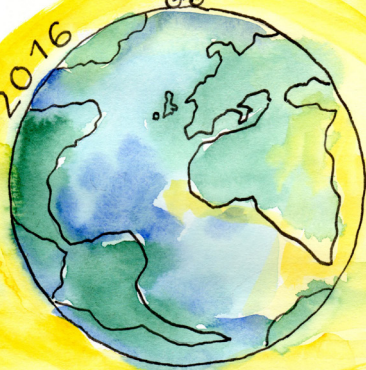


WALK FOR CHANGE



2016



MUDAR
PELO PLANETA
CUIDAR
DAS PESSOAS
2017

CHANGE
FOR THE PLANET
CARE
FOR THE PEOPLE

DATA SHEET

The “Walk for Change” Script integrates the “Together for Change - Joint Action for Sustainable Lifestyles”, promoted by FEC - Faith and Cooperation Foundation in partnership with the Casa Velha Association - Ecology and Spirituality and CIDSE, with the Camões Institute support. The Together for Change project aims to raise awareness of european civic society, the portuguese society in particular, for the need to adopt new consumption patterns that allow global sustainable development. It is part of CIDSE's “Change for the Planet, Care for the People” campaign.

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www.fecong.org



A New Year is starting! It is always a good moment to stop and think what has marked the world. Every year, the media do their reality portraits, showing the most outstanding images, the personalities of the year... In a personal level, it is also the time for many of us to make some purposes, to set some changes that we want to achieve. What are your pictures of the past year? How do you see the world? What challenges? What joys? With this starting point, we propose to begin this New Year with a Walk for Change! We'll start by introducing the inspiration of the Magi, how they left in search of where the Bright Star, which they saw rise in the sky, came from. They came from far away, looking for a better world, following the Star. They find The King - Jesus - a simple baby, in a simple family, in a simple place... and totally change their way.

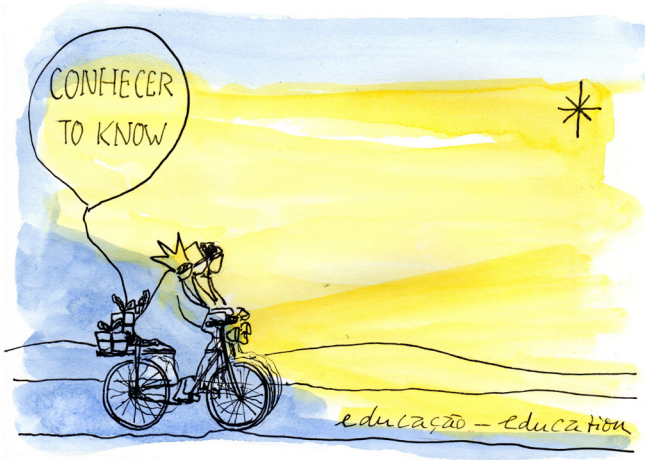
After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem. And asked: "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him". When King Herod heard this he was disturbed, and all Jerusalem with him. When he had called together all the people's chief priests and teachers of the law, he asked them where the Messiah was to be born. "In Bethlehem in Judea," they replied, "for this is what the prophet has written: "But you, Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for out of you will come a ruler who will shepherd my people Israel". Then Herod called the Magi secretly and found out from them the exact time the star had appeared. He sent them to Bethlehem and said, "Go and search carefully for the child. As soon as you find him, report to me, so that I too may go and worship him." After they had heard the king, they went on their way, and the star they had seen when it rose went ahead of them until it stopped over the place where the child was. When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh. And having been warned in a dream not to go back to Herod, they returned to their country by another route. (Matthew 2, 1-12)

Light and Simplicity, Truth, Path, Search and Communion - these are the key points of our road.

**What makes me change? What lights have I followed?
What lights follow the rulers of this world? What paths
do we have to change in our lives, in our world?**

Pope Francis meets us on this Path, with a precious support - the Encyclical Laudato Si, On Care For Our Common House. It is about stopping and seeing how our life / home is, which changes we - the world - must make, to achieve a true common home, with a place for all, in the present and in the future.

1 # THE PATH - STEP BY STEP, FROM MULTIPLE GEOGRAPHIES, IN CHANGE



A new year begins. We do not want it to be another year. The world needs MORE. Our common home needs changes in lifestyles, needs an ecological education and spirituality (Encyclical Laudato Si, Chapter 6). Guided by a simple BIKE (could be the transport of nowadays wise men) - universal, simple, non-polluting way of transportation, accessible to all - we set out on a multi-step journey of change - TO KNOW, TO CARE, TO INTEGRATE, TO CHANGE , TO DIALOGUE, TO SPREAD. Slowly we are going forward, pedal to pedal, bringing more and more people on this journey. We are integrating changes and we are moving forward, more deeply.

