

Section 1 - Spirituality

Reflection

“The Canticle of Brother Sun is a charter of peace, and as such it is a charter of creaturely right: human, animal, vegetable, and mineral. The most basic meaning of peace is being at home with all creatures, loving all life, reverencing all matter. The Canticle has a message of peace for all nations...” Eric Doyle

“We are completely dependent upon the community of creation and cannot draw a breath without it. We are poor, absolutely dependent upon God at the core of our beings. God is the sole source of life.” Monica Hartnett CSJ

On the line next to each statement describe your current practice using this scale:

Never	Sometimes	Always
1	5	10

Score: 20 – 69 points

Use: *Tips for Living More Lightly*

Score: 😊 70+

Use: *The Resources for Ongoing Learning*

1. I believe we have, through our “SSJ” spirituality and charism, a commitment to reconciliation and restoration of harmony to our world. _____
2. I believe I have a moral obligation to be responsible for the protection of the environment. _____
3. I believe that living simply frees up resources for those in need and frees the human spirit to cultivate relationships with neighbors, the natural world and the world of the spirit. _____
4. I realize I have a need to pray for a deeper awareness of my connectedness with all of creation. _____
5. I believe the ecological crisis has assumed such proportions as to be the responsibility of everyone. _____
6. I believe that ecological stewardship is a fundamental exercise in solidarity. _____
7. I believe in a God-centered and sacramental view of the universe, in which humans are accountable for choices that affect the future of Earth. _____
8. I believe in a worldview affirming the ethical significance of global interdependence and the common good. _____
9. I believe in an option for poor people which gives passion to our quest for an equitable and sustainable world. _____
10. I believe my actions effect the entire created order. _____

Tips for Living More Lightly

1. Make conscious efforts to limit amount of clothing, furniture, food purchases, etc., making them more available to others.
2. Reflect on your personal responsibility to protect the environment.
3. Examine your use of the resources.
4. Take time each day to reflect on the free and generous gifts of nature.
5. Explore ways of getting media coverage for an issue that concerns you.
6. Use filtered water rather than bottled water in solidarity with those whose water's source is being diminished by privatization of water.
7. Learn about environmental racism, the disproportionate impact of environmental contamination on communities of color.
8. Learn about agencies in your community, city, or state that have responsibilities for environmental issues and how to contact them with your concerns.
9. Give 5% of your budget to assist a poor family in your area while becoming more aware of the plight of those who are poor.
10. Watch the sun rise and set, take a walk, learn the birds in the area, and follow the night sky. Go outside to a quiet place or listen to instrumental music with nature background. Allow yourself to be transported into the heart of creation.

Resources:

Judy Cannato, *Radical Amazement*

Sallie McFague, *Life Abundant: Rethinking Theology and Economy for a Planet in Peril*

Joanna Macy and Molly Young Brown, *Coming Back to Life: Practices to Reconnect Our Lives, Our World*

Elaine Prevallet, SL, *Making the Shift: Seeing Faith Through A New Lens*

Joyce Rupp, *The Cosmic Dance: An Invitation to Experience Our Oneness*

Websites:

www.webofcreation.org

www.projectnatureconnect.com

www.earthministry.org

www.religionandecology.org

www.brianswimme.org

www.sojo.net

www.rainforestinfo.org