CATHOLIC EARTHCARE FAMILIES CERTIFICATE 1: FORM THE HEART FOR CHANGE

LAUDATO SI' IN ACTION



A PROGRAM OF

FORM THE HEART FOR CHANGE INTRODUCTION: WELCOME



Welcome to the Earthcare Families program!

We look forward to helping you along your journey to what we call an 'ecological conversion.' Here is some introductory information on the earthcare families program, the 7 goals of the Laudato Si Action Platform, some prayers to help you on your journey, information on workshops, how to contact us for support or to get earthcare families in your school or parish.

What is Laudato Si?

In 2015 Pope Francis released a letter to all peoples, also known as an encyclical, called 'Laudato Si.' Laudato Si is Latin for 'Praised be.' These words seem quite random, but in fact they were very deliberately chosen. St Francis of Assisi, Pope Francis' namesake, wrote a poem called the 'canticle of creation' which begins with the words 'Praised be to you O Lord.'

In this letter that the Pope wrote, there are 6 chapters that can be split into 3 key parts.

Part 1: see - this is where the letter details what is happening within the world and why he thinks these bad things are happening. Some of the things he mentions include global warming, climate change, the loss of bodiversity around the world, poverty and hunger, exploitation of people and the worlds resources and the issues around technology.

Part 2: judge - chapter 3 and 4, he examines the ecological crisis from a biblical perspective. He also talks about the idea of an integral ecology. This is the idea that we as humans need to come to understand our place in the world as integral to creation. This is ultimately the goal of the work of the Dicastery and what it means to have an ecological conversion.

Part 3: act- in the last two chapters, Pope Francis calls on large organisations, politics and companies to make changes to their way of operating in order to help improve the health of the planet. Finally, we as families and individuals are called to action in our own lives, in the decision that we make and the way we interact with creation.

This letter has become a living and breathing document, where people around the world are inspired by the call of Pope Francis to make changes in their lives to help people and the planet. The Dicastery for the promotion of integral human development is helping people on that journey.

FORM THE HEART FOR CHANGE INTRODUCTION: THE 7 GOALS

In order to facilitate an ecological conversion and enter into an integral ecology the Dicastery has developed 7 goals for families to work towards.



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. Actions could include the adoption of renewable energies and energy sufficiency measures, achieving carbon neutrality, protecting biodiversity, promoting sustainable agriculture, and guaranteeing access to clean water for all.



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. Actions could include projects to promote solidarity, with special attention given to vulnerable groups such as indigenous communities, refugees, migrants, and children at risk, analysis and improvement of social systems, and social service programmes.



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. Actions could include sustainable production and consumption, ethical investments, divestment from fossil fuels and any activity harmful to the planet and the people, supporting circular economies, and prioritizing care labour and protecting the dignity of workers.

4. ADOPTION OF SUSTAINABLE LIFESTYLES

The Adoption of Sustainable Lifestyles is grounded in the idea of sufficiency, and promoting sobriety in the use of resources and energy. Actions could include reducing waste and recycling, adopting sustainable dietary habits (opting for a more plant-based diet and reducing meat consumption), greater use of public transport, active mobility (walking, cycling), and avoiding single use items (e.g. plastic, etc.).



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. Actions could include ensuring equitable access to education for all and promoting human rights, fostering Laudato Si' themes within the community, encouraging ecological leadership (students, teachers), and ecological restoration activities.

6. ECOLOGICAL SPIRITUALITY



Ecological Spirituality springs from a profound ecological conversion and helps us to 'discover God in all things', both in the beauty of creation and in the sighs of the sick and the groans of the afflicted, aware that the life of the spirit is not dissociated from worldy realities. Actions could include promoting creation-based liturgical celebrations, developing ecological catechesis, retreats and formation programs.



7. COMMUNITY RESILIENCE AND EMPOWERMENT

Community resilience and empowerment envisage a synodal journey of community engagement and participatory action at various levels. Actions could include promoting advocacy and developing people's campaigns, encouraging rootedness and a rese of belonging in local communities and neighbourhood ecosystems.

FORM THE HEART FOR CHANGE INTRODUCTION: THE 4 PHASES

To help you to achieve some of these goals, the Earthcare families program has 4 phases. Upon completion of each phase, you will gain a certificate. This process if based on the work of John Kotter (1996).

Phase 1: Form the heart for change certificate.

To gain your first certification for formation, you will need to demonstrate that your family has begun to form the heart through learning about issues named in Laudato Si, and have made a commitment through registering for the Laudato Si action platform.

