



5 things you can do everyday to live *Laudato Si'*

- 1. Get Out in Nature:** More “green time and less screen time” will help foster curiosity and love for God’s creation in you and your family.
- 2. Buy Local and Seasonal Organic Foods:** The ecological footprint of our food is unbelievable. Buying foods from a CSA or farmer’s market will do wonders to insuring a healthier, more sustainable future.
- 3. Consume Less:** Less is truly more and as Christians we are called to always strive to live more simply. Many of our world’s environmental problems stem from over-consumption.
- 4. Get Involved:** Get your hands dirty working for the earth and the poor.
“... it will demand that we set out on the long path of renewal.” -*Laudato Si'*
- 5. Pray for Our Common Home:** A lot of kneeling will keep us in good standing. We pray as one human family for our one human family and the Earth that sustains us. St. Francis of Assisi, pray for us.

