

What we hold and let go of

Take care to guard against all greed, for one's life does not consist in the abundance of possessions. (Luke 12:15)

- Households often accumulate things they no longer need. What unused resource might you or your community pass on for someone else's use or repair?
- Renting, leasing, or sharing rather than buying outright is one way of holding things lightly. Where might that fit naturally into your own circumstances?

Prayer and Liturgy

Bless the Lord, O my soul, and forget not all his benefits. (Psalm 103:2)

- How is care for creation evidently part of your personal or community's prayer?
- How might your prayer engage with the reality of creation? What might you do to allow creation to be a blessing to you?

Looking ahead

Sustainable living means making choices today that shape what tomorrow looks like. If you imagine someone living well on the earth ten years from now, how does your way of living already point toward that?

- As you recognise that today's children will bear an impact of climate change, how might a memory of your witness encourage them in living responsibly?

Taking Responsibility

Care for our common home calls each of us to work for the protection and renewal of God's Creation.

- How do you understand your responsibility for your carbon footprint? What concrete choices have you made?
- Laudato Si' speaks of an "ecological conversion" — not a single decision but an ongoing turning of the heart (§217). Where do you notice that conversion happening in you, even slowly? How might you renew your own desire for this conversion by asking for the grace you need and by working as if you have that grace?



IMMERSION IN LIVING WATER

Ezekiel 47:9, 12

Living Water

Season of Creation 2026

The Season of Creation traces back to 1989, when Ecumenical Patriarch Dimitrios I proclaimed 1 September a day of prayer for creation for the Orthodox Church, marking the start of the Orthodox liturgical year as a moment to give thanks for God's creation. The World Council of Churches later extended this into a full season running from 1 September through 4 October (the Feast of Saint Francis of Assisi). Pope Francis established a Catholic World Day of Prayer for Creation in 2015 and embraced the full season in 2019. Today it's coordinated by the Laudato Si' Movement through an ecumenical steering committee and unites an estimated 2.2 billion Christians worldwide in annual prayer, celebration, and action for "our common home."

This year's theme — "Living Water" — draws on the vision, described in the book of Ezekiel, of a river that grows deeper and deeper, restoring barren land, reviving waters, and sustaining flourishing ecosystems. It is a call to link ecological healing with human wellbeing and to see every act of care for creation as part of a wider, global current of hope.

Praying with Awareness in the Season of Creation

Jesus' invites us to stay awake, to seek and respond to the signs of God's loving presence that are all around us. Websites like Sacred Space and Pray-as-you-go follow the structure of the Examen of Consciousness — or Awareness Prayer — in offering guidelines for prayer. The points listed below are to help you heighten your awareness of living in response to God's presence by considering aspects of everyday life. They may enhance your prayer in this Season of Creation as you reflect on them or discuss them others.

Sacred Space sacredspace.com Pray As You Go prayasyougo.org

Our Starting Point

The beauty of creation reflects the infinite beauty of the Creator and ought to inspire the respect and submission of man's intellect and will. (Catechism of the Catholic Church, §341)

- 🌐 The Catechism teaches that the order, harmony, and beauty we find in creation are not incidental — they point beyond themselves to the Creator who gave them. How do you notice yourself relating to the created world? When have you recently noticed real beauty in creation — something that stopped you, even briefly? What did that moment invite in you?
- 🌐 We are commissioned to till and to keep, to work and to guard the garden the Earth (Genesis 2:15): what efforts do you notice yourself making to care for and protect creation?

Everyday choices

So, whether you eat or drink, or whatever you do, do all to the glory of God. (1 Corinthians 10:31)

- 🌐 What does “living simply” look like in your own week — the food you consume, in what you buy or want provided for you, in how you choose to travel? What one small habit are you already glad of?
- 🌐 When you need something new, how much weight do you give to buying locally, repairing or reusing, versus a new purchase or ordering online? Is there a purchase coming up where that question might shape the decision?
- 🌐 Reusing, mending, borrowing, sharing — where has sustainability and living responsibly already found a place in your life or in your community, even in a small way?

Living among Others

Iron sharpens iron, and one person sharpens the wits of another. (Proverbs 27:17)
Our lives rely on a complex network of relationships which sustain us and to provide the food, healthcare, transport and services we need. The Season of Creation prompts us to be reflective, aware and committed to working for justice for all creation.

- 🌐 Sharing our common as faithful people home calls us to sharpen one another — to be reflective, aware, and committed to working for justice for all creation. Who has helped you grow in awareness of creation — a companion, a colleague, an activist? And who might you be that person for?
- 🌐 Speaking up “to the right people” has been named as one of the most powerful things we can do. Where might your own voice — in a parish, a formation group, a family — be heard?
- 🌐 Review how your living in community disposes you to make changes for the good of creation. Are there opportunities for you to offer insights, make suggestions, ask for and receive recommendations about how others see you live?

Solidarity with the poor

Whoever is kind to the poor lends to the Lord, and will be repaid in full. (Proverbs 19:17)

- 🌐 Laudato Si' insists that environmental degradation and poverty are “one complex crisis” (§139) — the earth's cry and the cry of the poor being, in the end, the same cry. Where have you seen that connection made real in your decision-making: in the sourcing of what you buy, in whose land is affected by what you throw away, in who suffers first from the choices others make?
- 🌐 What habit of yours creates a cost to people and to the planet? What might you do to live more responsibly?

2026 Season of Creation theme of Living Water

- 🌐 Ezekiel tells of a trickle from the temple that became a river too deep to cross. What habit, insight or decision of yours has grown into something that now brings life to others?
- 🌐 How aware are you of your own water use — in what you consume, wash or waste? What change (a shorter shower, a fixed leak, being aware of the water demands of your food choices) might help you live as a contemplative even in small actions?