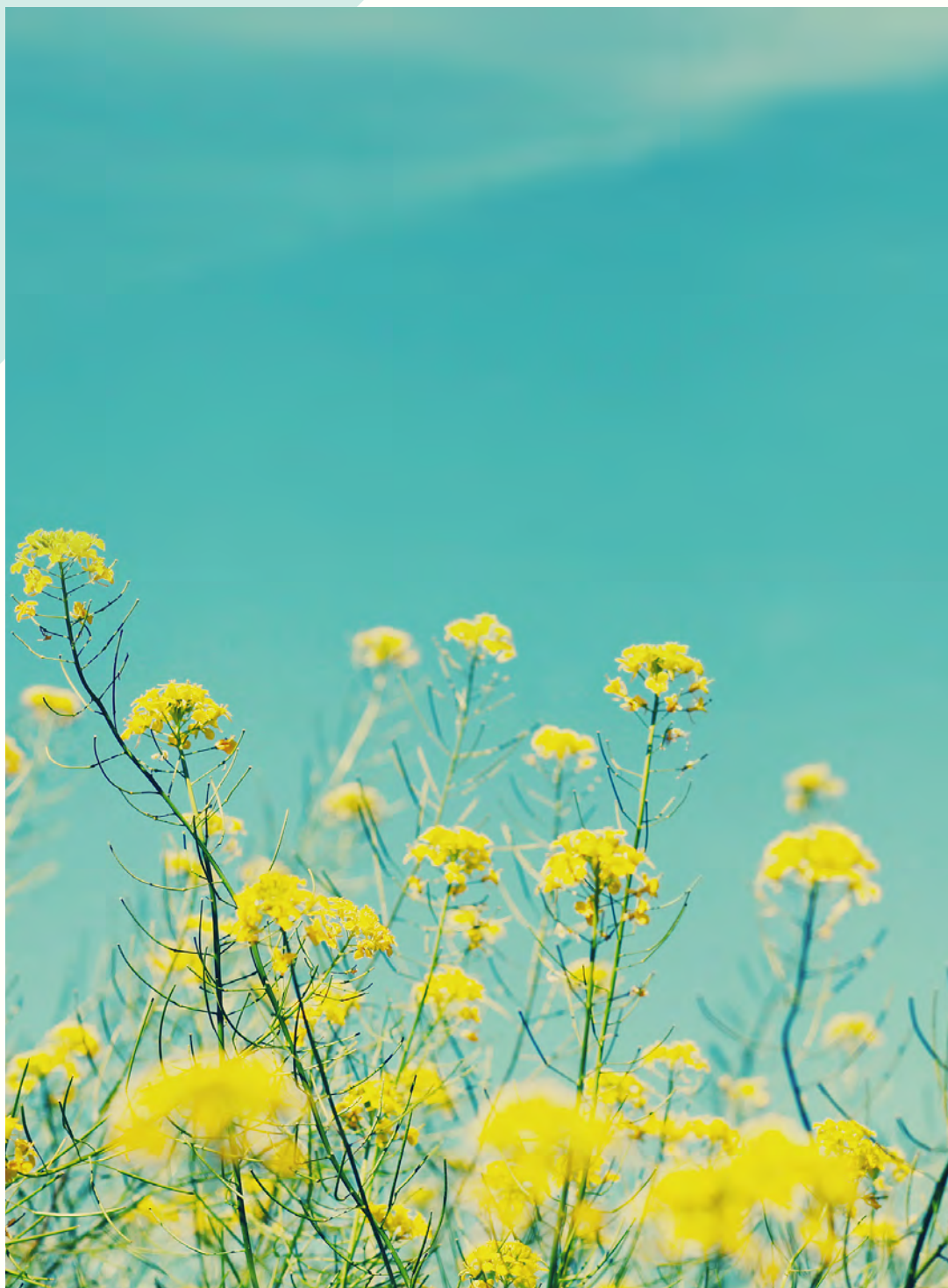


SISTERS OF SAINT JOSEPH | SEASON OF CREATION | 2021

PRAYER JOURNAL



A SPECIAL THANKS,

This reflection is based on #Mercy2Earth developed by the Global
Catholic Climate Movement

All quotes are from Pope Francis' message "Show Mercy to our Common
Home" written on the occasion of the World Day of Prayer for the Care of
Creation (1 September 2016) The #Mercy2Earth Examen © The Global
Catholic Climate Movement, 2017

Illustrations provided by Sr. Donna Gibbs, CSJ.

