



Laudato Si' Action Platform Commitment

EXAMEN

Basic Steps of Examen – Individual or Communal

1. Quiet yourself and become aware of God's presence with, within and about you. Ask God for light.
2. Give thanks for the gifts of the day.
3. Consider one of the LSAP Commitments below and review the day/week.
4. Ask for the guidance of the Holy Spirit as you reflect on the activities of the day or week, your encounter with God in others either personally or digitally, in nature. *(For example, how was integral ecology manifested to you today?)*
5. Reflect on your responses to these encounters. Notice what you could have done differently.
6. Share your reflections with the community.
7. Close with either a prayer or an image of creation you would like to remember for tomorrow.

Province of St. Elizabeth Ann Seton

Laudato Si Action Platform Commitments:

- a. Participate in the Laudato Si' Action Platform by developing and implementing a Laudato Si' Action Plan
- b. Understand Integral Ecology and its implication
- c. Integrate each of the seven Laudati Si Goals in our lives, communities and ministries
- d. Deepen Ecological Conversion through education on current environment crisis
- e. Take concrete action individually and communally to bring healing to the Earth such as ending misuse of creation and advocacy for lasting environmental changes
- f. Recognize the ecological limits to the use of the Earth's resources
- g. Live simply and use the gifts of creation with awareness, care and gratitude
- h. Join the Global Church/Community to grow daily in honoring and respecting all creatures by our choices
- i. Share in the glory of God's creation