Key aspects:

- Form the heart
- Build a strong team



Phase 2: Create a vision for change certificate

To gain your second certification you must enable change within your family home to help care for creation. You must complete an audit, determine which of the 7 goals you will work on, communicate that plan within the family and provide evidence of change towards the 7 goals. Key aspects:

- Define the new vision
- Share the vision



Phase 3: Empower action and implement the change certificate

You will need to reflect on barriers that are inhibiting change within the home and determine ways to overcome these. To gain your third certification, you must demonstrate that you have implemented some changes aligned with your vision. The changes that you demonstrate should align with the 7 goals, as well as the commitment that you have identified in the previous certificate. Key aspects:

- Empower action
- Create quick wins

Phase 4: reflect and animate others certificate



To gain your fourth certification you must review your previous goals and reflect on what you have achieved so far. This may include charting a new path forward. Now that you are living an integral ecology, it is time to animate others and share your story. To achieve this, you can become a sponsor family. Key aspects:

- Track progress and reflect
- Animate others

You can also contact our program officer at anytime for support. Please email alice.carwardine@gmail.com

FORM THE HEART FOR CHANGE INTRODUCTION: PRAYER

To help you on your journey we pray

Prayer for families

Lover of the poor, we pray for all families that they may be "the place in which life-the gift of Godcan be properly welcomed and protected."

May they be especially attentive to the Cry of the Poor and work toward the fullness of life for all, especially for the most vulnerable and neglected members of our common family.



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Earthcare families prayer

Holy Father,

We thank you for calling our hearts and hands to action to care for our common home.

We ask that you help us discern our path towards an integral ecology. We pray that you continue to give us strength as we journey along this path.

We praise and adore you and all of creation that you so beautifully crafted.

Amen.

FORM THE HEART FOR CHANGE-KEY ASPECT 1: FORM THE HEART



To gain your first certificate, you will need to demonstrate that your family has begun to form the heart through learning about issues named in Laudato Si, and have made a commitment through registering for the program.

Key aspects 1:

• Form the heart: Formation of the spirit through engaging in prayer, education and reflection. This includes learning about Laudato Si and the ecological challenges that the world is facing, and developing a deep connection with the Earth. **To demonstrate that you have achieved this key aspect, you will need to record and provide evidence of 3 activities** that you have completed. Some examples of activities are listed below. Keeping a record and providing evidence can occur on social media, by you taking a photo and posting with the hashtag #act4ourcommonhome and #formtheheart. If you do not have a social media account, please keep a record to email.



1. Reading and reflecting on summaries of Laudato Si

To access the Encyclical, you can use the following link: <u>https://catholicearthcare.org.au/wp-content/uploads/2021/09/Laudato-Si.pdf</u>

For Chapter outlines you can use the following link: <u>https://www.overturnthetables.net/prayers</u>



To delve deep into Laudato Si and reflect on what an integral ecology means, you can use the following document: file:///C:/Users/acarwardine/Downloads/catholic-earthcare-7-questions-to-guide-reflection-on-integral-ecology%20(1).pdf

2. Engage in caring for country resources

Learning from the Aboriginal elders within Australia enlightens us on their deep connection to country that has existed for thousands of years. We recommend this book:

https://www.booktopia.com.au/country-of-the-heart-deborah-bird-rose/book/9780855757762.html

3. Complete an Ignatian Spirituality activity in nature.

See appendix 1 for resources.





4. Spending come time awing, wandering and wondering

There is no formula, process, or written component to this. Spending time in awing, wandering and wondering in creation is about going outside and being with nature for an extended period of time. It is a time to engage with the senses and reflect on God's wonderful creation. Awing something is about coming to see the world as it is in all of its beauty. Wandering is a way of moving around without a fixed path or goal, but rather allowing curiosity to be your guide. Being in wonder is about wondering why? Why is something the way that it is? How does something work? - you don't always need answer. Sometimes being outside with kids can be a bit challenging. Check out this website for some great ideas: <u>https://www.teachstarter.com/au/blog/16-activities-to-do-during-anature-walk/</u> The resources may not need to be printed, but could rather be a good way of prompting conversation with kids to engage them in thinking about their surroundings. This is also a great way to begin develop eco-literacy within children and for them to come to understand the importance of caring for our common home.

5. Reading, watching or otherwise engaging and reflecting with some of our recommended literature, or other literature that you have found.

See appendix 2 for resources.

FORM THE HEART FOR CHANGE BUILD A STRONG TEAM



To gain your first certification for formation, you will need to demonstrate that your family has begun to form the heart through learning about issues named in Laudato Si, and have made a commitment through registering for the program. *Key* aspect 2:

• Build a strong team: The whole family needs to be committed to the process of an ecological conversion. This involves making a commitment to the Laudato Si action platform.

