

Global Healing 2021

Helpful materials for people of all faiths and none

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Mini dictionary:

- ◇ **Global Healing and Global Healing films:** a series of short films produced for the Catholic Bishops of England and Wales to highlight our need to care for our common home, the earth. They were shown in the [Global Healing Sessions](#) and you can show them on Zoom or in person.
- ◇ **Laudato Si'** which means 'Praise be to you:' document (or encyclical) written by Pope Francis in 2015, on how our faith calls us to urgent action to care for the earth.
- ◇ **Journey to 2030:** the path we need to take of making major changes to our lifestyles by 2030 to address the climate crisis; also the name of a Group helping us make the changes.
- ◇ **Who's helping us?** Many groups are collaborating: the [Global Catholic Climate Movement](#) (GCCM), the [Journey to 2030 Group](#), the charity [CAFOD](#), and the group who put together the Global Healing 2021 course who call themselves "[Laudato Si' Animators UK](#)".

QUICK START GUIDE

Tiny actions, done by millions, create change. Our actions start and are fuelled by our love of God's creation. We need dramatic changes by 2030 to avert a climate crisis.

Here are some actions you can take:

READY:

LIVE GREEN: follow [Bishop John's Challenge](#) (top action tips for home and Garden).
BUY GREEN: See ACTION IN THE HOME pages 6 & 7 (ethical, moral purchasing power.)

STEADY:

TRY some of the above actions in your parish/community.
BUILD A TEAM. Share ideas with parish and friends. Use the [Journey to 2030](#) ideas to plan.

GO!

HOST a (virtual) screening of the [GLOBAL HEALING films](#)
Form a PARISH GREEN GROUP
Become an Eco- Church: aim for the LiveSimply Award

NO SUPPORT? Poor response? Clergy not supportive, people lacking interest? This isn't unusual- don't worry. Laudato Si' animators are waiting to put you in touch with others nearby in the same situation and form a virtual team. Group chats, prayer, networking, planning, technical support available. Email johnwoodhousecat@gmail.com
Busy clergy may well be delighted if you came up with a ready to go Global Healing programme and a remote zoom crowd that just needed their approval.

Help available:

Please email johnwoodhousecat@gmail.com at any time (no time limit) if:

- ◇ You would like to be put in touch with others in your local area who are interested in this topic
- ◇ You would like assistance with setting up Zoom sessions
- ◇ You would like versions of this content in Microsoft Publisher or Word format for your own use
- ◇ You have technical issues opening the links in this file.

John will put you in touch with the appropriate person.



A Toolkit for You

Helping Our Church Respond To The Ecological Crisis Through Community Action

Getting Started

CHANGE MYSELF

For the Heart:

Slow down, see the beauty of creation. Reflect on the prayer: [Fall in Love](#)

GCCM [A Prayer for Our Earth](#)

GCCM [Lectio Divina in Creation](#)

[Pray-As-You-Go](#): An app for daily prayer

For the Head:

GCCM [Resources](#): [Laudato Si' Pledge](#), sign petitions, volunteer, make changes in your home, read and learn

LEAD BY EXAMPLE

Be authentic: TALK SHARE INSPIRE others by how YOU live. Say Grace. Measure your [carbon footprint](#) and start reducing it.

Read & share books, eg: "No-one is too small to make a difference" by Greta Thunberg - a bite-size starter.

Join a Climate Action Group or local group such as tree planting, recording wildlife or caring for local green areas

Use Social Media to donate to charities, sign petitions, etc. Little things matter!

RAISE AWARENESS

In church: [Hold an annual Climate Sunday service](#) (lay-led)

In church or diocese: [GETTING STARTED - The Journey to 2030](#) A collection of resources to get your parish more involved in the ecological crisis.

Contact your MP by email or Zoom - [MP meeting training](#) available from CAFOD. For 2021, [question MP's on COP26](#).

Getting More Involved

CONNECT LOCALLY

In order not to feel overwhelmed and under-supported:

Enrol on the [LAUDATO SI ANIMATORS COURSE](#): How to inspire and lead locally. Free online course suitable for all (April/ July annually).

