

Marianist Reflections on the Laudato Si' Action Platform **Adoption of Sustainable Lifestyles Goal**

Wisdom From Our Marianist Founders

It is great work—correcting without discouraging; to bend something without breaking it. Of all the obligations of a leader, this is the most tiresome, the most difficult. It requires much prudence and many sacrifices; but let us take courage for ourselves and for others. There will always be something to fix, to clean out, and if, unfortunately, we are negligent in our work, it will be necessary to come back to clear it out again. – Venerable Marie Thérèse de Lamorous

Laudato Si' Action Platform (LSAP) Goal

Adoption of Sustainable Lifestyles is grounded in the idea of sufficiency and moderation in the use of resources and energy to ensure that all people and all life have enough. (LSAP #4)

As Marianists, we strive to live balanced lives. We are called to consider our lifestyle choices for ourselves, for the whole earth community, and for future generations. Collaborating with Mary, we recognize that our whole life must strive to bring Christ to the world, which, in our time of climate crisis, means that we must make sustainable choices in every decision we make.

Reflection Questions

1. What are some sustainable choices you've made? How do you reduce your household waste, limit your energy usage, or make choices with your environmental impact in mind?
2. Do you consider the total environmental impact of your purchases, like who made them, how far they traveled to get to you, and what will happen when you finish with them?
3. Marie Thérèse taught to "correct without discouraging". How do you improve your actions for sustainability without getting discouraged or despairing?
4. What action will you take to respond and deepen your ecological conversion?

Mindfulness

Living sustainably can be challenging, but our choices matter. Think about what you regularly eat. Consider the resource costs including the growers and how far the food travels to get to you. Think about your wardrobe. Do you make buying decisions based on need or the desire to keep up with the latest fashion trends? Think about your travel habits. Do you consider the necessity of a trip before you take it, and do you consider climate-friendly options like walking, biking, or public transportation? Think about your energy usage. Do you remember to turn things off when you don't need them, and do you set your thermostat with the environment in mind? Challenge yourself to remember that our choices make a difference.

Additional Resources for Individual and Group Reflection

Resources:

MSJC Integral Ecology Team Sustainable Lifestyle poster: <http://bit.ly/sustainable-lifestyle-poster>

Catholic Climate Covenant Earth Day 2023 Resource: Simple Living: God's Vision of An Abundant Life <https://catholicclimatecovenant.org/earth-day-2023-simple-living-gods-vision-abundant-life>

Reflection Series Overview

The seven Marianist Reflections on the Laudato Si' Action Platform (LSAP) are developed to support individual reflection or group discussion on each of the seven goals identified in the LSAP <https://laudatosiactionplatform.org/>. Inspired by the teaching of Pope Francis in the 2015 encyclical *Laudato Si'* on integral ecology – the understanding that humans and everything else in nature are inter-connected – and our rich Marianist heritage, these guides aim to support efforts to live out the principles of *Laudato Si'* through the lens of our Marianist charism. We strive to hear and respond to both “the cry of the earth and the cry of the poor.” (*Laudato Si'*, 49) on our journey of “ecological conversion” towards an integral ecology. The reflection guides are intended for use by individuals or groups of small or large size. Familiarity with *Laudato Si'*, the LSAP, the Marianist charism, and the Marianist founders is helpful but not required. Each reflection can stand-alone or can be used with some or all of the rest of the series. To download the complete series, visit www.marianistsjc.net/integral-ecology. Have feedback on these reflections? Send it to us at <https://forms.gle/fFJbQaotrbdA2pVa8>.

Learn More

Learn about the Laudato Si' Action Platform Goals and how they integrate with the Global Compact on Education and our Marianist Charism at <https://marianistencounters.org>

This resource was developed by the Integral Ecology Team of the Marianist Social Justice Collaborative <https://marianistsjc.net> in partnership with the Marianist Environmental Education Center <https://meec.center> as part of our participation in the Marianist Family Encounters Project <https://marianistencounters.org>

Share your story (you can include photos/video) of how your group/community is exploring Sustainable Lifestyles as a Marianist Encounters update:
support@marianistencounters.org