land "**earth**," and the basin of water he called "sea." God saw that it was good.

LS 53

These situations have caused sister **earth**, along with all the abandoned of our world, to cry out, pleading that we take another course. Never have we so hurt and mistreated our common home as we have in the last two hundred years. Yet we are called to be instruments of God our Father, so that our planet might be what he desired when he created it and correspond with his plan for peace, beauty and fullness. The problem is that we still lack the culture needed to confront this crisis. We lack leadership capable of striking out on new paths and meeting the needs of the present with concern for all and without prejudice towards coming generations.

Small reflection:

The earth is the support of our common home, it is where we should have our feet. Created by God for all, to serve God's project of peace, beauty and fullness of all creatures, we are turning it into a desert, a place where it will not be possible to live. By polluting it, we take away its fertilizing and food-producing power; by desertifying it, we mute its beauty; by heating it, we break the equilibrium that was what made possible the birth of life after millions of years. By what right? If we are incapable of thinking of ourselves, let us at least think of future generations whose future we are mortgaging even before they are born.

Petition:

God of goodness, who created the earth and gave humans the possibility to cultivate it, help us to work in this new morning so that the new generations may receive this earth better than it is currently. We ask this through Christ our Lord. Amen.

Lord 's Prayer. Amen.

Afternoon prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 63 (62):

2. O God, You are my God— it is You I seek! For You my body yearns; for You my soul thirsts, In a **land** parched, lifeless, and without water.
3. I look to You in the sanctuary to see Your power and glory.
4. For Your love is better than life; my lips shall ever praise You!
5. I will bless You as long as I live; I will lift up my hands, calling on Your name.
6. My soul shall be sated as with choice food, with joyous lips my mouth shall praise You!
7. I think of You upon my bed, I remember You through the watches of the night
8. You indeed are my savior, and in the shadow of Your wings I shout for joy.
9. My soul clings fast to You; Your right hand upholds me.

10. But those who seek my life will come to ruin; they shall go down to the depths of the **netherworld**!
11. Those who would hand over my life to the sword shall become the prey of jackals!
12. But the king shall rejoice in God; all who swear by the Lord shall exult, but the mouths of liars will be shut!

Reading from the Letter to the Romans (Rm 10, 15b-18):

15 As it is written, “How beautiful are the feet of those who bring [the] good news!” 16 But not everyone has heeded the good news; for Isaiah says, “Lord, who has believed what was heard from us?” 17 Thus faith comes from what is heard, and what is heard comes through the word of Christ. 18 But I ask, did they not hear? Certainly they did; for “Their voice has gone forth to all the **earth**, and their words to the ends of the world.”

LS 217

“The external **deserts** in the world are growing, because the internal deserts have become so vast”. For this reason, the ecological crisis is also a summons to profound interior conversion. It must be said that some committed and prayerful Christians, with the excuse of realism and pragmatism, tend to ridicule expressions of concern for the environment. Others are passive; they choose not to change their habits and thus become inconsistent. So what they all need is an “ecological conversion”, whereby the effects of their encounter with Jesus Christ become evident in their relationship with the world around them.

Small reflection:

Made of earth, from the earth we come and to the earth we shall return. This biblical image speaks to us of the profound unity we humans have with all the rest of creation: our constituent biochemical elements are the same as those that make up the earth, the plants and the rest of the animals. By virtue of that deep unity, not caring for the earth also means harming ourselves. The outer deserts are entering our lives even as bodily deserts: we incorporate the wastes that provoke the outer deserts. All because we live anchored in great interior deserts, alien to the face of Christ who awaits our integral conversion to revive springs of living water in us that can regenerate our interior and exterior deserts. Shall we convert already?

Petition:

God of goodness, do not turn Your gaze away from us this evening nor at any other time so that by looking at You, we who are earth shaped by Your hands may become like Jesus Christ, Your Son and Lord of all the earth and all that it contains. We ask this through Christ Himself, Our Lord. Amen.

Lord 's Prayer. Amen.

Friday - Living beings

Morning prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 148:

- 1 Hallelujah! Praise the LORD from the heavens; praise him in the heights.
- 2 Praise him, all you his angels; give praise, all you his hosts.
- 3 Praise him, sun and moon; praise him, all shining stars.
- 4 Praise him, highest heavens, you waters above the heavens.
- 5 Let them all praise the LORD's name; for he commanded and they were created,
- 6 Assigned them their station forever, set an order that will never change.
- 7 Praise the LORD from the earth, you **sea monsters** and all the deeps of the sea;
- 8 Lightning and hail, snow and thick clouds, storm wind that fulfills his command;
- 9 Mountains and all hills, **fruit trees** and all **cedars**;
- 10 **Animals wild and tame, creatures that crawl and birds** that fly;
- 11 Kings of the earth and all peoples, princes and all who govern on earth;
- 12 Young men and women too, old and young alike.
- 13 Let them all praise the LORD's name, for his name alone is exalted, His majesty above earth and heaven.
- 14 He has lifted high the horn of his people; to the praise of all his faithful, the Israelites, the people near to him. Hallelujah!

Reading of the Book of Genesis (Gn 1, 20-25):

20 Then God said: Let the water teem with an abundance of living creatures, and on the earth let birds fly beneath the dome of the sky. 21 God created the great sea monsters and all kinds of crawling living creatures with which the water teems, and all kinds of winged birds. God saw that it was good, 22 and God blessed them, saying: Be fertile, multiply, and fill the water of the seas; and let the birds multiply on the earth. 23 Evening came, and morning followed—the fifth day. 24 Then God said: Let the earth bring forth every kind of living creature: tame animals, crawling things, and every kind of wild animal. And so it happened: 25 God made every kind of wild animal, every kind of tame animal, and every kind of thing that crawls on the ground. God saw that it was good.

