



The Emmaus Walk

A Response to Living out 'Laudato Si'



Overview

- The walk to Emmaus is one of the resurrection narratives in the Gospel of John (Lk. 24: 13-35). The walk was difficult. It was a journey from a painful past to a future that seemed to be unpromising.
- But something beautiful happened unexpectedly. Jesus walked with them. He walked with them in their grief and loss. He walked with them in their doubts and fears. He walked with them in their blindness and utter desperation. Jesus gave the disciples a new start, a new beginning, a new hope.
- Living out the social teachings of Pope Francis, ‘Laudato Si’ is a “walk” we need to take. It is a difficult journey because of the many challenges we need to face to protect our common home, the EARTH, especially in this time of pandemic. Though we may have our doubts, fears and blindness, Jesus is here with us to guide us in our journey, “the creator does not abandon us; He never forsakes in His loving plan or repents of having created us. Humanity still has the ability to work together in building our common home’ (LS # 13).



This “Emmaus Walk” is divided into 3 parts:

- REFLECTION (“Jesus interpreted to them what referred to Him in all the Scripture” Lk.24:27)
- COMMUNION (“While He was with them at table, He took bread, said the blessing, broke it and gave it to them” Lk. 24:30)
- MISSION (“Were not our hearts burning within us while He talked with us on the road and opened the Scriptures to us? They GOT UP and returned at once to Jerusalem” Lk.24:31-33)





Example

REFLECTION:

- Meditate on St. Francis 'Canticle of the Creatures' (LS # 87)
- Find out for yourselves the barriers that keep you from finding "Sabbath Rest"

COMMUNION:

- Renew your commitment to the Lord's Day (Sunday Mass) by dedicating time for prayer and reflection and for resting with family and friends
- Pray 'A Christian Prayer in Union with Creator ' (can be found at the end of the encyclical LS)

MISSION:

- Recycle and save energy
- 'Unplug' for 1hour and reconnect with nature



More Examples

REFLECTION

- Study Pope Francis encyclical , Laudato Si
- Take time to see plants and animals around you. Appreciate their beauty and thank the Creator.
- Read the book of Carl Honore's book , ' In Praise of Slow' (2004)

COMMUNION

- Pray Psalm 148
- Pray 'A Christian Prayer in Union with Creator ' (Can be found at the end of the encyclical LS)

MISSION

- Pick up a trash while taking a walk
- Find local group in your community that work for environmental conservation
- Encourage groups at your parish to use real dishes at parish functions
- Go for a walk and spend time in the natural world
- Cultivate a healthy and simple living
- Choose a day to take a block of time to attend "on line Mass", pray the Rosary or spend time in unhurried silent prayer.



Praying with Sacred Scriptures

(From the Study Guide of the Archdiocese of Washington on 'Laudato Si')



Lectio Divina

- Lectio Divina is a reflective and prayerful reading of Sacred Scripture in the context of the Church's understanding of the Word of God. Begin with finding a quiet place and letting go in your mind all the busyness of the world. For each individual text below, read it slowly and prayerfully to get a sense of the whole text, opening yourself to what God may be saying to you. After a short period of silence, read the text again before reflecting on the following questions. Think about the scriptural text in the context of your own life and experience. Share what is on your mind and in your heart as if you are speaking with a close friend or a spouse.



Opening Prayer:

- Canticum of Saint Francis Praised be you, my Lord, with all your creatures, especially Sir Brother Sun, who is the day and through whom you give us light. And he is beautiful and radiant with great splendor; and bears a likeness of you, Most High. Praised be you, my Lord, through Sister Moon and the stars, in heaven you formed them clear and precious and beautiful. Praised be you, my Lord, through Brother Wind, and through the air, cloudy and serene, and every kind of weather through whom you give sustenance to your creatures Praised be you, my Lord, through Sister Water, who is very useful and humble and precious and chaste. Praised be you, my Lord, through Brother Fire, through whom you light the night, and he is beautiful and playful and robust and strong. Praised be You, my Lord, through Sister Mother Earth, who sustains us and governs us and who produces varied fruits with colored flowers and herbs. . . . Praise and bless my Lord, and give him thanks and serve him with great humility. Amen.



Read the following Sacred Scriptures:

Genesis chapters 1-3 of Genesis.

- Which passage means the most to you and why? What does God say about what he has made? What does God say to us about what he has created? What consequence does the sin of Adam and Eve have upon humanity in our lives, our social relations, upon the environment and how we interact with the world and each other? Can the world truly be a Garden again in the presence of sin?

Luke 12:13-34.

- Is there a word, phrase or passage that made you stop or strikes you as beautiful, inspiring or challenging? What does the foolish rich man say to us about how we use the goods of the earth? While we store up treasures for ourselves, acquiring more than we really need, are we denying other people the food and other resources that they need? What does this passage teach us about our anxieties and the providence of God?



