

LSAP Goal #6
Ecological Spirituality

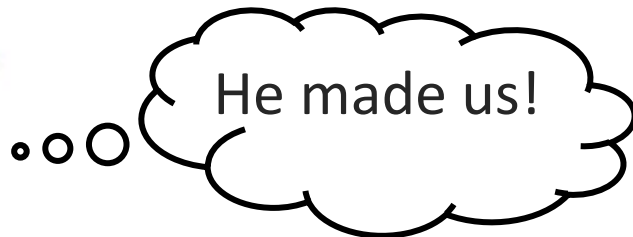
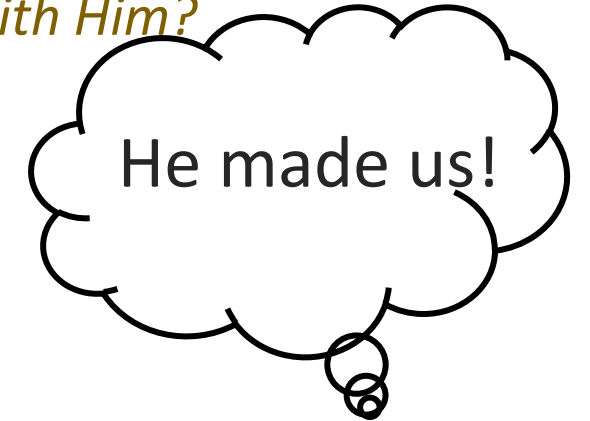
some helpful images

- FINDING GOD IN ALL OF HIS CREATION
 - ECOLOGICAL EXAMEN
 - OTHER PRAYER PRACTICES

FINDING GOD IN ALL OF HIS CREATION

What does it mean to find God in all things?...

1. *Who is the God who made you, and everything you see?*
2. *What are His hopes for you? What are His hopes for everything else in His created world?*
3. *What is His relationship with them? What is their relationship with Him?*
4. *What does that mean for you?*



Consider what we can learn from St Francis of Assisi...



“...I believe that Saint Francis is the example par excellence of care for the vulnerable and of an integral ecology lived out joyfully and authentically.”

(Pope Francis, LS para. 10)

For St Francis ...each and every creature was a sister united to him by bonds of affection...he would call creatures, no matter how small ‘brother’ or ‘sister’



“Saint Francis helps us to see that an integral ecology calls for openness to categories which transcend the language of mathematics and biology, and take us to the heart of what it is to be human. Just as happens when we fall in love with someone, whenever he would gaze at the sun, the moon or the smallest of animals, he burst into song, drawing all other creatures into his praise.”

He communed with all creation, even preaching to the flowers, inviting them “to praise the Lord, just as if they were endowed with reason”. His response to the world around him was so much more than intellectual appreciation or economic calculus, for to him each and every creature was a sister united to him by bonds of affection. ...if we feel intimately united with all that exists, then sobriety and care will well up spontaneously. The poverty and austerity of Saint Francis were no mere veneer of asceticism, but something much more radical: a refusal to turn reality into an object simply to be used and controlled.”

(LS, para. 11)

....nature as a magnificent book in which God speaks to us and grants us a glimpse of his infinite beauty and goodness...



“For this reason, Francis asked that part of the friary garden always be left untouched, so that wild flowers and herbs could grow there, and those who saw them could raise their minds to God, the Creator of such beauty.”

(LS, para. 12)

... God's "eternal power and divinity have been made known through his works since the creation of the world" (Rom 1:20).