LS 33

It is not enough, however, to think of different species merely as potential “resources” to be exploited, while overlooking the fact that they have value in themselves. Each year sees the disappearance of thousands of **plant and animal species** which we will never know, which our children will never see, because they have been lost forever. The great majority become extinct for reasons related to human activity. Because of us, thousands of **species** will no longer give glory to God by their very existence, nor convey their message to us. We have no such right.

Small reflection:

The immensity, magnificence and greatness of God, are made present to us in the perfume of a flower, in the melodious song of a bird, in the majesty of a lion, in plants and animals created by God, that speak to us of God: they express a reflection of God's infinitude. To exist is to enjoy the great gift of being able to manifest the Being of God in one's own being; and that gives glory to God. Are we aware that, with the extinction of an animal or plant species, in addition to eliminating a creature of God, we eliminate that concrete and unrepeatable form with which something of God was reflected? Protecting natural species is a very high form of caring for our common home. The multiplication of species, willed by God as described in Genesis, helps to spread the praise of God to all the ends of the earth.

Petition:

God of goodness, who this morning invites us to praise You for all the creatures that have come from Your hand, grant that we may unite in this praise the care for all the natural species that have come from Your hands. We ask this through Christ our Lord. Amen.

Lord 's Prayer. Amen.

Afternoon prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 104, 1-2a, 10-28 (103, 1-2a, 10-28):

- 1 Bless the LORD, my soul! LORD, my God, You are great indeed! You are clothed with majesty and splendor,
- 2 robed in light as with a cloak.
- 10 You made springs flow in wadies that wind among the mountains.
- 11 They give drink to every **beast** of the **field**; here **wild asses** quench their thirst.
- 12 Beside them the **birds** of heaven nest; among the branches they sing.
- 13 You water the mountains from Your chambers; from the fruit of Your labor the earth abounds.
- 14 You make the **grass** grow for the **cattle** and **plants** for people's work to bring forth food from the earth,
- 15 wine to gladden their hearts, oil to make their faces shine, and bread to sustain the human heart.
- 16 The **trees** of the LORD drink their fill, the **cedars** of Lebanon, which You planted.
- 17 There the **birds** build their nests; the **stork** in the junipers, its home.
- 18 The high mountains are for wild **goats**; the rocky cliffs, a refuge for **badgers**.
- 19 You made the moon to mark the seasons, the sun that knows the hour of its setting.

- 20 You bring darkness and night falls, then all the **animals** of the forest wander about.
- 21 Young **lions** roar for prey; they seek their food from God.
- 22 When the sun rises, they steal away and settle down in their dens.
- 23 **People** go out to their work, to their labor till evening falls.
- 24 How varied are Your works, LORD! In wisdom You have made them all; the earth is full of Your **creatures**.
- 25 There is the sea, great and wide! It teems with countless **beings**, living things both large and small.
- 26 There ships ply their course and Leviathan, whom You formed to play with.
- 27 All of these look to You to give them food in due time.
- 28 When You give it to them, they gather; when You open Your hand, they are well filled.

Reading of the First Letter to the Corinthians (1Co 15, 35-44):

35 But someone may say, "How are the dead raised? With what kind of body will they come back?" 36 You fool! What you sow is not brought to life unless it dies. 37 And what you sow is not the body that is to be but a bare kernel of wheat, perhaps, or of some other kind; 38 but God gives it a body as he chooses, and to each of the seeds its own body. 39 Not all flesh is the same, but there is one kind for human beings, another kind of flesh for **animals**, another kind of flesh for birds, and another for fish. 40 There are both heavenly bodies and earthly bodies, but the brightness of the heavenly is one kind and that of the earthly another. 41 The brightness of the sun is one kind, the brightness of the moon another, and the brightness of the stars another. For star differs from star in brightness. 42 So also is the resurrection of the dead. It is sown corruptible; it is raised incorruptible. 43 It is sown dishonorable; it is raised glorious. It is sown weak; it is raised powerful. 44 It is sown a natural body; it is raised a spiritual body. If there is a **natural** body, there is also a spiritual one.

LS 190

Once more, we need to reject a magical conception of the market, which would suggest that problems can be solved simply by an increase in the profits of companies or individuals. Is it realistic to hope that those who are obsessed with maximizing profits will stop to reflect on the environmental damage which they will leave behind for future generations? Where profits alone count, there can be no thinking about the rhythms of nature, its phases of decay and regeneration, or the complexity of ecosystems which may be gravely upset by human intervention. Moreover, **biodiversity** is considered at most a deposit of economic resources available for exploitation, with no serious thought for the real value of things, their significance for persons and cultures, or the concerns and needs of the poor.

Small reflection:

Diversity in general and biodiversity in particular are an expression of the richness of our reality, of our world, of God's creation. And before understanding it from the point of view of its usefulness, we should value it from its intrinsic reality, from its value in itself. It is from this value itself that the pedagogical value of biodiversity is born, and then its usefulness is possible. In biodiversity itself, we recognize its richness, capable of expressing the glory of God; in its pedagogical aspect, biodiversity teaches us, for example, how just like a different plant is born from a seed in continuity with it, so will be the resurrection of our bodies in continuity with the present bodies but different; finally, the conservation of biodiversity should be a red line not to be crossed in the new way of understanding the economy that derives from *Laudato Si'*. Do we live our relationship with plants and animals from this perspective?