Our Star - the cardinal points that will guide us are those pointed out in the Encyclical Laudato Si.

Our GPS - the “ecological conversion”. *The rich heritage of Christian spirituality, the fruit of twenty centuries of personal and communal experience, has a precious contribution to make to the renewal of humanity. Here, I would like to offer Christians a few suggestions for an ecological spirituality grounded in the convictions of our faith, since the teachings of the Gospel have direct consequences for our way of thinking, feeling and living. More than in ideas or concepts as such, I am interested in how such a spirituality can motivate us to a more passionate concern for the protection of our world. A commitment this lofty cannot be sustained by doctrine alone, without a spirituality capable of inspiring us, without an “interior impulse which encourages, motivates, nourishes and gives meaning to our individual and communal activity”. Admittedly, Christians have not always appropriated and developed the spiritual treasures bestowed by God upon the Church, where the life of the spirit is not dissociated from the body or from nature or from worldly realities, but lived in and with them, in communion with all that surrounds us. (LS 216)*

The Way - from many places of the country and the Europe, we will give life to the proposals of the Guide of Change “Laudato Si”, sharing stories through facebook: <https://www.facebook.com/fundacaofecooperacao/> and the blog: www.walkforchange.net. They will be traveled, in different places, kilometers of bicycle by this cause, connecting different cities, culminating in Ourém, in the Vale Travesso village, on May 9, for an international 3 days camping (9 to 12 May).

Our Goal - from Vale Travesso, we will walk to Fatima on May 12, 2017, where we will meet Pope Francis, our guide.

Let's do it?

CONTENT

- Laudato Si inspiration
- Concepts
- To Depeen...
- Different realities...
- Challenges
- Praying

THEME

- Energy
- Water
- Food
- Transports
- Public Spaces

CALENDAR

- January
- February
- March
- April
- May

2# MEETING - SHARING AND CELEBRATING THE CHANGE

LS6# ECOLOGICAL EDUCATION AND SPIRITUALITY

LS202. *Many things have to change course, but it is we human beings above all who need to change. We lack an awareness of our common origin, of our mutual belonging, and of a future to be shared with everyone. This basic awareness would enable the development of new convictions, attitudes and forms of life. A great cultural, spiritual and educational challenge stands before us, and it will demand that we set out on the long path of renewal.*

How?

Sharing a simple and sustainable living experience for three days in the camp site. It will be the time to take care of the Common House. We will have time for everything: prayers, work in the farm, workshops, a huge party with everyone in the village, time for sharing life and responsibilities, time for planning next steps... See the preliminary program attached.

Where?

The Casa Velha Association - Ecology and Spirituality
(www.casavelha.org)
Quinta da Casa Velha, Vale Travesso, Ourém, Portugal

When?

May 9 at 5 pm to May 13 at 4 pm.

How to get there?

Flying to Lisbon in Portugal

Taking a special bus from Lisbon directly to Casa Velha at 3 pm

Taking a bus from Lisbon to Fatima or the train from Lisbon to Caxarias

Both in Fatima and Caxarias, there is a bus to Vale Travesso (You just have to ask the bus driver where is the Casa Velha stop)

What to bring?

Camping equipment (a tent, a bed bag, dishes, a glass, cutlery), good footwear, warm clothing for the night, a raincoat, a hat, sunscreen...

Registrations:

- To participate in the **Laudato Si in Action camp**, until March 31 (sign up in this [Link](#)).
- To participate in the May 12 **Walk For Change**, until April 30.
- To pedal a few kilometers for this cause, register [here](#).

For more information:

walkforthechange@gmail.com

Mobile number +351936665008

3# WALK FOR CHANGE

Pilgrimage to Fatima on May 12, to meet Pope Francis. Departure from Casa Velha, Vale Travesso, at 12 o'clock. Open to anyone who wants to join in (registration is required).

**ATTACHMENT I
PREPARATION WALK**



CUIDAR
TO CARE

energia

energy

Hashtags:

#change4theplanet #january4care #january4energy

LAUDATO SI INSPIRATION

18. The continued acceleration of changes affecting humanity and the planet is coupled today with a more intensified pace of life and work which might be called “rapidification”. Although change is part of the working of complex systems, the speed with which human activity has developed contrasts with the naturally slow pace of biological evolution. Moreover, the goals of this rapid and constant change are not necessarily geared to the common good or to integral and sustainable human development. Change is something desirable, yet it becomes a source of anxiety when it causes harm to the world and to the quality of life of much of humanity.

