



Laudato Si' Week: May 19-26, 2024 Sowing Seeds of Hope Rooted in Faith & Love



Homemade eco-friendly soap making at the Bon Secours Nursing Home and Independent Living Apartments in Vendome, France.

Each May the Church sets aside eight days to mark the anniversary of Pope Francis' landmark encyclical on integral ecology, *Laudato Si'*. This global celebration challenges Catholics to listen and respond together to the cry of creation and the cries of the most vulnerable and intensify our efforts to protect our common home and those living in it. It is also a time to celebrate creation and rejoice in the progress we have made in bringing *Laudato Si'* to life.

The Sisters of Bon Secours together with the Bon Secours community are in year two of a seven-year [Laudato Si' Action Plan](#). We are increasing our understanding of integral ecology, practicing ecological spirituality, reducing waste, increasing energy efficiency and advocating for our common home.

Pope Francis' recent encyclical [Laudate Deum](#) is a reminder about the urgency of the *Laudato Si'* message and the need for both personal and cultural transformation amidst our ecological and climate crises. This year's *Laudato Si'* Week theme is inspired by the symbol for Season of Creation 2024, "first fruits." Let us be seeds of hope in our world, rooted in faith and love.

In this edition we feature stories and tips on ecological living from Beatrice Lesourd, Social Life Manager for the nursing home and Béguinage in Vendome France and JPIC committee member. Beatrice and the Bon Secours community in Vendome are living signs of hope as they practice the art of being more and consuming less.

JPIC Days of Remembrance

May 1

[Feast of St. Joseph the Worker/International Workers Day](#)

May 19

[Pentecost](#)

May 19-26

[Laudato Si Week](#)

May 24

[Our Lady Help of Christians](#)

Patron of the Sisters of Bon Secours

June 5

[World Environment Day](#)

June 8

[World Oceans Day](#)

June 20

[World Refugee Day](#)



Community Garden Peru

Reflect



"There are no lasting changes without cultural changes, without a maturing of lifestyles and convictions within societies, and there are no cultural changes without personal changes." (LD, 70)

Listen to the different dimensions of the climate crisis where you live and reflect on the quote from *Laudate Deum*. Take time to discern **three changes** you can make to bring hope and healing to the cries of the earth and the cries of people living in poverty. Consider how to share the changes you are making with your community.

Visit [the Laudato Si Movement](#) for ideas!

Less Waste, More Love: A Story of Measuring, Reducing and Creating Community



Beatrice Lesourd and the staff and residents of the Bon Secours Assisted Living community in Vendôme, France have a long history of caring for the earth through kitchen gardening, composting, reusing and recycling. Several years ago, they embarked on a journey to measure their food waste. They scraped plates and emptied glasses measuring all the leftover food and drink. The results were surprising. They were wasting 72 liters (19 gallons) of food, water and wine a week. They took action to reduce this waste by working with staff responsible for ordering food to order only what residents were going to eat and drink. They also implemented more composting so that all food waste could be composted.

People stopped throwing leftover water down the drain and instead used it to water the kitchen garden.

Reducing waste requires lots of work and effort but it can also be fun. Classes taught by Beatrice and others support both nursing home and independent living residents, staff and family members to learn to make eco-friendly soaps and cleaning products. These are great for economical green gift giving and much cheaper than conventional soaps and cleaning products. Residents and staff also participate in classes to learn how to cook healthy no waste dishes like radish top pesto. They build community while crafting and cooking, always producing wonderful things and creating lots of smiles.

Radish Leaf Pesto Recipe Courtesy of Beatrice Lesourd



Radishes are a great no waste food because everything can be eaten. Chop the radish bulbs thinly for salads but don't throw away the tops! Here is a yummy recipe for radish pesto using the radish greens. It's perfect as a dip for vegetables or to mix with pasta.

Ingredients:

- 1 Bunch of radishes
 - 1/3 C Olive Oil
 - 2 Tbsp Lemon Juice
 - ¼ C Parmesan Cheese
 - 1 Clove of garlic
 - Salt/Pepper to taste
 - ½ C Pine Nuts or Pumpkin Seeds
- Wash and cut the green radish tops into pieces then puree all ingredients in blender until desired texture.

Teach us to be True Stewards of the Earth

Creator God,

Teach us to embrace gratitude in our daily lives and to recognize the gifts of our relationships over our possessions. Show us the path away from disposable and harmful materials and enlighten us to find earth friendly solutions. Inspire us to move away from unsustainable practices and towards a brighter future. Encourage us as we work to protect your creation.

Where we have polluted your waters, let us clean them and return them to purity. Where we have trampled your forests, let us regrow and revive them. Where we have littered your lands, allow us to clean them and begin new practices. Teach us to be true stewards of the earth, planting seeds of hope rooted in faith and love.

Adapted from Anna Massman, St. Teresa Academy '24



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