Petition:

God of goodness, who, on a Friday afternoon like this one, planted the new tree of life, Your cross, to renew the world and redeem humanity, by Your shed blood help us to respect the diversity of Your creation that glorifies and exalts You. We ask this to You who are Christ, our Lord. Amen.

Lord 's Prayer. Amen.

Saturday - Humankind

Morning prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 8:

2. O LORD, our Lord, how awesome is Your name through all the earth! I will sing of Your majesty above the heavens
3. with the mouths of **babies and infants**. You have established a bulwark against Your foes, to silence enemy and avenger.
4. When I see your heavens, the work of your fingers, the moon and stars that you set in place—
5. What is **man** that You are mindful of him, and a **son of man** that You care for him?
6. Yet You have made him little less than a god, crowned him with glory and honor.
7. You have given him rule over the works of Your hands, put all things at his feet:
8. All sheep and oxen, even the beasts of the field,
9. The birds of the air, the fish of the sea, and whatever swims the paths of the seas.
10. O LORD, our Lord, how awesome is Your name through all the earth!

Reading of the Book of Wisdom (Wis 9, 1-5, 13-18):

1 God of my ancestors, Lord of mercy, You who have made all things by Your word 2

And in Your wisdom have established **humankind** to rule the creatures produced by You,
3 And to govern the world in holiness and righteousness, and to render judgment in integrity of heart: 4 Give me Wisdom, the consort at Your throne, and do not reject me from among Your children; 5 For I am Your servant, the child of Your maidservant, a man weak and short-lived and lacking in comprehension of judgment and of laws. (...) 13 For who knows God's counsel, or who can conceive what the Lord intends? 14 For the deliberations of **mortals** are timid, and uncertain our plans. 15 For the corruptible body burdens the soul and the earthly tent weighs down the mind with its many concerns. 16 Scarcely can we guess the things on earth, and only with difficulty grasp what is at hand; but things in heaven, who can search them out? 17 Or who can know Your counsel, unless You give Wisdom and send Your holy spirit from on high? 18 Thus were the paths of those on earth made straight, and **people** learned what pleases You, and were saved by Wisdom.

LS 67

We are not God. The earth was here before us and it has been given to us. [...] This implies a relationship of mutual responsibility between **human beings** and nature. Each community can take from the bounty of the earth whatever it needs for subsistence, but it also has the duty to protect the earth and to ensure its fruitfulness for coming generations. "The earth is the Lord's" (Ps 24:1); to him belongs "the earth with all that is within it" (Dt 10:14). Thus God rejects every claim to absolute ownership: "The land shall not be sold in perpetuity, for the land is mine; for you are strangers and sojourners with me" (Lev 25:23).

Small reflection:

We came from the earth and we are composed of stardust, from the earth we come and to the earth we return. Our existence is ephemeral. And yet, we are called into existence to enjoy life, the gifts of creation and the Creator. God calls us back to the divine bosom when the earth covers our bodies as we await the final resurrection. We are small and great at the same time, by the loving design of the Creator. We are placed, by God's love, at the heart of creation to be faithful guardians. To guard the earth: this is our mission as God's beloved creatures. Does God's love fill us and challenge us to take care of creation?

Petition:

God of goodness, who at the dawn of a new day calls us back to life, help us to be filled with Your love so that we may be good guardians of the common home You have given us. We ask this through Christ our Lord. Amen.

Lord 's Prayer. Amen.

Afternoon prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 34 (33):

2. I will bless the LORD at all times; his praise shall be always in my mouth.
3. My soul will glory in the LORD; let the poor hear and be glad.
4. Magnify the LORD with me; and let us exalt his name together.
5. I sought the LORD, and he answered me, delivered me from all my fears.
6. Look to him and be radiant, and your faces may not blush for shame.
7. This poor one cried out and the LORD heard, and from all his distress he saved him.
8. The angel of the LORD encamps around those who fear him, and he saves them.
9. Taste and see that the LORD is good; blessed is the stalwart one who takes refuge in him.
10. Fear the LORD, you his holy ones; nothing is lacking to those who fear him.
11. The rich grow poor and go hungry, but those who seek the LORD lack no good thing.
12. Come, children, listen to me; I will teach you fear of the LORD.
13. Who is the man who delights in life, who loves to see the good days?
14. Keep your tongue from evil, your lips from speaking lies.
15. Turn from evil and do good; seek peace and pursue it.
16. The eyes of the LORD are directed toward the righteous and his ears toward their cry.
17. The LORD's face is against evildoers to wipe out their memory from the earth.
18. The righteous cry out, the LORD hears and he rescues them from all their afflictions.
19. The LORD is close to the brokenhearted, saves those whose spirit is crushed.
20. Many are the troubles of the righteous, but the LORD delivers him from them all.
21. He watches over all his bones; not one of them shall be broken.
22. Evil will slay the wicked; those who hate the righteous are condemned.
23. The LORD is the redeemer of the souls of his servants; and none are condemned who take refuge in him.

Reading from the Letter to the Colossians (Col 2, 8-10):

8 See to it that no one captivate you with an empty, seductive philosophy according to human tradition, according to the elemental powers of the world and not according to **Christ**. 9 g For in him dwells the whole fullness of the deity bodily, 10 and you share in this fullness in him, who is the head of every principality and power.

