

 <p>1. Reflect on your current efforts to care for creation</p>	 <p>2. Support efforts to reduce plastic pollution in the ocean.</p>	 <p>3. Pray the 'Prayer for our Earth' from Laudato Si'</p>	 <p>4. Spend time outdoors</p>	 <p>5. Say 'hello' to someone new today</p>	 <p>6. Admire a tree, bush or plant</p>	 <p>7. Know that to live is holy</p>
 <p>8. Walk in a park</p>	 <p>9. Make every day Earth Day</p>	 <p>10. Look out for someone else today</p>	 <p>11. Look alive today!</p>	 <p>12. Enjoy being in this moment</p>	 <p>13. Pray for people who work to transform lives by providing access to safe water, hygiene and sanitation.</p>	 <p>14. Pay attention to your surroundings</p>
 <p>15. Know that all of life is holy</p>	 <p>16. Be conscious of the water you use</p>	 <p>17. As the sun goes down, reflect on your care for all creation today</p>	 <p>18. Enjoy a meatless meal</p>	 <p>19. Pledge to reduce your plastic use</p>	 <p>20. Step outside and look at the stars</p>	 <p>21. Be grateful for the gift of today</p>
 <p>22. Give thanks for the work of bees</p>	 <p>23. Pray for and support people who are victims and survivors of extreme weather events</p>	 <p>24. Gift some of your belongings to charity</p>	 <p>25. Use paper not plastic drinking straws</p>	 <p>26. Rejoice in the gift of your life</p>	 <p>27. Do more today with less</p>	 <p>28. Refuse, reuse, reduce, recycle or repurpose today</p>
 <p>29. Fill a reusable water bottle</p>	 <p>30. Don't buy anything non-essential today</p>	 <p>1. Give thanks for all creation</p>	 <p>2. Learn why single-use plastic is harmful</p>	 <p>3. Disconnect from devices today and connect with people</p>	 <p>4. Review the actions you have taken during this Season & commit to living simply, sustainably and in solidarity with Earth and the Earth Community</p>	

'The care of creation, seen as a shared gift and not as a private possession, always entails the recognition and respect of the rights of every person and every people. The ecological crisis now affecting all of humanity is ultimately rooted in the human heart, that aspires to control and exploit the limited resources of our planet, while ignoring the vulnerable members of the human family...'

Pope Francis, 2018



www.mercyworld.org

'The Mercy world has heard 'the cry of Earth and the cry of the Poor' in a new way. It will respond by seeing Mercy in a new way and by daring Mercy in a new way.'

Mercy International Reflection Process (MIRP) Report

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