

LSAP Goal #2
Respond to the Cry of the Poor

some helpful images

Local Water Source Defense
Yard and Landscape Decisions
Water Conservation, Personal and Household

PRAY

Psalm 72

I

O God, give your judgment to the king;
your justice to the king's son;
That he may govern your people with justice,
your oppressed with right judgment,
That the mountains may yield their bounty for the people,
and the hills great abundance,
That he may defend the oppressed among the people,
save the children of the poor
and crush the oppressor.

II

May they fear you with the sun, and before the moon,
through all generations.
May he be like rain coming down upon the fields,
like showers watering the earth,
That abundance may flourish in his days,
great bounty, till the moon be no more.

III

May he rule from sea to sea,
from the river to the ends of the earth.
May his foes kneel before him, his enemies lick the dust.
May the kings of Tarshish and the islands bring tribute, the
kings of Sheba and Seba offer gifts.
May all kings bow before him, all nations serve him.

For he rescues the poor when they cry out, the
oppressed who have no one to help.
He shows pity to the needy
and the poor and saves the lives of the poor.
From extortion and violence he redeems them, for
precious is their blood in his sight.

IV

Long may he live, receiving gold from Sheba, prayed for
without cease, blessed day by day.
May wheat abound in the land,
flourish even on the mountain heights.
May his fruit be like that of Lebanon,
and flourish in the city like the grasses of the land.
May his name be forever; as long as the sun,
may his name endure.
May the tribes of the earth give blessings with his name;
may all the nations regard him as favored.

Blessed be the LORD God, the God of Israel,
who alone does wonderful deeds.
Blessed be his glorious name forever;
may he fill all the earth with his glory.

Amen and amen.

