



May our struggles and our concern for this planet never take away the joy of our hope.

– Pope Francis, *Laudato Si'*, 244

Meditation on Creation

Find a comfortable position/place for this meditation.

Breath: Take three deep breaths, filling your lungs thoroughly, holding your breath momentarily and exhaling through your mouth.

Heart: Quiet your inner self – embracing the gift of life with each breath and heartbeat.

Let yourself reflect on these words of St. Hildegard of Bingen:
“Human beings are the thinking heart, called to be co-creators with God in shaping the world.”

Express your gratitude for the wonders of creation’s rhythm of interconnection.

Reflect: How do you feel that this most beautiful place, Earth, is threatened by destruction due to our own actions and neglect?

Ponder the call to be co-creators and not dominators and oppressors of this web of life for now and future generations.

Resolution: Come in touch with the passion/energy you feel to protect this most beautiful place, Earth. In what way(s) might you help sustain Earth’s life?

(Adapted and used with permission by the Sisters of Providence of Saint Mary-of-the-Woods. Written by Sister Barbara Sheehan and Providence Associate Gene Majewski.)

Pray: God of all creation, your goodness and glory shine forth through everything you have made. Through the light of faith, help us to see this world, our common home, not as a resource to dominate and exploit, but as a gift to be cherished by all generations. Prompted by your Spirit, we ask this in the name of Jesus, through whom all creation was made. Amen.

(Prayer from Catholic Charities)



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