



# LAUDATO SI' MOVEMENT

Catholics for Our Common Home



# Advent 2025

"Prepare the way of the Lord; make his paths straight." (Mt 3:3)





# Advent Pilgrimage: Walking the Path of Laudato Si' Virtues

"Prepare the way of the Lord; make his paths straight." (Mt 3:3)

"The Son, through whom all things were created, united himself to this earth when he was formed in the womb of Mary." (Laudato Si' 238)

"May the power of hope fill our days, as we await with confidence the coming of the Lord Jesus Christ, to whom be praise and glory, now and forever." Spes Non Confundit, Bull Of Indiction Of The Ordinary Jubilee Of The Year 2025

Advent is a call to keep our hearts awake to wait with joy for the coming of the Lord, who is already present in our history. Today, this waiting also invites us to open our eyes to the social and environmental crisis affecting our common home. The cry of the earth and the cry of the poor call us to conversion.

Throughout this year, the entire church has been called to undertake a pilgrimage of hope. The Jubilee 2025 has reminded us that Christian hope, rooted in God's love, never deceives (Rom 5:5). In this same spirit, the [Raising Hope Conference](#) brought together religious, social, scientific, and political leaders to celebrate ten years of Laudato Si' and the Paris Climate Agreement, calling us to raise hope together and to renew our commitment to care for our common home.

When we speak of a pilgrimage, we often picture a distant sanctuary. Yet in this Advent pilgrimage, the journey is in the heart. It is not about physical travel, but about internal transformation. It isn't about adding new things to do, but instead an invitation to live every ordinary Advent moment as a step of ecological conversion.

This Pilgrim's Map is an invitation to visit seven ecological virtues that will guide us toward our destination: the manger, where hope is reborn and all creation is renewed. Each step in this Advent Pilgrimage becomes an opportunity to praise, give thanks, care, and live with humility and simplicity, nurturing the inner peace and joy that spring from our encounter with Christ and all creation.

May this sacred time encourage us to walk together toward Christmas with hope, gratitude, and joy, so that Christ can be born anew in us and in all creation.

If possible during this Advent season, we humbly ask you to please consider making a donation to help us protect all life, renew hope, and be the light we need in the coming year for climate and ecological justice.

## How to Use This Map

- **Choose** the virtues you'd like to walk with this Advent. You can select one per week, or pick several and explore them at your own pace.

Each virtue is a place to visit within the heart. It is not an extra task to add, but a way to live your ordinary Advent moments.

- Create your own journey: **Identify a moment or activity** in your Advent routine. Then, connect it to an **ecological virtue**. Finally, define a **specific action** that expresses that virtue.
- **Share your pilgrimage** through stories or photos on [Padlet](#) or using #LaudatoSiAdvent on your social media.



