



MUDAR
PELO PLANETA
CUIDAR
DAS PESSOAS
2017
CHANGE
FOR THE PLANET
CARE
FOR THE PEOPLE



CIDSE
juntos para a justiça global



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

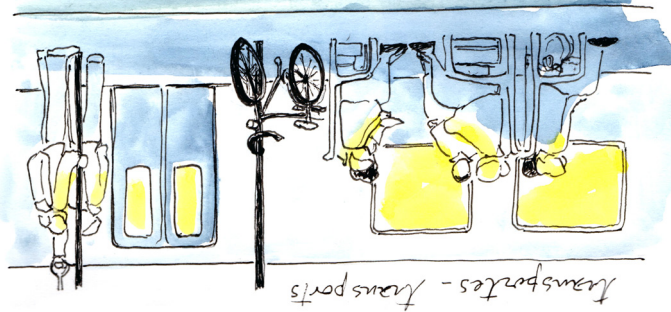


**CASA
VELHA**
ECOLOGIA E
ESPIRITUALIDADE

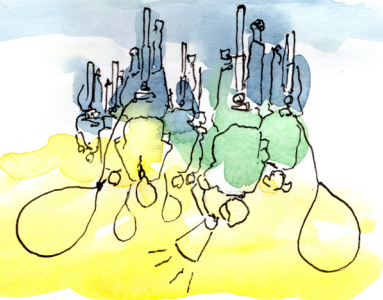


CAMÕES
INSTITUTO
DA COOPERAÇÃO
E DA LÍNGUA
PORTUGAL
MINISTÉRIO DOS NEGÓCIOS ESTRANGEIROS

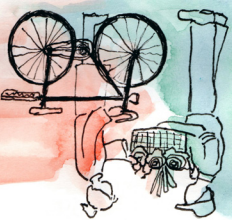
DIALOGAR - TO DIALOGUE



CONTAGIAR - TO SPREAD

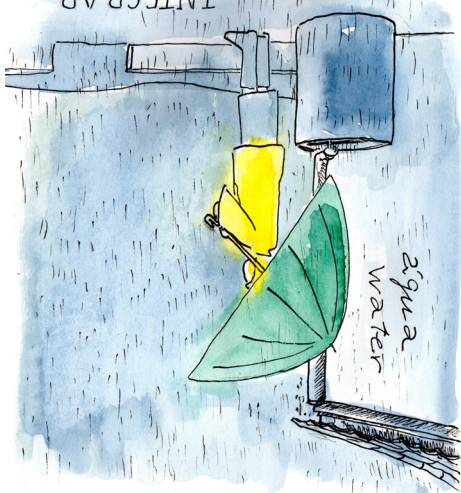


Alimentação - food



MUDAR
TO CHANGE

TO INTEGRATE
INTEGRAR



DIALOGAR

UMA
ECOLOGIA
INTEGRAL

- ABIL-

MUDAR

DA
CRISE
ECOLÓGICA

- MARÇO-
HUMANIA
A RAIZ

INTEGRAR

- FEVEREIRO-
O EVANGELHO
DA CRIAÇÃO

EDUCAÇÃO E
ESPIRITUALIDADE

ECOLÓGICAS

CONTAGIAR

- MAIO-
ALGUMAS
LINHAS DE
ORIENTAÇÃO
E DE
AÇÃO

CUIDAR

- JANEIRO-
O QUE ESTÁ A
ACONTECER A NOSSA
CASA

CHANGE FOR THE PLANET - CARE FOR THE PEOPLE

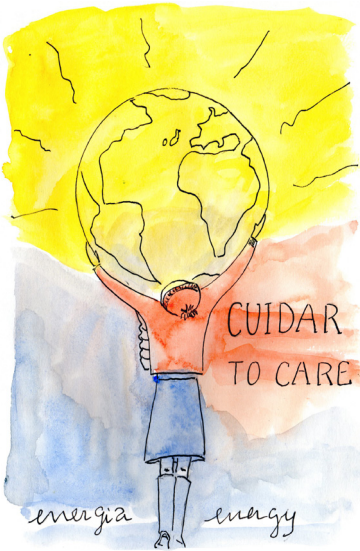
WALK FOR CHANGE



JANUARY | TO CARE

LS 1# WHAT IS HAPPENING TO OUR COMMON HOME

Hastags:
#change4theplanet, #january4care, #january4energy



INSPIRAÇÃO LAUDATO SI
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.

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.

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. 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
2. 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

Hastags:
#change4theplanet, #february4integrate, #february4water



INSPIRAÇÃO LAUDATO SI
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. (...)

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.

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/ouPHHYPUeyE> - 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.

MARCH | TO CHANGE

LS 3# THE HUMAN ROOTS OF THE ECOLOGICAL CRISIS

Hastags:
#change4theplanet, #march4change, #march4food



INSPIRAÇÃO LAUDATO SI
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.

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

CHALLENGE 1 - Change from the inside
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. You 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. Spot a day to invite people from your family, invite friends and your community as well, to view the Teresa Nazareth Storytelling (<http://www.fecong.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 the #change4theplanet, #march4change, #march4food hashtags.

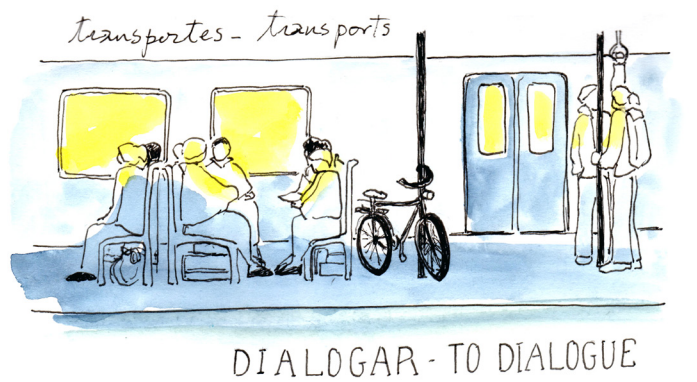
PRAYING

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

LS 4# INTEGRAL ECOLOGY

Hastags:
#change4theplanet, #april4dialogue, #april4transports



INSPIRAÇÃO LAUDATO SI
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.

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.

MAY | TO SPREAD

LS 5# LINES OF APPROACH AND ACTION

Hastags:
#change4theplanet, #may4spread, #may4publicspaces



INSPIRAÇÃO LAUDATO SI
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.

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 known the documentary!

- Guerrilla art in public spaces: print the Campaign postcard(s) or your own postcards (www.juntospelamudanca.pt) 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, #care4thepeople. 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).