



Catholic Central Activity Guide

Episode 52: Care for the Environment

Diving Deeper

- ▶ What greater environmental issues do you feel most concerned about or called to respond to?
- ▶ Do you recognize the ways that your individual actions contribute to a broader collective impact?
- ▶ What might be some simple daily gestures you could make to demonstrate care for the environment?

Go Forth

- ▶ **Water awareness:** In many developing countries, people only have less than 6 gallons of water to use per day. The average American uses anywhere from 80-100 gallons of water per day. To grow in appreciation for the gift of water, measure out 6 gallons of water and use that water only for the day: shower/bathing, teeth brushing, washing your hands, drinking, etc. Invite God into the experience with you. At the end of your day, reflect on the gift of water in your life, and on the living water that only Christ gives. How can your thirsting be joined with those who are deprived of the same resources that you have? How can your thirsting be joined with Christ's from the Cross?
- ▶ Think about things you can do in your daily life to decrease waste and steward your resources. Some ideas could be: decreasing use of plastics, limiting water or electricity consumption, looking for reusable or recyclable materials, starting a garden, etc. After brainstorming some simple daily gestures, make a plan to enact those gestures in your daily life. Write your ideas down on strips of paper and draw one a week from a bowl or box that you keep in a visible place.



Resources

- ▶ [The U.S. Catholic Bishops on the Environment](#)
- ▶ [Catholic Ecology - 10 Ways Catholics Can Protect The Environment](#)
- ▶ [Pope Francis - Laudato Si](#)
- ▶ [US Catholic - The Catholic Perspective On The Environment](#)