19. Following a period of irrational confidence in progress and human abilities, some sectors of society are now adopting a more critical approach. We see increasing sensitivity to the environment and the need to protect nature, along with a growing concern, both genuine and distressing, for what is happening to our planet. Let us review, however cursorily, those questions which are troubling us today and which we can no longer sweep under the carpet. Our goal is not to amass information or to satisfy curiosity, but

rather to become painfully aware, to dare to turn what is happening to the world into our own personal suffering and thus to discover what each of us can do about it.

CONCEPTS

To Care: From latin *cogit re*, «to think; to reflect». Taking care of someone, ensuring his well-being, security, etc; take care of, to dedicate effort and time (to someone or something) with a certain purpose, to think; to ponder.

TO DEEPEN...

Against the hallucinating pace we are used to, the challenge is to stop. To care and to repair. To become aware of the many things that are happening around us, often dispersed and disjointed, and to try and promote more integrated and integrative processes. More than firefightings and heroically taking care of people and clearly unbalanced and disintegrated realities, it is about finding a critical eye, thinking and giving the other (or a certain reality) what they really need. Look at the world, our world, and understand his reality - how it was, how it is and how it can be more and better - and discover what is your role in History. Actively and truly caring (about) the world. Because it is our house (World) and our body (Humanity) that are concerned.

In the challenge of realizing How Is Our Home, this is the month of thinking and evaluating the ENERGY theme.

The Sustainable Development Objective 7 (ODS7) of the 2030 Agenda intends to “ensure reliable, sustainable, modern and accessible access to energy for all”.

Pope Francis writes that climate change is “one of the major challenges humanity faces today.” Pope Francis points the “disposable culture” as the root cause of the ecological crisis. We face pollution and waste, water scarcity, loss of biodiversity, the quality of life decline and society’s degradation, extreme consumerism and global inequality, and weak international responses. What images come to your mind when you read “disposable culture”? How did you participate or react to a disposable culture?

How do you see the Climate Change issue? Are you aware of your ecological footprint? **How do you manage the energy you consume?** Make your daily routine conscious to be able to transform it for better. Inspired by our daily lives, we will appreciate more our resources, reorient them - both in distribution and in their purpose - and promote the relationship with the world, to be a Lightful relationship instead of promoting darkness.

DIFFERENT REALITIES...

- **Portugal:** inspired by at Casa Velha, an ecology and spirituality association, some young adults created a group to read, deepen and engage the Laudato Si encyclic
- **Marrakesh:** COP22 took place between 7 to 18 November

2016, with COP21 (Paris) ruling. A family, in Portugal, has decided to make their own Paris Agreement, putting different resolutions in their kitchen walls.

- **Sweden:** is challenging the world to go fossil-free. Sweden will be one of the world's first fossil-free welfare countries. To this end, the Government has launched the Fossil Free Sweden initiative, where Swedish actors are given the opportunity to call attention to how they are contributing to climate change work. The initiative brings together actors from the business sector, municipalities, regions and organisations from across the country.

<http://www.government.se/government-policy/fossil-free-sweden/>

<https://www.theguardian.com/environment/2015/nov/26/sweden-is-challenging-the-world-to-go-fossil-fuel-free>

<http://www.independent.co.uk/news/world/europe/sweden-phases-out-fossil-fuels-in-attempt-to-run-completely-renewable-energy-a7047306.html>

- **Portugal:** more than 60% of the produced energy is renewable

- **France:** the first solar road of the world was created and will be in tests for the next two years: <http://observador.pt/2016/12/26/primeira-no-mundo-franca-inaugura-estrada-solar/>

CHALLENGE 1 - Change from the inside

We want to go beyond the symptoms and get to the heart of this matter. And we dream big: rather than learn how to renounce, we want to relearn how to give - to pass from consumption to discover what we really need - for us and around us, from greed to generosity, from waste to the capacity of sharing [LS9]. We do not want to be just consumers neither live consumed, we want to be free and responsible collaborators. We can all participate, as instruments, in the creation care, each one based on their culture, experience, initiative and abilities. **Have you thought you can make a difference? Facing the challenges you notice around you, have you already thought your role in the world, in your world?**

CHALLENGE 2 - Change tips

(personal and/or community challenge)

1. Remark all the materials, natural resources and services you consume during the day and think about their origin and their purpose. For every change you can make, you offer a low-energy lamp to someone in need (a neighbor, an institution, an association which is lacking resources, etc).
1. Through your senses, explore something that gives you joy and energy and that you can do without having to consume anything else. Do a little reflection or take a photo and share on facebook with #january4care, # january4energy, #change4theplanet