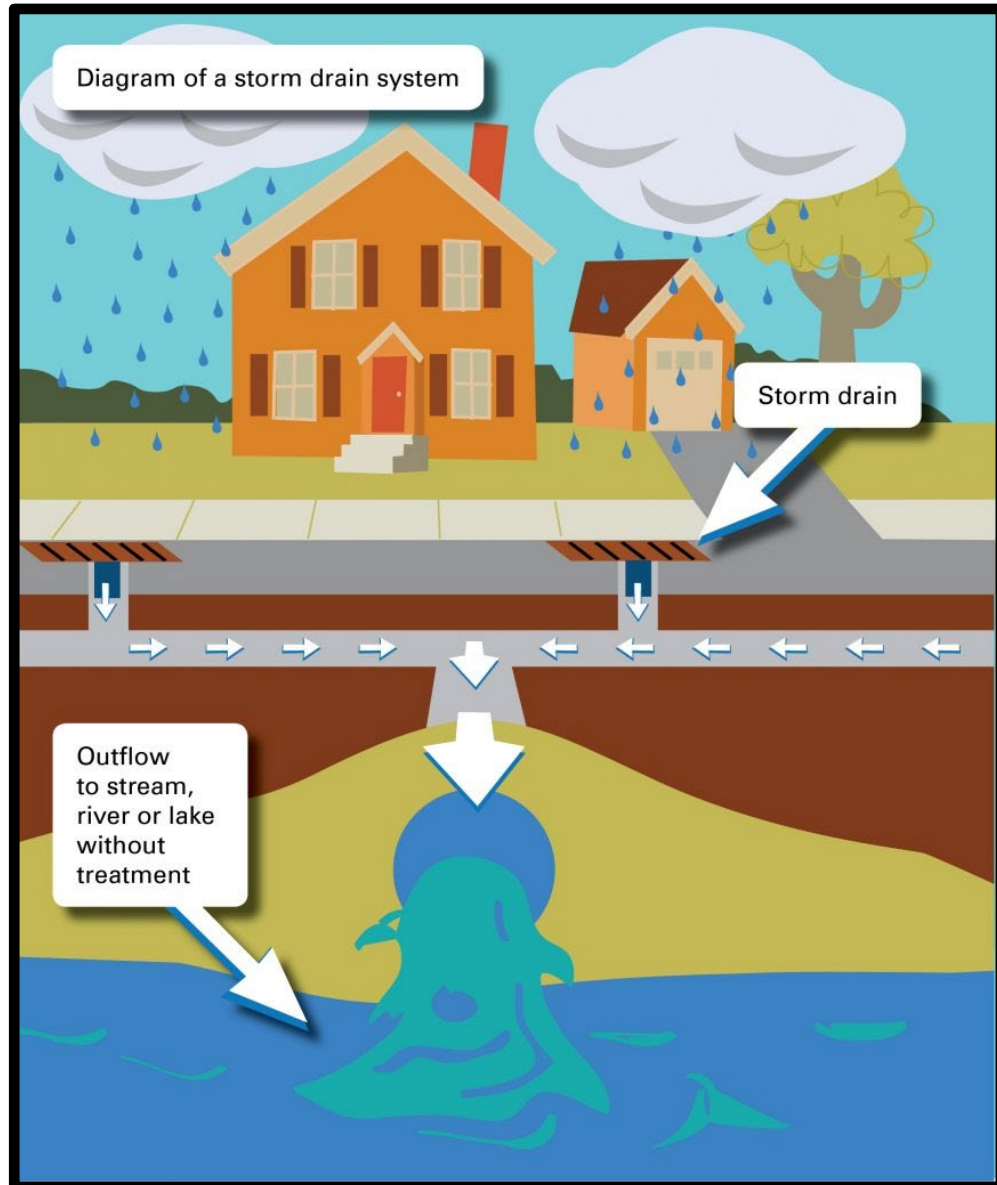
ACT

*...but first, watch this video
(it's only 2 minutes long)...*

Managing Storm Run-Off & Solutions

<https://youtu.be/7crGd6E0Fsk>

In your yard, watch where the water goes...



...act to minimize salt, chemicals...and other pollutants entering waterways...



ACT

Choose **Long Term** Actions and
Commit to Them

Help the water in your yard soak in, rather than running off...check the MWRD's "GREEN NEIGHBOR GUIDE" (Links below in English and Spanish)



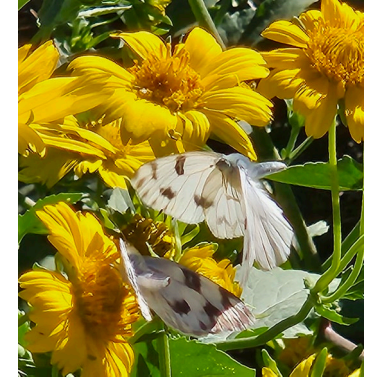
[https://mwrdd.org/sites/default/files/documents/Green Guide 220311 web.pdf](https://mwrdd.org/sites/default/files/documents/Green%20Guide%20220311%20web.pdf)

[https://mwrdd.org/sites/default/files/documents/Green%20Guide SPANISH 042920 rev.pdf](https://mwrdd.org/sites/default/files/documents/Green%20Guide%20SPANISH%20042920%20rev.pdf)

Make landscaping decisions that help all of Creation...

1. Reduce or eliminate yard chemicals
2. Reduce or remove turf lawn
3. **Go native!** Native trees and plants, that is! Not only do they require less water, chemicals, and work, they are the foundation of the web of life in your area.

HELP US THRIVE
so you can, too!



(and because God
loves us, too)

We need God's other creatures for our worldly and spiritual survival

https://godsplanet.us/wp-content/uploads/sites/2/2024/05/2d_socal_yard_transformation_english_c_0.pdf
<https://www.kateri.org/saint-kateri-habitat-2/>

Going native...by the numbers

Find your region's native plants and get help from organizations like Audubon:

<https://www.nwf.org/NativePlantFinder>

and

<https://www.audubonva.org/audubon-at-home>

7 STEPS

1 CONTACT YOUR LOCAL WATER AGENCY 
Many water agencies offer generous rebates to help you replace turf with drought-friendly native plants.

2 REMOVE YOUR LAWN 
Sheet mulching is easy and affordable. Start in early summer, so your yard will be ready for fall planting. Learn more about ways to remove your lawn.

3 DREAM AND DESIGN 
Get to know the "three Ps" of native plant landscaping. Find inspiration on garden tours and at cnps.org.

4 MAKE A LIST, CHECK IT TWICE 
Study your yard, noticing areas of shade, water retention, and sun exposure. Use calscape.org or gardenplanner.calscape.org to find the right plant for the right place.

5 PREP YOUR SITE 
Install your irrigation and hardscaping ahead of planting day. Check out tips for irrigation and the watershed approach to gardening.

