



First Friday Reflection

Feb 2024

12 FIRST FRIDAY STEPS TO *Laudate Deum Goals*

Awareness:

“Climate crisis is one of the principal challenges facing society and the global community. The effects of climate crisis are borne by the most vulnerable people, whether at home or around the world”. (Laudate Deum, 3)

Prayer:

Lord, we pray that local communities and indigenous peoples will have a voice and be recognized as key players in local decision-making and climate action. Amen.

Action:

You can try walking or riding a bicycle instead of driving as this will reduce greenhouse gas emissions and help maintain health.



Australian Reflection

Australia is a land with vast distances between places. As the sixth largest country in the world, it is about 3860 kilometres long (north to south) and almost 4000 kilometres wide (east to west) ([Geoscience Australia](#)). For some, home, work, school, church, and shops are close by, whilst a daily commute of a few hours and several hundred kilometers is common for others. Household vehicles, which emit greenhouse gases and air pollutants that cause the greenhouse effect, smog, and heart/lung diseases/cancers, are responsible for nearly 11% of Australia's carbon footprint ([Green Vehicle Guide](#)).

Reducing vehicle emissions will come from investment in cleaner technologies (hybrid and electric vehicles), regularly servicing vehicles, and changed driving and transport behaviours (e.g., non-emitting options like walking or cycling, using public transport such as buses or trains, carpooling, planning trips for efficient routes and avoiding peak times, reducing additional weight by removing unnecessary items, slowing down and driving efficiently) ([Green Vehicle Guide](#), [GVG](#)).

At the International Assembly of the Laity of the Chevalier Family, the Australian delegates renewed our commitment to live simply and to drive consciously. What steps will you take?