Network: Join others in your area from the Global Healing sessions. Please email:

johnwoodhousecat@gmail.com

*There is no closing date for this.

ENGAGE YOUTH

[#FridaysForFuture](#): Global Youth Movement started by Greta Thunberg to protest against the lack of action about climate crisis.

[GCCM- Laudato Si' Generation](#) Join and stand up for our future.

Be a [CAFOD Champion](#) for climate.

COMMUNITY ACTION

Helping our Church respond to the ecological crisis through community action, eg:

A Laudato Si' Garden/rewilding

[CAFOD's LiveSimply Award](#)

[GCCM Eco Parish](#)

[Eco Church A Rocha Award](#)

[Wildlife Friendly Village Award](#)

[Divest your church from fossil fuels](#)



Pray

A compilation of the prayers from the handouts

SESSION 1

A Christian prayer in union with creation:
Father, we praise you with all your creatures.
They came forth from your all-powerful hand;
they are yours, filled with your presence
and your tender love.
Praise be to you! [Laudato Si', 246](#)

[Earth Meditation](#) on Pray-as-You-Go (25 mins)

[Liturgical, Prayer and Spiritual Resources](#)

A prayer for our earth:

O God of the poor,
help us to rescue the abandoned and
forgotten of this earth,
so precious in your eyes.
Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty, not pollution and
destruction. [Laudato Si', 246](#)

Reconciling God, Creation and Humanity: An
Ignatian Examen [Ecological Examen](#)

SESSION 2

SESSION 3

Come Holy Spirit
Fill the hearts of your faithful
And kindle in them the fire of
your love.
Send forth your spirit
And they shall be created
And you shall renew the
face of the earth.



The Holy Spirit as inner fire,
from [The Gift](#) by CaFE

**A Christian Prayer in union with
creation:**

Teach us to contemplate you in the beauty of
the universe, for all things speak of you.
Awaken our praise and thankfulness for every
being that you have made.
Give us the grace to feel profoundly joined to
everything that is.
God of love, show us our place in this world as
the channels of your love for all creatures.

[Mystery At Play In The Whole of Creation](#) Relaxing
meditation from Pray- As- You- Go (27 mins)

SESSION 4

SESSION 5

A Christian Prayer in union with creation:

All powerful God, touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature
as we journey towards your infinite light..

[Pray without ceasing](#) for our Common Home
from now until COP26, November 2021—Sign up
to tell CAFOD when you'll be praying

Dear Lord God of Creation,
We stand today at a threshold.

You are challenging us to follow you into
the future, inviting us to new ventures, new challenges,
new ways to care, new ways to touch hearts...
When we are fearful of the unknown, give us courage.
When we are sorry we are not up to the task, remind us
that you would not call us if you did not believe in us.
When we get tired or disappointed with the way things
are going, remind us that you can bring change and
hope out of the most difficult situations.

Amen

[Three livesimply prayers](#)

SESSION 6

Reflect

The songs and reflections from the handouts

SESSION
1

Astronauts reading from the Book of Genesis 1: 1-10 in [Apollo 8's Christmas Eve Message](#), 1968, while viewing the earth from space (3 mins)

[Why 2021 is key for climate action](#)



[Turn, Turn, Turn](#), sung by Judy Collins, taken from the Book of Ecclesiastes

SESSION
2

[Respect for the Planet's resources](#) – The Pope Video 9 - September 2020 (2 mins)

[What is Mercy?](#) Connecting With Nature, with Dr Carmody Grey (8 mins)



[Look At The World](#), by John Rutter

[Enough is enough](#): A collective musical response to the UN Climate Change Conference (COP26), Glasgow Nov'21 (or [here](#) on Facebook). See also Session 5.

SESSION
3

[Daily Laudato Si' reflections for Lent'21](#) - Global Catholic Climate Movement (suitable for year-round use)



[Elegy for the Arctic](#) (3 mins) - Ludovico Einaudi

[Web of Life](#) (5mins) Jesuit Music Ministry

[Will You Come and Follow Me?](#) (2 mins) John Bell

SESSION
4

➔ [Loving God's Creation](#) - Global Healing Extra Session, by Dr Carmody Grey (7 mins - it's wonderful!)

