

LAUDATO SÍ REFLECTIONS

HM
Sisters of the Humility of Mary



Pray with us during
Catholic Sisters Week,
March 8-14.

The sisters will be
praying each day for
one of the seven goals
of the Laudato Sí
Action Platform.
These reflections
include sections of the
HM Litany of Hope
and Promise.
(Chapter 2021)

Prayers by Sr. Linda Valasik



CATHOLIC
SISTERS WEEK

MARCH 8

The Cry of the Earth: greater use of renewable energy; protect and promote biodiversity, guarantee clear water for all.

HM Litany of Hope and Promise

- We will remain faithful to the message and mission of the Gospel, the words of Jesus and the spirit of the HM charism.**
- We will use our energy to work toward the sustainability of creation.**

Creator God, grant us love for your creation that you designed to be our home. Enable us to reverence and protect our earth with its power to bring life and beauty. We ask to be responsible stewards in sharing the riches of our planet, Earth. Amen.

MARCH 9

The Cry of the Poor: defend human life from conception to death and all forms of life on earth; special attention to vulnerable groups; Indigenous communities, migrants, children at risk through slavery, etc.

HM Litany of Hope and Promise

- **We will remain faithful to the message and mission of the Gospel, the words of Jesus and the spirit of the HM charism.**
- **We will treasure the power of gentle presence with each other and with all we meet.**
- **We will honor diversity among ourselves and in the world.**
- **We will work to lift the strength, dignity, spirits and voices of women.**
- **We will use our voice for peace and justice and work to eradicate all traces of racism.**
- **We will continue to open our hearts to people who are poor and marginalized and use our resources to alleviate suffering.**
- **We will partner with people and organizations committed to the message of the Gospel.**

Loving God, source of healing and justice, we are weak and suffer from the woundedness of our sin.

Give us compassionate hearts and ready wills to support our sisters and brothers who are in any way poor. Amen.

MARCH 10

Ecological Economics: sustainable production, Fair-trade, ethical consumption and investments, divestment from fossil fuels

HM Litany of Hope and Promise

- **We will use our energy to work toward the sustainability of creation.**
- **We will be courageous and bold as we grow in wisdom and grace and age.**

Providential God, you designed us to create in imitation of you. Deepen our sense of responsibility to use and share the results of our labors, and thereby enrich the lives of people everywhere. Amen.

MARCH 11

Simple Lifestyles: sobriety in the use of resources and energy, avoid single-use plastic, more plant-based diet, reduce meat, greater use of public transport.

HM Litany of Hope and Promise

- We will use our energy to work toward the sustainability of creation.**
- We will be courageous and bold as we grow in wisdom and grace and age.**
- We will embrace the central place of contemplative prayer in our lives.**

Sustaining God, abundance is your hallmark as you walk with us on our earthly journey. Help us to learn ways of managing and sharing our resources so all people have enough to live in dignity. Amen.

MARCH 12

Ecological Education: rethink and redesign educational curricula; reform in the spirit of integral ecology to create ecological awareness and action; promote ecological vocation.

HM Litany of Hope and Promise

- We will partner with people and organizations committed to the message of the Gospel.**
- We will use our energy to work toward the sustainability of creation.**
- We will realize as the people of God the need to use the power within us to awaken new life in the Church.**

God of truth, every atom in creation praises you. Make us aware of your magnificent presence. Move us to teach this presence every day. Amen.

MARCH 13

Ecological Spirituality: recover religious vision of God's creation, encourage greater contact with the natural world in spirit of wonder, praise, joy and gratitude, promote creation-centered liturgical celebrations, develop ecological catechesis, prayer, retreats, formation.

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- We will partner with people and organizations committed to the message of the Gospel.**
- We will use our energy to work toward the sustainability of creation.**
- We will realize as the people of God the need to use the power within us to awaken new life in the Church.**
- We will work to lift the strength, dignity, spirits and voices of women.**

God of the universe, the beauty, order, and mystery of your artistry reveal you and stun our senses. Energize us with words of praise, joy, and gratitude to reflect you Spirit who lives in us as your daughters and sons. Amen.

A photograph of three people working in a garden. A man in a white t-shirt and jeans is handing a small potted plant to a woman in a red shirt who is kneeling. Another woman in a light blue shirt and a red hat stands behind them, holding a wooden handle. They are in a garden bed with various plants and flowers.

MARCH 14

Community Resilience and Empowerment: care for creation at local, regional, national and international levels.

HM Litany of Hope and Promise

- We will partner with people and organizations committed to the message of the Gospel.**
- We will use our energy to work toward the sustainability of creation.**
- We will recognize ourselves as a community of Sisters, Associates and Covenant Companions and move forward in a more integrated and participatory way.**

**God, your nature is to be community, and from the beginning of time designed humanity to work together. Foster in us committed hearts that partner with others to extend the care and blessing of your creation across the world.
Amen.**