1. In community (group of friends and friends of friends), meet each other to freely discuss these issues and in the end each one of you leave his impression by drawing his hand on a large piece of paper and writing a simple commitment with the three P rule: petit, practical and possible. Take a group photo and share it on facebook with #january4care, #january4energy, #change4theplanet
1. Explore in community (group of friends and friends of friends) the HOME documentaries, by Yann Arthus-Bertrand which presents us how our Common House is. What touched you the most? What does it mean for you to care? Post group photo on facebook with #januaryistocare, #change4theplanet

PRAYING

On the road to Change we are marching on, this month we pray for caring about the people who we live with at home, for the space we share with them. We pray for caring about every person who crosses our daily lives and about all the Creation around us (water, air, fire, earth, ...). We pray for all those who do not have yet access to energy and for the converting energy processes from renewable sources.

FEBRUARY | TO INTEGRATE LS 2# THE GOSPEL OF CREATION

Hashtags:

#change4theplanet #february4integrate

#february4water

LAUDATO SI INSPIRATION

63. Given the complexity of the ecological crisis and its multiple causes, we need to realize that the solutions will not emerge from just one way of interpreting and transforming reality. Respect must also be shown for the various cultural riches of different peoples, their art and poetry, their interior life and spirituality. If we are truly concerned to develop an ecology capable of remedying the damage we have done, no branch of the sciences and no form of wisdom can be left out, and that includes religion and the language particular to it. (...)

84. Our insistence that each human being is an image of God should not make us overlook the fact that each creature has its own purpose. None is superfluous. The entire material universe speaks of God's love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God. The history of our friendship with God is always linked to particular places which take on an intensely personal meaning; we all remember places, and revisiting those memories does us much good. Anyone who has grown up in the hills or used to sit by the spring to drink,



acqua
water

INTEGRAR
TO INTEGRATE

or played outdoors in the neighbourhood square; going back to these places is a chance to recover something of their true selves.

CONCEPTS

To Integrate - From latin *integr re*, «to integrate; to restore». To turn something whole, include within a whole; embodying, to complete, to become an integral part of.

TO DEEPEN...

We are invited to adopt the integrated look that the different beliefs present us about the world. Everything is connected, says Pope Francis. The respect for animals, plants, natural resources or the air we breathe is no different neither independent of our relationship with the people we love and care about. Our care for each other is deeply connected with caring about all the creatures who share our common House. We need to see clearly, to free ourselves of what confine us in the little things of our daily life and try to see further than that. We must try to see the world as a whole and realize the connections that are established around us... of the implicit collaboration between the different elements of Creation and the way we are affected by this permanent interconnection. We become aware of what unites us all, not only the human beings, but all the elements of Creation.

The available resources do not only exist for exclusive profit but are part of this common heritage, of all the planet inhabitants. Each one can remove from land soil what he truly needs, for his survival, with a responsible and sustainable sense of use, allowing others to also benefit from it.

The main resource that serves as subsistence for all living beings is WATER - these month theme. Despite being the most abundant resource on the planet, only 2.5% of the water on the planet is potable and only 0.5% is available for human consumption. According to Pope Francis "Clean and potable water is a matter of paramount importance because it is indispensable for human life and for sustaining overland and aquatic ecosystems. Freshwater sources provide sanitation, agro-livestock and industrial sectors." Are you aware of the amount of drinking water you spent a day? How can you make your daily water consumption more sustainable?

DIFEFERENT REALITIES...

- **Portugal:** the Mafra's Chamber, which was the first municipality to privatize water and sanitation services in Portugal, decided, 22 years ago, unanimously, to rescind the concession contract with Be Water company. <http://aguadetodos.com/aguanova/>

- **Angola:** the southern region of Angola is suffering from a drastic and extended drought, a clearly product of cli-

mate change. The dryness is leaving more than one million people at risk of hunger <http://www.redeangola.info/seca-deixa-mais-de-um-milhao-de-angolanos-em-risco-de-fome/>

- **Europe:** european citizens revert privatization of water <http://portugalmundial.com/2014/12/cidadaos-fazem-recuar-privatizacao-da-agua-na-europa/#>

- **World:** one out of six people in the world does not have access to safe water (check here - <https://vimeo.com/80537926> - the situation and how water - or the lack of it - can change life).

