

10 WAYS YOU CAN LIVE LAUDATO SI'

By signing the Laudato Si' Pledge, you have joined a larger community of Catholics around the world who are committed to living out Laudato Si' in their own lives, and bringing it to their parishes and community. In the coming weeks and months, we'll be sharing more ideas and resources for those who want to Live Laudato Si', and help you connect to others who have signed the pledge. But here are some ideas to get you started:

Pray with and for creation

"Our relationship with the environment can never be isolated from our relationship with others and with God."—Laudato Si' 119

1. Include a prayer of thankfulness for creation, and that we will protect our common home, in your daily prayers.
2. "Pray with the news" or incorporate people impacted by climate or ecological issues into your daily prayer.
3. Pray outside.

Live Simply

"There is a nobility in the duty to care for creation through little daily actions."—Laudato Si' 211

4. Before you purchase something ask, "Do I need or want this?"
5. Go without meat one day a week.
6. Drive less-consolidate errands, or decide to walk or use a bike for short trips

Advocate to protect our common home

"There is an urgent need to develop policies so that, in the next few years, the emission of carbon dioxide and other highly polluting gases can be drastically reduced."—Laudato Si' 26

7. Connect with local organizations advocating for the climate
8. Organize a symbolic action highlighting a local ecological issue as part of the [Season of Creation](#).
9. Consider what is making it more difficult for you to change your lifestyle—lack of public transportation, no recycling or compost in the community, or no options for clean energy—and bring the community together to ask for change.

Spread the word

"Truly, much can be done!"—Laudato Si' (180)

10. Let friends know what you've done and invite them to take the pledge. Use our toolkit (link when available) to invite your parish or diocese to do so as well. This is a global crisis, and it will take all of us working together to make the changes we need.