

As three IHM congregations united by a common charism, we are pleased to offer this 34 Days of Action for the Season of Creation. Together, we invite our Sisters, Associates, colleagues, and friends to join us in caring for our common home through meaningful daily actions that reflect our shared commitment to justice, peace and the integrity of creation.



**SEASON OF
CREATION**

2026



Living Water

Season of Creation 2026

Immersion in Living Water

Ezekiel 47:9, 12



This year's theme, "Living Water," explores Ezekiel 47:9 and 12 as a powerful biblical vision of hope and ecological healing.

Ezekiel 47: 9

Wherever the river flows, every sort of living creature that can multiply shall live, and there shall be abundant fish, for wherever this water comes the sea shall be made fresh.

Ezekial 47:12

Along both banks of the river, fruit trees of every kind shall grow; their leaves shall not fade, nor their fruit fail. Every month they shall bear fresh fruit, for they shall be watered by the flow from the sanctuary. Their fruit shall serve for food, and their leaves for medicine.

Amidst exile and loss, the image of living water flowing from God's sanctuary reveals divine healing that renews the earth, water, biodiversity and human responsibility towards all creation.

The Season of Creation is a period from September 1 to October 4 during which Christians come together in prayer and action for Creation.



Welcome to the Season of Creation!



The Cosmic Web refers to the universe's skeleton-like framework made up of galaxies, dark matter and elongated filaments connecting everything in the universe. Every galaxy is connected to each other! On Earth, nothing is apart, all is connected. Climate change is certainly proving this true. Your thoughts, love-energies and intentions are not insignificant, but form the substance of the evolutionary processes being initiated by God. Therefore, whatever you do to spread and uphold truth, justice and love is part of what seeds the future. What future are you helping to create?

"I just feel too overwhelmed with the news these days. I need a break." Does this sound familiar? Perhaps you have been feeling this way, too?

When the world starts to feel like a huge burden on my shoulders, I take some quiet time on my front porch and admire the beauty of some flowering plants. Silently, I breathe into my heart and wonder, "God, what is mine to do?"

The answers lie within me. After letting my thoughts wander awhile, I start to know what is stirring in my heart. Often times, I need to get past unresolvable anger and remember my passions, priorities, values and limitations. I sit with the mantra, "Bring the Light of Christ into your world today."

Together, let us grow a new "world garden, water the plants and nurture bloomings" as God blesses all our endeavors.



The symbol represents the water flowing from God's Temple: at first it is a small stream that grows ever deeper and, in doing so, brings life to barren areas and restores the fertility of damaged or sterile ecosystems.

Week 1

Tuesday, September 1

Learn where your drinking water originates

Reflection: *Genesis 1:31: “God saw everything that he had made, and indeed, it was very good.”*

Fact: Less than 1% of Earth’s water is available for people to drink. Although Earth is called the “Blue Planet,” most water is saltwater or locked away in glaciers and ice caps.

Wednesday, September 2

Read your community’s water quality report

Reflection: *Psalms 104:10: “You make springs gush forth in the valleys.”*

Fact: A single drop of water may have traveled through dinosaurs, glaciers, ocean and clouds. Water is constantly recycled through the watercycle.

Thursday, September 3

Contact your local elected officials and encourage them to strengthen protections for clean water

Reflection: *Laudato Si’ 27: “Some countries have made considerable progress, although much more remains to be done.”*

Fact: Nearly half of U.S. rivers and streams and more than one-third of lakes are in poor biological condition, making strong local water protections essential.

Friday, October 2

Learn about your state’s environmental priorities

Reflection: *Laudato Si’ 202: “Many things have to change course, but it is we human beings above all who need to change.”*

Fact: Every state faces different water challenges. Some focus on drought, others on flooding, PFAS, lead pipes, or agricultural runoff.

Saturday, October 3

Commit to one lasting action

Reflection: *James 1:22: “Be doers of the word, and not merely hearers.”*

Fact: Habits become powerful when practiced consistently. Even one lasting change, like carrying a reusable bottle or reducing fertilizer use, can make a difference over time.

