

# **COSMIC/ ECOLOGICAL SPIRITUALITY IN FORMATION**

**Sr. Mary Teresita G. Figueroa, RGS**





Laudato Si, on the Care for Our Common Home called for Ecological Spirituality. This project is in direct response to the Pope's call for our houses of formation to provide an education in responsible simplicity of life, in grateful contemplation of God's world, and in concern for the needs of the poor and the protection of the environment"

(LS #214)



Laudato Si states the need for “ecological conversion” which will provide the “interior impulse which encourages, motivates, nourishes and gives meaning to our individual and communal activity,” a spirituality that “can motivate us to a more passionate concern for the protection of our world.”

(LS # 216)



In my role as a formation directress, an “elder” to the younger sisters, I will apply the deeptime principles evoking from them a cosmological sense of identity within a vast evolving Universe as context, in a matrix of embeddedness/ relationality, and reverencing subjectivity of all creation which will lead to just and compassionate actions.







**THE STORY OF THE UNIVERSE WILL BE SHARED FOR THE  
APPRECIATION THAT WE LIVE IN A VAST, EVOLVING UNIVERSE**





**“We will recover our sense of wonder and our sense of the sacred only if we appreciate the universe beyond ourselves as a revelatory experience of that numinous presence whence all things came into being. Indeed, the universe is the primary sacred reality. We become sacred by our participation in this more sublime dimension of the world about us.”**