- **World:** Portuguese jurist Catarina Albuquerque wins the Global Water Prize, which distinguishes her role as UN Special Rapporteur on Access to Water in recognizing access to water as a universal right. <http://visao.sapo.pt/actualidade/sociedade/2016-09-19-Catarina-Albuquerque-A-embaixadora-da-agua>. To deepen: <http://ionline.sapo.pt/270880>

CHALLENGE 1 - Change from the inside

The prophet Isaiah tells us: Attention! Come, all you who are thirsty, come to the waters... as the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. (Is 55)

Water is a precious blessing, destined to irrigate all lives, to make Life germinate. However, in so many places on the planet, there are still so many thirsty people, no water to cultivate, to drink ... on the other hand, some of us simply have to turn on a faucet when we are thirsty. Are you aware of such a blessing? Water is Life, which baptizes us, integrates us into the Creation. **During this month, record in a journal of yours (with writings, photographs, drawings, or even just sketches) the various ways in which water is present in your life, in the environment around you, or how it influences your habits... Then, by the end of the month, try to do a deeper reflection about everything you thought of.**

CHALLENGE 2 - Change tips

(personal and/or community challenge)

- During the time period you set (two days, one week?), try to take a shower with a single bucket full of water. Record what you feel and what has marked you the most and share it with #february4Water, #february4integrate, #change4theplanet
- Arrange a documentary session where you display the “Semear Portugal, Semear Angola” (<https://youtu.be/OuPHHYUeyE> - it takes only 17 minutes) followed by a debate on the common challenges that arise in such different realities. You can analyze the water issue in both contexts. Share a group photo with the major awareness you can tell of the event and share it with #february4Water,

#february4integrate, #change4theplanet

- <http://www.water4all.org/us/shareourmessage/videos/>

PRAYING

On the road to Change we are doing, this month we pray for the integration of those we consider “poor” in our lives. We pray for the integration of the care of Creation along the daily consciousness of every human being. We pray for the water access and sanitation for all and for those who suffer the extended droughts impact.



MUDAR
TO CHANGE

alimentação - food

MARCH | TO CHANGE LS 3# THE HUMAN ROOTS OF THE ECOLOGICAL CRISIS

Hastags:

#change4theplanet #march4change #march4food

LAUDATO SI INSPIRATION

101. It would hardly be helpful to describe symptoms without acknowledging the human origins of the ecological crisis. A certain way of understanding human life and activity has gone awry, to the serious detriment of the world around us. Should we not pause and consider this? At this stage, I propose that we focus on the dominant technocratic paradigm and the place of human beings and of human action in the world.

111. Ecological culture cannot be reduced to a series of urgent and partial responses to the immediate problems of pollution, environmental decay and the depletion of natural resources. There needs to be a distinctive way of looking at things, a way of thinking, policies, an educational programme, a lifestyle and a spirituality which together generate resistance to the assault of the technocratic paradigm. Otherwise, even the best ecological initiatives can find themselves caught up in the same globalized logic. To seek only a technical remedy to each environmental problem which comes up is to separate what is in reality interconnected and to mask the true and deepest problems of the global system.

CONCEPTS

To Change - From latin *mut re*, «idem». To follow a new direction, to vary a behavior, a genius, etc.

TO DEEPEN...

We live in a constantly changing world. We recognize the wonders that technology can bring to life, through the transformation that humans make out of nature, for useful purposes. However, the dizzying speed of technological advancement does not allow it to be accompanied by an integral development of the human being. Changes in technology, family, work and values are increasingly emerging, while the world calls for an inner and more coherent change. **How can you be a sign of a deeper change? Can you take your own options against the current superficiality, consumerism, speed, waste, relativism?**

A relationship with the environment can not be proposed without the relation with other people and with God (LS119). The Pope tells us how urgent and fundamental is a new relationship with Nature, our home, recognizing the true value of the land and disapproving the waste and consumerism logic. It is more and more necessary to value work and recognize it as an opportunity for personal development, which enhances our creativity (LS128). He shares the small producers example. The authorities have the right and the responsibility to adopt clear and firm

support measures for small producers and diversification of production, which are the main responsible for the world FOOD and at the same time the ones who most suffer with vulnerable conditions. (LS129).

DIFFERENT REALITIES...

