



# LAUDATO SI'

## Action Platform



School Sisters  
of Notre Dame

## First Sunday of Lent

“The Lord God formed man out of the clay of the ground and blew into his nostrils the breath of life, and he became a living being.” Genesis 2:7-9; 3:1-7

“...each creature has its own purpose. The entire material universe speaks of God’s love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God...” Laudato Si' #84

**Reflection:** Some of us grew up with the thinking that we are superior to all other creatures and elements of the Earth. Only to learn that they truly have a purpose on our planet, besides praising God through their whole being, they sustain us with life in our one home, Earth! No doubt about it, we are interconnected! What am I doing to help protect and sustain the life of our planet? Or do I still have that attitude of being superior?

**If so, can I really live without water, food or shelter? May I too praise and thank our Loving Creator!**



## Second Sunday

“Then Peter said to Jesus in reply, ‘Lord, it is good that we are here.’” Matthew 17:1-9

... In union with all creatures, we journey through this land seeking God, let us sing as we go.” Laudato Si' #244

**Reflection:** As the days go by in all my busyness, do I ever become aware of God’s presence to me? How about taking a little time to stop, pick up a friend and take a walk in the beauty of nature? While preparing a meal, what if I would sing a song of thanks for the gift of family/food/life? While eating a meal either with someone or alone, can I also say, “Lord, it is good to be here!”

**Loving Creator, fill my heart with gratitude for the gift of life and the gift of all creation, that makes my heart sing in praise of You!**



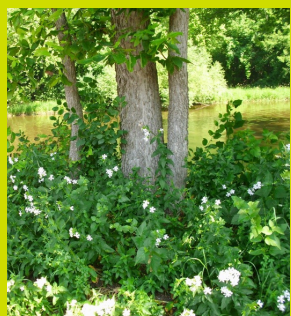
## Third Sunday

“Jesus answered and said to her, ‘Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst!...’” John 4:5-42

“...our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters.” Laudato Si' #2

**Reflection:** Oh, how vital water is to the life of all creation! Have I ever grumbled because I didn’t have a glass of icy cold water on a hot day? Am I aware that over 700 million people do not have access to clean drinking water and that I’m contributing to the world’s water pollution? How? By my overuse of plastics! Less than 10% of all plastic is recycled, eventually, about 80% of plastic waste ends up in the Oceans which is also extremely damaging to sea life. Jesus when you talked about life giving water, you were talking about deepening my faith life!

**Help me to grow closer to You through my use of water: by not wasting or contaminating it through my overuse of plastics. Thank You Loving Creator for the gift of water!**



# Fourth Sunday



“As never before in history, common destiny beckons us to seek a new beginning... Let ours be a time remembered for the awakening of a new reverence for life, the firm resolve to achieve sustainability, the quickening of the struggle for justice and peace, and the joyful celebration of life.” Laudato Si' #207.

“You were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth. Try to learn what is pleasing to the Lord.” Ephesians 5: 8-9

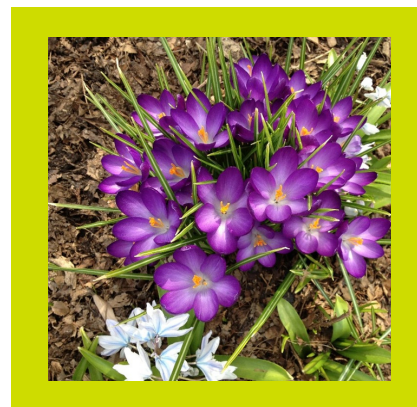
**Reflection:** Our Lenten journey draws us to life in the light, to seek a new beginning, and to live as children of the light. This is the hope and dream that is presented in Laudato Si. We are called to look at the earth and the peoples of the earth through the lens of Our Common Home. Our struggles for peace and justice call us to seek and learn “what is pleasing to the Lord”, and to resolve to make the world a better place for ourselves, future generations and all of the created world.

Loving God, help me to learn what is pleasing to you so I may live in the light!

# Fifth Sunday

“The Spirit of God has filled the universe with possibilities and therefore, from the very heart of things, something new can always emerge: Nature is nothing other than a certain kind of art, namely God’s art, impressed upon things, whereby those things are moved to a determinate end.” Laudato Si' #80

“Father, I thank you for hearing me. I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me.” And when he had said this, He cried out in a loud voice, “Lazarus, come out!” The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, “Untie him and let him go.” John 11: 41-46



**Reflection:** Everyone berated Jesus because they said he came too late to be there for His friend Lazarus. But the power of God in Christ knew no such boundaries. Something new and wonderful is always possible. Laudato Si' affirms this as it says, “...something new can always emerge.” This week we are called to believe this and call on the Spirit of God to fill the universe and our hearts with possibilities.

Spirit of God, open my eyes to see the new that is waiting to emerge, what is coming to life!

# Palm Sunday



“The Eucharist joins heaven and earth; it embraces and penetrates all creation. The world which came forth from God’s hands returns to him in blessed and undivided adoration: in the bread of the Eucharist, “creation is projected towards divinization, towards the holy wedding feast, towards unification with the Creator himself”. Thus, the Eucharist is also a source of light and motivation for our concerns for the environment, directing us to be stewards of all creation.” Laudato Si' #236

Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. Matthew 26:26-27

**Reflection:** As our Gospel today presents the foundation of the Eucharist, we often become so accustomed to it that we fail to realize the significance of Christ embodied in the flesh, in the simple gifts of bread and wine. Laudato Si' enlarges our vision to see that the “Eucharist joins heaven and earth;” and “embraces and penetrates all creation. As you receive Eucharist at liturgy reflect on how you yourself embody Eucharist and are joined to heaven and earth.

“Christ, may your Eucharistic presence shine through me to all I meet and to all your precious creation!”