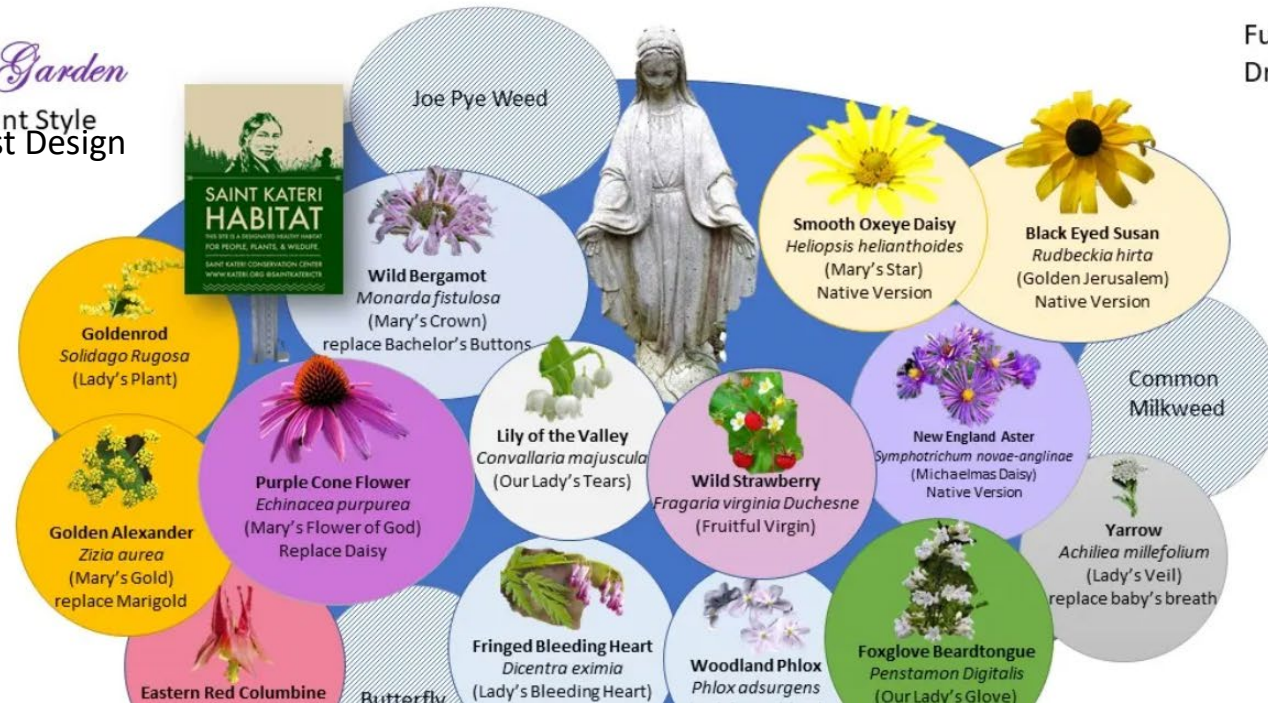
6 SHOP 
Just before rainy season begins (usually in October), take your plant list to the nursery to shop for native California plants.

7 PLANT! 
Get those beautiful new plants in the ground by following these planting tips and suggestions. California native plants require far less maintenance than traditional gardens, but the first year is key to healthy growth. *Enjoy!*

© 2022 the California Native Plant Society. All rights reserved.

If you have a small space for flowers and shrubs, consider creating a Mary Garden, using native plants...

Mary Garden
Native Plant Style
East Coast Design



Check out the regional plant lists created for US Mary Gardens at the Saint Kateri Organization:

<https://www.kateri.org/mary-gardens-for-a-spiritual-experience/>

[Steps and FAQs regarding Mary Gardens](#)



Going native...Virginia specific helps

Some stellar organizations and websites:

Home Grown National Parks (Doug Tallamy) <https://homegrown.org/>

**Audubon Society: <https://audubonva.org/Audubon-at-home>

St Kateri Conservation Organization <https://www.kateri.org/saint-kateri-habitat-2/>

