



10 Ways to nurture a 'green' heart

We can all use our head, heart and hands to care for Creation. Nurturing our 'green' hearts means we can grow in our ability to love Creation. This guide has been written for those within the Christian faith perspective seeking to care for our common home as Pope Francis asks us in *Laudato si'*. It is also a guide for all to use to better form our eco consciousness and a path to ecological conversion.

Our 10 ways to nurture a green heart:

1. **Love** where you live, make deep connections locally
2. Stop and **reflect**, examine your place in the Universe
3. Understand our **mission**, the call to ecological conversion
4. Learn from **First Peoples** who respect Earth and tread gently
5. Learn from the past, **seek wisdom** of the elders and scientists
6. **Pray, seek hope** for future generations
7. **Connect** with others on the journey to integral ecology
8. Use your **gifts** – and take small steps to change the world
9. **Seek grace** from Earth in liturgical practice
10. **Celebrate** the wonder of Creation

A life fully lived has a heart of many colours, so don't forget to nurture a heart that cares for the cry of the poor too. Many religious congregations and parishes have developed guides to support our journey to eco consciousness <https://catholicclimatemovement.global/>. The Jesuit 7 Environmental Ways of Proceeding can be found www.ecojesuit.com/ We can all bring Earth eyes and ears to our liturgical practice. If you would like to contribute further to this guide contact Sue Martin smmartin@riverview.nsw.edu.au with your suggestions.

We respectfully acknowledge the Traditional Owners and Custodians of this land on which we live and learn.



Our 10 ways to nurture a 'green' heart

Action	What this means	One thing you can do
1. Love where you live	Get to know your place, observe your seasons of creation, use Grace of Place www.columban.org.au/resources/	Join a local Landcare groups www.landcare.nsw.gov.au/
2. Stop and reflect	Acknowledge sorrow seek forgiveness, Do the Ecological examen www.sjweb.info/documents/sjs/docs/EcologicalExamen_ENG.pdf	Listen Denis Edwards address www.youtube.com/watch?v=L-4Jz6hlmz0
3. Understand our mission	Find your call – use hands, talk, write, inspire, create with others, learn with http://healingearth.ijep.net/	Do something www.arrcc.org.au/ Divest
4. Learn from First Peoples	Having cultural awareness, join with http://pacificclimatewatch.com.au Kinship is important.	Celebrate Reconciliation Sunday www.natsicc.org.au/
5. Seek wisdom	Know the environmental issues locally and globally, SD Goals www.un.org/sustainabledevelopment/	Learn from our elders one is Thomas Berry http://thomasberry.org/
6. Pray, seek hope	Celebrate Sept 1 st World Day of Pray for Care of Creation http://seasonofcreation.org/	Seek grace to renew the spirit, reflect on scripture with 21 st C eyes, http://earthsong.org.au
7. Connect with others	Link, learn and share together, join a network www.faithecolony.net.au/	Receive newsletter from http://catholicearthcare.org.au/
8. Use your gifts	Calculate your ecological footprint www.catholicclimatecovenant.org/resources/reduce-your-carbon-footprint	Create your own 10 commitments www.environment.nsw.gov.au/
9. Develop eco-spiritual practices	Learn from Teilhard de Chardin a man in love with both God and with the world... 'there is a communion with God, and a communion with earth, and a communion with God through earth".	Undertake the 8 th work of mercy – care for our common home, www.earth-link.org.au/
	<i>From Wonder A way to God- Eugene Stockton</i>	
10. Celebrate the wonder of Creation	Ponder on the majesty of God's creation and celebrate good works Participate in the Five Leaf award program https://fiveleafecoawards.org/	Listen to the Deers Cry www.youtube.com/watch?v=GGHWiAGpIPO

This guide has been developed to assist those wishing to nurture their green hearts, but the greatest way to nurture your green heart is to read Laudato si'. If you would like further information contact Sue Martin Sustainability Coordinator St Ignatius' College Riverview **May 2017**
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"Our world is a fragile place. If we want to make sure it is safe, just, clean and viable for future generations, it is up to all of us to look after it."

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