[Creatiortide Reflections](#)—Mary Colwell

[15 Birds and Bird songs for Beginners](#) (4 mins)



[Laudato si' O mi' Signore](#) (3 mins)

[A Prayer for the Earth](#) (4 mins)

SESSION
5

[Cardinal Tagle's Lent Lecture](#) Care for our Common Home and Human Family—very inspiring! (1hr10mins)

[40 days with God's creatures](#)—App recently endorsed by Bishop John Arnold



[Dear Future Generations - Sorry](#) Film clip by Prince Ea (6 mins)

[Enough is enough](#) (7 mins) This song is our invitation to get involved in a big, collective musical response to COP26. Choirs, street bands, music and youth groups, schools, & more?

SESSION
6

[Climate Solutions 101](#): New short factual video series from Project Drawdown (6 units, ~15 mins each.) Very clear & hopeful

Watch the amazing [Climate Change Challenge](#) from Thomas, aged 9 (7 mins)



[What a wonderful world](#) - Louis Armstrong (4 mins)

[Churches sing 'The Blessing'](#) over the UK (7 mins)

[Who's Gonna Stand Up](#) - Neil Young (4 mins)

Additional material: Laudato Si' songs, one from [India](#) and one from [France](#)

"Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song." St John Paul the Great

Act

A compilation of the Act sections from the handouts

SESSION 1

"I ask that we look beyond personal lives, to our role within our wider communities.

I speak about Climate Change and our care for the Environment of our planet.

Pope Francis tells us that we are all required, every one of us, to make changes to our lives.

This is most certainly a matter which is rooted in our Faith.

A great deal of difference can be made through a number of small actions.

I challenge us to take the lead in Pope Francis' call to 'care for our common home'."

Bishop John Arnold, quoted in the toolkit: [Care for our Common Home, at Home](#)

SESSION 2

[My journey to Ecological Conversion](#) - Resources from the Ecological Conversion Group



Left: Journey to 2030 [magazine](#)

[GETTING STARTED - The Journey to 2030](#) 5 steps to take

Deciding what to buy: one option is the [Ethical Consumer website](#)

SESSION 3

[GLOBAL HEALING FILMS:](#)
Free downloads

[Laudato Si' Animators course:](#) Starts 14 April

[Climate Sunday](#)
Resources. Ideal for youth services

[The Laudato Si' Centre:](#)
Diocese of Salford

GCCM global and UK activities: Sign up [here](#)

Laudato Si' Animators course:

Starts 14 April. Enrol [here](#).

Networking:

If you would like to connect to others from your area that have watched this series, please email John Woodhouse at johnwoodhousecat@gmail.com at any time.

Please highlight your name and what city or town or parish you are from. [We don't need your full address](#). John will send an email out to those of you in the same city/town/parish so that you can connect. Your email and location details will be used for this purpose only.

Thinking about food?

[10 ways to eat less meat](#) including easy recipes and cooking tips from Friends of the Earth

For great plant-based food, try following [Bosh](#), [Max La Manna](#), or [Pick Up Limes](#) on social media—just some of many!

SESSION 4

SESSION 5

Join CAFOD's activities:

Sign [CAFOD's COP26 Petition](#)

Join **training sessions** on engaging with MPs:

- ◆ [22nd March](#) by Faiths4Change
 - ◆ [25th March or 10th April](#) by CAFOD, ready for Parliament in our Parish events April-June
- Youth delegation to Cornwall for G7 (June 2021)
- CAFOD's [Reclaim our Common Home](#) resources
- CAFOD's resources for [campaigns](#) and for [schools](#)

Sign the [Laudato Si' pledge](#)



CAFOD's [Live Simply Award](#)

[How Live Simply helps Catholic communities](#) - webinar recording (1 hour)

Church of England [Eco Church Award](#)

