



# SEASON OF CREATION

1 September - 4 October | #SeasonOfCreation



## Week 1 (September 1 - September 7)

### Pray

- Pray psalms of nature
- Pray in the garden
- Pray daily the 'Prayer for Creation'
- Organise interfaith discussion in favour of Mother Earth
- Pray for various intentions that are associated with Mother Earth
- Lectio Divina with the young in nature
- Pray the Ecological Rosary
- Pray for farmers, ecologists, environmentalists and the poor
- Spend time in silence with nature



## Week 2 (September 8 - September 14)

### Share

- Organise a day of 'Exchange of Saplings' with teachers/youth/workers/eco club members
- Have a day of sharing of knowledge of either animals/birds/ medicinal plants, etc
- Gift plants to neighbours and friends
- Join different eco friendly groups on facebook or in your vicinity
- Prepare short videos, write articles to create eco sensitivity



## Week 3 (Sept 15 - Sept 21)

### Contemplate

- Nature meditation
- Organise sessions for eco club members/children/youth/teachers on nature
- Participate in sessions that promote nature
- Keep up the 'Earth Hour'
- Create awareness on eco-sensitivity
- Read and reflect articles on Laudato Si



## Week 4 (Sept 22 - Sept 28)

### Plant

- Plant saplings
- Promote plants that give out oxygen at night
- Learn the uses of different medicinal plants
- Organise plantation drives
- Prepare a kitchen garden/prepare compost



## Week 5 (Sept 29 - Oct 4)

### Explore

- Go to a beach/orchard/farm
- Visit a field and thank the farmer
- Organise a trek with students/teachers/youth/past pupils
- Organise nature trails
- Work with Eco-Groups
- Cleanliness drives

