

SISTERS OF CHARITY
EARTH EXAMEN OF CONSCIOUSNESS

- As the day draws to a close, I pause to recall that I am in the presence:
...of our Creator God who looked with pleasure on everything that was made;
...of Jesus who delighted in the flowers of the field and the birds of the air;
...of the Spirit of wind and flame, the energy that fills the cosmos.

- I ask for the grace to see creation as God sees it – with delight in its wonders and with a heart broken by the cries of Earth and people in poverty.
- How have my life choices impacted creation today?
I recall some moments when I delighted in creation today – e.g. in a sunrise, a flower, an animal companion, in an experience of human goodness.
- I recall with gratitude some moments when I chose to live in loving relationship with creation – e.g. when I was careful in my use of water or electricity, when I made healthy food choices for myself and for Earth, when I chose non-violence in relationships and speech.
- I pray for the grace of conversion for the moments in my day when I failed to live in loving relationship with creation – e.g. when I too rushed or busy for wonder and awe; when I was wasteful or selfish; when I failed to treat people and other creatures with respect.
- I look with desire and hope toward tomorrow. What is one thing I might choose to do to live in deeper harmony with God, myself, other people, all creation?

I conclude my prayer with a moment of contemplative silence. I rest in gratitude for the wonder of life. I call to mind our symbol of the pelican – a symbol which sees God as a nurturing mother. I pray that I may be a nurturing presence for all Earth's creatures. God as a nurturing mother. I pray that I may be a nurturing presence for all Earth's creatures.