National Wildlife Federation: <https://www.nwf.org/NativePlantFinder>

Plant NOVA Natives: <https://www.plantnovanatives.org>

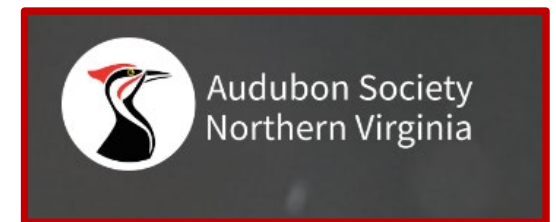
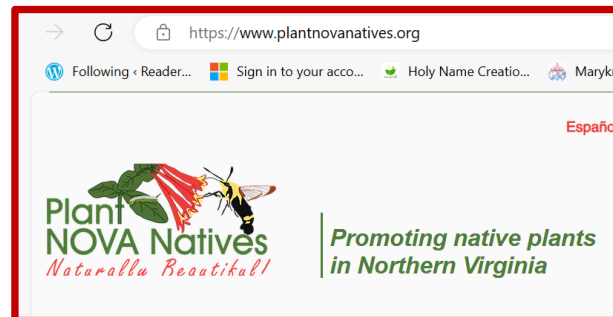
Invasive Plant Management: <https://www.plantnovanatives.org/invasive-plant-management>

NOVA Native Plant sales: <https://www.plantnovanatives.org/native-only-sellers>

Earth Sanga: <https://www.earthsangha.org/compendium>



Saint Kateri
Conservation Center



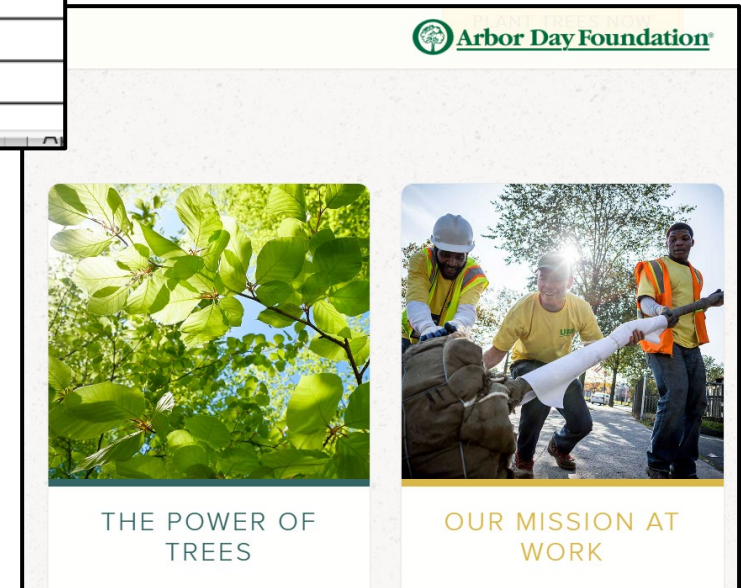
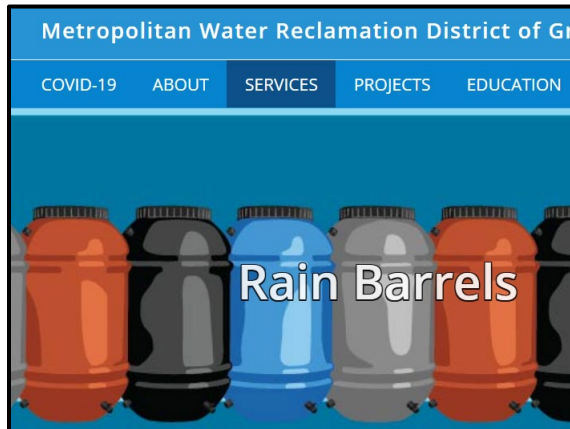
**Ask the Audubon Society Virginia volunteers for a (free) yard consultation, they can make helpful suggestions...

ACT

Find **Short Term** Actions which You
Can Take Now

CHECK WITH LOCAL GOVT AND NON-PROFITS

Incentive Item	Rebate Amount
High Efficiency Sprinklers	\$4/Sprinkler
Weather-Based Irrigation Controllers	\$150 each
Irrigation-less Groundcover Conversion	\$1/square foot, maximum rebate: \$1,000
High Efficiency Washing Machines	\$200 each
High Efficiency Toilets	\$100 each
Drought Tolerant Plant Conversions	\$1/square foot, maximum rebate: \$1,000
Small Grove Irrigation System Retrofit*	Up to \$1,000



Many provide advice, rebates and items like tree saplings or rain barrels at low or no cost....