Produced by Julia Morris, US Federation of the Sisters of St. Joseph



LET US BEGIN

As we enter into this Season of Creation, it is helpful to assess where we are in our personal journey of ecological conversion. In Pope Francis' message "Show Mercy to our Common Home" he reminds us that one of the first steps toward integrating love

and care for creation as part of our Christian faith is by conducting an examination of conscience. This examine, is patterned after the examination of conscience developed by St. Ignatius of Loyola. We invite you to use it as a way to deepen in your vocation as "protector of God's handiwork" or before going to the sacrament of confession.

GIVE THANKS

Let us give thanks for God's creation and creatures. "The first step... involves "gratitude and gratuitousness, a recognition that the world is God's loving gift."

Offer thanks for the many ways God has blessed you through creation.

This might include what you ate for breakfast, the water you drink... or it might be a favorite tree, the sounds of birds chirping or a place in nature that is special to you.

Give thanks for the people, past and present, who have contributed to the fabric of your life. You might think about the people who helped raise you, your teachers, the people who pick your food, make your clothes, and the countless others.



WE ARE CALLED

Pope Francis invites us into “loving awareness that we are not disconnected from the rest of creatures, but joined in a splendid universal communion.” Our lives are interconnected, and interdependent on so many other people!

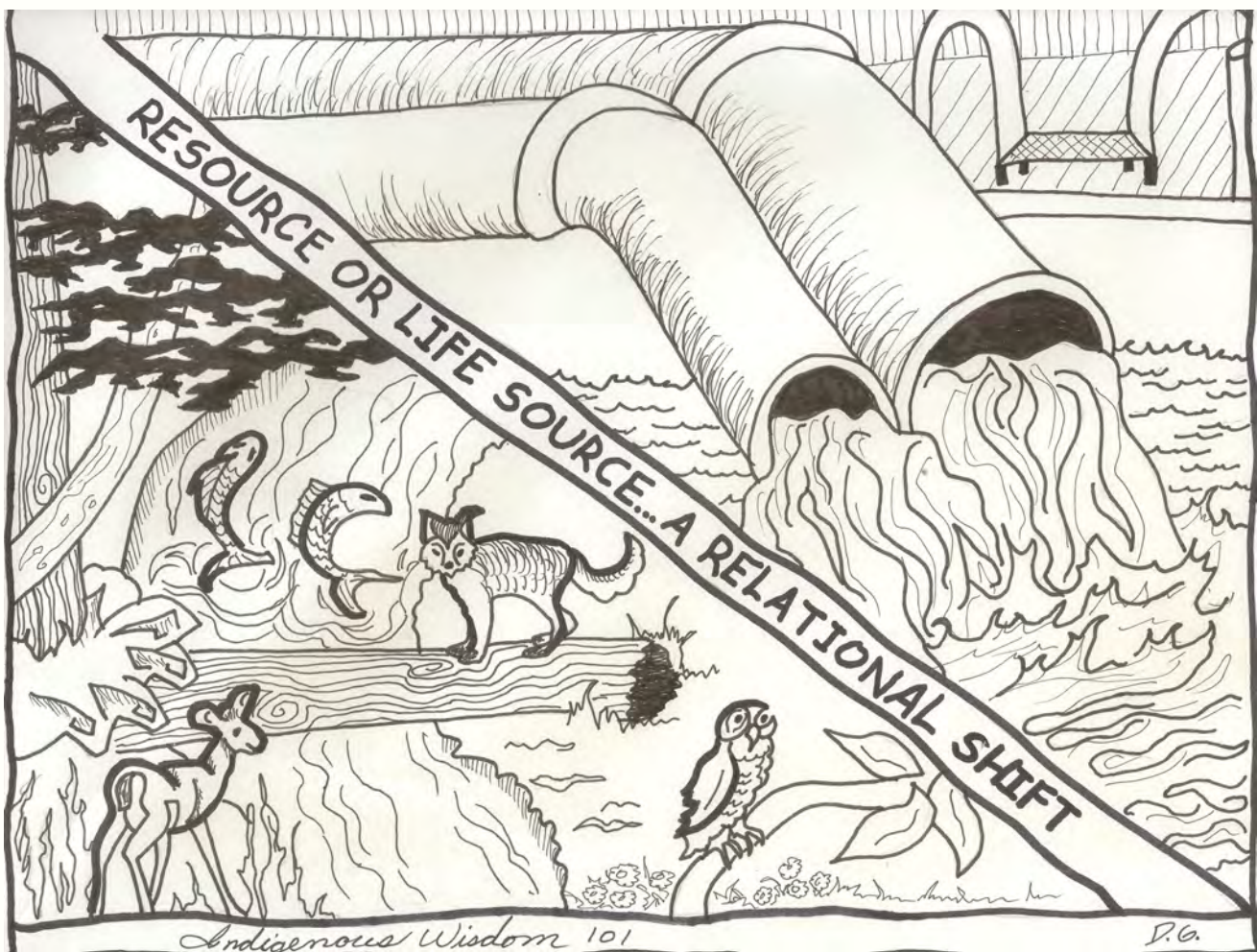
Reflect on the ways you have listened to “the cry of the earth and the cry of the poor.”