SESSION 6

Action in the Home

Some possible activities and products to help our common home

Avoiding landfill	Try Freecycle , an online group designed to keep items out of landfill: you offer household items for free for collection; you can request items too. You can offer almost anything. Alternatives: sell on Gumtree online or equivalent sites. You may have a local Scrapstore which will take all sorts of items for art projects. Donate items to charity where possible. eg: furniture charities such as the British Heart Foundation , or Sue Ryder
Banking	If you can, switch to banks which actively support the environment and don't invest in fossil fuels. Examples: Triodos Bank , Ecology Building Society , Charity Bank , Shared Interest , and others. See the Ethical Consumer website for reviews/details. Write to your bank(s) and pension provider to ask about their fossil fuel investments.
Carbon Footprint	Use an online site to measure your carbon footprint and create a plan to halve it. Eg: CarbonFootprint.com , or the Footprint quick test available on the WWF page here .
Cleaning	Try microfibre cloths (no cleaning fluids needed), brands like Ecover , Bio D , Ecoleaf , etc. Make your own cleaning products with vinegar, etc., with advice from books such as The Organically Clean Home .
Clothing	To reduce the impact of fast fashion on the environment, try to buy from charity shops, vintage shops, or second-hand websites like Depop , or Oxfam's online shop . Try ethical fashion brands eg: Patagonia (new or used), Threads 4 Thought , Brothers We Stand , Rapanui , or Buy Me Once . Try renting clothes for special occasions. Many drycleaners have a mending service.
Dental	Try bamboo toothbrushes, natural silk dental floss, toothpaste in jars or tooth tabs, eg: from The Humble Co.
Drinks	Recycling plastic bottles is good, but re-usable bottles are better if possible. Try metal straws, collapsible cups, reusable cups and water bottles. Buy tins or glass bottles rather than drinks in plastic bottles (or in a format you can easily recycle.) Use concentrated squash.
Effective Altruism	Effective altruism is a movement rooted in using evidence and careful reasoning to determine the best, most effective ways to help others. For example, one of its branches, GiveWell , evaluates global poverty charities to find those where your donation will go the furthest, and another branch, Animal Charity Evaluators , evaluates charities focused on animal welfare. Find out more about effective charities to donate to here , and consider taking the " Giving what we can pledge ".
Energy	When you can, consider switching to Ecotricity , Octopus Energy , Good Energy , or similar vendors offering renewable energy. Install insulation to cut energy bills, and solar panels to heat water or provide electricity, and check out new technologies such as air source heat pumps. Buy light bulbs and appliances with excellent energy ratings. Run appliances at off-peak times to reduce peak electricity demands. Switch off lights and turn the heating down. Take more showers than baths.
Ethical decision-making	Ethical Consumer : a not-for-profit UK magazine and website which publishes information on the social, ethical and environmental behaviour of companies and issues around trade justice and ethical consumerism.
Exercise	Perhaps Goodgym have a group near you: combine running with planting saplings, clearing rubbish, visiting isolated people, etc. Also, try Plogging: picking up litter while jogging/walking.
Fixing broken items	You may have a local free Repair Café open several times a year. If you're OK to pay, try TaskRabbit . The website iFixIt is a goldmine of repair tips. Support the Right to Repair movement.
Food choices	Use your L O A F! Buy and grow some food that follows Green Christian's LOAF principles for food: Locally produced, Organically grown, Animal friendly and Fairly traded.
Food packaging	To reduce packaging, try re-fill stations at supermarkets or Zero Waste Shops, or others. In some supermarkets, bring your own containers to meat and deli counters. Some online supermarkets are now flagging packaging-free vegetables. Always carry reusable bags. Try to bulk buy (often easier online)
Food waste	Try the Olio app to share or collect local unwanted food, or the Too Good to Go app to find food discounted by stores at the end of the day. Try flagging or finding local harvest food (blackberries, etc.) at FallingFruit.org
Gardening	Use compost bins. Offer your garden for a bee hive. Leave wild areas to grow. Plant bee-friendly plants. Make & throw seed bombs in neglected areas around you. Install a water butt. Avoid chemicals such as weed killers or seed packs containing insecticide. Feed the birds. Grow your own food. Create a Naturehood . Allow moss to grow. Don't dig soil because its carbon retention is decreased by digging or ploughing - just add compost on top. Try planting trees from seed or cuttings , or grow a Miyawaki mini-forest. Use indoor plants for air purity.

