

Season of Creation: Week 4

A time for prayer and reflection

As we are now more than halfway through this year's Season of Creation, we invite you to join us in a time of prayer and reflection.

During this coming week there are a few ways you can contribute:

Pray

Pope Francis' prayer from his 2015 encyclical *Laudato Si'* is a very important part of our journey this year.

A prayer for our earth

All powerful God, you are present in the 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 your 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.

Also, this week we are including a Novena especially written for this year's Season of Creation. Please take a Novena leaflet home and say the prayers daily.

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And if you need a reminder of some practical ideas so far:

Climate change:

- Walking for short journeys instead of using a car, or use a bus
- Could you share your car when coming to Mass?
- Reduce or stop international flights
- Try to buy local food/products to minimise emissions from imports
- If you are not already doing so, abstain from meat on Fridays, and/or reduce the amount of red meat and dairy products you eat.

Plastics:

- Stop buying bottled water in plastic
- Consider using a Milkman – they do deliver to the area! – to get your milk in glass instead of plastic, or buy milk in cartons from supermarkets
- Buy soap bars instead of bath/shower gels and soap in plastic
- Other toiletries can also be bought in bars – deodorant, shampoos etc
- Switch to buying your washing product in cardboard, and toilet rolls in paper
- Buy foods in tins or cartons, or look for those with reduced plastic packaging
- Buy fruit and veg loosely instead of in pre-packed plastic containers
- Collect all the plastic you would normally put in the recycling into a separate container and count the pieces at the end of the week. You may be surprised by how many pieces of plastic your household uses!

Chemicals:

- Buy Eco cleaning products – most supermarkets stock a brand or two
- Look at labels before buying – aim for items which say % Sulphates
- If possible buy organic foodstuff
- When buying toiletries/cleaning stuff, buy items which are made from natural (plant based) sources, or those which say that they are biodegradable
- Reducing the use of plastic will reduce the amount of chemicals going into our environment
- Don't use pesticides in your garden

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