“Inasmuch as we all generate small ecological damage,” we are called to acknowledge “our contribution, smaller or greater, to the disfigurement and destruction of creation.”

PAUSE

Take time to reflect on the following art and questions

Pope Francis asks in his message:

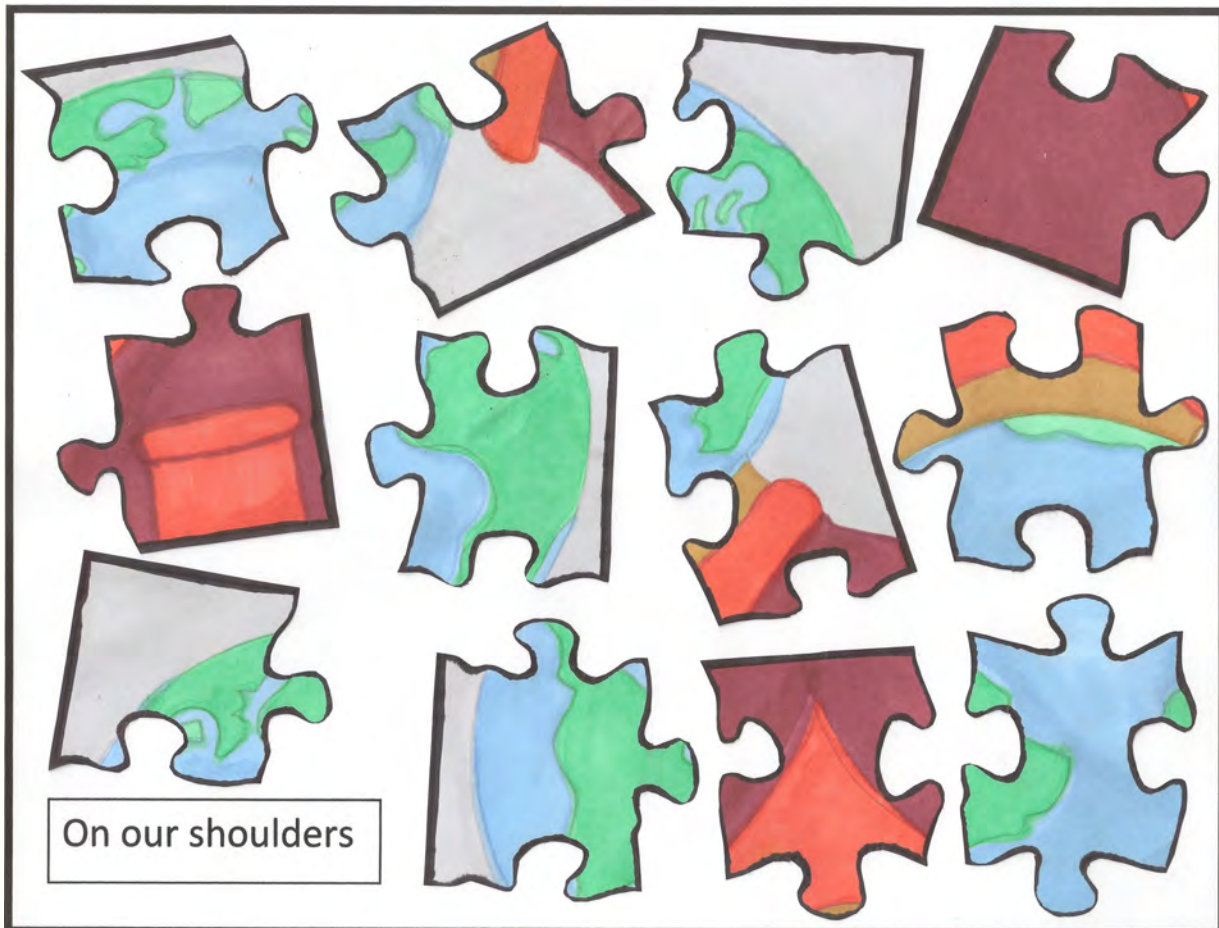


Am I aware of the “cry of the earth and the
cry of the poor?”

