

Session 2

How do we impact the Earth and its people?

"We need to strengthen the conviction that we are one single human family. There are no frontiers or barriers, political or social, behind which we can hide, still less is there room for the globalization of indifference. "

- Pope Francis, Laudato Si', 52

"I've learnt that no one is too small to make a difference."

- Greta Thunberg (2019)

What are we learning?

In today's session, we will:

- Understand integral ecology.
- Discern the links between the cry of the Earth and the cry of the poor.
- Respond with our mission to build a sustainable future.

Today's prayer

Dear God,

We pray for your love and guiding spirit as we reflect on the impact of our actions on the Earth and its people.

As we respond to the cry of the earth and the cry of the poor, we ask that you help the poorest members of our global community and inspire us to care for your creation in every aspect of our lives.

Praise be to you!

Amen



Activity: Eco-choices



- 1 minute writing down activities you do every day

- 1 minute writing how those 5 activities impacts the environment

- 2 minutes writing what you could do to reduce that environmental impact

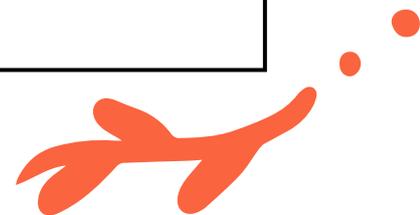
Activity

Environmental impact

Your eco-choice

<i>Activity</i>	<i>Environmental impact</i>	<i>Your eco-choice</i>
Brushing your teeth	<ul style="list-style-type: none">• Uses water (how much water? where is the water from?)• Toothpaste (in a plastic container? do the ingredients pollute water?)• Toothbrush (made from plastic?)	<ul style="list-style-type: none">• Turn off the tap when brushing your teeth• Switch to a plastic-free toothpaste• Use a toothbrush made from recycled or sustainable materials

Here's an example!



Activity: Which choices?



● Look back at some of the eco-choices you identified earlier

● Are these choices accessible to everyone?

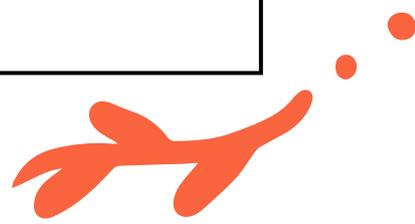
● What changes need to happen to make them more accessible?

Eco-Choice *Is this choice accessible to everyone?*

Alternative eco-choice

Here's an example!

<i>Eco-Choice</i>	<i>Is this choice accessible to everyone?</i>	<i>Alternative eco-choice</i>
Taking the bus instead of the car	Buses are often inaccessible for disabled people, mothers with pushchairs, and the elderly. Their high prices can exclude low-income groups.	Redesigning buses to make them more accessible and affordable.



Reflection: Mission Possible



- Imagine that reaching a sustainable future is a journey you need to take. To plan for that journey, you need to consider the following:

1. Motivation

Why do you want to take this journey?

What's your motivation for helping the environment? These motivations sit at the heart of your actions.



2. Mission

What do you want to do to help the environment? What talents and skills do you have to offer?

Write down three key goals to help direct your mission and guide your journey.

1.

2.

3.





3. Materialise

How will you know you've achieved your mission?

What is it like when you reach your destination?

It will look like...

It will feel like...

It will sound like...



4. Map

How do you plan to get there? What actions will you take? Write down three key steps you need to take to arrive at your destination.

1.

2.

3.



Once you have imagined what your sustainable journey might look like, write it up as a mission statement. You can format this in any way you like, whether it's a few sentences, a poem, an acronym, or something else entirely!

A large, empty rectangular box with a thick black border, occupying the majority of the page below the instruction. It is intended for the user to write their mission statement in any format they prefer.