Reflection for Laudato Si Action Platform

23rd December, 2021

Draft 1

Reflection

I was re-reading Anthony DeMello’s book ‘*Awareness’* recently when I read: “Do you want to change the world? How about beginning with yourself?”! What a wonderful quote. Well, do I want to change the world? Yes. Have I begun with myself? Yes and No!

I am hopeful that the Laudato Si Action Platform will help me to do this.

First of all, what have I done? As a member of the Christian Life Community, I have reflected much on my life and my Faith and what I was being called to do. It was because of this that I gave up my career in industry and became a secondary teacher. Since I retired in 2000, I turned to mainly parish work in Justice and Peace, the Livesimply Parish and as Campaigns Volunteer for the Catholic Agency for International Development (CAFOD). I was also involved with a local link with Bo Town in Sierra Leone, although this has since waned, but I continue with contacts I have made. For ten years I volunteered at a project for the homeless and marginalised and now continue as their data inputter keeping a record of their visitors. This year I have joined the LSUKI Writing Group who persuaded me to follow the Laudato Si Movement’s course to become an ‘Annimator’. And now I am embarking on this journey with the Laudato Si Action Platform.

At home, my wife and I have been environmentally aware and energy conscious. So, now one third of our larger-than-average garden is a wild area, we collect our rain water, compost all our fresh food waste and this year have constructed a small pool. We take an active interest in nurturing as much wildlife as possible; from ants and fruit flies, to bees and frogs, birds, squirrels, field mice and the occasional fox.

In the home, as far as energy is concerned, we have reduced our carbon footprint by draught-proofing, improving the insulation in the loft, having cavity wall insulation and double glazing, have thermostats on every radiator and now are about to have solar panels fitted in 2022. 5 years ago we downsized our car to one with low emissions. As far as recycling is concerned, we repair, reuse and recycle as much as possible. We try as far as we can to only buy what we think we need, rather than what we want.

I hope that the LS Action Platform will enable me to take the next step.