Sunday, October 4

Share what you’ve learned and invite someone else to act

Reflection: *Laudato Si’ 71: “All it takes is one good person to restore hope.”*

Fact: Protecting water is one way to care for all creation. Clean water supports people, wildlife, forests, farms, and future generations. Every action helps sustain our common home.



Week 5

Tuesday, September 29

Participate in a community environmental event

Reflection: Hebrews 10:24: “Let us consider how to provoke one another to love and good deeds.”

Fact: Citizen scientists help monitor water quality. Volunteers across the country collect water samples and report pollution problems.

Wednesday, September 30

Reduce energy use

Reflection: Laudato Si’ 230: “An integral ecology is also made up of simple daily gestures which break with the logic of violence, exploitation and selfishness.”

Fact: Saving energy also saves water. Power plants require large amounts of water for cooling and electricity generation.

Thursday, October 1

Send a Catholic advocacy message

Reflection: Laudato Si’ 179: “Society must put pressure on governments to develop more rigorous regulations, procedures and controls.”

Fact: Your voice can help protect water. Many environmental laws and clean water investments began because ordinary people spoke up.

Friday, September 4

Choose a reusable alternative

Reflection: Laudato Si’ 22: “A throwaway culture quickly reduces things to rubbish.”

Fact: A reusable water bottle can replace hundreds of single-use plastic bottles over its lifetime, keeping plastic out of landfills and waterways.

Saturday, September 5

Talk about conserving water where you live

Reflection: Laudato Si’ 30: “Access to safe drinkable water is a basic and universal human right.”

Fact: Americans use an average of about 82 gallons of water per person every day. Much of that water is used for bathing, toilets, laundry and dishes.

Sunday, September 6

Support a local business or farmer

Reflection: Galatians 6:2: “Bear one another’s burdens, and in this way you will fulfill the law of Christ.”

Fact: Supporting local farmers can help strengthen resilient food systems that protect soil and water. Sustainable farming benefits entire communities.

Monday, September 7

Learn about an Indigenous nation

Reflection: Laudato Si’ 146: “It is essential to show special care for indigenous communities and their cultural traditions.”

Fact: Indigenous peoples have protected water for thousands of years. Many Indigenous cultures view water as sacred and teach that it should be cared for, not owned.

Week 2

Tuesday, September 8

Learn about PFAS

Reflection: *Laudato Si' 20: "These problems are closely linked to a throwaway culture which affects the excluded just as it quickly reduces things to rubbish."*

Fact: PFAS are called "forever chemicals" because they break down extremely slowly. They can remain in water, soil, wildlife and people for many years.

Wednesday, September 9

Support investment in clean water

Reflection: *John 7:38: "Out of the believer's heart shall flow rivers of living water."*

Fact: Investing in clean water saves money. Preventing pollution is often much less expensive than cleaning contaminated water later.

Thursday, September 10

Reduce single-use plastics

Reflection: *Romans 12:2: "Do not be conformed to this world but be transformed by the renewing of your minds."*

Fact: Plastic never truly disappears. Instead, it breaks into tiny pieces called microplastics that have been found in oceans, rivers, rain and even human blood.

Saturday, September 26

Choose environmentally safer products

Reflection: *Laudato Si' 159: "We receive this world as an inheritance from past generations, but also as a loan from future generations."*

Fact: Phosphorus and nitrogen pollution (as found in lawn and garden fertilizers, some dishwasher detergents, some cleaning products and much more) can create harmful algal blooms. These blooms can make water unsafe for people, pets and wildlife.

Sunday, September 27

Learn about stormwater

Reflection: *Job 38:25: "Who has cut a channel for the torrents of rain?"*

Fact: What goes down a storm drain usually flows directly into local waterways. Unlike wastewater, stormwater is often not treated before reaching rivers and lakes.

Monday, September 28

Thank a local water protector

Reflection: *Laudato Si' 14: "We require a new and universal solidarity."*

Fact: Clean water depends on many unseen workers, including water treatment operators, conservationists, farmers, and community leaders who protect this shared resource.

