

Season of Creation



ArchIndy
Creation Care
Commission
Week 1

Hello!

In his encyclical *Laudato Si', On Care for Our Common Home*, Pope Francis calls us to join him in embarking on a new path to shape the future of our planet. During this 5 week Season of Creation we invite you to join us to learn, share with others, and challenge yourself to take new actions every week with each daily theme!

Feature: Water

Wherever you live, water is a necessity of life. 70% of the world is covered by water, but only 2.5% is freshwater and only 1% of all freshwater is easily accessible. It is estimated that by 2025, two-thirds of the world's population will live in water-stressed regions as a result of use, growth, and climate change. Let's make changes for our future and unite with those who lack clean water as we work to conserve water in our daily life.

Lord - open our eyes to see You in all that You have created. Through the contemplation of your goodness, move us to act wisely and stand in solidarity with our brothers and sisters and with the earth that we share.

Take Action!



Monday: Replace the meat in one meal with a different protein



Tuesday: Read a book or pray instead of watching TV or using the computer



Wednesday: Check your faucets and pipes for leaks



Thursday: Pop reusable straws/ tableware in your purse or car to use at restaurants which use disposables



Friday: Create a group on WhatsApp or Facebook with people of your work, parishioners, friends or relatives to talk about carpooling



Saturday: Take a hike on the White River Canal Walk (easy)



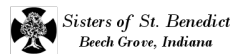
Sunday: Read Intro + Ch. 1 of *Laudato Si'*

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. View all 5 weeks and find more info and events on the website!

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Week 2








Feature: Energy

In times like these where almost any activity needs electricity, we have to look for ways to save energy. Electricity production from fossil fuels is the biggest source of greenhouse gases and, in Indiana, we get 89% of our electricity from coal and natural gas.

Saving energy is not only good for the environment, but good for your wallet too! Small actions such as turning down the thermostat on your water heater, or bigger investments like purchasing ENERGY STAR appliances, start paying off right from the start!

Lord - every breath we take is evidence of Your loving mercy. Help our gratitude and love for You to be evident not just in the words we speak, but also in our care for the environment, and with lifestyles that can be easily sustained by an earth we share with others.

Take Action!

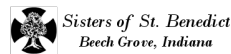
-  **Monday:** Find a new recipe without meat and invite a friend or family over next week to enjoy it
-  **Tuesday:** Wash your laundry with cold water (most soap works just as well!)
-  **Wednesday:** Sweep the patio, sidewalk, or driveway with a broom instead of a hose
-  **Thursday:** Think about why you don't recycle (or do enough) and find creative ways to overcome those barriers
-  **Friday:** Make a plan with someone to carpool to Mass on Sunday
-  **Saturday:** Take a hike on the Paul Ruster Trail, east of Indy (moderate)
-  **Sunday:** Read Chapter 2 of Laudato Si'

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Week 3








Feature: Food

Skipping meat just one day a week helps our planet; for example, to produce a “finished” steak we spend energy, water and other natural resources. To maintain the current meat diet of humans worldwide, we use farmland to sustain the animals and their feed, leading to deforestation in many areas. In addition, almost 15% of all greenhouse gas emissions are created by the meat industry.

Producing fruits and vegetables requires less energy and water than most meat. For example, it takes approximately 1,850 gallons of water to produce a single pound of beef, as opposed to just 39 gallons of water to produce a pound of vegetables.

Lord - all we have is what You have given us. Life is a gift. Food is a gift. This earth is a gift. Help us live lives that express our gratitude for all Your gifts - life, food, and the beauty of this earth.

Take Action!

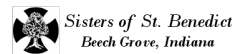
-  **Monday:** Enjoy your new recipe with your friend and discuss the unsustainable site of meat
-  **Tuesday:** Open the curtains facing the sun this morning and close them at night
-  **Wednesday:** Install a low-flow showerhead and remind yourself to take 5 minute showers
-  **Thursday:** Cut up old stained t-shirts to use as cleaning rags
-  **Friday:** Take the bus somewhere and teach your kids about maps, schedules, and places and jobs in the community
-  **Saturday:** Take a walk through the Fowl Sanctuary South Overlook (moderate)
-  **Sunday:** Read Ch 3 and 4 of Laudato Si'

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Week 4



Feature: Reduce, Recycle, Reuse

We live in a culture of having and buying, where it is often easier to get something new rather than take care of all that we have.

Let's try to **reduce** by simplifying the consumption of certain products that may be unnecessary (whether water, energy, food, or household products), **reuse** by looking for another purpose for our things or sharing them with others, and **recycle** in the appropriate manner once a product has fulfilled its functions in every way. When we do this in our homes, workplaces, churches, and schools, we not only help our earth but initiate a culture of giving in our communities.

Lord - in Your mercy, You have designed an earth that can provide enough for all. And in Your wisdom, You have created an earth that also requires our care to preserve it. Give us strength to joyfully fulfill our responsibility.

Take Action!



Monday: Go meat-free if you dine at a restaurant today or this week



Tuesday: Investigate insulating the first 3 feet of pipe that enter/exit your water heater to maximize efficiency



Wednesday: Save your cup of water in the fridge for your next meal instead of pouring it down the drain



Thursday: Reuse glass bottles and jars as vases, to store bulk pantry items, or as bathroom/office organizers



Friday: Walk, bike, or share a ride to work or school



Saturday: Visit Brown County State Park (all levels of trails, biking as well)



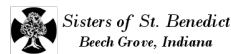
Sunday: Read Chapter 5 of Laudato Si'

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Week 5



Feature: Transportation

Do you know how much fuel you use per day? Per week? Per year? In 2018 in the US, about 391.40 million gallons of finished motor gasoline were used per day! The emissions from fuel used for transportation account for about 29 percent of total US greenhouse gas emissions, making it the largest contributor to the total US greenhouse gas emissions.

Even if you can't walk or bike there are other ways to reduce fuel consumption. Share a ride with other people or use public transportation to go to work, the supermarket, mass, parish meetings, etc.

Lord - guide our prayer and action to be a source of renewable energy for the earth. May we slow down amidst the hustle and bustle of the world to start building peace and instilling a love of creation in the hearts of those around us.

Take Action!



Monday: Go meat free all day!



Tuesday: Go the whole day without turning on any lights!



Wednesday: Turn off the faucet while brushing your teeth - every day!



Thursday: Start the process to go completely paperless with bills, store receipts, meeting agendas, handouts, etc.



FRIDAY - Plant a tree

Join a parish tree planting or plant your own tree for the Feast of St. Francis. More info at OurCommonHome.org



Saturday: Relax! Enjoy nature and celebrate this Season of Creation!



Sunday: Read Ch 6 of Laudato Si'

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