REDUCE INDOOR AND OUTDOOR CHEMICAL USE AS MUCH AS POSSIBLE:

Try these...



Choose ingredients such as baking soda, vinegar, and plant-based soaps, to reduce the phosphorous, nitrogen, toluene, and ammonia that reach local lands and water systems. Many recipes are available on the internet. Check:

<https://www.ecocycle.org/ecocycleguidex/effective-planet-friendly-cleaning-recipes>

Instead of these...

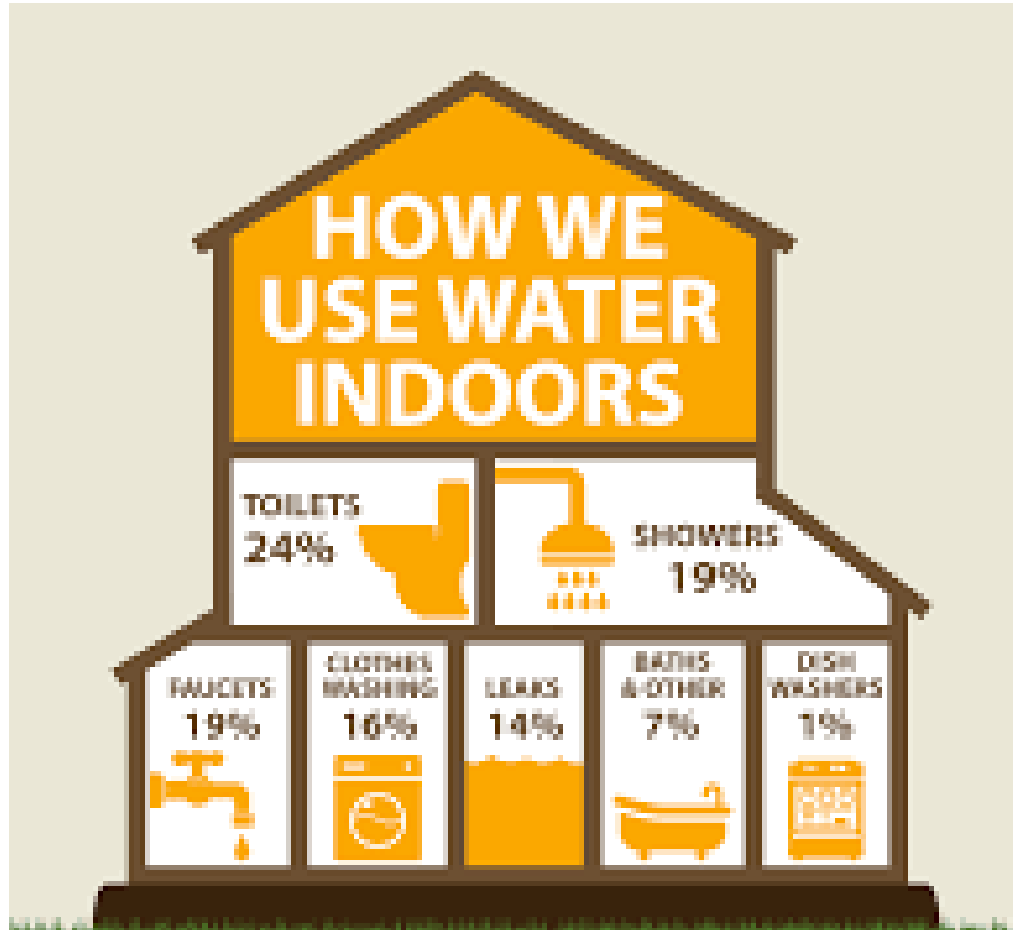


To avoid this...



REDUCE PERSONAL AND HOUSEHOLD WATER USE:

Check out your water footprint at:
<https://www.watercalculator.org/>



**PLEASE
TURN OFF
THE TAP
SAVE WATER**

Turning off the tap while showering, brushing teeth, shaving, washing dishes or produce can really make a difference!

REDUCE PERSONAL AND HOUSEHOLD WATER USE:

Using a bucket, broom or brush instead of running water to clean things can really make a difference!