Concluding Prayer: Prayer of Pope Francis for Our Earth

- All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace that we may live as brothers and sisters, harming no one. O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Touch the hearts of those who look only for gain at the expense of the poor and the earth. Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light. We thank you for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace. Amen

A detailed landscape painting by Pieter de Hooch, showing a river scene with a fisherman, a mill, and three travelers. The scene is set in a lush, wooded area with a river flowing through it. In the foreground, a fisherman sits on the bank, casting a net. To the left, a small mill is visible. In the center, three figures are walking along a path; one is carrying a red cloak. The background features rolling hills and a distant building with a tower. The sky is filled with soft, golden light, suggesting a late afternoon or early morning setting. The overall style is characteristic of the Dutch Golden Age, with fine detail and a focus on naturalistic representation.

Sample Lesson Plan

for Elementary Kids

Lesson




Objective:

- Students will learn about the Catholic social teaching principle of 'Laudato Si' - Care for God's creation

Materials:

- Bible, computer with internet, coloring supplies, papers, pencil and pen



Discussion (20 Minutes)

- Watch the video https://www.youtube.com/watch?v=eEgrpPg_IWo
- Answer the following questions:
 - What does our Pope ask of us about our common home – the earth?
 - What happened to our common home now according to the Pope ?
 - How do we protect our common home – the earth ?
 - What are the ways you can do to protect our common home – the earth?



Activity (20 Minutes)

- Draw planet earth. Decorate the earth with plants and animals that you like.
- How would you like other people to treat the things that you have drawn in your planet earth?
- Be reminded that you are called by God to treat well and care for our common home – the earth.



Closing Prayer (5 Minutes)

- Loving God, You have made our beautiful world. Help us keep it beautiful. Help us take care of the animals, the plants and each other. We do this for ourselves and for our neighbors. We do this for you, God. Amen.



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- Loving God, you have made our beautiful world. Help us keep it beautiful. Help us take care of the animals, the plants and each other. We do this for ourselves and our neighbors . We do this for you, God. Amen .



Sample Lesson Plan

Activity for the Youth



Opening Prayer:

- Canticum of Saint Francis Praised be you, my Lord, with all your creatures, especially Sir Brother Sun, who is the day and through whom you give us light. And he is beautiful and radiant with great splendor; and bears a likeness of you, Most High. Praised be you, my Lord, through Sister Moon and the stars, in heaven you formed them clear and precious and beautiful. Praised be you, my Lord, through Brother Wind, and through the air, cloudy and serene, and every kind of weather through whom you give sustenance to your creatures Praised be you, my Lord, through Sister Water, who is very useful and humble and precious and chaste. Praised be you, my Lord, through Brother Fire, through whom you light the night, and he is beautiful and playful and robust and strong. Praised be You, my Lord, through Sister Mother Earth, who sustains us and governs us and who produces varied fruits with colored flowers and herbs. . . . Praise and bless my Lord, and give Him thanks and serve Him with great humility. Amen.



Lesson

REFLECTION

- Read : Genesis chapters 1-3 of Genesis. Watch the video <https://www.youtube.com/watch?v=o3Lz7dmn1eM>
- Which passage means the most to you and why? What does God say about what he has made? What does God say to us about what he has created? What consequence does the sin of Adam and Eve have upon humanity in our lives, our social relations, upon the environment and how we interact with the world and each other? Can the world truly be a Garden again in the presence of sin? What are the challenges that we need to do according to Pope Francis?

COMMUNION

- Share with your friends in your social media platforms your reflections on how you have responded in your own personal way the teachings of Laudato Si in this time of pandemic?

MISSION

- Make an inventory of concrete ways you will do to respond to the challenges of 'Laudato Si' for example, "unplug from technology for one hour" every week and devote to prayer and/ or enjoying nature.



COMMON PRAYER

for the 5th anniversary of

Laudato Si'

Loving God,

Creator of heaven and earth and all that is in them,
You created us in your image and made us
stewards of all your creation, of our common home.

You blessed us with the sun, water and bountiful
land so that all might be nourished.

Open our minds and touch our hearts,
so that we may attend to your gift of creation.

Help us to be conscious that our common home
belongs not only to us,
but to all future generations, and that it is our
responsibility to preserve it.
May we help each person secure the food and
resources that they need.

Be present to those in need in these trying times,
especially the poorest and those most at risk of
being left behind.

Transform our fear, anxiety and feelings of isolation
into hope so that we may experience a true
conversion of the heart.

Help us to show creative solidarity in addressing
the consequences of this global pandemic,
Make us courageous to embrace the changes that
are needed in search of the common good,
Now more than ever may we feel that we are all
interconnected, in our efforts to lift up the cry of the
earth and the cry of the poor.

We make our prayer through Christ our Lord.
Amen

Resources

- Icons made by [Freepik](#) from www.flaticon.com
- Icons made by [Darius Dan](#) from www.flaticon.com
- Wildens, J. (1584/1586-1653). Christ on the Road to Emmaus Landscape with Christ and his Disciples on the Road to Emmaus, Painting. [Oil on canvas].
https://www.hermitagemuseum.org/wps/portal/hermitage/digital-collection/01.%20Paintings/47915/!ut/p/z1/jZDNTsMwEIRfhR5yxN78OEI7s4xEKS2pqkKNL8gtaWKo7cgxrcTTYxAnVAJ7W2Im9pvFAnMsjDyqRnpljTyE_VHkTxWleZwymFWMXAGtVkuyYnfXEGd48yWA X4YCFv_xDwjEcPzsrwOhQeIWbNFg0Unf