



Five Ways to Take Care of Our Common Home

If we want to bring about deep change, we need to realize that certain mindsets really do influence our behavior. Our efforts at education will be inadequate and ineffectual unless we strive to promote a new way of thinking about human beings, life, society and our relationship with nature.

Pope Francis (Laudato Si' #215)

Consider committing to **one or more** of these caretaking practices:

1. **Personal Caretaking** — Walk More

Take a daily or weekly walk to pay attention to the nature of God's neighborhood. Be on the look out for signs of life, pick up trash, and connect with the creatures and people who share your corner of the planet.

2. **Family Caretaking** — Drive Less

Give your car a Sabbath rest. Skip a trip and become more conscientious about car use. Replace one car trip by taking a bike, a hike, or a bus. If possible, designate a weekly "car-free" day.

3. **Faith-Community Caretaking** — Enlighten the Church

Encourage leadership in your faith community to "green" the congregation by: replacing standard light bulbs with LED lights; banishing disposables in favor of cloth towels and napkins, ceramic plates, and real silverware; installing low-flow toilets and faucets; investigating renewable energy alternatives.

4. **Political Caretaking** — Bring Care for Creation into Public Life

Join or start an environmental concerns group in your community. Contact civic leaders (city, county, state, federal) to request information on policy positions concerning care for the environment and fossil fuels. Connect with advocacy groups which promote respect, care, and protection for life and nature.

5. **Soulful Caretaking** — Breathe Life into Prayer

Once a day, turn off the screen, silence the phone, unplug the music, and spend time quietly immersed in "raw reality," resting and reflecting. Pay attention to the seasons and cycles of the sun, moon and stars. Open a window, sit in the garden, and find a way to let the beauty of life speak to your soul.