

# SEASON OF CREATION

DAILY HABITS FOR A HEALTHY PLANET

SEPTEMBER 1- OCTOBER 4

## HABIT IDEAS

**When selecting a daily habit for the Season of Creation**— we encourage you to pick an action that you're excited about and that feels achievable. You may pick one concrete habit to do each day or plan to achieve a larger goal, like planting a garden, by taking a smaller action each day. If you are struggling to identify an ecological habit, please find a list of ideas for daily actions you can take to celebrate the Season of Creation that are based on the themes of the *Laudato Si'* Action Platform\*:

**1. Response to the Cry of the Earth:** *Greater use of clean renewable energy and reducing fossil fuels in order to achieve carbon neutrality, efforts to protect and promote biodiversity, guaranteeing access to clean water for all, etc.*

- Plan and plant a [St. Kateri Habitat](#) at your house, Church, or school to promote biodiversity and restoration of creation.
- Take steps each day to make your home more energy efficient.
- Commit to picking up plastic pollution each day so that it does not contaminate local water sources or habitats.

**2. Response to the Cry of the Poor:** *Defense of human life from conception to death and all forms of life on Earth, with special attention to vulnerable groups such as indigenous communities, migrants, children at risk through slavery, etc.*

- Learn a new fact each day about how an environmental issue affects people in a particular place, and find ways to take action (e.g. educate yourself on the drought in Guatemala that is forcing many people to migrate).
- Commit to learning about environmental racism and research organizations that are working toward environmental equity for all people.
- Consider the people in your own community who are most vulnerable to the effects of climate change and the pandemic (e.g. extreme heat, wildfires, inability to physically distance) and take an action each day to support them.

**3. Ecological Economics:** *Sustainable production, Fair-trade, ethical consumption, ethical investments, divestment from fossil fuels and any economic activity harmful to the planet and the people, investment in renewable energy, etc.*

- Only buy items that you know are fair trade or sustainably produced for the month.
- Research renewable energy options at home, in your parish, or school. If you are unable to make renewable upgrades such as solar panels, research if your electric company has a green energy option and take steps to enroll.
- Review your retirement plan and make adjustments towards more ethical investments.

\*The Vatican has declared May 24, 2020- May 24, 2021 the Year of *Laudato Si'* and has created a seven point plan, the [Laudato Si' Action Platform](#) to address care for creation in the upcoming decade.

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**4. Adoption of Simple Lifestyles:** *Sobriety in the use of resources and energy, avoid single-use plastic, adopt a more plant-based diet and reduce meat consumption, greater use of public transport and avoid polluting modes of transportation, etc.*

- Limit or fast from meat and dairy consumption.
- Avoid the use of single-use plastic products.
- Avoid food-waste by implementing [these tips](#).
- Break a negative environmental habit that you've been meaning to address.

**5. Ecological Education:** *Rethink and redesign educational curricula and educational institution reform in the spirit of integral ecology to create ecological awareness and action, promoting the ecological vocation of young people, teachers and leaders of education etc.*

- Commit to reading an article, book, or listening to a podcast about climate change each day of the Season of Creation.
- Create an educational social media post to share daily about different environmental issues.
- Research and plan how your church or school might implement ecological education in PSR classes or throughout the curriculum.
- Learn about a new native plant in your area each day or identify a new plant/animal each day as you walk.

**6. Ecological Spirituality:** *Recover a religious vision of God's creation, encourage greater contact with the natural world in a spirit of wonder, praise, joy and gratitude, promote creation-centred liturgical celebrations, develop ecological catechesis, prayer, retreats, formation, etc.*

- Commit to a daily prayer practice dedicated to care for creation throughout the month.
- Work to get your parish to share information about the Season of Creation during their masses or in the prayer intentions and music. Use the [Catholic Liturgical guide](#) for ideas.
- Garden or care for a houseplant as a spiritual practice.

**7. Emphasis on Community involvement and participatory action to care for creation at the local, regional, national and international levels:** *promote advocacy and people's campaigns, encourage rootedness in local territory and neighborhood ecosystems, etc.*

- Sign a petition, call, or send a letter/e-mail to an elected official on an environmental issue each day/week of the Season of Creation.
- Research local environmental issues your community faces and take actions each day to get a community group together to create change.
- Plan and implement a weekly litter pilgrimage in which a group of people walks around picking up trash while also stopping periodically to pray (only do this if physical distancing is possible for your group).

**What action will you take to deepen and renew your relationship with the earth this Season of Creation?**