

## Friday Evening Prayer

**Canticle of Brother Sun and Sister Moon** (~St. Francis of Assisi)

[Music version by John Michael Talbot](#)

Most High, all-powerful, all-good Lord, All praise is Yours, all glory, all honour and all blessings. To you alone, Most High, do they belong, and no mortal lips are worthy to pronounce Your Name.

Praised be You, my Lord, with all Your creatures, especially Sir Brother Sun, Who is the day through whom You give us light. And he is beautiful and radiant with great splendour, Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars, In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air, And fair and stormy, all weather's moods, by which You cherish all that You have made.

Praised be You, my Lord, through Sister Water, So useful, humble, precious and pure.

Praised be You, my Lord, through Brother Fire, through whom You light the night and he is beautiful and playful and robust and strong.

Praised be You, my Lord, through our Sister, Mother Earth who sustains and governs us, producing varied fruits with colored flowers and herbs.

Praise be You, my Lord, through those who grant pardon for love of You and bear sickness and trial. Blessed are those who endure in peace, By You Most High, they will be crowned.

Praised be You, my Lord through Sister Death, from whom no-one living can escape. Woe to those who die in mortal sin! Blessed are they She finds doing Your Will. No second death can do them harm.

Praise and bless my Lord and give Him thanks, And serve Him with great humility. Amen.

## Saturday/Sunday Afternoon Prayer

(consider doing 2 each day)

- Find a comfortable place outside to [listen to a guided meditation](#)
- Write or sketch your own Canticle of Praise for Creation
- Praise creation through music: [Majestic](#)
- Music Meditation: [Everything is Holy Now](#)
- Prayer Walk in nature: [Prayer walk instructions](#)
- [Visio Divina](#) in nature
- Outdoor Perspective Meditation: [Instructions](#)
- [Nature scavenger hunt](#)

## Saturday Evening Prayer

**Ecological Examination of Conscience**

Adapted from <http://www.ecologicalexamen.org/>

1. **I give thanks to God for creation and for being wonderfully made.** Where did I feel God's presence in creation today? Do I accept with a grateful heart the gifts of God's goodness and diversity in creation?
2. **I ask for the grace to see creation as God does – in all its splendor and suffering.** Do I see the beauty of creation and hear the cries of the earth and the poor? Do I build bonds of love, care, and companionship with all living beings? Do I value creation not as mine alone but first and foremost as God's home?
3. **I ask for the grace to look closely to see how my life choices impact creation and the poor and vulnerable.** What challenges or joys do I experience as I recall my care for creation? How can I turn away from a throwaway culture and instead stand in solidarity with creation and the poor?
4. **I ask for the grace to reconcile my relationship with God, creation and humanity, a conversion of heart, and to stand in solidarity through my actions.** Where have I fallen short in caring for creation and my brothers and sisters? How can I repair that relationship and make choices consistent with my desire for reconciliation with creation?

After reflecting on these questions, I hold in my mind and heart the ways I will live with love and integrity within the web of creation.

**Amen.**

## Sunday Closing Prayer from *Laudato Si*

A Prayer for Our Earth (~Pope Francis)

All-powerful God, you are present in the whole universe  
and in the smallest of your creatures.  
You embrace with your tenderness all that exists.

Pour out upon us the power of your love,  
that we may protect life and beauty.  
Fill us with peace, that we may live as brothers and sisters,  
harming no one.

O God of the poor, help us to rescue the abandoned  
and forgotten of this earth, so precious in your eyes.

Bring healing to our lives, that we may protect the world  
and not prey on it, that we may sow beauty, not pollution  
and destruction.

Touch the hearts of those who look only for gain at the  
expense of the poor and the earth.

Teach us to discover the worth of each thing, to be filled with  
awe and contemplation, to recognize that we are profoundly  
united with every creature as we journey towards your  
infinite light.

We thank you for being with us each day.  
Encourage us, we pray, in our struggle for justice, love and  
peace. Amen.



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# SUGGESTED ACTIVITIES FOR

## *Children & Youth*

### For Younger Children (pre-K to grade 5)

**Bugs! Children's Ministry Creation Videos:**

View on Youtube Channel: [Waukesha County Green Team, Inc](#)

[Waukesha County Creation Care Network, Bugs! Playlist](#)

### For Youth (grade 6 and up)

**Movie Suggestions for Teens**

Age guidelines from [Common Sense Media](#)

#### **Oceans**

*Educational Documentary dives deep for facts*

Watch on Netflix, Disney +  
8+

#### **Wild Parrots of Telegraph Hill**

*Fall in love with these brave and beautiful birds.*

Watch on Amazon Prime (in certain areas)  
8+

#### **A Plastic Ocean**

*A Documentary Filmmaker investigates the pollution's environmental impacts*

Watch on Netflix  
13+

#### **The 11th Hour**

*Leonardo DiCaprio headlines this global warming documentary*

Rent on Youtube or Amazon Prime  
13+

#### **Biggest Little Farm**

*Poignant, thought-provoking documentary about sustainable living.*

Watch on Hulu  
Age 8+ (Does depict typical animal life on a farm)

