Mercy International Association supports the Season of Creation

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

‘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

‘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

© 2019 MIA

Text: Anne Walsh, Design: Clare Locke