Week 4

Tuesday, September 22

Encourage water conservation

Reflection: *Laudato Si' 23: "The climate is a common good, belonging to all and meant for all."*

Fact: Fixing one leaky faucet can save hundreds of gallons of water each year. Small changes add up over time.

Wednesday, September 23

Learn about lead pipes

Reflection: *Proverbs 22:3: "The prudent see danger and take refuge, but the simple keep going and pay the penalty."*

Fact: Lead pipes can contaminate drinking water, especially in older communities. Replacing them is one of the best ways to protect public health.

Thursday, September 24

Speak out for clean water

Reflection: *Matthew 25:35: "I was thirsty and you gave me something to drink."*

Fact: Water pollution doesn't stay in one place. Pollutants can travel hundreds of miles through connected rivers, lakes and groundwater.

Friday, September 25

Support organizations serving people experiencing poverty

Reflection: *Proverbs 31:8: "Speak out for those who cannot speak for themselves."*

Fact: People living in poverty are often the first and hardest hit by unsafe drinking water. Water justice is closely connected to economic justice.

Friday, September 11

Learn about rainwater and watersheds

Reflection: *Isaiah 55:10: "For as the rain and the snow come down from heaven and do not return there until they have watered the Earth"*

Fact: Every stream is part of a watershed. A watershed is the land area that drains rain and snow into a common river, lake or wetland.

Saturday, September 12

Protect wetlands by learning about and supporting their preservation

Reflection: *Laudato Si' 151: "It is not enough to balance, in the medium term, the protection of nature with financial gain."*

Fact: Wetlands act like natural filters, helping remove pollutants, reduce flooding and provide habitat for countless species.

Sunday, September 13

Learn what should not be flushed

Reflection: *1 Corinthians 14:40: "All things should be done decently and in order."*

Fact: Many "flushable" wipes are not actually safe to flush. They can clog sewer systems and contribute to costly overflows into waterways.

Monday, September 14

Reflect on your water footprint

Reflection: *Laudato Si' 211: "The ecological conversion needed to bring about lasting change is also a community conversion."*

Fact: A hamburger requires roughly 660 gallons of water to produce. This "hidden" or "virtual" water includes growing feed, raising cattle and processing food.

Week 3

Tuesday, September 15

Encourage safer products

Reflection: *Laudato Si' 183: "Environmental impact assessment should not come after the drawing up of a business proposition or the proposal of a particular policy, plan or programme."*

Fact: Many household cleaners eventually end up in rivers and lakes. Choosing environmentally safer products helps reduce pollution.

Wednesday, September 16

Contact your state legislators and ask them to advocate for safe, clean water

Reflection: *Isaiah 1:17: "Learn to do good; seek justice."*

Fact: Clean water laws work. Since the Clean Water Act was passed in 1972, many rivers once considered unsafe have become cleaner and healthier.

Thursday, September 17

Join a cleanup

Reflection: *Laudato Si' 211: "There is a nobility in the duty to care for creation."*

Fact: Community cleanups make a measurable difference. Volunteers often remove thousands of pounds of litter from waterways every year.

Friday, September 18

Learn about a nearby river or lake

Reflection: *Laudato Si' 29: "The quality of available water is constantly diminishing."*

Fact: The U.S. has over 250,000 rivers, more than three million lakes (including small ones), and millions of acres of wetland.

Saturday, September 19

Reduce food waste

Reflection: *John 6:12: "Gather up the fragments left over, so that nothing may be lost."*

Fact: Food waste wastes water too. Growing food requires enormous amounts of water, so throwing food away also wastes the water used to produce it.

Sunday, September 20

Follow a watershed organization

Reflection: *Psalms 24:1: "The Earth is the Lord's and all that is in it, the world, and those who live in it."*

Fact: A watershed connects everything within it - rain, soil, plants, wildlife and people - so protecting one part helps sustain the whole system.

Monday, September 21

Learn about water justice

Reflection: *Laudato Si' 206: "Purchasing is always a moral, and not simply economic, act."*

Fact: More than two billion people worldwide still lack safely managed drinking water services. Access to clean water remains one of the world's greatest justice challenges.