



Care of Earth Commitment No. 2 February 2022

Ecological Spirituality

Immersed in God's Creation that Surrounds You

Making time to enjoy nature that surrounds us can be challenging, although rewarding. Talk with the Sisters of your local community about what you can all experience together in just being in nature for a time. Here are some ideas:

Start with viewing the video with photos and the song, "The Deer's Cry." (4 ½ minutes)

<https://www.youtube.com/watch?v=mZPGKtvniYo&feature=youtu.be>

Set aside 30-60 minutes together to explore the beauty of your garden, yard or some park or area near your house which will allow you to explore and enjoy together. During this time just be still and notice all that surrounds you. Listen to the noises, smell the flowers, watch the birds, squirrels, insects, any living critter. Do this in silence from one another. Let the sun, fresh air enter your thoughts and connect with God and creation.

Give thanks for the beauty that you recognize. Pick one thing that speaks to you today. Enjoy the beauty of God's creation.

Why did you choose this beauty today? Is something calling you to go deeper into God's gift? What is this message? How can you keep this feeling of connectedness with God and creation alive in your life? What thoughts and experiences are you having during this short 30-60 minutes?

Afterwards meet together as a local community and share what happened to you. Together through sharing, something else might touch you deeply by listening to your Sisters. Let this be a time of being together and enjoying the beauty that is around your home.

Share breakfast or lunch and just relax together and be gentle knowing God is present in all.

Video Credits:

Photos: Sister Fran Ciluaga, D.C.

Song: Text: Anon 8th Cent./Music: Shaun Davey

The lyrics are taken from Kuno Meyo's translation of the 8th century poem sometimes attributed to St. Patrick entitled "St. Patrick's Breastplate". This prayer-poem was prayed for protection by medieval travelers.

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