

# Laudato Si'

Pope Francis' encyclical letter on human ecology, *Laudato Si'* is the Church's most profound clarion call yet for us all to be protectors of creation and the poor.

The Encyclical calls for a new global solidarity, where all individuals, communities and governments have an essential part to play. Out of love for our sisters and brothers worldwide, and for the love of God's creation, we are called to respond.

## Challenge

How can I stand in solidarity with people experiencing poverty and marginalisation?  
How can I be more just in my daily actions?

"We must not think that these efforts are not going to change the world. They benefit society, often unbeknown to us, for they call forth a goodness which, albeit unseen, inevitably tends to spread."

– Pope Francis

**THINK GLOBALLY.  
ACT LOCALLY.  
OWN YOUR ACTIONS  
DAILY.**



# Laudato Si' Living Tips

Choose a weekly or monthly challenge and mark it off as you go!

Add your own tips and share your actions online with [#WeAreCaritas](#)

- Join/Start a social justice group.
- Switch everyday items like coffee, tea and chocolate for the Fair Trade brand alternative.
- Think about how to 'slavery-proof' your life. Choose companies that make their products in a way that protects people and the planet. Start choosing more ethical alternatives with your next purchase of clothes shoes or electronic devices.
- Reduce your food waste. Compost leftovers.
- Forgive daily!
- Use re-usables! Drink bottles, Keep cups. Avoid single use plastics.
- Pray daily!
- Practise gratitude...for every cup of clean water, for every meal, for every opportunity to learn.
- Participate in a campaign to influence government decisions.
- Spread joy.
- Get involved in conservation in your local community.
- Spend 10 minutes of uninterrupted time in nature every day.
- Plant something and care for it.

"Poverty today is a cry. We all have to think if we can become a little poorer, all of us have to do this. How can I become a little poorer in order to be more like Jesus, who was the poor Teacher?"

Pope Francis

Add your own tips here