

GOAL 4: Adoption of Simple Lifestyles

The Adoption of Simple Lifestyles is grounded in the idea of sufficiency, and promoting moderation in the use of resources & energy.

Ideas to consider:

- Replace car trips with public transportation, walking, cycling or carpooling.
- Differentiate waste and recyclable material correctly.
- Allocate a “meat free” meal-day once a week, to reduce your carbon footprint.
- Donate unused clothing or material to charitable organisations.

GOAL 5: Ecological Education

Ecological Education is about re-thinking and re-designing curricular and institutional reform in the spirit of integral ecology in order to foster ecological awareness and transformative action.

Ideas to consider:

- Assess your carbon footprint using a “carbon footprint calculator” to discern changes that can be made to your lifestyle.
- Connect with your local environmental group.
- Visit your local recycling centre.
- Spend an “energy-free” day at home or in nature, disconnecting from electrical appliances.
- Research the “Market Forces” website and engage in a campaign.

GOAL 6: Ecological Spirituality

Ecological Spirituality encompasses a religious vision of God’s creation and encourages greater contact with the natural world in a spirit of wonder, praise, joy and gratitude.

Ideas to consider:

- Allocate a natural/green space at home for meditation, reflection and prayer.
- Organise a “Walk to Mass” Sunday.
- Attend a retreat in the natural environment twice a year.

GOAL 7: Community Engagement & Participatory Action

Community Engagement & Participatory Action encourages the development of cultures and policies that protect our common home and all who share it.

Ideas to consider:

- Get involved in your local community/parishes ecological events.
- Attend a class or workshop about how to care for creation.
- Write to your local MP/council about local environmental issues.
- Collaborate with your local priest or Church leaders in developing Laudato Si’ Action plans.

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Laudato Si'

— CARE FOR OUR COMMON HOME —

A GUIDE FOR PARISHIONERS




COUNCIL FOR
**INTEGRAL
ECOLOGY**
CATHOLIC ARCHDIOCESE OF ADELAIDE



What is Laudato Si'?

The first words of Laudato Si' are Italian and translate as "praise be to you."

Laudato Si' is an encyclical of Pope Francis published in May 2015. It focuses on care for the natural environment and all people, as well as broader questions of the relationship between God, humans, and the Earth.



Importance of this Encyclical

This encyclical is pivotal in redefining and rebuilding our relationship with each other and our common home.

It calls for a spiritual and cultural conversion to realise integral ecology.

In our response to that conversion, we realise that "living our vocation to be protectors of God's handiwork is essential to a life of virtue." (LS 216).

Action is needed.

LAUDATO SI' GOALS



GOAL 1: Response to the Cry of the Earth

The Response to the Cry of the Earth is a call to protect our common home for the wellbeing of all, as we equitably address the climate crisis, loss of biodiversity, and ecological sustainability.

Ideas to consider:

- Installation of solar panels on roofing.
- Installation of energy efficient household appliances.
- Replace traditional light bulbs with LED bulbs.
- Create a compost bin with household waste, as an alternative to using garden fertilisers. This will improve soil structure.
- Promote recycling where applicable.
- Utilise rainwater or drip irrigation to water garden plants.
- Choose local native or drought-tolerant plants in your garden.

GOAL 2: Response to the Cry of the Poor

The Response to the Cry of the Poor is a call to promote eco-justice, aware that we are called to defend human life from conception to death, and all forms of life on Earth.

Ideas to consider:

- Volunteer your time for a charitable organisation e.g. St. Vincent de Paul, Caritas, Hutt St. Centre.
- Get involved in ecological action days e.g. Laudato Si' Week, Season of Creation.

GOAL 3: Ecological Economics

Ecological Economics acknowledges that the economy is a sub-system of human society, which itself is embedded within the biosphere – our common home.

Ideas to consider:

- Purchase goods from local retailers and producers.
- Invest in ethically sourced clothing.
- Choose Fairtrade products e.g. coffee, tea, chocolate.
- Use the "Shop Ethical!" app to help purchase an item.
- Re-use things and refrain from the desire to buy more.