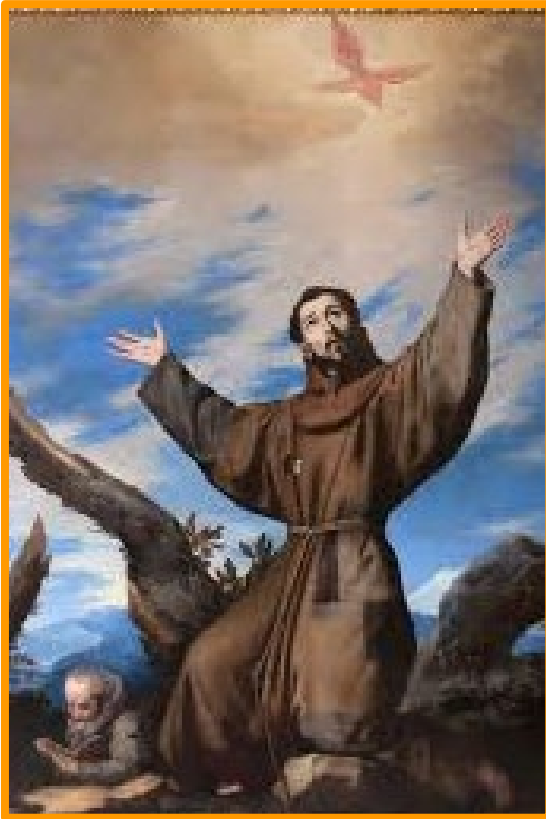


...“Rather than a problem to be solved, the world is a joyful mystery to be contemplated with gladness and praise...”

(LS, para. 12)

Praying in union with all of Creation

Laudato Si', o mi Signore...Praised be You, my Lord



Canticle of the Creatures
St Francis of Assisi
1224-1228

Most High, all-powerful, all-good Lord,
All praise is Yours, all glory, all honour and all blessings.
To you alone, Most High, do they belong,
and no mortal lips are worthy to pronounce Your Name.

Praised be You my Lord with all Your creatures, especially Sir Brother Sun,
Who is the day through whom You give us light.
And he is beautiful and radiant with great splendour,
Of You Most High, he bears the likeness.

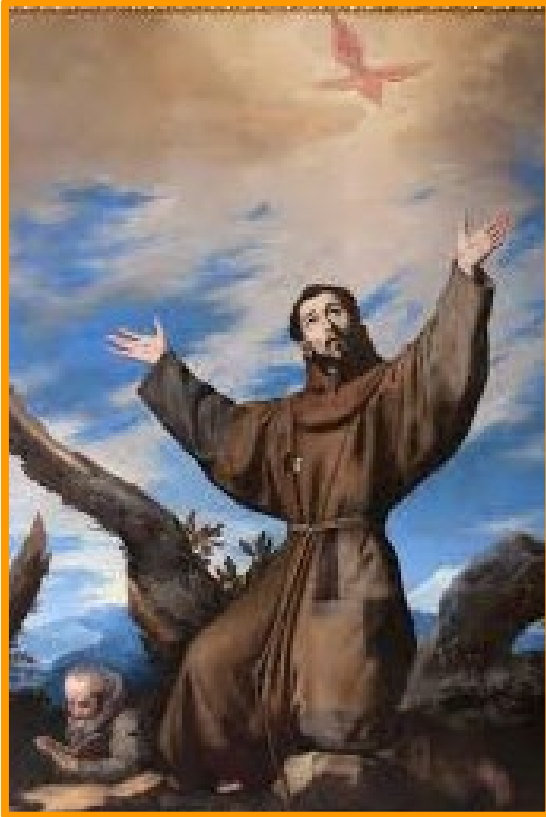
Praised be You, my Lord, through Sister Moon and the stars,
In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air,
And fair and stormy, all weather's moods,
by which You cherish all that You have made.

Praised be You my Lord through Sister Water, So useful, humble, precious and pure.

Praying in union with all of Creation

Cont'd



Canticle of the Creatures
St Francis of Assisi
1224-1228

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, producing varied fruits
with colored flowers and herbs.

Praise be You my Lord through those who grant pardon for love of You
and bear sickness and trial. Blessed are those who endure in peace,
By You Most High, they will be crowned.

Praised be You, my Lord through Sister Death,
from whom no-one living can escape.
Woe to those who die in mortal sin! Blessed are they She finds doing Your Will.
No second death can do them harm.

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

ECOLOGICAL EXAMEN

Ecological Examen

...reconciling God, Creation and humanity...



...a prayer practice based on the Jesuit Examen, instituted by St Ignatius of Loyola...

A reflection on your personal relationship with creation, an acknowledgement of personal practices and a call to amend behaviors to promote ecological justice and stand in solidarity with those most impacted by environmental harm...

in 6 steps...

<https://www.ecologicalexamen.org/>

<https://www.youtube.com/watch?v=t1e1-13tb6c>



1

***I give thanks to God for Creation, and
for being wonderfully made...***



2

I ask for the grace to see Creation as God does, in all its splendor and glory...