“Living lighter on the earth is lighter on your pocket”

Garden activities	Try out some of these: RSPB Big Garden Bird Watch in January; Butterfly Count -dates vary slightly, July and August; National Bat Night—late August; National Moth nights; Wetlands Day. There's an environmental calendar here List of environmental dates - Wikipedia
Gift wrap, cards, and gifts	To wrap gifts, use and re-use cloth instead of paper, like Japanese "furoshiki" (often called a Knot-wrap.) You can use any material, and here are some wrapping examples . For people who are close, re-use the same card adding a new message each year. For gifts, consider gift vouchers to organisations such as Kiva or Lend With Care , enabling the recipient can make micro-loans (express solidarity with those already suffering)
Kitchen	Replace cling film or tin foil with: beeswax wraps, silicone food covers, or tupperware. Try bamboo paper towels, cloth napkins, sponges and brushes made of natural materials. Clean the back of your fridge so it runs efficiently. Have local milk or vegetables delivered in re-usable containers (oat milk can also be delivered in glass bottles.)
Laundry	Try washing balls instead of detergents, or SMOL deliveries, or 5 litre containers of washing detergents available from many online supermarkets. Also, try washing bags designed to catch microplastics, and brands such as Faith in Nature , Ecover and Bio D . Line dry inside or outside rather than using a dryer. If using the dryer, try using wool dryer balls to reduce drying time and soften clothes without softener. Also try the Ethical Superstore online.
Paper	Go paperless as much as possible. Try Rocketbook : Reusable wipe-down notebook which can be used forever. If printing on paper, print double-sided and use scrap paper where possible.
Petitions	Sign online petitions for the environment. Many are organised by groups such as Change.org , Avaaz , 350.org , etc. If possible, join protests for the environment.
Pets	Try brands such as BecoPets for dogs, and shampoo bars by the Little Soap Company , among others. If you can, get a pet or spend time with someone else's pet—you might be amazed how your attitude to animals changes.
Recycling	Recycling collections vary across the UK, so check with your local Council for what they collect and where. The company Terracycle are involved with many charities across the UK and will recycle a wide range of items such as crisp packets, contact lenses, baby food pouches, and so on. In Wiltshire, residents can collect crisp packets and deliver them to Terracycle who make a donation to the Wiltshire Air Ambulance . In a similar way, the company Recycling for Good Causes will make donations to charities or churches who collect items such as old watches and jewellery, currency, stamps, phones, cameras, etc. It's VERY easy to set up and run. The J&P Group at the St Augustine of Hippo Church in St Austell, Cornwall, collect items from parishioners and raise funds for CAFOD.
Sanitary items	Try sanitary pads made from cotton available on sites such as Etsy (eg: the seller called NaturallyLady), period underwear (eg: from The Bamboo House), and/or menstrual cups (eg: from Mooncup)
Shampoo & conditioner	Shampoo & conditioner in bar form, not a bottle. Also look out for deodorant bars, pots of shaving cream, and bars of facial cleansers. Some brands are: Lush , the Little Soap Company , Faith in Nature , and so on
Tea and coffee	Choose biodegradable teabags which don't contain plastic in the bags, or buy loose-leaf tea, for example from The UK Loose Leaf Tea Company . Try re-usable coffee pods too.
Toilet paper	Try Who Gives a Crap , a brand of bulk-buy recycled toilet paper, 50% profits to charity. Other brands include Traidcraft , Cheeky Panda , Ecoleaf , etc. For facial tissues, try DrDirt Bamboo Tissues which are unbleached.
Tool library	Join a tool library if there's one locally, so you don't have to buy equipment. Eg: Edinburgh Tool Library .
Travel 	If relevant for you, consider vehicles which are hybrid or electric. Use the bus & train, walk, bike, and above all, fly less.
Twinning	Try bin twinning or toilet twinning —you get a plaque for your bin or toilet, & a community get a bin or toilet.
Vegetarianism or Veganism 	Why not eat vegetarian or vegan once a week or more? There are many new products in supermarkets, such as the M&S Plant Kitchen range, the Linda McCartney range in freezers (esp. the Lincolnshire sausages), Quorn products (try quorn nuggets), and so on. Plant-based meat substitutes are produced by companies such as The Vegetarian Butcher (great "chicken"), This! (great "bacon"), Bosh , and so on. Try milk substitutes (eg: oat milk in coffee). There are many delicious vegan icecreams such as Magnums, Ben & Jerry's, supermarkets' own brands, etc. Check out 10 ways to eat less meat including easy recipes and cooking tips from Friends of the Earth, and for recipes, try following Bosh , Max La Manna , or Pick Up Limes on social media—just some of many!
Web search	Ecosia : for every 45 or so web searches you do, Ecosia plant a tree. 122 million trees so far and rising. Try to delete emails to reduce the energy needed to cool server farms.
Wildlife	i-Naturalist is a great app for both identifying and recording wildlife.
Work	Looking for a change? 80.000 hours recommend careers, career changes, and open jobs to help solve the world's most pressing problems. Also, support changes in your workplace which improve the environment.

