

Living Water

Season of Creation
2026



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The Season of Creation traces back to 1989, when Ecumenical Patriarch Dimitrios I proclaimed 1 September a day of prayer for creation for the Orthodox Church, marking the start of the Orthodox liturgical year as a moment to give thanks for God's creation. The World Council of Churches later extended this into a full season running from 1 September through 4 October (the Feast of Saint Francis of Assisi).

Pope Francis established a Catholic World Day of Prayer for Creation in 2015 and embraced the full season in 2019. Today it's coordinated by the *Laudato Si'* Movement through an ecumenical steering committee and unites an estimated 2.2 billion Christians worldwide in annual prayer, celebration, and action for "our common home."

This year's theme, 'Living Water', draws on the vision, described in the book of Ezekiel, of a river that grows deeper and deeper, restoring barren land, reviving waters, and sustaining flourishing ecosystems. It is a call to link ecological healing with human wellbeing and to see every act of care for creation as part of a wider, global current of hope.

Praying with Awareness in the Season of Creation

The Examen of Consciousness is one way in which we respond to Jesus' invitation to stay awake, to live in response to God's presence recognised in our everyday. The points here are offered to encourage you as review your stewardship and responsible living. They may enhance your practice of the Examen during the Season of Creation as you reflect on them, discuss them with a companion or in your community.

Our Starting Point

All the things in this world are also created because of God's love and they become a context of gifts, presented to us so that we can know God more easily and make a return of love more readily. (*Spiritual Exercises* §23, *Principle and Foundation*, translation David Fleming)

- The Principle and Foundation opens the Spiritual Exercises by situating human beings and "other things on the face of the earth" together in a single purpose of the praise and service of God; creation is given to help us toward that end. How do you notice yourself relating to the created world?

- Seeing creation, not as an incidental backdrop, but as a fellow-creature, commits us to attending to it with deliberate care. How are you moved to cherish and care for God's gift of creation?
- When have you recently noticed real beauty in creation - something that stopped you, even briefly? What did that moment invite in you?
- We are commissioned to till and to keep, to work and to guard the garden the Earth (Genesis 2:15): what efforts do you notice yourself making to care for and protect creation?

Everyday Choices

May the Lord give us the light of holy discernment, so that we may use created things by the light of the Creator. Amen. (Ignatius of Loyola, 1556).

- What does "living simply" look like in your own week — the food you consume, in what you buy or want provided for you, in how you choose to travel? What one small habit are you already glad of?

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Everyday Choices ctd.

- When you need something new, how much weight do you give to buying locally, repairing or reusing, versus a new purchase or ordering online? Is there a purchase coming up where that question might shape the decision?
- Reusing, mending, borrowing, sharing, where has sustainability and living responsibly already found a place in your life or in your community, even in a small way?

Formation and Companionship

Our aspiration to be “contemplatives in action” prompts us to be reflective, aware and committed to working for justice for all creation.

- Who has helped you grow in awareness of creation - a companion, a colleague, an activist? And who might you be that person for?
- Speaking up “to the right people” has been named as one of the most powerful things we can do. Where might your own voice, in a parish, a formation group or a family be heard?
- Review how your living in community disposes you to make changes for the good of creation.
- Are there opportunities for you to offer insights, make suggestions, ask for and receive recommendations about how others see you live?
- How might such a conversation help you to be accountable and to grow in responsibility for creation?
- How could a conversation about your habits and presumptions help your community live more simply and with greater freedom?
- What time do you give — alone or with others — to review and balance your spending on clothes, travel, or entertainment?

Solidarity with the Poor

The friendship of the poor makes us friends of the eternal King. (*Ignatius of Loyola, 1547*)

- *Laudato Si'* insists that environmental degradation and poverty are “one complex crisis” (§139), the earth’s cry and the cry of the poor being, in the end, the same cry. Where have you seen that connection made real in your decision-making: in the sourcing of what you buy, in whose land is affected by what you throw away, in who suffers first from the choices others make?
- What habit of yours creates a cost to people and to the planet? What might you do to live more responsibly?

2026 Season of Creation theme of Living Water

- Ezekiel tells of a trickle from the temple that became a river too deep to cross. What do you recognise in your life as something small — a habit, a conversation, a decision — which has grown into something that now brings life to others?
- How aware are you of your own water use, in what you consume, wash, water, or waste? What concrete change (a shorter shower, a fixed leak, being aware of the water demands of your food choices) might help you live as a contemplative even in small actions?