3

I ask for the grace to look closely, to see how my life choices impact creation and the poor and vulnerable



4

*I ask for the grace
of conversion,
toward ecological
justice and
reconciliation...*



5

I ask for the grace to reconcile my life with God, with creation and with humanity, and to stand in solidarity through my actions.



6

*I offer a closing prayer for the earth and
for the vulnerable in our society...*



OTHER PRAYER PRACTICES

Make a list of all the ways you currently pray...



rosary

prayer upon waking



prayer at night

Mass,
Eucharistic
adoration



Grace before
and after meals

petitionary prayer,
spontaneous prayer



Stations of the Cross,
Lenten alms and fasts



Consider ways to include all of Creation in your prayers and spiritual practices. Add these ideas to your list.



Grace at meals to include thanks for the farmer, the plants and animals who will nourish us, the sun, soil and water, and prayers for those who are going without



“fruit of the earth and work of human hands, it will become for us the bread of life”...

Praising God in union with all of Creation



Ecological Examen



Laudato Si' Rosary



Ecological Stations of the Cross
Lenten alms and fasts



Share eco-spirituality resources with your Church...

CATHOLIC DIOCESE



Write to your Bishop.
[Click here](#) to find addresses



Share Creation Care prayer resources with your pastor and parish staff

Ask your Bishop and your pastor to regularly incorporate prayer for Creation in Liturgy and other celebrations, especially during the Season of Creation (Sep 1 – Oct 4)

Many good prayer and ecological spirituality resources are available through organizations including these...



<https://catholicclimatecovenant.org/resources?tid=15&audience=All>



<https://laudatosimovement.org/download/laudato-si-movement-prayer-book/>

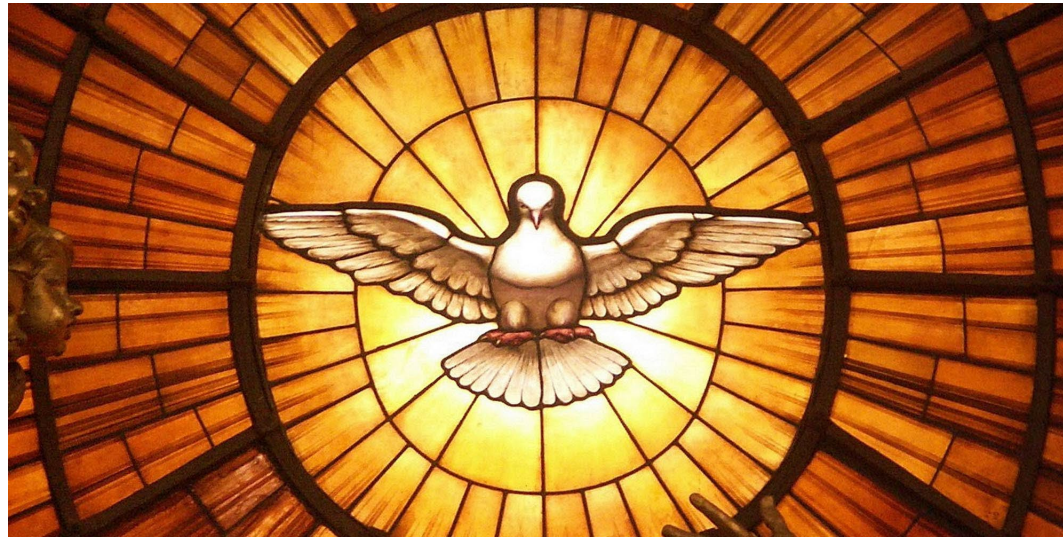


Maryknoll Office for Global Concerns

<https://maryknollogc.org/resources/seasonal-scripture-guide/lenten-reflection-guide-2023-inspired-laudato-si>



<https://ignatiansolidarity.net/>



Finally, re-consider Pope Francis' reflection "Beyond the Sun"...



"...At the end, we will find ourselves face to face with the infinite beauty of God (cf. 1 Cor 13:12), and be able to read with admiration and happiness the mystery of the universe, which with us will share in unending plenitude. Even now we are journeying towards the sabbath of eternity, the new Jerusalem, towards our common home in heaven. Jesus says: "I make all things new" (Rev 21:5). Eternal life will be a shared experience of awe, in which each creature, resplendently transfigured, will take its rightful place and have something to give those poor men and women who will have been liberated once and for all...."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... Praise be to Him!" para 243 & 245.

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

Genesis 1:31



END