

10 WAYS YOU CAN LIVE LAUDATO SI' for Families

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 family's daily prayers.
2. "Pray with the news" or incorporate people impacted by climate or ecological issues into your daily prayer.
3. Pray together outside.

Live Simply

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

4. Before anyone in the family purchases something ask, "Do I need or want this?" If your children want something new, discuss if it's important.
5. Go without meat one day a week.
6. Agree on family time you'll spend together in a way that doesn't use electronics.

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. Find a way as a family to contribute to care for creation, such as taking children to a park clean up or joining a climate rally.
8. Hold a postcard or petition drive at your parish to support environmental policies, with everyone in the family writing postcards.
9. Ask each person in the family, including children, what your community could do to be kinder to creation. Write to your local council, mayor, or other community official asking them to consider the change.

Spread the word

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

10. Let other family members and friends know what you've done and invite them to take the pledge. Use [our toolkit](#) 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.