Am I conscious of how
the natural world, the
plants and animals, are
suffering?

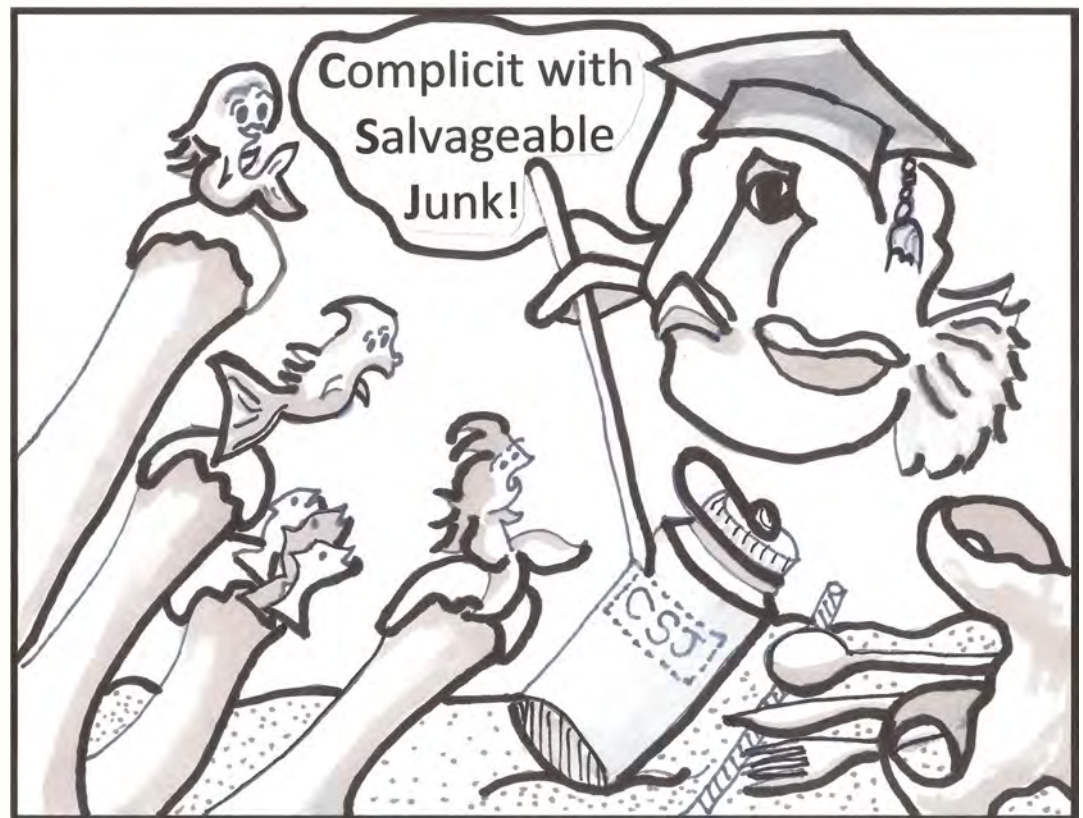


