



October 26, 2021

OCTOBER'S LAUDATO SÍ SHARING

As IHMs, we are invited to begin our Laudato Sí journey by entering a period of discernment. Through the lens of our charism and mission we are asked to consider the [seven goals](#) of the Laudato Sí Action Platform and prayerfully determine the contribution we can make to one or more of these goals. Each congregation must find its own path according to its charism, situation, and mission.



Our [Contemplative Reflection for October](#) focused on the first goal: Our Response to the Cry of the Earth. We were asked to reflect on how we live as a first world country. Does our standard of living have a negative effect on other parts of the world? How?

View this appeal from the Church in Australia and hear its message applied to us:
<https://www.youtube.com/watch?v=IcP5E2trsX4>

Here is an examen to help you reflect more personally on how you are called to care for the Earth:

Begin by thanking our God for the beautiful world that He has created for you and ask for the grace to desire ecological conversion.

Ask yourself...

- How have I informed myself about the environmental crisis that we are experiencing in our world?
- What actions have I taken to replace consumption with sacrifice, greed with generosity, wastefulness with a spirit of sharing?
- For what must I ask for forgiveness and reconciliation?

End your examen by placing yourself in God's loving providence, recalling the IHM charism to be faithful to the task that you began in the name of God, to work creatively for solutions, and to remember that you are God's instrument of love for your neighbors and the world.