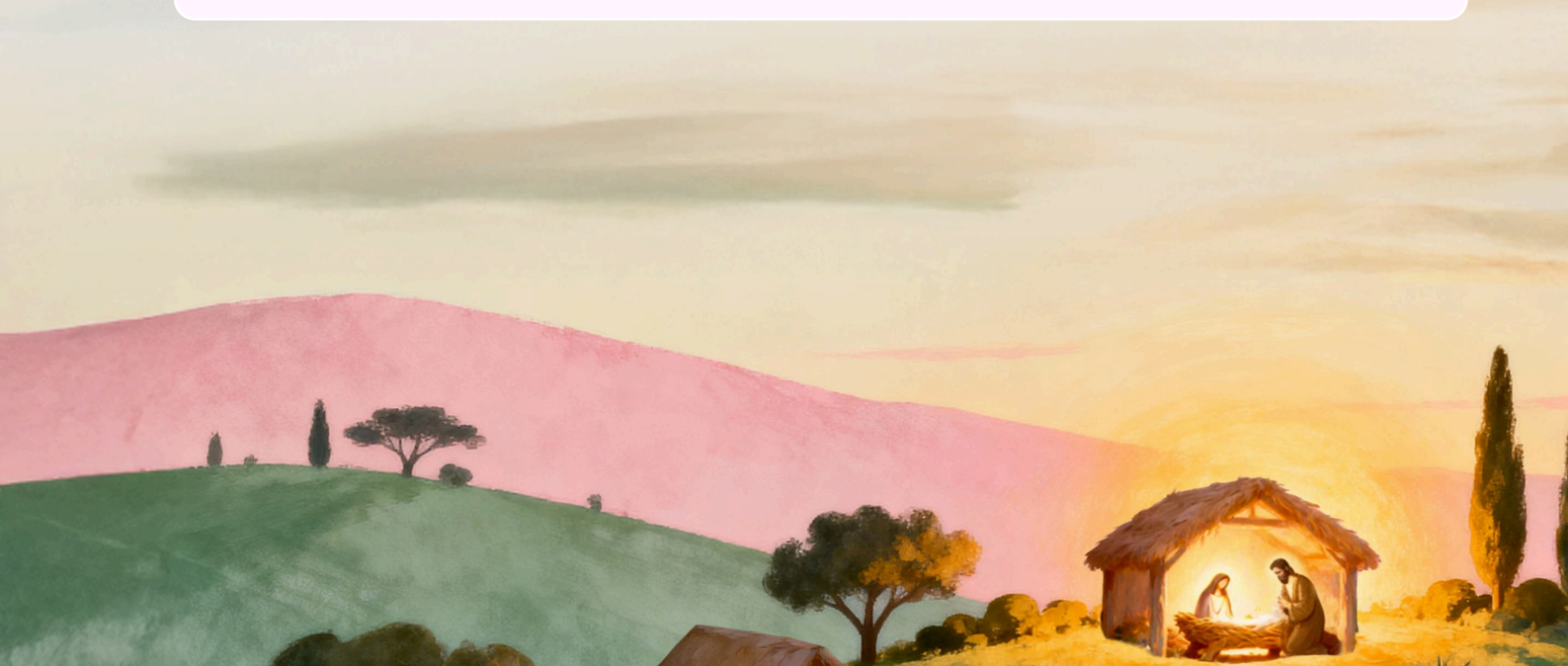
# Praise

"Praise him, sun and moon, praise him, all you shining stars! Praise him, you highest heavens, and you waters above the heavens! Let them praise the name of the Lord, for he commanded and they were created." (Ps 148:3-5)

"The world is a joyful mystery to be contemplated with gladness and praise." (Laudato Si' 12)

Advent prepares us to contemplate the mystery of the Incarnation, where "the Word became flesh and lived among us" (Jn 1:14) taking the matter of this earth. This season reminds us that the world is not merely nature, but creation, a gift from the Father. Each creature, simply by existing, blesses and glorifies God. Praise is our voice in this cosmic symphony. Advent calls us to wake up from the daily hustle and rediscover awe and wonder for creation.

**Practice:** When you decorate your home, let every decoration echo praise to the Creator for the gift of creation. Use natural or reusable materials, and place a living plant or an Advent candle to remind you of Christ's light on Earth.







# Gratitude

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." (Jn 3:16)

"Creation can only be understood as a gift from the outstretched hand of the Father of all, and as a reality illuminated by the love which calls us together into universal communion." (Laudato Si' 76)

Gratitude arises when we recognize that all creation is a divine gift. Every creature speaks of God's generosity. Advent invites us to remember that the coming of Christ is the supreme expression of this gift: God gives himself entirely out of love for the world. To live gratefully is to imitate God's self-giving love.

**Practice:** Before meals or gatherings, pause to give thanks for the food, the hands that prepared it, and the Earth that nourishes it.



