**2023 FIRST FRIDAY PRAYER & ACTION**

**Twelve First Friday Steps towards the *Laudato Si* Goals**

**January 2023**

**Awareness:** On October 4th 2022 this new documentary film about ***Laudato Si'*** called “The Letter” was presented in the Vatican City. ***The Letter*** offers a compelling new message for our planet and a timely and authentic way to engage people. If you want “to go fast, go alone; if you want to go far, go together”.

***Prayer:*** *Lord, Father of our human family. Your created all human beings equal in dignity: pour forth into our hearts a fraternal spirit and inspire in us a dream of renewed encounter, dialogue, justice and peace”*

**Action:** Watch the film on <https://www.youtube.com/watch?v=Rps9bs85BII> Promote this film by sharing it on your Facebook or website and discussing it in your community.

**February 2023**

**Awareness:** The Earth “now cries out to us because of the harm we have inflicted on her.” So begins Pope Francis in his encyclical on ecology. “The earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor.”

**Prayer:** Praised be You, my Lord, through Sister Mother Earth, who sustains us and governs us and who produces varied fruits with colored flowers and herbs. (Canticle St. Francis)

**Action:** Pay attention to healthy soil and avoid use of chemical herbicides and insecticides while producing our own food. Promote bio-diversity.

**March 2023**

**Awareness:** The cry of the earth is also the cry of the poor since the poor themselves are the most vulnerable from the effects of the environmental crisis.

**Prayer:** *Lord, Father, when I look at your heavens, the work of your fingers,; what are human beings that you are mindful of them, mortals that you care for them? (Ps 8:3-4).* M*ay we recognize the goodness and beauty that you have sown in each of us, give us a merciful heart towards the poor.*

**Action:** assure access to clean water for everybody; address issues of digital poverty; join movements or networks to address the root causes of poverty.

**April 2023**

**Awareness:** Pope Francis in his encyclical talks on environmental, economic and social ecology, that clearly respects any human and social dimension, making it synonymous with Ecological economics. He asks us to take into account the environmental impact of any economic concrete undertaking (LS 140) 

**Prayer :** *Lord, Father, enlighten by your Spirit the decision makers and influencers of this world, all those who deal with money and power that they will promote the common good.*

**Action :** don’t support any economic activity harmful to the planet and the people, invest in renewable energy and promote circular economy. Combat food-waste.

**May 2023**

**Awareness:** A simple lifestyle is good for us, helping us to better share with those in need (Pope Francis).

**Prayer :** *O Lord, help us turn from the selfish consumption of resources meant for all and to see the impacts of our choices on the poor and vulnerable.*

**Action :** avoid wasteful, consumeristic and self-centered lifestyle which continues to exhaust the natural resources and to push the poor to the margins of society.

**June 2023**

**Awareness:** A simple lifestyle, when lived freely and consciously, is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full.” (LS. 223)**.** We can take delight in the things that truly matter and learn to let go of what may be holding us down.

**Prayer:** *God, help us to understand and value how simple gestures and simple lifestyles simply make it possible for others to simply live.*

**Action:** Watch: How can we live simply (5’, 3”) on[**https://eco- catholic.com/how-can-we-live-simply/**](https://eco-catholic.com/how-can-we-live-simply/)

**July 2023**

**Awareness:** Pope Francis said: “Many things have to change course, but it is we human beings above all who need to change.” The path to change comes through education and spirituality. “We lack an awareness of our common origin, of our mutual belonging, and of a future to be shared with everyone,”

**Prayer :** *God of all life, help educators to “promote a new way of thinking about human beings, life, society and our relationship with nature so that we may discover anew that all are important and necessary to build a better and safer world.*

**Action :** Ensure that members of the community are familiar with the local ecosystem, the social dimensions of the ecological crisis and ecological virtues.

**August 2023**

**Awareness:** “Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience. What is required is an “ecological conversion,” whereby the effects of Christians’ encounter with Jesus Christ become evident in their relationship with the world around them,” wrote Pope Francis.”

**Prayer :** *God of love, show us our place in our world as instruments of your affection for all beings because no one is forgotten by you.*

**Action :** Encourage a greater contact with nature in a spirit of wonder and gratitude and celebrations for the healing of our environment and asking forgiveness for harmful activities.

**September 2023**

**Awareness:** “An integral ecology is felt in every action that seeks to build a better world. When we feel that God is calling us to intervene with others in these social dynamics, we should realize that this too is part of our spirituality, which is an exercise of charity and, as such, matures and sanctifies us.” (Pope Francis)

**Prayer:** *In this Season of Creation, we pray that the breath of your creative Word would move our hearts, as in the waters of our birth and baptism. Give us faith to follow Christ to our just place in the beloved community. Enlighten us with the grace to respond to your covenant and call to care for our common home.*

**Action:** Am I connected to an action group that cares for the earth or for the poor?

**October 2023**

**Awareness:** “Love for society and commitment to the common good move us to devise larger strategies to halt environmental degradation and to encourage a ‘culture of care’ which permeates all of society.” (Pope Francis)

**Prayer :** *God of love, foster in us the spirit of being interconnected with all what is living and fill us with gratitude for every gift of your goodness.*

**Action :** learn to know the organizations in the neighborhood, participate in their campaigns and initiatives for the environment, keep in touch and report to others in the Chevalier Family.

**November 2023**

**Awareness:** The World Day of the Poor is a Roman Catholic observance, celebrated on the 33rd Sunday of Ordinary Time, so that throughout the world Christian communities can become an ever greater sign of Christ’s charity for the least and those most in need.

**Prayer:** Triune God, help us as Chevalier Family and all groups that work for the common good, to develop a spirituality of global solidarity which flows

from the mystery of who You are, an interconnected community of love.

**Action:** Choose how you want to participate in this observance to show your concern for the poor.

**December 2023:**

**Awareness:** This Year we have made 12 First Friday steps towards the *Laudato Si* Goals.

**Prayer:** *We pray that love and wisdom might inspire my actions and our actions as communities. May love transform us and our world with new steps toward life. Amen.*

**Action:** Evaluate individually or in your group what you have done this year to move towards the *Laudato Si* Goals and discuss what steps you can take next year.

