OUR COMMITMENT

We Dominican Sisters and Associates of Springfield, Ill., recognize the urgent need for both personal and communal transformation of heart and mind as well as appropriate, collaborative action that will begin to heal the most broken of our relationships and help curb the most traumatic consequences of the ecological devastation of our life systems. Such a transformation is not just a matter of seeing the interconnection of the whole and knowing what we need to do and doing it, it is a very real transformation of our hearts.
OUR GOALS

ECOLOGICAL ECONOMICS
We recognize the injustices in the economic system, the harm to our planetary systems, and particularly to the rostros concretos, that is, those most impoverished or negatively impacted by the effects of climate change.

SIMPLE LIFESTYLES
We desire to embrace a simpler lifestyle, recognizing that our excessive consumption negatively impacts the life of the world, being in solidarity with all creation, and connecting to the essence of our own spirituality.

ECOLOGICAL SPIRITUALITY
As consecrated women religious and committed Dominican associates, we recognize that all we are and do comes from our faith in a loving, generous God who speaks to us through the whole of creation.
GOAL ONE:

Desiring to embrace a simpler lifestyle, recognizing that our excessive consumption negatively impacts the life of the world, being in solidarity with all creation, and connecting to the essence of our own spirituality, we commit to the following:

EAT LESS MEAT

Learn the consequences of what meat (and fish) production does to contribute to climate change, ecological devastation, and the persons on whose backs this economic system is built (rostros concretos). Choose at least one day a week of meatless meals (chicken, pork, beef, lamb, bison, venison, fish, seafood, etc.). This choice might also exclude dairy and eggs, as well.

REDUCE PLASTICS

Learn the consequences of what the production of plastic does to contribute to climate change, ecological devastation, and the health of the whole of life. Choose at least one single-use plastic (utensils, water/soda bottles, bags) that you will no longer use, accept, or purchase.

CUT EMISSIONS

Become more accountable for CO2 emissions and fossil fuels used in our vehicle and air travel by participating in the Catholic Climate Covenant Cath/Cap Program.
GOAL TWO:

Recognizing the injustices in the economic system, the harm to our planetary systems, and particularly to the rostros concretos, we commit to the following:

CONSUMER ACTION

LSAP Committee, with the assistance of the JPIC committee, will share with sisters and associates the names of a limited number of companies who engage in unethical ecological practices. Individual sisters and associates choose at least one of those companies whose products they use and discern if they will continue to purchase from that company. If choosing to not purchase, they will commit to letting the company know why they are not buying their product. They will also inform the LSAP Committee as part of the evaluative process. LSAP and JPIC Committees will share updated information, alerts, and calls for action for further involvement.

PURCHASE LOCALLY

Commit to purchasing locally as frequently as possible. Local purchasing involves a number of considerations: a preference to buy locally produced goods and services rather than those produced farther away; a preference to purchase from locally owned businesses rather than national chains; a preference to purchase seasonal food and/or food from farmers’ markets, many of which have the added benefit of being grown with little or no synthetic (fossil-fuel) fertilizers, herbicides, or pesticides.

PURCHASE LEVS*

Increase the percentage of hybrid car purchases. Consider the purchase of one or more electric cars. Consider the purchase of electric vehicles used in lawn and property care.

*Low Emission Vehicles
As consecrated women religious and committed Dominican associates, we recognize that all we are and do comes from our faith in a loving, generous God who speaks to us through the whole of creation. We commit to the following:

**THEOLOGICAL REFLECTION**

Sisters and associates will use theological reflection to help deepen their practice of adopting a simple lifestyle and pursuing ecological economics. The LSAP Committee will create a sample theological reflection by September 2022.

**ECOLOGICAL SPIRITUALITY**

Sisters and associates’ personal and common prayer petitions will reflect their deepening awareness of ecological spirituality.

**NATURE’S HOLINESS**

Sisters and associates will find ways to personally and communally experience the holiness of nature during each of the four seasons.
JOIN US!

It will take every one of us to reduce the harmful effects of climate change. You can join us. Start by NOT printing this brochure. Then join us at:

https://springfieldop.org/laudato-si/