**A Personal Reflection on Living Laudato Si’ in Everyday Life**

Having read Laudato Si’ I felt like a gentle yet urgent wake-up call. Pope Francis wasn’t just speaking to governments or large institutions—he was speaking to me as Individual , to my family and to each one of us. His words reminded me that caring for the earth isn’t something “extra” to do when we have time; it’s part of our calling as Christians, as human beings, as members of a beautiful and fragile creation.

As an individual, I’ve started noticing the little things that make a big difference. I try to be more mindful—switching off lights when not needed, carrying my own cloth bags to the market, avoiding plastic, choosing local produce. These may seem small, but when done with love and intention, they carry great meaning. I’ve realized that simplicity is not about lacking things, but about making space—for peace, for gratitude, for deeper connection with God’s creation.

In my Community, Laudato Si’ has helped us look at our lifestyle with new eyes. We talk more openly about where things come from—our clothes, our food, even the energy we use. We’ve made it a point to eat together more mindfully, waste less, use recyclable things, and spend more time outdoors. Nature walks have become more than just outings—they’re moments of awe. I have started talking our staff beneficiaries in field of work to marvel at God’s handiwork in a butterfly, designs and colours of flowers plants etc or the sound of chirping of birds.

We also try to pray for creation—not just in words, but in action. We spend one hour silently switching of gadgets , electricity, reflecting on the creation together as a community. We ask ourselves: Are we being fair? Are we taking more than we need? Are we living in a way that allows others—especially the poor and future generations—to thrive?

Of course, it’s a journey. Some days we fell back into convenience and comfort. But Laudato Si’ keeps pulling us back, gently reminding us that this earth is not ours to exploit, but God’s gift to cherish. It calls us to live not with fear, but with hope—that through our small, everyday choices, we are participating in something much bigger.

Ultimately, Laudato Si’ has become more than just a document to read—it’s become a way of life. And as individuals and families, we don’t have to do everything. But we can do something. And if we do it together, with love, it truly matters.

Sr.Theresa Mascarenhas SCB