

What can you do to show your solidarity with Loving Sister Earth – Praying for Universal Harmony?

To show your solidarity...

When you get up in the morning, look in the mirror and wonder at all you see. Eyes and ears, nose and mouth, skin and hair, hands and nails. Smile at what God has given you. Thank God for all of your body.

At breakfast, look at the bread. Where did it come from? It is offering itself to you to nourish you. Be grateful for this milk, this fruit, this butter, this marmalade.

At lunch admire this vegetable, this potato, this fish or meat. Realise how much you depend on nature, and make a decision to defend its rights.

Decide to say Grace before and after each meal. Ask today to have a grateful heart for all of creation and for the beauty around you.

If you have a plant in the house, take a little time to wonder at it and admire it. Thank God for all the plants in our world.

Go into your garden. For a few moments, look at the living things around you with *new eyes*. See them as God sees them and say thanks.

Take a walk and notice the beauty of autumn leaves, or early morning dew, or the clouds, or birdsong. And thank God for them.

Take a few moments to wonder at a dog, a cat, a bird, an insect. Do it the honour of paying it full attention. What makes it live? It reflects the life of God!

Everything in nature is doing its thing and praising God. Let me join in the song of created things.

Every single thing is a gateway into the mystery of creation, because everything started off 13.8 billion years ago! I walk and drive and eat and pray in a very old world! And yet every day is a new day!

All the good things you see today come from God, who is the origin of all goodness. Notice some of these gifts, and say thanks.

Everything has its own mysterious story. A stone can say to you, 'I go a long way back, you know: millions of years in fact!' Then let the stone ask you, 'How far back do you go?'

All the materials we use for buildings and roads and cars and planes go back billions of years. Let this bring you into awesome wonder.

We human beings are made of the dust of old stars. We are earth-dust walking tall. Keep this in mind when you meet people today.

Become like a little child for a while. A child finds everything wonderful. Jesus says, 'Unless you become like little children...' I am already walking around in the kingdom of heaven, so today I start to notice it and praise God.

Let a tiny flower or a big tree speak to you and say, 'Look at me and you will see a little of what God is like!'

Look as Patrick Pearse did: *'Sometimes my heart has shaken with great joy, to see a leaping squirrel on a tree, or a red ladybird upon a stalk'*. Let your heart shake!

Pearse again: *'Little rabbits in a field at evening, lit by a slanty sun. Or some green hill where shadows drifted by... near to the gate of heaven.'*

Let the tap run slowly for a moment and in that time make a prayer of thanks for water. Drink liquid with a sense that it is precious.

Next time it rains, watch the raindrops on the window. Jesus uses rain as an image of the goodness of God.

The liturgy tells us *'to give thanks always and everywhere'*. Make this day and everyday a 'Thank You' day!