



# Listening Session Handout

A TIME OF LISTENING AND SHARING ON  
PARISH LAUDATO SI' PRACTICES



# LISTENING SESSION

## INDIVIDUAL REFLECTION

### 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, biodiversity loss, and ecological sustainability.

#### Some ways of practicing this goal are :

- Seal or caulk around windows and door frames
- Turn off light sources when not needed (use timers and motion detectors)
- Lower water consumption
- Replace all lightbulbs with LED bulbs
- Purchase power strips to turn off electronics when not in use
- Host or participate in litter removal days in the local community
- Eliminate the use of chemical fertilizers and pesticides
- Plant pollinator plants, gardens, and conservation landscaping
- Begin a parish composting program
- Install solar panels on property
- Utilize EPA's ENERGY STAR ratings when replacing or buying new appliances
- Purchase a programmable thermostat to reduce heating or cooling when not in use
- Retrofit kitchens and bathrooms by installing low-flow sinks and toilets
- Conduct an energy audit

### QUESTIONS FOR REFLECTION

1. How does our parish already practice this goal?

2. How can our parish better practice this goal?

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### 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.

#### Some ways of practicing this goal are :

- Strengthen outreach program to address the short-term needs of vulnerable populations in your community (example: food pantry)
- Support charity programs to help and assist vulnerable persons, such as Catholic Charities, Catholic Relief Services, Catholic Campaign for Human Development
- Develop or expand parish emergency funds to help individuals with energy, water, and other bills
- Send groups on the Appalachian Immersion Experience with the Laudato Si' Commission
- Explore local ecological educational opportunities in your community to learn about environmental justice
- Help with a local clean the waterways project or other environmental projects
- Promote Catholics at the Capitol with the Catholic Conference of Kentucky and other forms of political advocacy
- Promote Rice Bowl participation during Lent and the Catholic Campaign for Human Development Collection on World Day of the Poor

### QUESTIONS FOR REFLECTION

1. How does our parish already practice this goal?

2. How can our parish better practice this goal?

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### GOAL 3: ECOLOGICAL ECONOMICS

Ecological Economics acknowledges that the economy plays an important role in protecting the well-being of our common home. Actions could include purchasing sustainability produced goods, ethical investments, and protecting the dignity of workers.

#### Some ways of practicing this goal are :

- Buy locally produced and prepared food whenever possible
- Buy fair trade coffee and other food/drink
- Support local businesses with ethical wages and commitment to sustainability
- Purchase “green products” including cleaning products, office supplies, and kitchen items
- Transition parish vehicles to hybrid or electric

### QUESTIONS FOR REFLECTION

1. How does our parish already practice this goal?

2. How can our parish better practice this goal?

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### GOAL 4: ADOPTION OF SUSTAINABLE LIFESTYLES

The Adoption of Sustainable Lifestyles is grounded in the idea that in our personal lives and in parish life, we can make intentional choices regarding our use of resources and energy that can promote the well-being of the planet

#### Some ways of practicing this goal are :

- Eliminate single use plastics
- Use reusable coffee filters
- Reduce food waste (example: send all leftover foods to the homeless shelter or home with participants)
- Reduce the purchase of new consumer goods (buy used)
- Reduce meat consumption
- Eliminate the use of plastic shopping bags and styrofoam whenever possible
- Develop recycling program for the parish
- Recycle electronics
- Reduce paper use whenever possible
- Purchase office supplies made from natural or recyclable materials
- Install water fountains

### QUESTIONS FOR REFLECTION

1. How does our parish already practice this goal?

2. How can our parish better practice this goal?

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### GOAL 5: ECOLOGICAL EDUCATION

Ecological Education prioritizes formation and educational opportunities that promote ecological awareness and transformative action.

**Some ways of practicing this goal are :**

- Watch “The Letter” and have a group discussion
- Host a speaker on Care for Creation themes
- Organize local environmental educational trips.
- Create or expand parish and school libraries to feature a variety of books that provide guidance and resources for this work and that embrace the vision of Laudato Si’
- Incorporate justice and care for our common home into faith formation programs (youth, adults, RCIA, etc.)
- Read and discuss Laudato Si’ and Laudate Deum
- Include Care for Creation in parish school science and religion curriculum

### QUESTIONS FOR REFLECTION

**1. How does our parish already practice this goal?**

**2. How can our parish better practice this goal?**

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### GOAL 6: ECOLOGICAL SPIRITUALITY

Ecological Spirituality springs from a profound ecological conversion and helps us to “discover God in all things”.

“God created the world to show forth and communicate his glory. That his creatures should share in his truth, goodness and beauty - this is the glory for which God created them” (CCC 319).

**Some ways of practicing this goal are :**

- Include Care for Creation intentions to the Prayer of the Faithful at Mass
- Offer prayer experiences outdoors
- Host Season of Creation events
- Host an animal blessing on St. Francis Day
- Bless gardens or natural prayer spaces at the parish
- Regularly include homilies on Care for Creation themes
- Highlight Care for Creation in a variety of formats: bulletin announcements, parish social media pages, youth ministry, Religious Education classes, RCIA preparation, Adult Formation opportunities, coffee and donuts after Mass
- Create an outdoor prayer space (prayer garden, stations of the cross, etc.)

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### GOAL 7: COMMUNITY RESILIENCE AND EMPOWERMENT

Community resilience and empowerment promotes active and conscious involvement and participatory action to care for creation at the local, regional, national, and international levels.

#### Some ways of practicing this goal are :

- Start a peace and justice/ social action committee at the parish or on the parish pastoral council
- Collaborate with ecumenical and interfaith groups on Care for Creation initiatives
- Start a Care for Creation Team
- Participate in BUILD or other faith-based community action groups
- Organize ecological events for Earth Day
- Use parish and parish school communication channels to spread the message of Laudato Si'
- Utilize Flocknote, parish Facebook pages, and other social media to put Laudato Si' teaching/learning into action
- Connect with environmental justice issues in your local community and collaborate with groups working on these issues

### QUESTIONS FOR REFLECTION

1. How does our parish already practice this goal?

2. How can our parish better practice this goal?