News and Organisations

SESSION 1

Catholic Diocese of Salford: [Bishop John launches "Guardians of Creation" ecological project](#)

Creature Kind: [Christian Community, COVID-19, And The Slaughterhouse](#)

Daily Express: [Green Britain: Restoring this site to its former glory is crucial to nation's birds](#)

The Independent: [How to change your parents' minds on climate change - by the Gen Zers who've done it](#)

BBC: [Coca-Cola company trials first paper bottle](#)

SESSION 2

The Sun: ['WE MUST ACT'](#) David Attenborough issues passionate plea to tackle climate change

The Guardian: ['It's awakened me'](#) UK climate assembly participants hail a life-changing event

SESSION 3

[Pope to Glasgow's COP26 Climate Summit](#)—BBC Scotland (speculation, but hopeful!)

[Diets and land use](#) —Our World in Data

SESSION 4

[Just 1 in 10 young people](#) believe their church is doing enough to respond to the climate crisis - Tearfund research

[London teenagers tackling air pollution](#) -The Guardian

Letter demands action over ['UK nature in freefall'](#) - BBC

[How the National Trust is preserving places we love](#) - Sky News

Westminster becomes first Catholic Fairtrade Diocese—[Twitter](#) or [Westminster J&P Commission](#)

SESSION 5

[UK's aims](#) as host of COP26 - The Guardian

[UK nature projects](#) celebrated in Rewilding Day, Saturday 20th March—The Guardian

How to start a [wildlife garden](#)—BBC

As [endangered birds lose their songs](#), they can't find mates—The Independent

[Yorkshire grandmother](#) taught herself to grow 500 trees in secret—an inspiring story! - Yorkshire Post

SESSION 6

[Cop26 will be a playground for polluters](#) - The Independent. Something to raise with your MP

[Wild Garden Award](#) and tips, plus a [Competition to name Beavers](#) - entries by 31st March

[Wildlife Friendly Village](#) as featured in [Countryfile](#): great tips from [Risby's blog](#). Or: [Making Our Village Smile With Flowers](#)

Millions sign up to [anti-food-waste apps](#) to share their unused produce -The Guardian

Additional material:

[How the Pope went Green](#): The Story behind "Laudato Si", in Francis's own words - Laudato Si' Research Institute

Organisations

providing information and activities:

- ◇ [CAFOD](#):
 - ◇ [Reclaim our Common Home](#) campaign
 - ◇ [LiveSimply Award](#)
 - ◇ [MP meeting training](#)
- ◇ [Catholic Bishops Conference of England and Wales](#) (CBEW): Environment activities, including Laudato Si' animators UK
- ◇ [Creature Kind](#): new ways of thinking about animals and Christian faith
- ◇ [Climate Sunday](#): how to run a service
- ◇ COP26:
 - ◇ [What is Cop26?](#)
 - ◇ Latest [COP26 news](#)
 - ◇ Friends of the Earth Oxford: [COP26 Action](#)
- ◇ [Earth Hour](#): people switched off their lights for 1 hr on 27th March '21 across the world
- ◇ [Faiths Working Together for Animals](#), who ran a webinar on 21st March '21
- ◇ Fridays for Future, who ran a [Global Youth Strike for Climate](#) on 19th March '21
- ◇ [Global Catholic Climate Movement](#)
- ◇ [Green Christian](#): have great regular emails. See the Join menu then Sign Up.
- ◇ Green Faith, who ran [A Multi-Faith Day of Climate Action](#), 11th March '21
- ◇ [Journey to 2030](#): Mobilising the Catholic Church in the UK to act on our ecological crisis.
- ◇ [Laudato Si' Animators UK](#)
- ◇ [Operation Noah](#): a Christian charity working to inspire action on the climate crisis, whose newsletters you can find [here](#). Their [BrightNow](#) campaign targets church investments in fossil fuels.