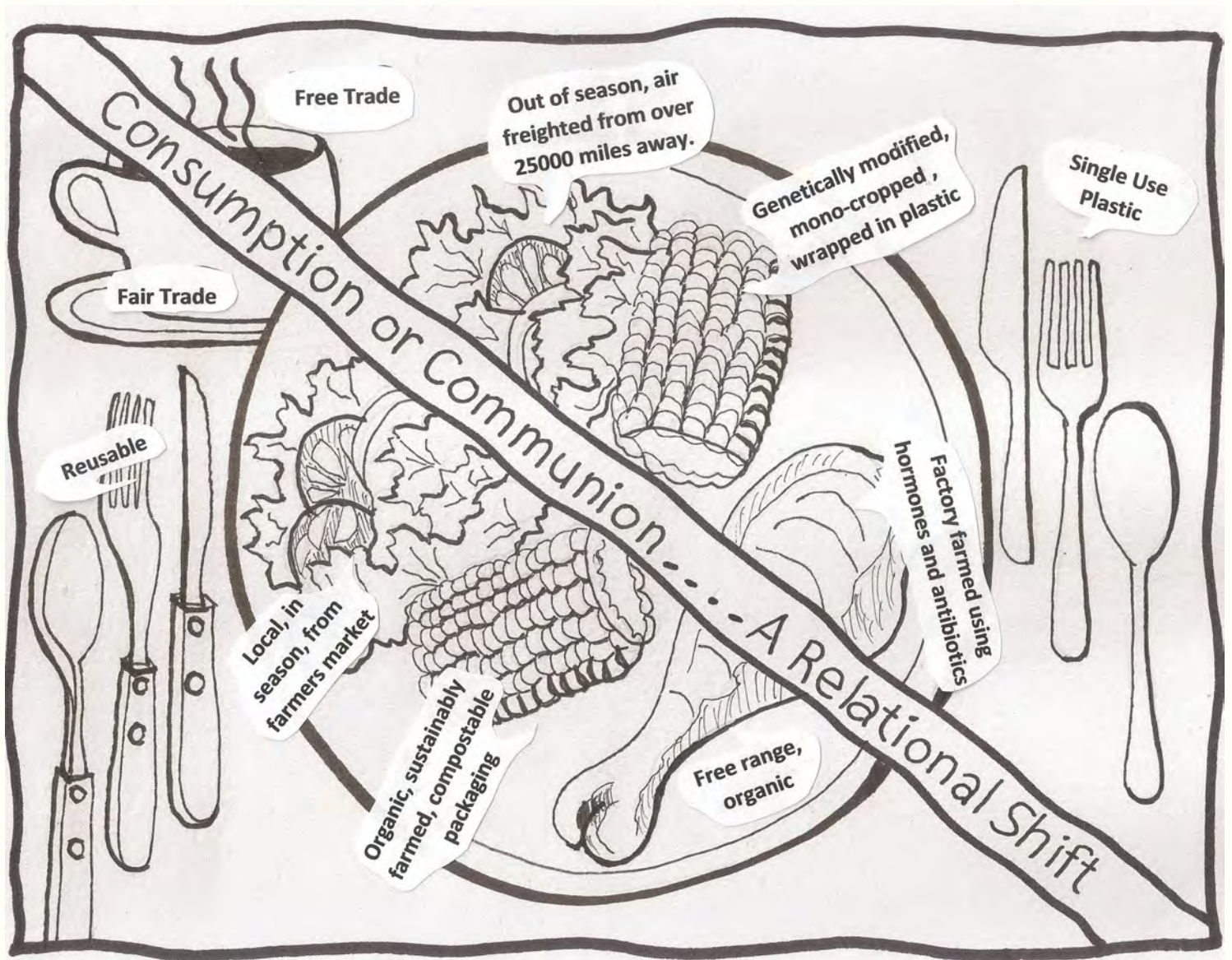
Do I take time to learn
more about the social
and economic realities
faced by so many
around the globe?