- **Portugal:** in the 5 years that ReFood exists, the movement has gone from 1 volunteer to 4,000, and serving 2,500 people 46,000 meals in a month. The organisation is entirely volunteer run, and focuses on addressing the issues of food waste and food poverty at a neighbourhood level. <http://www.re-food.org/pt>

- **Italy:** learn about the Coldiretti initiative, that brings product consumers closer together in a multiplicity of ways, carried out by farmers, consumers, agricultural associations, organic farming associations and regional public administrations, which promote collective experiences of Short Agri-food Circuits, some of them with high economic and social potential. <http://www.coldiretti.it/Pagine/default.aspx>

- **CPLP** (Comunidade de Países de Língua Oficial Portuguesa): knows good agroecological practices of family agriculture in five countries <http://www.redsan-cplp.org/uploads/5/6/8/7/5687387/bpae.pdf>

CHALLENGE 1 - Change from the inside

God placed the human being in the Garden of Eden (which is, after all, our World) not only to take care of but to work on it in order to produce fruits (to cultivate). To care, we are called to change our gaze. The ecology that is proposed should institute a cultural revolution: that leads us to look at reality in a different way, to rediscover our true place in this world, to recognize positive and sustainable advances, and to recover lost values. On the other hand, to cultivate, we are called to get our hands dirty. Hands can be a sign of power, domination and oppression, but they can also be the visible sign of responsibility for Creation, of commitment to building a world with fairer relationships. With the hands we sow, we take care and we harvest the food. With our hands we feed and share. This month, the challenge is to “slow down and look at reality in a different way”, as one who stands before a fruit tree “to gather positive and sustainable aspects and recover values and great goals” (114). **How do you look at the reality you live and at the world we are in? How can your creativity and abilities contribute to the necessary cultural revolution? Whenever you get your hands dirty, cultivating something (in the garden, in relations with friends/family ...), you make a fingerprint with your hand and write what you are sowing and taking care of. Share with #change4theplanet, #march4change, #march4food.**

CHALLENGE 2 - Change tips

(personal and/or community challenge)

This month we will take small steps towards a balanced and sustainable diet:

1. Add 2 locally produced foods on your weekly shopping list
2. Eat every 3 hours; eat 2 pieces of fruit a day along with 2 crackers or dry nuts; make 2 full meals (1/2 vegetable dish, · protein, · carbohydrate) a day and drink 1.5L of water every day
3. Spot a day to invite people from your family, invite friends and your community as well, to view the Teresa Nazareth Storytelling (<http://www.fecongdom.org/2016/12/12/historias-de-mudanca-Teresa-nazareth/>) and make a dinner with the help of every guest to only have locally produced food. Take a photo of the menu and the meal and share it on facebook with #change4theplanet, #march4change, #march4food
4. Before each meal, thank the food you have and try to bring to prayer the people who are hungry, those who produced it, who harvested it and the ones who transported it, making you and each one around you aware of each food journey until it reached your table.

PRAYING

On the road to Change we are going through, we pray this month for our journey of Change for the planet. We pray for the change we want to see in the world. We remember in particular the small food producers from all over the world, many of them experiencing situations of immense vulnerability.

APRIL | TO DIALOGUE LS4# INTEGRAL ECOLOGY

Hastags:

#change4theplanet #april4dialogue #april4transports

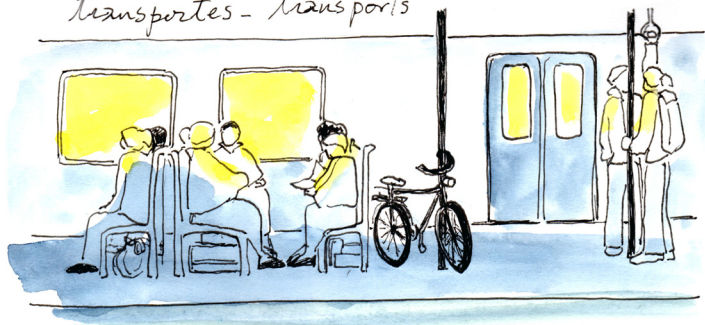
LAUDATO SI INSPIRATION

138. Ecology studies the relationship between living organisms and the environment in which they develop. This necessarily entails reflection and debate about the conditions required for the life and survival of society, and the honesty needed to question certain models of development, production and consumption. It cannot be emphasized enough how everything is interconnected. Time and space are not independent of one another, and not even atoms or subatomic particles can be considered in isolation. Just as the different aspects of the planet – physical, chemical and biological – are interrelated, so too living species are part of a network which we will never fully explore and understand. A good part of our genetic code is shared by many living beings. It follows that the fragmentation of knowledge and the isolation of bits of information can actually become a form of ignorance, unless they are integrated into a broader vision of reality.

CONCEPTS

To Dialogue -To speak, alternately, each one of the several interlocutors; to talk.

transportes - transports



DIALOGAR - TO DIALOGUE

TO DEEPEN...