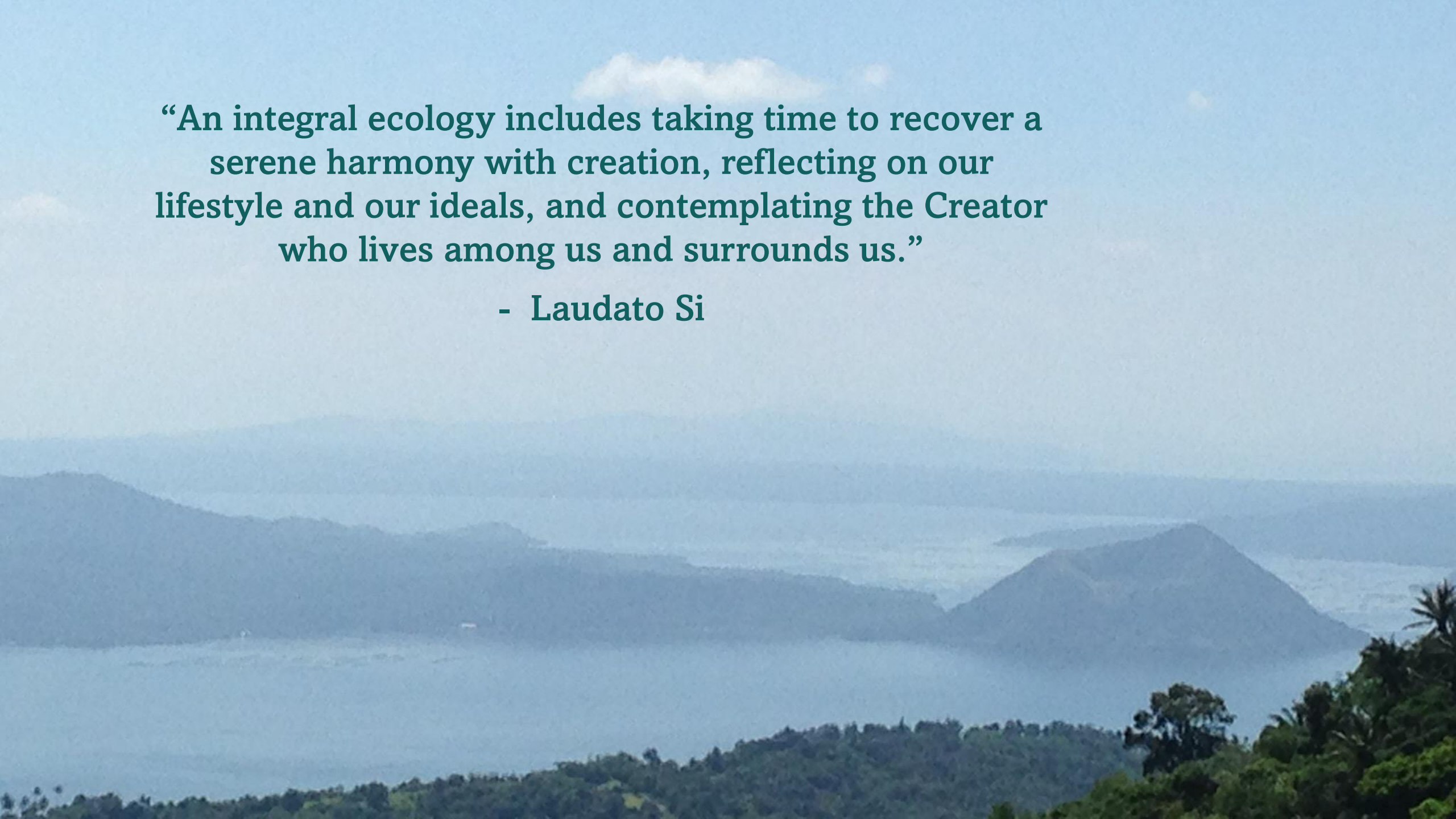
**– Thomas Berry**





The formation program will include care for the Earth through work in our small farm and contemplation of nature to enable reconnection with nature and the learning of Earth wisdom





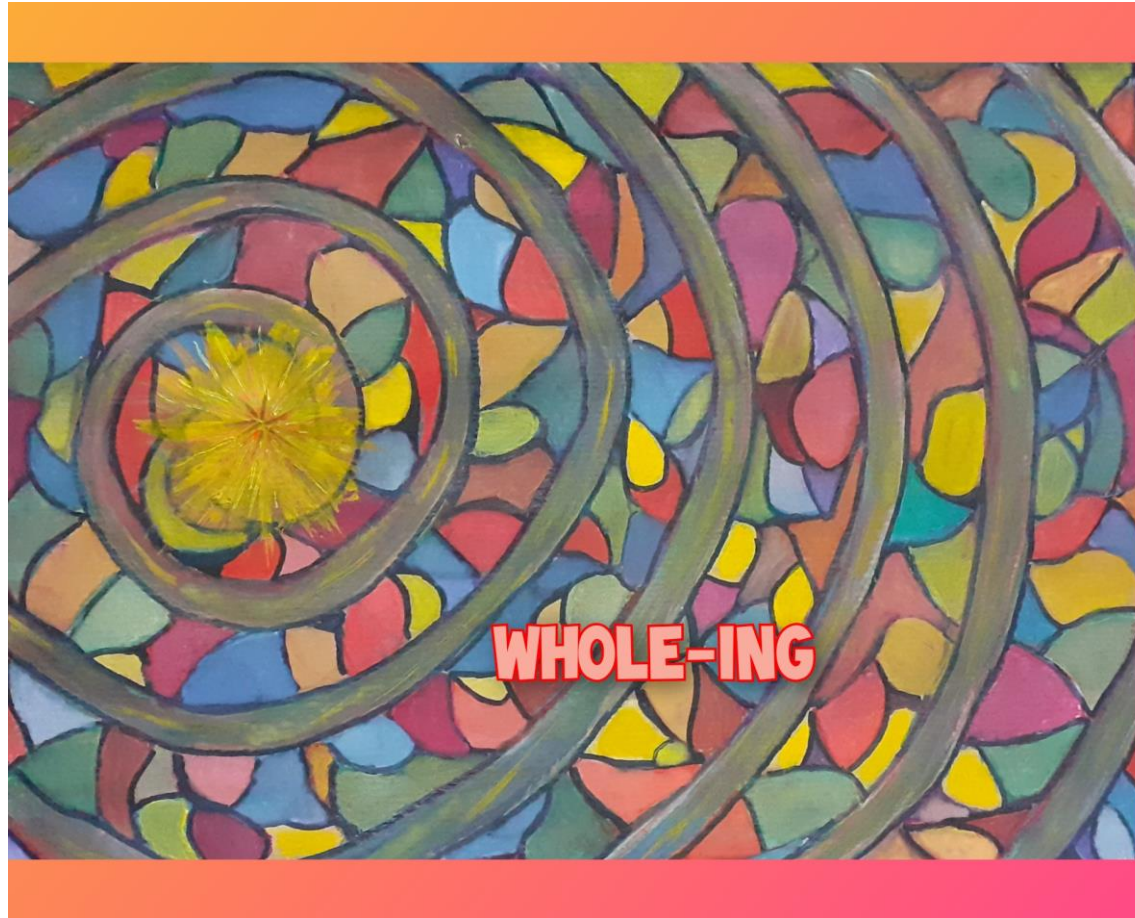
“An integral ecology includes taking time to recover a serene harmony with creation, reflecting on our lifestyle and our ideals, and contemplating the Creator who lives among us and surrounds us.”