LS 99

In the Christian understanding of the world, the destiny of all creation is bound up with the mystery of **Christ**, present from the beginning: "All things have been created through him and for him" (Col 1:16). The prologue of the Gospel of John (1:1-18) reveals **Christ's** creative work as the Divine Word (Logos). But then, unexpectedly, the prologue

goes on to say that this same Word “became flesh” (Jn 1:14). One Person of the Trinity entered into the created cosmos, throwing in his lot with it, even to the cross. From the beginning of the world, but particularly through the incarnation, the mystery of **Christ** is at work in a hidden manner in the natural world as a whole, without thereby impinging on its autonomy.

Small reflection:

In order to become a creature, God chose to become human. Christ is the Son of God made human for us and in whom the fullness of the divinity dwells bodily. In this way, all of creation, through the human creature, has entered into the very mystery of God. Not only is God present in everything, but also the creature, in Christ, is present in God. To this extent God loves the handiwork of creation: to the point of renewing it and inserting it into the heart of the divine mystery. Does our love for creation resemble God's? If not, let us fix our gaze on Christ so that we may be converted.

Petition:

God of goodness, You sent Your Son, Our Lord Jesus Christ, to redeem humanity and, together with Him, the whole world, help us now that the sun is waning to never cease to look upon Your Son, the true and ever-splendent Sun. We ask this through Christ Himself, Our Lord. Amen.

Lord 's Prayer. Amen.

Sunday - The day of rest

Morning prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 23(22):

1. The LORD is my shepherd; there is nothing I lack.
2. In green pastures he makes me **lie down**; to still waters he leads me;
3. he **restores** my soul. He guides me along right paths for the sake of his name.
4. Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff **comfort me**.
5. You set a table before me in front of my enemies; You anoint my head with oil; my cup overflows.
6. Indeed, goodness and mercy will pursue me all the days of my life; I will dwell in the house of the LORD for endless days.

Reading from the Book of Exodus (Ex 16, 22-26):

22 On the sixth day they gathered twice as much food, two omers for each person. When all the leaders of the community came and reported this to Moses, 23 he told them, “That

is what the LORD has prescribed. Tomorrow is a **day of rest**, a holy sabbath of the LORD. Whatever you want to bake, bake; whatever you want to boil, boil; but whatever is left put away and keep until the morning.” 24 When they put it away until the morning, as Moses commanded, it did not stink nor were there worms in it. 25 Moses then said, “Eat it today, for today is the sabbath of the LORD. Today you will not find any in the field. 26 Six days you will gather it, but on the seventh day, the sabbath, it will not be there.”

LS 71

(...) The biblical tradition clearly shows that this renewal entails recovering and respecting the rhythms inscribed in nature by the hand of the Creator. We see this, for example, in the law of the Sabbath. On the seventh day, God **rested** from all his work. He commanded Israel to set aside each seventh day as a day of **rest**, a Sabbath, (cf. Gen 2:2-3; Ex 16:23; 20:10). Similarly, every seven years, a sabbatical year was set aside for Israel, a complete rest for the land (cf. Lev 25:1-4), when sowing was forbidden and one reaped only what was necessary to live on and to feed one’s household (cf. Lev 25:4-6). Finally, after seven weeks of years, which is to say forty-nine years, the Jubilee was celebrated as a year of general forgiveness and “liberty throughout the land for all its inhabitants” (cf. Lev 25:10). This law came about as an attempt to ensure balance and fairness in their relationships with others and with the land on which they lived and worked. At the same time, it was an acknowledgment that the gift of the earth with its fruits belongs to everyone. (...)

Small reflection:

The rest of the seventh day of creation is a pedagogical way in which the Word of God teaches us to live the weekly rest instituted by God. And this day of rest serves above all to remind us of God's lordship over all things: over the earth that has been given to us, over our life, over everything that has come from God's hands. With this day of rest, humans not only regain their strength, but above all recognize the majesty of God in their lives, and they also recognize that everything comes into this world as a gift from God for all. Through this rest arises the need to balance with justice all the relationships that we humans establish during our lives: with creation, with others and with God. Do we live the weekly day of rest as a moment to glorify God's passage through our lives?

Petition:

God of goodness, at the dawn of this new Sunday, the day on which we commemorate the resurrection of Your Son by which he has renewed all things, teach us to live the Sunday rest, celebrating the gift of Your presence among us. We ask this through Your Son, our Lord. Amen.

Lord 's Prayer. Amen.

Afternoon prayer

In the name (†) of the Father and the Son and the Holy Spirit, Amen

Psalm 16 (15):

- 1 Keep me safe, O God; in You I take refuge.
- 2 I say to the LORD, You are my Lord, You are my only good.
- 3 As for the holy ones who are in the land, they are noble, in whom is all my delight.
- 4 They multiply their sorrows who court other gods. Blood libations to them I will not pour out, nor will I take their names upon my lips.
- 5 LORD, my allotted portion and my cup, You have made my destiny secure.
- 6 Pleasant places were measured out for me; fair to me indeed is my inheritance.
- 7 I bless the LORD who counsels me; even at night my heart exhorts me.
- 8 I keep the LORD always before me; with him at my right hand, I shall never be shaken.
- 9 Therefore my heart is glad, my soul rejoices; my body also dwells secure,
- 10 For You will not abandon my soul to Sheol, nor let Your devout one see the pit.
- 11 You will show me the path to life, abounding joy in Your presence, the delights at Your right hand forever.

Reading of the Book of Apocalypses (Ap 21, 1- 5a):

1 Then I saw a **new heaven** and a **new earth**. The former heaven and the former earth had passed away, and the sea was no more. 2 I also saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. 3 I heard a loud voice from the throne saying, “Behold, God’s dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them [as their God]. 4 He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, [for] the old order has passed away.” 5 The one who sat on the throne said, “Behold, I make all things new.”

