Season of Creation





Take-a-Hike Saturdays

Start the weekend by enjoying nature alone or with family or friends. Take a hike, camp with your kids, plant a garden, have a picnic, or go to the zoo or your favorite park.

Offer the physical toll of your day for your prayer intentions. And, as you appreciate the beauty of God's creation, you may be inspired to carry out your daily challenges for the next week, pick up trash along your route, meet a new friend in the community, report a safety hazard, discover new plant and animals species you haven't noticed before, and grow closer to God!

Lord - Help me to be straightforward like the sky-seeking redwood tree. May my soul be clear like the spring water at its origin. May You be always in my life as a constant companion. May the cross which rises at the crossroads be for me like the meeting of a good friend.

Take Action!

- If it is raining: plant an inside flower, study something about the environment, or plan your next hike
- Try a new trek in central Indiana
 - White River Canal Walk (easy)
 - Paul Ruster Trail (moderate)
 - Fowl Sanctuary South Overlook (moderate)
 - Three Lakes Trail (hard)
 - Brown County State Park (all levels)

This is not intended to provide medical advice. Consult your physician before starting something new!



OurCommonHome.org

From Sept to Oct each year, Christians around the world celebrate the Season of Creation by praying and acting together to protect our common home. Find resources and sign up for more tips to your inbox on the website!

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Resources

More ways to enjoy nature

- Visit a park on National Public Lands Day (Sept 28) (DNR calendar)
- Start your own family nature club
- Take on the outdoors in Indy

Community Forestry

How to plant and care for trees in your neighborhood

Media and tools

- MyEnvironment (EPA tool for viewing various environmental data by zipcode)
- Creating Sacred Grounds (webinars)
- Prayers for Outdoor Life Celebrations

Articles

- <u>Effects of Deforestation</u> (Pachamama Alliance)
- Walking with God (Franciscan Media)
- God can always be found in the natural world (National Catholic Reporter)



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