- Laudato Si



—◆—  
In caring for our common home,  
we will also care for our soul,  
finding time for self-care and  
Sabbath rest to transform the  
mindset of busyness that marks  
the industrial society's lifestyle.





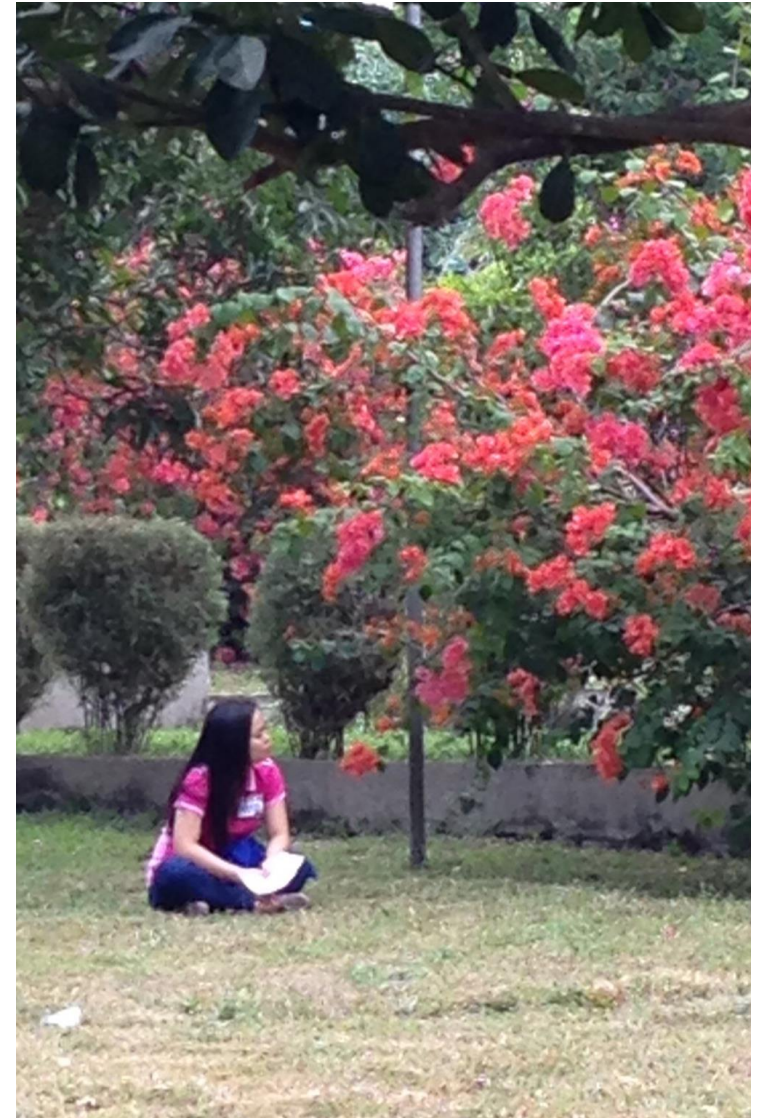
Being in touch with one's allurements and fascinations will be encouraged.

Poetry, music, dance and the arts will be promoted  
as means of self-expression.





**We will co-create new ways of  
praying as we listen to the  
“voice” of creation and recognize  
interdependence as the basic law  
of the cosmos.**





**Interconnection,  
interrelationship, and  
interdependence in  
community will invigorate  
our life together as we live  
out Jesus' command to "love  
one another" and widen our  
circle of compassion to the  
whole of creation**





# A Creation Spirituality Retreat

—◇—  
which integrates the  
powers of the universe  
with the four paths of  
creation spirituality  
will be offered.



—◇—

The retreat will aim to develop new ways of praying: a listening and communion with nature, artworks, journal writing and a lot of time for just being in order to develop an attitude of receptivity.

The journey through  
the paths







In reflection, sacred space conversations, prayer and contemplative dialogue, a new spirituality will emerge that will enliven our life and mission.





All these activities will aim towards having a new reverence for life, “the firm resolve to achieve sustainability, the quickening of the struggle for justice and peace, and the joyful celebration of life”

(Earth Charter)





*Thank  
you!*