Ecology is the relationship between living organisms and the environment, everything is closely related. The analysis of environmental problems can not be separated from social problems. In order to understand the concept of integral ecology, we have to consider five dimensions: environmental, economic and social ecology; cultural ecology; ecology of daily life; the principle of the common good; the intergenerational justice. **What does each dimension tell you? How does each concept relate to your own reality and daily life?**

This month we think about the transports as well as a dimension of change, which symbolically represents this connection between different realities. PUBLIC TRANSPORTS, in addition to reducing our environmental footprint, has the great advantage of “smashing” into each other, promoting dialogue and embracing our differences.

One of the ODS 11 goals is about the transport: by 2030, there will be a system of access to all for safe, affordable and sustainable transports, improving road safety through the expansion of public transport, with special attention to the needs of people in situations of vulnerability, women, children, people with disabilities and the elderly.

DIFFERENT REALITIES...

- **Portugal:** portuguese people are among those who walk the most daily: <http://www.dn.pt/portugal/interior/portugueses-sao-dos-europeus-que-mais-fazem-as-deslocacoes-diarias-a-pe-4283828.html>

- **Copenhagen:** there are more bikes circulating than cars: <https://www.theguardian.com/cities/2016/nov/30/cycling-revolution-bikes-outnumber-cars-first-time-copenhagen-denmark>

<http://greensavers.sapo.pt/2016/11/18/ja-ha-mais-bicicletas-a-circular-em-copenhaga-do-que-carros/>

- **Europe:** is increasingly choosing public transport: http://www.uitp.org/sites/default/files/cck-focus-papers-files/UITP_Statistics_PT_in_EU_DEF_O.pdf

- **Europe:** inequality in public transport access. European Rural Manifest - <http://www.minhaterra.pt/wst/files/l12570-MANIFESTOXRURALXEUROPEUXPT.PDF><http://www.minhaterra.pt/wst/files/l12570-MANIFESTOXRURALXEUROPEUXPT.PDF>

CHALLENGE 1 - Change from the inside

Praying is *dialoguing* with God. Ask Him, as Luke (11: 1) “Lord, teach me to pray” or “Lord, teach me to dialogue”. What does “dialogue” mean for you in this Present moment? How do you have already participated in dialogue to counter

the ecological crisis? What ways you can contribute to this dialogue? “What need does the earth have of us (#160)?”

CHALLENGE 2 - Change tips

(personal and/or community challenge)

This month, aware that your choices express what you are committed to, the integral ecology, accept the challenge of opting for public transportation or cycling at least once a week in your trips to school, to work, when you go shopping.. Take a photo and share it on Facebook or Instagram with the hashtags of the project: #change4theplanet, #april4dialogue, #april4transports; and challenge someone to do the same.

PRAYING

On this road to Change we are stepping, we pray this month so that we can make the dialogue our mission: to have more time for a constructive dialogue with ourselves, with God, with others and with the Creation. We pray for interreligious dialogue, between political decision-makers, local organizations, civil society, for the reduction of social and territorial inequalities, especially in access to public services.



CONTAGIAR - TO SPREAD

MAY | TO SPREAD

LS#5 LINES OF APPROACH AND ACTION

Hashtags:

#change4theplanet #may4spread #may4publicspaces

LAUDATO SI INSPIRATION

179. In some places, cooperatives are being developed to exploit renewable sources of energy which ensure local self-sufficiency and even the sale of surplus energy. This simple example shows that, while the existing world order proves powerless to assume its responsibilities, local individuals and groups can make a real difference. They are able to instil a greater sense of responsibility, a strong sense of community, a readiness to protect others, a spirit of creativity and a deep love for the land. They are also concerned about what they will eventually leave to their children and grandchildren. These values are deeply rooted in indigenous peoples. Because the enforcement of laws is at times inadequate due to corruption, public pressure has to be exerted in order to bring about decisive political action. Society, through non-governmental organizations and intermediate groups, must put pressure on governments to develop more rigorous regulations, procedures and controls. Unless citizens control political power – national, regional and municipal – it will not be possible to control damage to the environment. Local legislation can be more effective, too, if agreements exist between neighbouring communities to support the same environmental policies.

CONCEPTS

To Spread - to convey an idea, a feeling, the sensation of; to reveal.

TO DEEPEN...

The construction of the polis/city/society, with a sustainable development, is done by the participation of all, with the specific role of each one. However, there are so many people in the world who can not manifest themselves. Not just their opinions, but their own identity. There still are many of us who have no access to any PUBLIC SPACES: neither cultural, educational or leisure ones. On the other hand, civic participation of so many citizens is really weak, clearly in the high rates of abstention in electoral moments.

Making development sustainable is not to extend our acquisitions that much, but rather to extend our creative capacity. Therefore, making sustainable development implies for each present and future person not the goods needed to live but rather the possibility of participating in their production. Making development sustainable is not to extend the length of the current model, but rather to invent another development model, a development thought out of the place each person occupies in it, rather than its ability to access the necessary goods. (Elena Lasida, The meaning of the other, Ed. Paulinas)

DIFFERENT REALITIES...

