

Living the *Canticle of the Creatures*

- ❖ Praise God
 - ♥ begin and end all personal prayer by praising and thanking God – even a simple “praise and thank You, God, for ...
- ❖ All creatures, especially Brother Sun – brings light & warmth
 - ♥ Greet all with a smile and a kind word
 - ♥ Present the positive side to a sad or dark event
 - ♥ Visit a shut-in, send a card, phone call or text message
- ❖ Sister Moon and the stars – is clear, bright & beautiful
 - ♥ Take the time to clarify your or another person’s point of view/words used in a discussion, especially if you think there is a disagreement between you
 - ♥ In group discussions, willing share your knowledge or experience on the topic
- ❖ Brother Wind and the weather – has a cooling effect; helps to change the weather; helps to fertilize & propagate food for all creation
 - ♥ Become the “breath of fresh air”
 - ✓ add a different point of view to a discussion
 - ✓ change the subject when necessary
 - ✓ be a peacemaker – when discussions become “heated”, help the parties find points on which they can agree
 - ♥ Another opportunity to give praise & glory to God
- ❖ Sister Water – fresh, humble, useful, chaste
 - ♥ Without “hogging” or controlling the conversation, share your knowledge, wisdom, or experience on the topic being discussed
 - ♥ Speak up when conversations or actions become disrespectful, unkind, impure or ungodly
- ❖ Brother Fire – offers light & warmth, is beautiful, playful, robust & strong
 - ♥ Look for opportunities to bring light & inner warmth to another person
 - ♥ Encourage others to see their own inner beauty
 - ♥ Take time to be “Playful” without being the “class clown”

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- ✓ When presentations seem too long without a break, suggest a short break
- ✓ During the break, tell a joke or silly story; a story about you that was somewhat embarrassing or funny – something to lighten the mood, make people laugh
- ♥ Offer support & encouragement to others by pointing out how or when they were strong/robust or how they might become stronger/more robust in similar situations in the future
- ❖ Sister Mother Earth – sustains & governs creation/creatures
 - ♥ Be grateful for & offer thanks & praise to God for this assistance
 - ♥ Become ever more mindful of our need to become more aware of the effect(s) our actions have on “Mother Earth” & all parts of creation
 - ♥ Encourage others to become more grateful & more aware of the effects of their actions
- ❖ Give pardon for the love of God (if not for love of the other person)
 - ♥ “Forgive us our trespasses/sins/hurts to others as we forgive them their trespasses/sins/hurts to us”
 - ♥ “As you do unto others; so shall I do unto you” (think of harsh words spoken by another, being unforgiving, ignoring or shunning the one who caused the hurt, etc.)
 - ♥ “The measure you use will be the measure I use”
 - ♥ Offer forgiveness to the other even if (s)he doesn’t ask for it – forgiving the other brings you Peace
 - ♥ When strong emotions have calmed down, dialog with the other re the hurt you experienced – avoid phrases like “you always ..”; “You never ...”, etc.
 - ♥ Blessed are those who endure in peace. Bear/endure infirmities & small tribulations – offer them to God in expiation of your personal sins
- ❖ Welcome Sister Bodily Death – it is the door to eternal happiness with God & all the saints
 - ♥ Pray & be vigilant to avoid mortal sin
 - ♥ Support, encourage, accompany the dying.