# Sobriety

“You know what time it is, how it is already the moment for you to wake from sleep.” (Rm 13:11)

“If we feel intimately united with all that exists, then sobriety and care will well up spontaneously.” (Laudato Si’11)

Advent, as a time of conversion, calls us to awaken and reorder our desires. Sobriety is not deprivation but freedom, a joyful detachment that makes space for what truly matters. Sobriety is the antidote to the culture of waste and the consumerist paradigm that drives environmental degradation and inequality. Advent teaches that fulfillment is found not in abundance but in simplicity, preparing a humble space for the coming of Christ.

**Practice:** When you buy gifts or prepare for celebrations, choose only what is truly needed. Prioritize local and fair trade, and choose what is made with respect for both people and the Earth.





# Humility

“And she gave birth to her firstborn son and wrapped him in bands of cloth and laid him in a manger, because there was no place in the guest room.” (Lk 2:7)

“Once we lose our humility, and become enthralled with the possibility of limitless mastery over everything, we inevitably end up harming society and the environment.” (Laudato Si’ 224)

Humility is fundamental to recognizing our identity as creatures, dependent on the Creator, and rejecting the idea of harmful dominion over the Earth. The ecological crisis reflects our failure to acknowledge our limits. The manger reveals divine humility: Christ is born in vulnerability and poverty, among the marginalized. Advent invites us to kneel before this mystery, to rediscover our place among all creatures, and to walk gently upon the Earth.

**Practice:** When you visit or host others, do it attentively, listen deeply, share time more than things, and enjoy simplicity. Travel using public or shared transportation, and use reusable dishes.





# Care

"He will feed his flock like a shepherd; he will gather the lambs in his arms, and carry them in his bosom."  
(Isa 40:11)

"Love, overflowing with small gestures of mutual care, is also civic and political, and it makes itself felt in every action that seeks to build a better world." (Laudato Si' 231)

The mystery of the Incarnation reveals that God became part of creation to redeem it. This demands an ecological conversion to heal our broken relationships with both people and the planet. Care is an expression of God's tenderness and is rooted in universal fraternity. Small everyday gestures are profound ways to witness our love, cultivating solidarity and avoiding exploitation. Advent points us toward the Kingdom of peace and justice, where caring for one another and for the Earth are one and the same vocation.

**Practice:** Take part in a social or ecological action. Integrate social justice with care for the Earth, both are expressions of the love that renews the world. Care for life wherever it is threatened.