LS 83

The ultimate destiny of the universe is in the **fullness** of God, which has already been attained by the risen Christ, the measure of the maturity of all things. Here we can add yet another argument for rejecting every tyrannical and irresponsible domination of human beings over other creatures. The ultimate purpose of other creatures is not to be found in us. Rather, all creatures are moving forward with us and through us towards a common point of arrival, which is God, in that transcendent **fullness** where the risen Christ embraces and illumines all things. Human beings, endowed with intelligence and love, and drawn by the **fullness** of Christ, are called to lead all creatures back to their Creator.

Small reflection:

Human life, like creation itself, is a divine pedagogy so that, through living and walking from conception to death we may learn to love: because love is what we are going to live for all eternity, in that new heaven and earth that will be the fullness of God for us. Sunday rest helps us to taste in time the eternal living in the presence of God. Through this life, along with us walk the other creatures from the hand of God, who, through us, will also be led back to the common Creator. On this day of rest, have we become a little more aware of God's presence in our lives and of the universal communion of all creation?

Petition:

God of goodness, on this Sunday afternoon, teach us to live from Your peace and to give that peace to the whole world. We ask this through Christ Himself, Our Lord. Amen.

Lord 's Prayer. Amen.

Part 8: Laudato Si' Rosary

"She is the Woman, 'clothed in the sun, with the moon under her feet, and on her head a crown of twelve stars' (Rev 12:1). Carried up into heaven, she is the Mother and Queen of all creation. In her glorified body, together with the Risen Christ, part of creation has reached the fullness of its beauty." Laudato Si' 241

The Prayer of the Holy Rosary

1. We make the Sign of the Cross
2. We pray the Apostles' Creed
3. We pray the 5 Mysteries according to the day

For each Mystery

- We quote the Mystery
- We read the meditation
- We pray 1 Our Father
- We pray 10 Hail Mary
- We pray 1 Glory Be
- We pray 1 Fatima Prayer

4. We pray 1 Hail, Holy Queen

Joyful Mysteries

by Friar Eduardo Agosta O. Cam.

First Mystery: The Annunciation

In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, 27 to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. 28 The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you... You will conceive and give birth to a son, and you are to call him Jesus.... "I am the Lord's servant," Mary answered. "May your word to me be fulfilled." (Lk 1: 26-28,31,38).

"May your word to me be fulfilled."

It is the free response of the creature to the gift of the Creator; It expresses availability and openness for the "miracle" to happen through the power, the strength, of the Spirit of God. Creation, the work of the Creator's love, has its natural laws that God himself respects: God does not violate the natural harmony present in His work of love. Only the free will of the human creature, which becomes available to the will of God, makes possible the change in the history of things. Today, the motions of the Spirit of God awaken in us the awareness of having to give a generous "Yes", and sometimes with sacrifice, in order to preserve and care for the harmony of creation. As Pope Francis says:

"... we know that things can change. The Creator does not abandon us; He never forsakes His loving plan or repents of having created us. Humanity still has the ability to work together in building our common home." (LS 13). " ... men and women are still capable of intervening positively. For all our limitations, gestures of generosity, solidarity and care cannot but well up within us, since we were made for love." (LS 58).

Let us, then, be announcers that "a new heaven and a new earth" (Ap 21,1) are possible; bearers of hope, moved by the Spirit; witnesses of change. We have the great example of Mary.

Second Mystery: The Visitation

"At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth. When Elizabeth heard Mary's greeting... she was filled with the Holy Spirit" (Lk 1, 39-41).

"She got ready and hurried".

Mary, who lives the experience of the living God in her own being, shows us the essential value of relationships and communication in the dynamism of creation. Natural life on Earth is only possible through the establishment of harmonious relationships and healthy (ecological) communications between each living being and the environment, and between living beings. The

Life that drives the dynamism of creation is also transmitted as a spiritual force with the word that is communicated: "He heard the greeting and was filled with the Spirit of God", which is the strength of our strength (see LS 40,28-31).

Pope Francis reminds us that God has stamped the dynamism of the Holy Trinity in all creation, and insists that "everything is connected" (LS 116, 91, 117, 138, 240). ... "This leads us not only to marvel at the manifold connections existing among creatures, but also to discover a key to our own fulfilment. The human person grows more, matures more and is sanctified more to the extent that he or she enters into relationships, going out from themselves to live in communion with God, with others and with all creatures... Everything is interconnected, and this invites us to develop a spirituality of that global solidarity which flows from the mystery of the Trinity" (LS 240).

Let us be like Mary: ready to communicate the strength of God and transform creation.

Third Mystery: The Nativity

Joseph and Mary went up from Nazareth to Bethlehem. "While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger" (Lk 2, 6-7).

The beginning of the Gospel of John gives us a key (Jn 1,1.3.9-11.14):

"In the beginning was the Word... and the Word was God... Through Him all things were made... In Him was life ... The true light that gives light to everyone coming into the world.... He was in the world ... but the world did not recognize Him."

Today, we can still accept the Word that is true light that illuminates our consciences and makes us realize the need for a radical change, an ecological conversion towards the respect of creatures, the care of the common home and the most vulnerable and disadvantaged beings of this earth, or, we can look the other way and ignore the reality of things, denying the light of truth (the Word came to his house, and his people did not receive it - Jn 1:11). The first option will be our Birth. The second, our death, which is our option, but condemns.

