**Reflecting on the Laudato Si´ Goals**

We invite you to create a brief document or video reflection explaining how your unique values and identity are connected to the Laudato Si' Goals and upload it to the Laudato Si' Action Platform.

You can use this template to create your reflection, or you can use your own format to carry out your reflection in the way that is most meaningful to you.

Please feel free to answer these questions to help you develop your reflection.

* Review the Laudato Si´ Goals [here](https://laudatosiactionplatform.org/laudato-si-goals/). Which of these goals speaks to you the most, and how have they inspired changes for you or your community? As a spiritual director in the Ignatian tradition, Ecological Spirituality is a goal that speaks to my heart. I would like to deepen my practice and share ecological Spirituality with others. As a cell of Jesus’ Sacred Heart, a heart of compassion, Responding to the cry of the earth and the cry of the poor also comes naturally. I have been inspired to explore ecospirituality and develop activities for the college students I work with. I have a lifelong commitment to care of earth and vulnerable human beings.
* Enrich your understanding of how “[everything is connected](https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html#_ftn36).” How has the socio-ecological crisis affected your community? Our community is experiencing global warming with higher temperatures, increased drought, and more severe weather events. Those with slender economic Resources have trouble accessing affordable housing, green spaces, sufficient healthy food, health care Resources, etc. Moneyed interests push for more fossil fuel extraction (including coal) which only increases the damage and suffering. Those who currently make a living in these industries Will need help transitioning to other employment.
* What is your mission and/or your values? I am a committee Catholic, part of an intentional lay community called Ignatian Associates. We take promises of simplicity of life, apostolic availability, and Fidelity to the Gospel and our Ignatian companions. I am currently transitioning from full-time campus Ministry to semi-retirement, discerning where the Holy Spirit is calling me to use my gifts.
* How do your unique mission and/or values and identity connect with the Laudato Si’ Goals? The Ignatian Associate promises involve a commitment to simplicity of life and gospel values of compassion and justice – all very much in line with the Laudato Si goals.
* Why do you feel called to join the Laudato Si´ Action Platform in your journey to integral ecology? I have been part of the Laudato Si Committee at Regis Univesity, and, as I retire, I wish to remain connected to the Action Platform as an individual.
* Whether you have already been taking action on Laudato Si’ for some time or are just beginning your journey, what are your existing initiatives or the efforts you have already started? Use any online calculators that are helpful to you, or use the table below.

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| **Laudato Si Goals** | **Current Actions** | **What’s working well** | **Areas for Improvement** |
| Response to the Cry of the Earth | I’d like to develop a place-based awareness of what is happening to the Earth’s eco-systems where I live. | I am becoming familiar with the forest around me, noticing places that have been clear-cut, native flora and fauna. | Attending a “Pika Project” training with the Denver Zoo and Conservation Alliance – Will monitor some sites where this climate-threatened animal currently lives. I’d like to learn more about our local watershed, sources of pollution, how to address wáter shortages. |
| Response to the Cry of the Poor | Spending time helping with food assistance programs, programs that work with the unhoused. Spending time Learning about current issues confronting the global por. | My husband has been pulled back into pro-bono legal work with immigrants here in the U.S., and I help. Growing in knowledge helps me develop compassion. | During retirement, I’d like to make a more significant commitment to walking with those on the margins. |
| Ecological Economics | Learning about Fair Trade products and choosing them when possible. Finding ways to divest from fossil fuels (and advocate that others do so). Investing in renewable energy. | We have installed solar panels on the roof. One of our vehicles is fully electric. I have purchased fair trade coffee and chocolate for 25 years. I found one sustainable, fair trade, organic cotton clothing company I have purchased ítems from. | Continue to transition to natural fiber clothing. More resistance to fast fashion by purchasing fewer clothing ítems, thrifted when possible. Look into how our retirement money is invested with an eye to divestment from fossil fuel. |
| Adoption of Sustainable Lifestyles | Growing organic produce in our greenhouse so we purchase fewer veggies that need to be transported. Reducing waste – composting with worms, recycling as much as possible. | Most of what is listed to the left. | We live 25 miles from grocery stores, pharmacies, medical care, volunteer commitments, etc., so it is difficult to choose mass transit and other sustainable transportation options. I feel like it is difficult to resist the consumer culture and need to improve in that. |
| Ecological Education | I spend a lot of time Reading about climate change, ecosystems, etc. I have engaged in several local educational opportunities, Learning from Third Act, the Citizens Climate Lobby, and a Laudato Si Animators’ course. | See previous box. | Learning about Earth’s eco-systems and how to preserve them is a life-long process, so I Will need to continue to study. |
| Ecological Spirituality | I have done extensive reading and exploration of ecological Spirituality as part of my role as a campus Minister at Regis University. This includes drawing and journaling activities directly related to the natural world; meditations for compassion for the Earth, her creatures, plants, and human beings; extensive Reading of Franciscan and eco-feminism Resources. | I find all of these energizing, grounding, and supportive of a deeper realtionship with Christ. | I am currently working to integrate Laudato Si concepts into a preached Ignatian Retreat I Will be giving in September of 2025. As above, I judge there is always further study, growth, and deepening which Will become a lifelong process. |
| Community Resilience and Empowerment | Participating in some local nature retreats with others, lobbying state lawmakers in addition to federal lawmakers, organizing a twice annual “Clear Creek Clean Up” event for our local green space – involving Regis University students, faculty, staff, and community members. | I have enjoyed introducing students to the value of community-building and engaging in local politics. Building community around the local green space has also been rewarding. | In retirement, I would like to become more involved in the Gilpin County, CO community where I live. Up until now, my center of gravity has been at my place of employment in Denver. |