Learning more

Books

[Climate Generation - Awakening to Our Children's Future](#), by Lorna Gold, Veritas Publications, 2018

Why read it? A compelling personal story of a mother and activist as she wakes up to the danger her children are in and connects the dots on how to safeguard their future.

[Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist](#), by Kate Raworth, Cornerstone, 2018

Why read it? This explains the need for a circular economy instead of unlimited GDP growth. It uses the metaphor of a doughnut, where the middle hole represents human underdevelopment and destitution, the empty space the donut occupies is planetary degradation, and the donut itself represents both human and planetary flourishing.

[Finding God in a Leaf: The Mysticism of Laudato Si'](#), by Brian (SJ) Grogan, Messenger Publications, 2018

Why read it? This book serves as a daily invitation to notice the love of God and to care for all God's creation.

[The Future We Choose: The Stubborn Optimist's Guide to the Climate Crisis](#), by Christiana Figueres and Tom Rivett-Carnac, Bonnier Books, 2020

Why read it? Explains the urgency, what we can do, and the importance of talking with friends & family and lobbying politicians. They talk of Stubborn Optimism!

[The Joyful Environmentalist: How to Practise without Preaching](#), by Isabel Losada, Watkins Media, 2020

Why read it? Practical and realistic as well as visionary. Joy is after all one of the best motivations we can have for change. Fast and funny.

[No One Is Too Small to Make a Difference](#), by Greta Thunberg, Penguin Books, 2019

Why read it? Great little booklet to give away and start people talking.

Films & Video

[Climate Solutions 101](#): New short factual video series from Project Drawdown (6 units, ~15 mins each.)

Why watch these? Very clear, factual & hopeful analysis of what's changed and what can be done.

David Attenborough films: **[Extinction: The Facts](#)**, BBC (59m), and **[A Life on Our Planet](#)**, Netflix (1h 23m)

Why watch these? In the first, Sir David explores how the biodiversity crisis has consequences for us all. In the second, he recounts his life, and the evolutionary history of life on Earth, grieving the loss of wild places but offering a vision for the future.

[Global Healing and Global Caring Films](#): Free downloads

[The Secrets of Food Marketing](#) e-Talks (7 mins)

Why watch it? A very powerful talk by a marketing consultant to the food industry. Think you aren't being fooled by advertising tricks? Food marketing's secret weapon is revealed.

Social Media

Try following on Twitter, Instagram, etc:

Augusto Zampini from the Vatican, Birdgirl (Dr Mya-Rose Craig), ClientEarth, COP26, Energy & Climate Intelligence Unit (ECIU), Esther the Wonder Pig, Extinction Rebellion, faiths4forests, Friends of the Earth, Greta Thunberg, Guardian Environment, James Murray from BusinessGreen, Leonardo di Caprio, Pope Francis (@Pontifex), Plastic Free July, Westminster Justice & Peace Network, Women in Sustainability, the World Economic Forum, and many others

Recent Reports

- ◇ **[The wailing of God's creatures](#)** – The New Report on Biodiversity and Ecological Conversion. A Report by Laudato Si' Research Institute, March 2021
- ◇ **[Reduction in emissions under Covid19](#)** – shows what is possible, but things quickly reverted to pre-Covid levels. From a study published in the scientific journal Nature Climate Change, March 2021
- ◇ **[Average westerner's eating habits lead to loss of four trees every year](#)**, published in the Nature Ecology and Evolution journal, March 2021
- ◇ Increasing **[country commitments to net zero](#)**, including UK, EU, China – although timelines and level of commitment vary (ECIU, Net Zero Tracker)
- ◇ **[Up to 80% forest loss](#)** in SE Asia and 60% in Latin America due to large scale agriculture. Source Global Forest Watch / WRI (2020)

List of Sessions

All Global Healing and Global Caring films are available [here](#), and the 6 session recordings are stored in one place [here](#) on YouTube.