It is now time to have a family dinner to discuss your commitment as a family team to undertaking the process towards an integral ecology. For more information on a discernment process check out this link:

https://laudatosiactionplatform.org/app/uploads/2021/05/ensuggested-discernment-process-updated.pdf

Here is a guide on how to hold a family dinner to discuss the program

- 1. Engage kids in preparing for a meal that everyone will enjoy
- 2. Make sure there are no distractions e.g. phones are off and TV is off.
- 3. Gather around the table and start with grace
- 4. Talk about how fortunate we are to have the meal, knowing that there are some less fortunate than us
- 5. While eating dinner discuss the activities that you engaged with in the form the heart process. What did you learn? What did you enjoy? What makes you concerned or worried?
- 6. Then begin to brainstorm how you can help care for our common home at home as a family. Make sure at this step that everyone, including the kids, have an opportunity to voice their opinion and what they would like to do. Be careful not to say things like 'that would be too hard for us to do, we can't do that'. Instead try phrases like 'that might be challenging, we would have to investigate more and consider it very carefully.' The purpose of this step is to dialogue with the family.
- 7. Explain that as a family it might be a good idea to make a commitment. You can register together with the LSAP that night after dinner. Kids could make a sign for the kitchen fridge. You might want to set aside some more time to sit down and start the planning process. To enroll in the Laudato Si Action Platform access this link: https://laudatosiactionplatform.org/
- 8. Take a photo or screenshot of your completed enrolment and post it to social media using the hashtag #buildastrongteam and #act4ourcommonhome. If you do not have a social media account, please collect photo evidence to email for your certificate.

EARTHCARE FAMILIES CERTIFICATE APPLICATION

Congratulations on forming your hearts for change!

Your family is now eligible to receive their first certificate.

To make sure that you are ready to complete your application, ensure that you have

1. Completed 3 activities under Key aspect 1: form the heart

2. Held a family dinner and completed the registration under Key aspect 2: build a strong team.

3. Have recorded evidence on social media and posted with the hashtags or collected photo evidence.

Once you have completed these tasks, fill in the information to the right and email to alice.carwardine@gmail.com

Please email this application to alice.carwardine@gmail.com

Family Name	
Date	
Facebook or Instagram username	
usemanie	

Ignatian Spirituality

The following reflection activity is designed in the principles of the traditional Ignatian Lectio Divina. There are three 'versions' of the activity. Lectio Divina (reflecting on the Gospel in word form);Visio Divina (reflecting on the Gospel in image form – that is finding an image and reflecting on it) and Natura Divina (reflecting on the Gospel as it appears in nature). Choose one of the versions to complete. If you are new to Ignatian spirituality, it may be easiest to begin with the Lectio Divina. This process will take between 30mins – 1hr, the times are a guide only.

Lectio Divina Steps

You will need a copy of the readings for today to complete this exercise. You may also like to use a journal.

Prepare (10 minutes)

Take some time to be present in your environment. You may wish to find a comfortable place to sit. Calm your mind. Spend some time in silence in creation. Invite God to be present with you in this moment.



Lectio (20 minutes)

We begin by reading the Gospel passage for this week. Record your thoughts and prayers as you take this time. Record any words of phrases that resonate with you. Read the Gospel as God's words to you in this moment.

Meditatio (10 minutes)



This is the time to meditate. You may wish to read the text a second time. Consider the words God has spoken, and consider what God has revealed to you. Ask God to make his intentions for you clear. Return back to what the scripture is sharing with you in this moment. Record these intentions. Try not to analyse the text for its contextual or historical meaning, think only about what God is revealing through the word.

Oratio (10 minutes)

This is the time to respond. Engage again with the text. Open your heart to prayer and conversation with the Lord. Record your prayers here.

Contemplatio (10 minutes)

This is a time for silent contemplation to end the session. Read the text one final time. This is not the time to formulate a prayer and ask God for blessings, it is a time for silence and for listening to God's word. Bring yourself to stillness.

APPENDIX 1 IGNATIAN SPIRITUALITY EXERCISES - VISIO DIVINA

Visio Divina Steps

You will need a picture or an image. This could be an image from a place that you have travelled to. It could be a photograph from the internet. It could be a photo that you took on your phone.

Prepare (10 minutes)

Take some time to be present in your environment. You may wish to find a comfortable place to sit. Calm your mind. Spend some time in silence in creation. Invite God to be present with you in this moment.

< Lectio (20 minutes)

We begin by examining an image, e.g. a photograph. Record your thoughts and prayers as you take this time. Record any memories or ideas or emotions that resonate with you as you examine the image.

Meditatio (10 minutes)

This is the time to meditate. Continue to examine the image. Consider the wonder that God has created in this image, and consider what God has revealed to you. Ask God to make his intentions for you clear. Return back to what the scripture is sharing with you in this moment. Record these intentions. Try not to analyse the text for its contextual or historical meaning, think only about what God is revealing through the word.

