

# Season of Creation Challenge

Below are 28 challenges for the Season of Creation. There are four themes: **Prayer**, **Formation**, **Action** and **Advocacy**. You could choose one theme to focus on during this Season of Creation, choose a challenge from each theme or try to complete as many actions as possible!

Tell us about your successful challenges on [j\\_percaolp.co.uk](http://j_percaolp.co.uk)

Pray the [Laudato Si'](#) prayer

Pray the [Night Prayer](#) for Creationtide

Pray CAFOD's [Novena](#) to Saint Francis

Host a [Prayer Vigil](#) for the care of creation

Hold a [Mass](#) for the Season of Creation in your Parish

Use Liverpool J and P's the [Creation Time](#) reflections

Use these [daily reflections](#) for [creationtide](#) each day

Investigate the impact water useage has on the environment [here](#)

Find out the impact food waste has on the environment [here](#)

Read Bishop John Arnold's message on the treatment of animals [here](#)

Read [Laudato Si'](#)

Investigate the impact Cleaning Products can have on the environment [here](#)

Watch [Fr Diarmuid O'Murchu MSC's](#) talk on New Challenges for a Spirituality of Eco-Justice

Choose from the [selection of talks](#) at this year's NJPN Conference on the theme 'Life on Earth-Moment of Truth'.

Turn down the temperature in your shower

Reduce food waste by only buying what you need

Reduce the amount of meat you eat

Investigate switching your energy supplier to a green provider

Switch your cleaning products to an eco-friendly range

Include pollinators outside your home

Walk, Cycle or use Public Transport for local journeys

Sign [CAFOD's petition](#) to Boris Johnson ahead of UN COP26

Find out what action your local council is taking to tackle food waste

Contact Hope for the Future for support in arranging a meeting with your MP to discuss climate change

Write to your local MP to ask them to take action to promote green energy use

Create a climate advocacy group in your parish or local area

Write to your local councillors to ask them what they are doing to encourage biodiversity in your area

Meet with your local councillors to discuss how Cycling and Public Transport could be improved in your area