#### **Our Planet (Series)**

*Experience our planet's natural beauty*  
Watch on Netflix  
TV-PG

#### **Chasing Ice**

*Beautiful, affecting documentary about glacier retreat.*  
Rent on Amazon Prime  
13+

#### **Winged Migration**

*The Amazing Odyssey of Traveling Birds*  
Rent on Amazon Prime  
7+

#### **The True Cost**

*A look at the true cost of fast fashion.*  
Watch on Tubi, Amazon Prime  
Ages 13+

#### **Chasing Coral**

*Divers, scientist and photographers around the world mount an epic underwater campaign to document the disappearance of coral reefs.*  
Watch on Netflix  
TV-PG

#### **Minimalism**

*A documentary about the important things.*  
Watch on Netflix  
Ages 13+

### For all ages:

[Illustrated Ministry Earth coloring sheets](#)

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## VISIO DIVINA: SACRED SEEING

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### **Composition of Place**

- Use the above photo, or look at something that stirs you in some way
- Find a comfortable position that allows you to easily view the image
- Close your eyes and take a few deep breaths
- Remember that you are in the loving presence of God

### **Gazing**

- Open your eyes. Slowly and gently allow your eyes to explore your image.
- Notice colors, shapes, details, light/dark, textures, symbols, etc.
- To what are you especially drawn? Or is there something you resist?

### **Contemplation**

- What memories, connections, and feelings emerge as you gaze?
- You may wish to close your eyes again as you spend some time noticing what is stirring within you.

### **Invitation**

- Is there an invitation offered to you as you contemplate your image?
- Is there a connection to your current life situation? Your past? Or future?

### **Prayer**

- Rest in the loving presence of God.
- Offer gratitude for this loving presence and the gifts of this time..
- Reflection and Journaling:
- Close with some time to reflect in writing about what has emerged during your prayer.
- If an invitation was offered to you during your prayer, how might you respond to it?

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# OUTDOOR PERSPECTIVE

## *Meditation*

Participants need a piece of paper, pen or drawing materials, hard surface for writing, and something to mark off a space outside (string, blocks, sticks, a hula hoop). Optional are a magnifying glass, camera, and towel or blanket on which to sit and lie.

Mark off a space in the grass or garden. The size depends upon how large of a space you'd like to study. You can create a square one foot by one foot, one yard by one yard, or even a circle.

Once you've marked off the area, study it while standing up. Note what's in it. What types of plants? Is it all grass or do you have dandelions, clover, and daisies as well? Look for bugs and animal tracks. Draw pictures of the space and what you've discovered inside of it from your current perspective.

**Based upon your current perspective, write:**

- How does this space serve me?
- How do I serve this space?

Sit down next to the space. From a sitting perspective, note what's in your space. Are there plants you didn't notice before? Animal prints? Insects? Watch the area closely for several moments. Is there movement? Does the wind blow here? What signs of life do you see? How many unique pieces of creation do you see? Draw pictures of what you've discovered from your current perspective.

**Based upon your current perspective, write:**

- How does this space serve me?
- How do I serve this space?

Lie down next to this space. From this perspective, note what's in your space. Are there plants you didn't notice before? Animal prints? Insects? Insect tracks? Continue to watch closely for several moments. Use a magnifying glass or camera zoom. Turn over sticks or rocks. Is there movement? What signs of life do you see? Draw pictures of the area and what you've discovered inside it from your current perspective.

**Based upon your current perspective, write:**

- How does this space serve me?
- How do I serve this space?

Close your eyes and imagine what it looks like under the soil. From this perspective, note what's in your space. What do the roots look like? Insects? What does it smell like? Visualize it for several more moments. Is there movement? What would the rain look like in your space? Is there life? Draw pictures of the space and what you've discovered inside of it from your current perspective.

**Based upon your current perspective, write:**

- How does this space serve me?
- How do I serve this space?

As you get up to leave, thank God for this sacred space. Leave it marked off as long as you're able. Spend time every day discovering what's changed in this sacred space.

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# NATURE

## *Scavenger Hunt*

Look for these items out in nature. You may not use the same answer twice. **Please leave nature in nature.** Do not pick or collect any items. Write the name of the item you found in the space provided.

Something that ....	Item you found
...is older than you	
...is younger than you	
...is smooth	
...is rough	
...is smaller than a dime	
...is larger than a pillow	
...is not alive	
...is colorful	
...is slimy	
...one person cannot move	
...is NOT edible	
...is growing	
...is wispy	
...is round	
...is mentioned in a song	
...starts with the letter J	
...starts with the letter E	
...starts with the letter S	
...starts with the letter U	
...starts with the letter S	