Oratio (10 minutes)

This is the time to respond. Engage again with the image. Open your heart to prayer and conversation with the Lord. Record your prayers here.



Contemplatio (10 minutes)

This is a time for silent contemplation to end the session. Examine the image a final time. This is not the time to formulate a prayer and ask God for blessings, it is a time for silence and for listening to God's word. Bring yourself to stillness.

APPENDIX 1 IGNATIAN SPIRITUALITY EXERCISES - NATURA DIVINA

Natura Divina Steps

This activity is designed to be completed outside, you may wish to do this at home, or in a park, or at the beach, or while on a walk.



Prepare (10 minutes)

Take some time to be present outside. You may wish to find a comfortable place to sit outside. Calm your mind. Spend some time in silence in creation. Invite God to be present with you in this moment.



Lectio (20 minutes)

The Gospel is not just found in words in the Bible. The Good news is found all around us and can be read through engaging the senses. The Word and Spirit are found in creation. Observe the animals and plants as they interact. Listen to the sounds of creation. Take in the scents of creation. If you have a journal, you may wish to record your thoughts and prayers as you take this time. Listen to God's word in creation and God's words to you in this moment.



Meditatio (10 minutes)

This is the time to meditate. Consider the words God has spoken, and consider what God has revealed to you. Ask God to make his intentions for you clear. Again you may wish to journal. Return back to what creation is sharing with you in this moment.



Oratio (10 minutes)

This is the time to respond. Engage again your senses with creation. Open your heart to prayer and conversation with the Lord.



Contemplatio (10 minutes)

This is a time for silent contemplation to end the session. Through listening, observing, and engaging the senses, immerse yourself into deep contemplation. This is not the time to formulate a prayer and ask God for blessings, it is a time for silence and for listening to God's actions in creation. Bring yourself to stillness.

APPENDIX 2 LITERATURE

Bible readings:

Genesis 1:1 - 3:24 Psalms 104 John 13:34-35

Books:

• Drawdown by Project Drawdown– Book and website that names the top 80 solutions to sequestering carbon dioxide back into the earth. https://www.drawdown.org/

- The Uninhabitable Earth by David Wallace-Wells book that is incredibly scary about what our Earth will be like if we don't make changes now
- On Eating Meat by Matthew Evans- a book about meat ethics
- · Blow out by Rachel Maddow- a book about the corruption in the fossil fuel industry
- · Books for kids: https://www.biome.com.au/139-childrens-books
- https://childrensbooksdaily.com/book_reviews/100-of-the-best-books-for-children-on-sustainability/
- https://www.goodreads.com/shelf/show/eco-friendly-kids

Movies and TV series:

- 2040 movie.
- Plastic Ocean Netflix series
- Rotten Netflix series (check age appropriateness)
- The Inconvenient Truth and the Inconvenient Sequel Documentary about the climate crisis
- · Cowspiracy and sea-spiracy Netflix documentaries
- Kiss the ground Netflix
- David Attenborough life on our planet
- The Minimalists Netflix
- Marie Condo Netflix
- War on waste ABC
- Fight for planet A ABC

APPENDIX 2 LITERATURE



Theology books and articles:

- Becker, W. H. (1992). Ecological sin. Theology Today, 49(2), 152.
- Deane-Drummond, C. (2008). Eco-theology. Retrieved from https://ebookcentral.proquest.com
- Johnson E. A. (2018). Creation and the Cross. Maryknoll NY: Orbis Books
- Johnson, E. A. (2014). The Community of Creation. In E. A. Johnson, Ask the Beasts: Darwin and the God of Love, (pp. 260-286). Bloomsbury Publishing Place, London.
- Kureethadam, J. I. (2016). Ecological virtues in Laudato Si. Ethics in Progress, 7(1). Pp. 44-66. Doi:10.14746/eip.2016.1.4
- Shore-Goss, R. E. (2016). God is green: An eco-spirituality of incarnate compassion. Retrieved from https://ebookcentral.proquest.com

Kids:

- The Bee Movie talks about how important bees are to our ecosystem.
- Wall-e a dystopian style movie about what would happen if we continue to pollute our planet.
- Fern Gulley a movie about deforestation.
- The Lorax about environment and profit
- Happy Feet about plastic pollution and humans

Websites:

- https://www.ecoliteracy.org/resources
- IPCC report https://www.ipcc.ch/reports/
- Tips https://greatergood.berkeley.edu/article/item/five_ways_to_develop_ecoliteracy
- powerpoint https://www.slideshare.net/enriccalvet/ecological-literacy