

Reflection Document LSAP

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We are a newly retired couple living in Virginia. This is an excellent time to reflect on our journey and to consider ways to live more lightly on the Earth. While walking along wooded trails at the Ivy Creek Nature Center, we contemplated the goals of Laudato Si' and how they overlap with the way we live. It was a perfect setting to consider the goals, contemplate our engagement with the goals, share thoughts and humbly assess our journey.

Spending time in nature is good for our body and soul and we realize that although we are grateful for the many hiking trails near us, we do not take an active part in the maintenance or protection of the stream valleys that we visit. We also wonder about how we might use and maintain our little plot of land better.

One gap that became apparent while discerning the goals is that we don't personally know people in our community that are affected by pollution.

The concept of a circular economy makes sense on so many levels. We are only on the periphery of that flow diagram.

We are joyfully and resolutely walking along the path of sustainability in many ways yet we recognize that we should not be complacent. There are more significant steps ready for us to take.

While reflecting on the lands around us, it became apparent that our knowledge of our local ecosystem is shallow. We noted many topics that we are intrigued to investigate and share our findings with others.

We remarked that we each have different prayer styles. We realize that there are many available resources that we can use to pray together in and with nature.

As our reflection broadened to larger zones of influence, we discovered that we are unaware of resiliency programs for our local community.

Reflecting on the goals of Laudato Si' has brought to light areas of strength and weakness in the way we interact with the earth and the poor. We are inspired and encouraged to develop an action plan that will facilitate a deeper connection to hear the cry of the earth and the cry of the poor.

Laudato Si' me signore!