Pope Francis reminds us: "God, who calls us to generous commitment and to give him our all, offers us the light and the strength needed to continue on our way. In the heart of this world, the Lord of life, who loves us so much, is always present. He does not abandon us, he does not leave us alone, for he has united himself definitively to our earth, and his love constantly impels us to find new ways forward. Praise be to him!" (LS 245).

Let the Word get into our history, be born in our consciences, because we know that, despite everything, the darkness does not overcome the light of the Word (Jn 1,5).

Fourth Mystery: The Presentation

"When the time came for the purification rites required by the Law of Moses, Joseph and Mary took him to Jerusalem to present him to the Lord, as it is written in the Law of the Lord, 'Every firstborn male is to be consecrated to the Lord'" (Lc 2, 22-23).

"As it is written in the Law of the Lord."

In antiquity sin had to do with the rupture: rupture of the relationship between the human being and God, between the creature and its Creator. That rupture has cosmic consequences: the harmony of things is lost. That is the original sin, which Genesis narrates with the metaphor of the loss of paradise: God put the human being in the garden to take care of it and to fill it (Gen 2,15), but the human being disobeyed. That is why for us Christian believers, recovering that link is understood as a new covenant or covenant, made by Jesus Christ. Before Jesus, a way to cleanse one's sins was through purification, through one established rites. Purification therefore cleansed sins, that is, restores you as a "creature to his Creator." Consecrate, therefore, ritually gives back to Him to whom you belong. Purify and consecrate go hand in hand. The consecration has to do with living harmony in creation and with God.

The life of Jesus is a clear example of consecration and purification. Pope Francis reminds us: "Jesus lived in full harmony with creation, and others were amazed: "What sort of man is this, that even the winds and the sea obey him?" (Mt 8:27). His appearance was not that of an ascetic set apart from the world, nor of an enemy to the pleasant things of life. Of himself he said: "The Son of Man came eating and drinking and they say, 'Look, a glutton and a drunkard!'" (Mt 11:19) ... It is striking that most of his life was dedicated to this task in a simple life which awakened no admiration at all: "Is not this the carpenter, the son of Mary?" (Mk 6:3)" (LS 98).

We do not need to do great things to consecrate our lives in the salvation of the earth. We need to be like Jesus, to assume his spirituality: living with simplicity, working, enjoying with moderation the goods of the earth and, above all, always recognizing that "less is more" with conviction (LS 212), seeking to restore the just relationships between human beings, the earth and the Creator. This is the ecological conversion that can heal (and save) creation.

Fifth Mystery: The Finding Of Jesus In The Temple

"The boy Jesus stayed behind in Jerusalem, but his parents were unaware of it..After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions." (Lk 2, 43-46).

“... Among the teachers, listening to them and asking them questions.”

Jesus is shown to us as he is: true human (and true God) who needs to learn, to grow, mature, and bear much fruit. You learn by listening and asking others. Again a relationship: learning is a relationship of exchange of knowledge, skills, techniques, culture, art, faith, and so on. It requires simplicity, recognition of who we are with humility (with our feet on the ground), without believing ourselves wise but not thinking that we are worthless. Jesus shows us the meaning of that "humility is walking in truth", as Saint Teresa of Jesus would say.

Pope Francis also shows us that we need to learn from others to make things better. The best example is the first chapter of the letter *Laudato Si'*: the Pope uses the sciences to understand the damage we are inflicting on sister and mother earth. We do not know everything, and the tools of science can be useful to get a good diagnosis and be able to act with certainty in the best decisions. Denying the scientific data that reveals the state of things, such as, for example, climate change, is closing the possibility of growing, maturing and giving good fruit in time.

The Pope also shows us that science has to allow itself to be taught and learned from other wisdoms that contribute meaning and direction to mere scientific knowledge, if it wants to serve humanity integrally:

“The fragmentation of knowledge proves helpful for concrete applications, and yet it often leads to a loss of appreciation for the whole, for the relationships between things, and for the broader horizon, which then becomes irrelevant. This very fact makes it hard to find adequate ways of solving the more complex problems of today’s world, particularly those regarding the environment and the poor; these problems cannot be dealt with from a single perspective or from a single set of interests. A science which would offer solutions to the great issues would necessarily have to take into account the data generated by other fields of knowledge, including philosophy and social ethics... In the concrete situation confronting us, there are a number of symptoms which point to what is wrong, such as environmental degradation, anxiety, a loss of the purpose of life and of community living” (LS 110).

Let us be, then, like Jesus: capable of listening to learn; to ask to grow; and growing, let us mature to give good fruits in his time (and in time, not to be late).

Sorrowful Mysteries

by Sr. Teresa de la Cruz, O.S.C.

First Mystery: The Agony in the Garden

“The violence present in our hearts, wounded by sin, is also reflected in the symptoms of sickness evident in the soil, in the water, in the air and in all forms of life. This is why the earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor; she ‘groans in travail’ (Rom 8:22)” (LS 2).

Jesus carries all our sins, our wounds he suffers because of us, loving us even to the point of sweating blood in Gethsemane: he embraces our sorrow, he saves us and gives His life for letting us live plenty. Mary, Mother of the Church, Help of Christians, stood by her Son in silence. Accepting her offering helps us to live in this world reconciled with God and being brothers and sisters of everyone.

