**The Mighty River**

When you see a river, notice its rhythm, its ‘heartbeat’. As you watch its flow, remember the living water Jesus talked about. Let yourself be moved to action, sharing God’s life of love and justice with all the people, plants and creatures you meet.

**In Pope Francis’s letter Laudato Si’, he urges us all to love and take care of the Earth and each other. To help us do this, Laudato Si’ Goals have been set:**

* **Respond to the cry of the Earth.**
* **Respond to the cry of the poor.**
* **Adoption of sustainable lifestyles.**
* **Ecological education.**
* **Ecological spirituality.**
* **Community resilience and empowerment.**

**The fish in the sea show some of our ideas how we can achieve this.**

‘Just as the hearts of babies beat in harmony with those of their mothers, so in order to grow as people, we need to harmonise our own rhythms of life with those of creation, which gives us life.’

Pope Francis