

Laudato Si' in Action: Next Steps

- Read Pope Francis' encyclical, [Laudato Si'](#), on caring for our common home.
- [Pray](#) for creation and people most affected by climate change.
- Fast from animal products once a week (or more!). Fasting from animal products is an excellent way to be in solidarity with the poor and vulnerable, is good for the environment, and is a spiritual discipline that many Saints practiced in their lifetime.
- Resist the throw away culture and live simply. Try to build the virtue of temperance and choose not to over consume.
- Start a community garden. [Here](#) is an example of a parish garden for refugees.
- Explore the various ways to get involved with the [Laudato Si' Generation](#) and the [Catholic Climate Covenant](#).
- Contact your elected officials and support legislation that reflects our values and cares for our common home.