Second Mystery: The Scourging at the Pillar

“...We have forgotten that we ourselves are dust of the earth (cf. Gen 2:7); our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters... The destruction of the human environment is extremely serious, not only because God has entrusted the world to us men and women, but because human life is itself a gift which must be defended from various forms of debasement.” (LS 2, LS 5)

Before the battered body of Jesus, the innocent Messiah, who gives himself up for our love, we want to meditate on how much it has cost him, what price he has wanted to pay in his flesh, and what value we will not have for him ... Let's consider that every creature is precious, all life a gift that can not be mistreated. Let us ask Mary, Mother and Queen of all creation, who took him into her virginal womb, to help us to be defenders of life, of human dignity, of respect for every creature, because it is a reflection of the Creator.

Third Mystery: The Crowning with Thorns

“...the natural environment has been gravely damaged by our irresponsible behaviour. The social environment has also suffered damage. Both are ultimately due to the same evil: the notion that there are no indisputable truths to guide our lives, and hence human freedom is limitless.” (LS 6)

Contemplating Jesus crowned with thorns, letting his head be shackled, full of humiliation and ignominy, we recognize ourselves in so many moments when we have misused our freedom, damaging our attitudes, creation, relationships, and the environment. He has allowed himself to be humiliated like this, even though he is truly a King, so that by looking at him, we do not forget that we have a Father, that we are his Creatures, not self-referential, but dependent on this love that has created us for our good. With the help of Mary, help from Christians, we want to learn every day from His Hand, to better use our freedom to build a more human, ecological

world, where we can live in peace, helping to do it together, our common home where we can truly sing like her: "My soul proclaims the greatness of the Lord ..."

Fourth Mystery: The Carrying of the Cross

"The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, for we know that things can change. The Creator does not abandon us; he never forsakes his loving plan or repents of having created us. Humanity still has the ability to work together in building our common home." (LS 13)

Jesus before his death, carries his own cross and ours. He carries everything that we have neglected, left on the road, and with infinite love, faces Calvary, where he knows that his work will come to an end. In this way, he will also let himself be helped by the Cyrenean, in him, his Mother will be, who accompanies him with his gaze and with a firm step, suffering with him, but faithful and firm. Jesus does not abandon us, he carries out his work. And it invites us to walk together, to be able to prolong it in our today, to be able to continue building a civilization where love reigns before hatred, forgiveness before offense, peace and solidarity in the face of destruction and selfishness. Mary, mother and queen of creation, sister to us to be able to carry out with her and like her, this common project of love that her Son began and carried out without losing heart.

Fifth Mystery: The Crucifixion

"These situations have caused sister earth, along with all the abandoned of our world, to cry out, pleading that we take another course. Never have we so hurt and mistreated our common home as we have in the last two hundred years. Yet we are called to be instruments of God our Father, so that our planet might be what he desired when he created it and correspond with his plan for peace, beauty and fullness" (LS 53).

How wonderful is the certainty that each human life is not adrift in the midst of hopeless chaos, in a world ruled by pure chance or endlessly recurring cycles! We were conceived in the heart of God, and for this reason "each of us is the result of a thought of God. Each of us is willed, each of us is loved, each of us is necessary". (LS 65)

The death of Christ on the Cross, supreme act of love for us, to save us, makes sense. In Him and through Him, all of creation is reborn to new life, and we together with Him. Let us ask Mary, the help of Christians, who stood firm at the foot of the cross, who was faithful to her Son always, to help us to understand so much love and to correspond with our life, at the service of our brothers, and of our sister mother earth, for love of Him.

Glorious Mysteries

by Fr. Lluc Torcal O. Cist.

First Mystery: The Resurrection

"As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed. 'Don't be alarmed,' he said. 'You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him'". (Mk 16, 5-6)

At first God created light and separated her from darkness. But darkness was gaining ground until that day, when the Lord's hour came, the darkness spread throughout the region until mid-afternoon. God allowed them the last victory. The darkness blinded with its own darkness, did not realize that they swallowed that which is the true light, the one that enlightens all who come into the world, and thus, deceived, they were themselves darkened and swallowed. The darkness has already vanished and, without knowing when or how, Christ, returning from the dead, has appeared glorious to humanity, like the sun in a serene day. We have been given the gift of the new light, of a light better than that which God had created at the beginning and which was *really good*: the light that makes the holidays in heaven, the light that is God himself, the light of Christ!

Second Mystery: The Ascension

"Jesus said to his apostles: 'Teach all that I have commanded you. Baptize them in the name of the Father, and of the Son, and of the Holy Spirit...' Then...He went up into Heaven when finally a cloud came and took Him from our sight and we saw Him no more". (Mt 28, 18-19; Lk 24, 50-51)

Sometimes we are in heaven, in the big, white clouds that cover and hide the earth, the sea, and everything that surrounds it. Those clouds that, despite hiding, let pass without hindering, without resisting, subtly, retreating and reoccupying the space that it has just offered to those who go through it. This is our sky, the blue with its white clouds. This was also the heaven that the apostles and the first disciples of the Lord looked upon when they heard that angelic voice that guided them to look towards the earth: men of Galilee, why are you looking at the sky? (cf. LS 64)

Third Mystery: The Descent Of The Holy Spirit

"When the day of Pentecost came, they were all together in one place... They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit". (Acts 2, 1.3-4)

Pentecost is the day of the feast of the fruits. Pentecost is the feast of plenty. It ends along with the Easter time that crowns it: we celebrate the gift of the Holy Spirit, of the promised Spirit that fills us and brings to the plenty of the Lord. He who was full, because He is God, gives us the gift of His plenitude, of His life, of His love. And this gift of plenitude is the Holy Spirit, Lord and giver of life. From the plenitude of the Lord we also receive the gift of being in plenitude and the gift of living fully. As the book of Acts tells us: "All were filled with the Spirit." Gift of being and gift of life. (cf. LS 80)