Six Global Healing sessions were held via Zoom February-March 2021, originating in the UK. The sessions were hosted by the [Global Catholic Climate Movement](#) (GCCM) and the [Laudato Si' Animators group](#) in the UK. The sessions attracted more than 900 registrations and had weekly attendance of between 280 to 450 people. The outcome was a series of reflective evenings with inspiring speakers, prayer and discussion, using the film-based resources Global Healing and Global Caring. These engaging documentaries informed and challenged people to respond to Pope Francis' call to Care for Our Common Home, as laid out in his Encyclical, [Laudato Si'](#). Information was sent from: jane@catholicclimatemovement.global

SESSION 1

“The Beauty of Creation,” Thursday February 18th 2021

Links: Global Healing 1 [film](#). Session [recording](#) on YouTube, 1h 12m

Speakers: Bishop John Arnold, and Dr. Carmody Grey, Assistant Professor of Catholic Theology Durham University

Questions: How do you experience God's creation? How do you feel about the state of our planet?

Laudato Si' quote: “In the Christian understanding of the world, the destiny of all creation is bound up with the mystery of Christ, present from the beginning: “All things have been created through him and for him” (Col 1:16). (Laudato Si', 99)

SESSION 2

“Eco-Conversion: From Head to Heart,” Thursday February 25th 2021

Links: Global Healing 2 [film](#) from 09:21 mins. Session [recording](#) on YouTube, 1h 10m

Speakers: Jane Mellett, Laudato Si' officer for Trocaille, and Marie Wykes, Laudato Si' Animator from Wiltshire

Question: What sacrifices could you make to help heal the planet?

Laudato Si' quote: “What kind of world do we want to leave to those who come after us, to children who are now growing up?” (Laudato Si', 160)

SESSION 3

“Together, with the Holy Spirit,” Thursday March 3rd 2021

Links: Global Healing 3 [film](#) from 23:23 mins. Session [recording](#) YouTube, 1h 02m.

Speaker: Dr. Emma Gardner, Head of Environment at the Diocese of Salford

Tag lines from the talk: Learn - Use your voice - Reduce

Laudato Si' quote: “The Spirit of God has filled the universe with possibilities and therefore, from the very heart of things, something new can always emerge.” (LS,80)

SESSION 4

“Living in Harmony with God's creation,” Thursday March 11th 2021

Links: Global Caring 1 [film](#). Session [recording](#) on YouTube, 1h 01m.

Speaker: Sr. Shirley Aeria, a religious sister of the Franciscan Missionaries of the Divine Motherhood

Laudato Si' quote: “Many things have to change course, but it is we human beings above all who need to change.” (Laudato Si', 202)

SESSION 5

“The Cry of the Earth,” Thursday 19th March

Links: Global Caring 2 [film](#). Session [recording](#) on YouTube, 1h 03m.

Speaker: Graham Gordon, Head of Public Policy, CAFOD.

Question: How do the cry of the earth and the cry of the poor make you want to change your lifestyle?

Laudato Si' quote: “Humanity is called to recognize the need for changes of lifestyle, production and consumption, in order to combat [global] warming.” (Laudato Si', 23)

SESSION 6

“Hope for the Future,” Thursday 25th March 2021

Links: Global Caring 3 [film](#). Session [recording](#) on YouTube, 1h 06m.

Speaker: Paul Kelly, LiveSimply assessor and a member of the NJPN (National Justice and Peace Network)

Question: What sort of world do you want to leave to our children?

Laudato Si' quote: “All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents.” (Laudato Si', 14)

From Thomas, aged 9:

Click [here](#) to see Thomas' inspiring video (7 mins)

Emergency of climate change starts now

Many people can help

Everyone can do something

Reduce, reuse, recycle, rewild, responsibility

Grow your own food

Extraordinary things we can do together

Never stop trying

Careful what we throw away

You can do it!

YOU MUST DO IT!