



*“Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.” (Laudato Si, 217)*

The Life and Justice Committee is inviting all of us to experience **Living a Laudato Si Lent**. As we begin our journey as individuals, families and a parish in “Caring for our Common Home,” the group will introduce a theme each week for the six weeks of Lent to help us explore and strengthen our understanding of Pope Francis’s message.

Each week will be structured in a three-action format — **Prayer, Fasting and Almsgiving** — to help us think and act in simple but meaningful ways to Care for Creation and deepen our Lenten Journey.

**PRAY/LEARN:** This section will contain a brief introduction to each theme and provide resources and links to learn more about an issue as we pray for the daily concerns of our human family.

**FAST/CHANGE:** This section will provide suggestions for alternatives to the traditional act of “Giving Up” something and encourage us to change an attitude or make a new habit of caring.

**GIVE/VOLUNTEER:** This is where you can put your Faith into Action with suggestions on relevant charities or local organizations to consider supporting with your time or money.

## **Ash Wednesday: Feb. 26-29**

### **Theme: *Laudato Si***

The encyclical letter *Laudato Si*, “Praised Be,” by Pope Francis is the most comprehensive Vatican document to date on environmentalism, ethics, and Christian faith. The document is intended for all people, not Catholics or Christians alone.

#### **PRAY/LEARN**

[Read a summary](#) of Pope Francis’ Encyclical *Laudato Si*.

[Read excerpts](#) from the encyclical with key guiding questions to think about.

#### **FAST/CHANGE**

Get a plant to care for during Lent as you learn more about nature and environment around you. Plan a family outing to explore a city park or natural area near you.

#### **GIVE/VOLUNTEER**

Explore the websites [Charity Navigator](#) or [GuideStar](#) to learn which charities and non-profit organizations use your donation most effectively. This Lent we’d like you to consider a new charity that works to alleviate suffering of peoples, wildlife habitats or livelihoods that are challenged by climate disruptions. We are always encouraged to help those who are least among us and are most affected by lack of basic human needs.