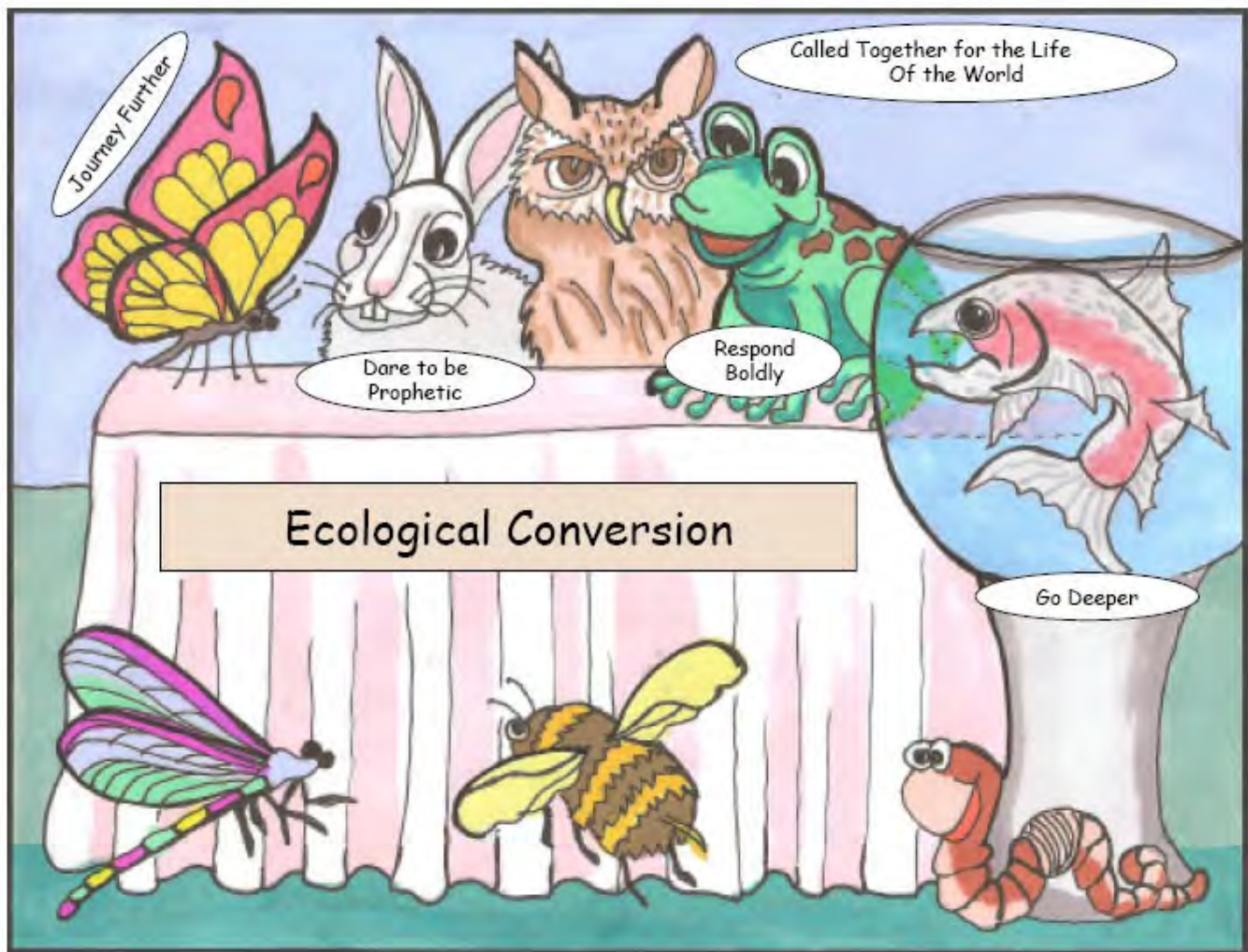
In what ways have I made a conscious effort to care for creation and its creatures? In what ways have I fallen short?





In what ways have I made a conscious effort to care for creation and its creatures? In what ways have I fallen short?

How can I help to "make amends for past and present religious intolerance", as well as, for injustice towards people of other religions, women, indigenous peoples, immigrants, the poor, and the unborn?



REFLECT



ASK FOR FORGIVENESS

Ask forgiveness for the ways you've fallen short in caring for God's creation and creatures. "After a serious examination of conscience and moved by sincere repentance, we can confess our sins against the Creator, against creation, and against our brothers and sisters."

Bring to God the ways that you have fallen short in caring for our common home and ask for forgiveness. If you are so moved, you might want to bring some of your reflections to the sacrament of reconciliation "as the place where the truth makes us free."

AMENDS

"Examining our consciences, repentance and confession to [the One] who is rich in mercy lead to a firm purpose of amendment. This in turn must translate into concrete ways of thinking and acting that are more respectful of creation."

Pray to God for the grace to know how you are invited to better care for creation, the poor, and future generations. In his message, Pope Francis offers the following guidance, As a corporal work of mercy, care for our common home requires "simple daily gestures which break with the logic of violence, exploitation and selfishness" and "makes itself felt in every action that seeks to build a better world... A single question can keep our eyes fixed on the goal: "What kind of world do we want to leave to those who come after us, to children who are now growing up?"

What changes can you make in your personal life or in your community to better care for our common home and its inhabitants, present and future?

FORGIVENESS

Let us conclude this examine by giving thanks for the merciful love that you received during this time and pray the final prayer in the Pope's message:

O God of the poor,
help us to rescue the abandoned
and forgotten of this earth,
who are so precious in your eyes...
God of love, show us our place in this world
as channels of your love
for all the creatures of this earth,
God of mercy, may we receive your forgiveness
and convey your mercy throughout our common
home.

Praise be to You!

Amen.