- **Europe:** special eurobarometer analyzes the culture access barriers: http://ec.europa.eu/public_opinion/archives/ebs/ebs_399_fact_pt_en.pdf

- **Europe:** civic participation: http://ec.europa.eu/public_opinion/flash/fl_408_fact_pt_pt.pdf

- **World:** less freedom of speech: <http://pt.rfi.fr/mundo/20160420-menos-liberdade-de-expressao-no-mundo>

CHALLENGE 1 - Change from the inside

“The history of the friendship itself with God always unfolds in a geographical space that becomes a very personal sign, and each of us keeps it somewhere in our mind, whose memory makes us very well. (#84)”. Remember a natural beauty place that is part of your story and has touched you deeply - a landscape, a garden, a park, a forest, etc. Remember the goodness of creation experienced in this place.

Where is that place? What makes that place special? Why is it special to you? What do you feel when you're in that place? What smells, colors, emotions ... do you experience in that place? What do you do there? What you see? And how would you feel if that place no longer existed? What impact would have for you and in the world? Is this

situation real - or was it at some point in your life? How can you manifest?

CHALLENGE 2 - Change tips

(personal and/or community challenge)

As we read in chapter V, it is fundamental that we know well our Common House, in order to “generate greater responsibility, a strong sense of community, a special capacity for solicitude and a more generous creativity, a passionate love for the land itself, like you think about what is left to children and grandchildren “(# 179), that is why we have the following challenges:

- See the documentary “Before the Flood” with your community (family and friends) and share what touches you and motivates you to act. Mobilize others on facebook to this Caring For Our Common Home joint action. Introduce them the “It is so much what can be done!” (# 180) on facebook with #change4theplanet, #may4spread, #may4publicspaces, and make the documentary known!

Guerrilla art in public spaces: print the Campaign postcard(s) - at www.juntospelamudanca.pt - or your own postcards and leave it/them visible in a public space, in a strategic place where you and a lot of people pass by, to spread the message: #change4theplanet, #careforthepeople. Take a photo and share it on facebook with #change4theplanet, #may4spread, #may4publicspaces

PRAYING

On the Road For Change we are relishing, we pray for our ability to spread good news, to let ourselves be spread and to infect those around us as a simple and inclusive lifestyle, open to others and rooted in hope. We all pray for all the silenced, who can not manifest them freely, for different reasons (political, religious, others).

ATTACHMENT II

THE LAUDATO SI IN ACTION CAMP

PRELIMINARY PROGRAM



CHANGE FOR THE PLANET
CARE FOR THE PEOPLE
MAY 2017

9 May

AIM AT
ANOTHER
LIFESTYLE

5 pm - Arrival at Casa Velha
6 pm - Time to know and connect with the place and the community
7 pm - Dinner is served
9 pm - Introduction to the Camp Program
11 pm - Good night!

10 May

EDUCATE TO
THE HUMANITY
AND THE
ENVIRONMENT
ALLIANCE

8 am - Eucharist
8:30 am - Breakfast
9 am - Time to Care Our Common Home (practical work at the farm)
1 pm - Lunch
3 pm - How do we change? All together sharing experiences
5 pm - Snack
5:30 pm - Sharing of the day
7 pm - Dinner is served
9 pm - Storytelling Movie followed by a debate with the movie maker Patrícia Pedrosa
11 pm - Thanking the day (underneath the sky full of stars)
11:30 - Good night!

11 May

THE
ECOLOGICAL
CONVERSION

8 am - Eucharist
8:30 am - Breakfast
9 am - Time to Care Our Common Home (practical work at the farm)
1 pm - World's Lunch
3 pm - How to inspire to Change? Communication and resources, next steps
5 pm - Snack
5:30 pm - Sharing of the day
7 pm - Festivity with the village
11 pm - Thanking the day (underneath the sky full of stars)
11:30 - Good night!

12 May

JOY AND
PEACE

8:30 am - Breakfast
9 am - Pilgrimage launching and sending Mass
10 am - Walk for Change to Fatima
4 pm - Arrival to Fatima

9 pm - Vigil with Pope Francis
10 pm - Mass

Camping night at Fatima

13 May

THE QUEEN OF
ALL CREATION

10 am - Mass with Pope Francis

2 pm - Final Meeting at Fatima
4 pm - Take off to Lisbon





**CHANGE FOR
THE PLANET**
CARE FOR THE PEOPLE

