

Friday Evening Prayer

Canticle of Brother Sun and Sister Moon (~St. Francis of Assisi)

[Music version by John Michael Talbot](#)

Most High, all-powerful, all-good Lord, All praise is Yours, all glory, all honour and all blessings. To you alone, Most High, do they belong, and no mortal lips are worthy to pronounce Your Name.

Praised be You, my Lord, with all Your creatures, especially Sir Brother Sun, Who is the day through whom You give us light. And he is beautiful and radiant with great splendour, Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars, In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air, And fair and stormy, all weather's moods, by which You cherish all that You have made.

Praised be You, my Lord, through Sister Water, So useful, humble, precious and pure.

Praised be You, my Lord, through Brother Fire, through whom You light the night and he is beautiful and playful and robust and strong.

Praised be You, my Lord, through our Sister, Mother Earth who sustains and governs us, producing varied fruits with colored flowers and herbs.

Praise be You, my Lord, through those who grant pardon for love of You and bear sickness and trial. Blessed are those who endure in peace, By You Most High, they will be crowned.

Praised be You, my Lord through Sister Death, from whom no-one living can escape. Woe to those who die in mortal sin! Blessed are they She finds doing Your Will. No second death can do them harm.

Praise and bless my Lord and give Him thanks, And serve Him with great humility. Amen.

Saturday/Sunday Afternoon Prayer

(consider doing 2 each day)

- Find a comfortable place outside to [listen to a guided meditation](#)
- Write or sketch your own Canticle of Praise for Creation
- Praise creation through music: [Majestic](#)
- Music Meditation: [Everything is Holy Now](#)
- Prayer Walk in nature: [Prayer walk instructions](#)
- [Visio Divina](#) in nature
- Outdoor Perspective Meditation: [Instructions](#)
- [Nature scavenger hunt](#)

Saturday Evening Prayer

Ecological Examination of Conscience

Adapted from <http://www.ecologicalexamen.org/>

1. **I give thanks to God for creation and for being wonderfully made.** Where did I feel God's presence in creation today? Do I accept with a grateful heart the gifts of God's goodness and diversity in creation?
2. **I ask for the grace to see creation as God does – in all its splendor and suffering.** Do I see the beauty of creation and hear the cries of the earth and the poor? Do I build bonds of love, care, and companionship with all living beings? Do I value creation not as mine alone but first and foremost as God's home?
3. **I ask for the grace to look closely to see how my life choices impact creation and the poor and vulnerable.** What challenges or joys do I experience as I recall my care for creation? How can I turn away from a throwaway culture and instead stand in solidarity with creation and the poor?
4. **I ask for the grace to reconcile my relationship with God, creation and humanity, a conversion of heart, and to stand in solidarity through my actions.** Where have I fallen short in caring for creation and my brothers and sisters? How can I repair that relationship and make choices consistent with my desire for reconciliation with creation?

After reflecting on these questions, I hold in my mind and heart the ways I will live with love and integrity within the web of creation.

Amen.