

A Contemplative Walk with the Laudato Si' Chaplet

Laudato Si' Mi Signore – Praise Be to You My Lord

(Adapted from the Laudato Si' Movement Prayer Book)

Take a walk, or engage in anything that gives you some time outside. It could be in your backyard, your neighborhood, or another favorite place in the natural world. – whether in a cityscape, a suburb or a rural area. Give yourself some silence and enough time to reflect on where you are in this part of Creation. This Chaplet time can be as long or short as you make it.

Consider this a “mini retreat” – a time for you to think about your relationship with God, yourself, your neighbor, and Creation.

As you walk, begin your prayer by trying to pay attention to even the smallest detail of nature ... sounds, smells, colors, textures. Walk in gratitude for these gifts of God's love. Pray the *Laudato Si' Chaplet*, inspired by St. Francis of Assisi's *Canticle of the Creatures* and developed by the Laudato Si' Movement. Rosary beads are always helpful.

Laudato Si' Chaplet

Begin with The Sign of the Cross and a Hail Mary. Ask her to walk with you today. Or pray to St. Francis through his *Canticle of the Creatures*.

The Praise Verses

Praise be to you O Lord through Brother Air (10 x)

Glory Be and/or Laudato Si' Mi Signore refrain

Praise be to you O Lord through Sister Water (10 x)

Glory Be and/or Laudato Si' Mi Signore refrain

Praise be to you O Lord through Brother Fire and Sun (10 x)

Glory Be and/or Laudato Si' Mi Signore refrain

Praise be to you O Lord through our Sister Mother Earth (10 x)

Glory Be and/or Laudato Si' Mi Signore refrain

Praise be to you O Lord through all that you have Created (10 x)

Glory Be and/or Laudato Si' Mi Signore refrain

Thank you, O Lord, for all that you have given us.

Thank you, O Lord for Your great gifts of love and sacrifice on the cross.

End with the Lord's Prayer and the Sign of the Cross.

Note: you can also add verses that speak to what specifically brings you joy as you walk. E.g., Praise be to you O Lord through Brother Robin (Sister Water Lily, etc.) each 10 x.

Optional: An extended version of the Chaplet could include the following verses.

The Gratitude Verses: Thank you my Lord for all your Creatures/ Brother Air/Sister Water/Brother Fire and Sun/Sister, Mother Earth (10 x)

Repentance Verses: I am sorry my Lord for my abuse of all your Creatures/Brother Air/Sister Water/Brother Fire and Sun/Sister, Mother Earth (10 x)