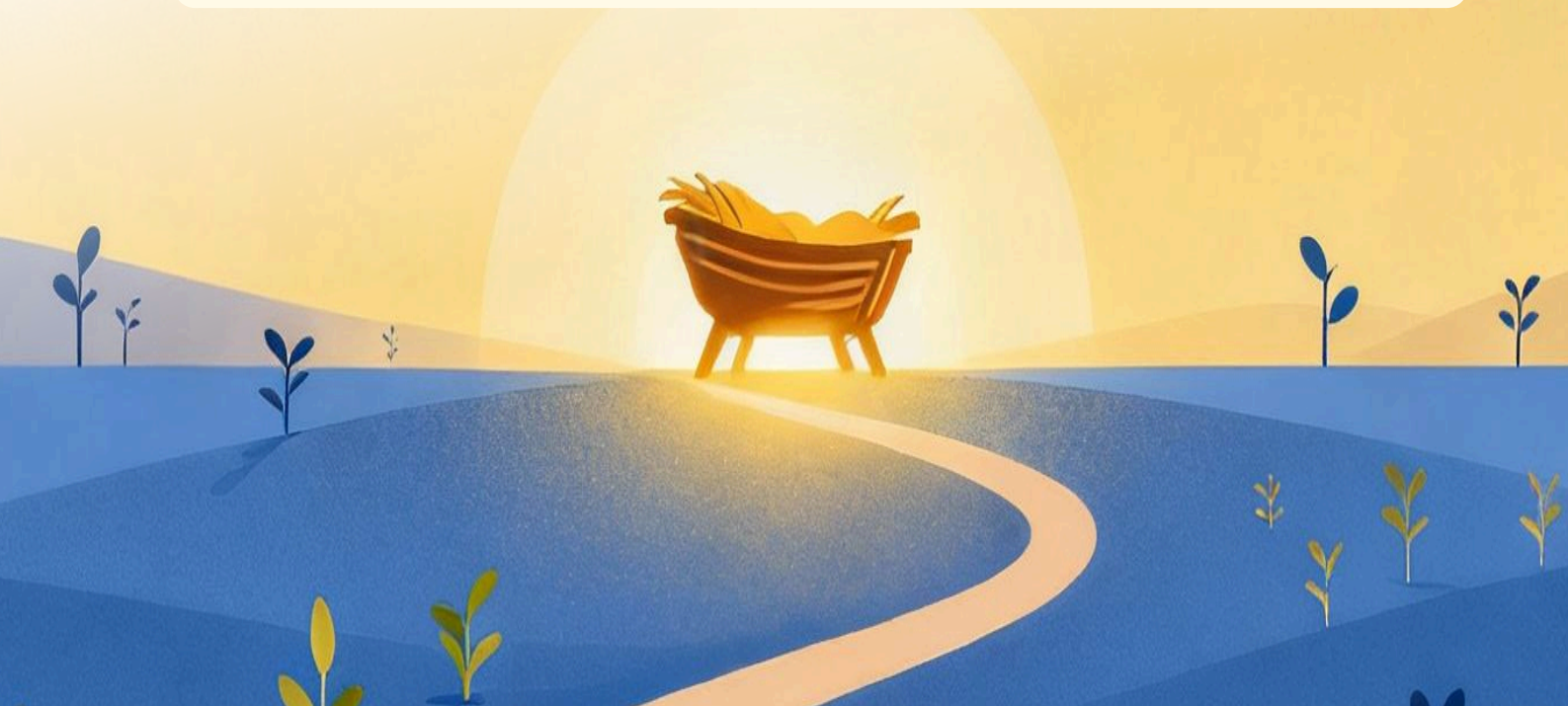
# Inner Peace

"Glory to God in the highest heaven, and on earth peace among those whom he favors!" (Lk 2:14)

"Inner peace is closely related to care for ecology and for the common good because, lived out authentically, it is reflected in a balanced lifestyle together with a capacity for wonder which takes us to a deeper understanding of life." (Laudato Si' 225)

In the quiet of Advent, we learn to listen, to slow down and perceive God's presence in stillness. Inner peace is born from harmony with God, with others, and with creation. When we nurture inner peace, we contribute to peace in the world.

**Practice:** Notice the pauses. When silence appears throughout the day — between tasks, conversations, or sounds — resist the urge to fill it. Let it become a place of encounter.







# Joy

"Do not be afraid, for see, I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord." (Lk 2:10-12)

"Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope." (Laudato Si' 244)

Advent is a time of joyful expectation. Joy is the fruit of hope in the God who fulfills His promises. It sustains us in our struggles and renews our strength for the journey toward ecological conversion. The joy of Advent leads us to rediscover God's presence in all things and celebrate the promise of a renewed world.

**Practice:** Liturgy and prayer are also the song of the Earth. Celebrate with your family or community, remembering that every creature joins in your praise. Live the joy of knowing you are part of a universal communion.







# The Manger

“For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.” (Col 1:19-20)

“From the beginning of the world, but particularly through the incarnation, the mystery of Christ is at work in a hidden manner in the natural world as a whole.” (Laudato Si’ 99)

At the end of the journey, we arrive at the manger, the place where God reconciles all things. Here, hope is born. The heart fills with wonder before the mystery of a God choosing to be born amid the simplicity and fragility of creation. In that humble silence, everything finds its meaning again. In that birth, all creation is renewed.

As we contemplate the manger, may wonder and hope be born within us. Let us joyfully await the fullness of His Kingdom of justice, peace, and harmony with all creation.