Fourth Mystery: The Assumption

"The most pure body of the Virgin Mary, preserved and exempt from all the corruption of the tomb and raised up to such glory in heaven" (Defining the Dogma, Pope Pius XII)

Mary, the woman who brought the one who "united himself to this earth when he was formed in the womb of Mary" (cf. LS 238), now she carries the same earth to the mystery of God. "In her glorified body, together with the Risen Christ, part of creation has reached the fullness of its beauty" (LS 241). She treasures the entire life of Jesus in her heart: "now cares with maternal affection and pain for this wounded world. (...) Now she grieves for the sufferings of the crucified poor and for the creatures of this world laid waste by human power." (LS 241)

Fifth Mystery: The Coronation

"A great sign appeared in heaven: a woman clothed with the sun, with the moon under her feet and a crown of twelve stars on her head". (Ap 12, 1)

Mary "lives with Jesus, and all creatures sing of her fairness. She is the woman "clothed with the sun, with the moon under her feet and a crown of twelve stars on her head"(Ap 12,1). "Carried up into heaven, she is Mother and Queen of all creation" (LS 241) The sun, the moon and the stars appear together with Mary as signs of new creation in which Mary participated fully. We are not part of the new creation, but we are part of the first one, so we can not forget to take care of it: "our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters" (LS 2).

Luminous Mysteries

by Fr. Lluç Torcal O. Cist

First Mystery: The Baptism Of The Lord

"At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: 'You are my Son, whom I love'". (Mc 1, 9-11)

Without water there is no life: the beauty of our planet would not be so awesome without this wonderful gift; without water there is no regeneration: humanity cannot shine with the beauty of Christ if we are not introduced into the very heart of the Trinitarian life through the water of baptism. All efforts must be made to keep water alive so that God can reach everyone and continue watering our fields and our forests, so that pure rivers flow down! And, without living water, there can not be the living water of the Spirit in our hearts.

Second Mystery: The Wedding Of Cana

"Wine was gone, Jesus' mother said to him, 'They have no more wine'. Jesus replied: 'Woman, why do you involve me? My hour has not yet come'. His mother said to the servants, 'Do whatever He tells you'. What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples believed in Him". (Jn 2, 3-5.11)

The water that is transformed into wine is a symbol of the joint work of God and humanity. Wine is the distillate of water, earth, grapes ... of the natural products that God gives us and of the ingenuity of humanity, also the gift of God, which recreates the created and puts it at the service of humanity when it does He tells us. Intelligence and willingness to work in the world and for the world, intelligence and will to do God's will. And so that wine is not lacking, God asks us to take care of the common home.

Third Mystery: The Proclamation Of The Kingdom

"After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. 'The time has come,' he said. 'The kingdom of God has come near. Repent and believe the good news!'" (Mc 1,14-15)

God's kingdom is the kingdom of justice and truth. In God's kingdom "He shows us just how inseparable the bond is between concern for nature, justice for the poor, commitment to society, and interior peace" (LS 10). The time has come to reestablish the original relations between

humanity and God, man and woman, humanity and nature, which sin destroyed leaving on earth injustice and greed that the planet and its inhabitants have exploited since then. The call for a deep ecological conversion is an integral part of God's kingdom (cf. LS 217).

Forth Mystery: The Transfiguration

"As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning... A voice came from the cloud, saying, 'This is my Son, whom I have chosen; listen to Him'" (Lk 9, 29.35).

The Gospel of life and light and immortality shone among all of us as material light, of this world, in the form of an explosion that shone like the face of the Lord and that occurs at the beginning of the Lord's ascent to Jerusalem, where He goes to die on the cross. The white, crystalline light invites to not forget that on our path to conversion, we must be only guided by this light of resurrection, because this is a light of truth and life, we can be transfigured and change our face by Christ (cf. LS 217)

Fifth Mystery: The Institution Of The Eucharist

"While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, 'Take and eat; this is my body'. Then he took a cup, and when he had given thanks, he gave it to them, saying, 'Drink from it, all of you. This is my blood'" (Mt 26, 26-27)

Christ is present in bread and wine. Unnecessary products for human wellbeing were not chosen, but those that constitute its basics. As we have the Communion of this Body and this Blood, how can we allow our brothers and sisters to miss these essential products of human nutrition? Why are the most basic grains for our living at such high prices, making them out of reach for most of the inhabitants of this planet? God's charity encourages us to work for justice and peace on earth, especially for our brothers and sisters in need. Everyone has the right to the bread that renews their strength.

Rosary Prayers

Sign of the Cross

In the name of the Father of the Son and of the Holy Spirit. Amen.

Our Father

Our Father, who art in heaven, hallowed be Thy name: Thy kingdom come: Thy will be done on earth as it is in heaven. Give us this day our daily bread: and forgive us our trespasses as we

forgive those who trespass against us. And lead us not into temptation: but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee: blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy.

Hail, holy Queen

Hail, holy Queen, Mother of Mercy!
our life, our sweetness, and our hope!
To thee do we cry, poor banished children of Eve;
to thee do we send up our sighs, mourning and weeping in this valley of tears.
Turn, then, most gracious Advocate,
thine eyes of mercy toward us;
and after this our exile
show unto us the blessed fruit of thy womb, Jesus;
O clement, O loving, O sweet Virgin Mary.
Amen.

Apostles' Creed

I believe in God the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He arose again; He ascended into heaven, and sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

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