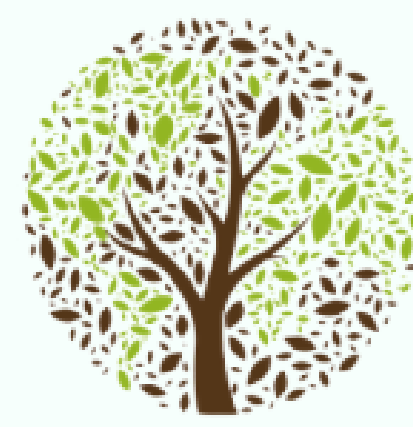


# Mercy International Association Activity Guide




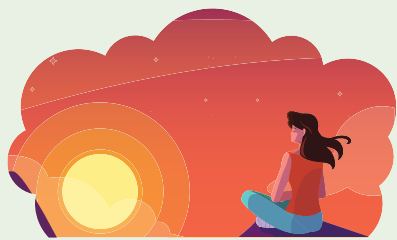
## SEASON OF CREATION

This Season of Creation MIA invites you to engage in the following:

1 September - 4 October

### Reflection

- Consider how your daily routine impacts Earth
- Enjoy more time in nature
- Establish an outdoor space for prayer and contemplation
- Pray for vulnerable people and communities affected by climate change
- Be mindful of animals and their habitats when exploring the outdoors. Do not touch or remove them
- Encourage community reflection on Laudato Si' themes by including them in the celebration of liturgical moments, and making study and prayer guides available
- Listen and learn from the wisdom of Indigenous Peoples 
- [Laudato Si' monthly reflection resources available here](#)



### Individual Action

- Make your own gifts e.g. jam, clothes, arts and crafts, etc.
- Carry your own reusable water bottle 
- Grow your own fruit, vegetables, herbs
- Reduce overall meat intake and have a weekly meat-free day
- Avoid single use products such as plastic or styrofoam cups, bottles, cutlery, straws
- Bring your own coffee mug to the local café.
- Buy fair trade products that are ethically and sustainably sourced
- If you can't recycle it, don't buy it 
- Calculate your carbon footprint using an online calculator: <https://www.footprintcalculator.org/>
- Start composting in your own yard or sign up for a compost collection service in your city
- Discuss and promote environmental issues with friends and family

### Community Action

- Install bird feeders, boxes, or bat boxes 
- Hold parish walks open to everyone to highlight the beauty of Creation
- Carpool with a group to an event
- Coordinate with your community to add more bike and walking lanes
- Plant butterfly and bee friendly plants and flowers in parish spaces
- Organise a beach or waterway clean up 
- Start a community garden
- Encourage local shops to stop distributing plastic bags
- Weave Laudato Si' themes into the community's communications by regularly highlighting them in newsletters/bulletins and on social media, encouraging community members to develop Laudato Si' plans
- Write a letter to your local newspaper to educate your community about an environmental issue

### Advocacy

- Advocate for governments to take urgent action to limit warming to 1.5°C temperature target and put in place legislation, policies, and measures to achieve this target in a sustainable manner
- Advocate to ensure that human rights, social justice, and integrity of Creation are at the centre of the response to the current climate, public health, and biodiversity crises
- Encourage institutions to divest from fossil fuel production and mining **DIVEST**
- Join the campaign to 'Pray and Act for Climate Justice' <https://www.prayandact4climate.org/>.
- Explore ways to advocate for Sustainable Development Goal 13: Take urgent action to combat climate change and its impacts
- Sign the Catholic petition on the climate crisis and biodiversity <https://thecatholicpetition.org/>
- Discover Mercy Global Action's advocacy at the United Nations for just policies to protect our Common Home <https://www.mercyworld.org/global-action>