Many more ideas are available at:

<https://www.arlingtonva.us/Government/Programs/Water-Utilities/Water-Conservation-and-Environment-Water-and-Utilities/Conserving-Water>



ADVOCATE

Consider ways you can encourage others to care for Creation

“ADVOCACY” suggestions...



Investigate the condition of water infrastructure in your area, especially in poorer areas. Petition local leaders for improvements, especially for historically overlooked neighborhoods.



Choose and learn about one non-profit organization which provides clean water in poorer countries.



Ask your pastor to add Creation Care Corner to your Sunday bulletin.

(examples at:
<https://catholicclimatecovenant.org/resource/creation-care-corner-bulletin>)

Creation Care Corner 
Taking action to protect God's great gift to us
— Mother Earth



"The pace of consumption, waste and environmental change... can only precipitate catastrophes...". "Truly much can be done!"
— Pope Francis

WEEKLY STEWARDSHIP RECOMMENDATION:
Consider and shop green electricity sources for your home. 2nd party providers guarantee to repurchase certified wind power equivalent to your household demand. You reduce your environmental footprint and support /expand renewable energy. Rates are typically only 3-10% more. Some providers (like AEP) have no sign-on or discontinuation fees, and you are billed and serviced thru your current electric utility. No equipment or service interruption required - a seamless process. Check out and compare to:
www.aepenergy.com/residential/renewable-energy/

PRAY always

Psalm 104

I

Bless the LORD, my soul!
LORD, my God, you are great indeed!
You are clothed with majesty and splendor,
robed in light as with a cloak.

You spread out the heavens like a tent;
setting the beams of your chambers upon the waters.
You make the clouds your chariot; traveling on the wings of the wind.
You make the winds your messengers; flaming fire, your ministers.

II

You fixed the earth on its foundation, so it can never be shaken.
The deeps covered it like a garment; above the mountains stood the waters.
At your rebuke they took flight; at the sound of your thunder they fled.
They rushed up the mountains, down the valleys to the place you had fixed for them.
You set a limit they cannot pass; never again will they cover the earth.

III

You made springs flow in wadies that wind among the mountains.
They give drink to every beast of the field; here wild asses quench their thirst.
Beside them the birds of heaven nest; among the branches they sing.
You water the mountains from your chambers; from the fruit of your labor the earth abounds.

(Cont'd)

Psalm 104 (cont'd)

You make the grass grow for the cattle and plants for
people's work to bring forth food from the earth,
wine to gladden their hearts, oil to make their faces shine,
and bread to sustain the human heart.

The trees of the LORD drink their fill, the cedars of Lebanon, which you planted.
There the birds build their nests; the stork in the junipers, its home.
The high mountains are for wild goats; the rocky cliffs, a refuge for badgers.

IV

You made the moon to mark the seasons, the sun that knows the hour of its setting.
You bring darkness and night falls, then all the animals of the forest wander about.
Young lions roar for prey; they seek their food from God.
When the sun rises, they steal away and settle down in their dens.
People go out to their work, to their labor till evening falls.

V

How varied are your works, LORD!
In wisdom you have made them all; the earth is full of your creatures.
There is the sea, great and wide! It teems with countless beings, living things both large and
small.
There ships ply their course and Leviathan, whom you formed to play with.

(Cont'd)

Psalm 104 (cont'd)

VI

All of these look to you to give them food in due time.
When you give it to them, they gather; when you open your hand, they are well filled.
When you hide your face, they panic.
Take away their breath, they perish and return to the dust.

Send forth your spirit, they are created and you renew the face of the earth.

VII

May the glory of the LORD endure forever; may the LORD be glad in his works!
Who looks at the earth and it trembles, touches the mountains and they smoke!
I will sing to the LORD all my life; I will sing praise to my God while I live.

May my meditation be pleasing to him; I will rejoice in the LORD.
May sinners vanish from the earth, and the wicked be no more.

Bless the LORD, my soul!
Hallelujah!

(END)

*God saw everything that He had
made, and behold, it was very
good...*

Genesis 1:31



In response to Pope Francis' call to environmental sustainability in the spirit of Laudato Si', we've created worksheets for each of the seven Laudato Si' Action Platform goals. You can find them courtesy of the Catholic Climate Covenant at: <https://godsplanet.us/resources/maryknoll-affiliates-laudato-si-action-platform-resources/> .

Journey with us!



WE'RE ALL PART OF
GOD'S PLAN(ET)



