

# THE LAUDATO SI' CHAPLET

Note: It is recommended to pray the Chaplet outdoors and with a Rosary at hand. Silent spots immersed in nature are ideal, but it could be prayed in an urban setting with natural elements at sight. It can be prayed in a group (e.g. in a [Laudato Si' Circle](#)) or alone, and it can be combined with other prayer forms. If you are praying the Chaplet for the first time, see Annex 1.

- **Introductory song of praise** - Some options: 1) [Laudate Omnes Gentes](#), 2) [Laudate Dominum](#), 3) Hallelujah<sup>1</sup> (any version), or 4) any creation-themed hymn.
- [Optional] **Canticle of the Creatures** prayer ([online](#) or [print](#)).
- **Contemplation of Creation**: spend a minimum of 5 minutes in prayerful silence, contemplating God's artwork in Creation using your different senses.

- **Laudato Si Chaplet**: pray the verses from the Canticle of the Creatures that praise God through the 4 elements<sup>2</sup>, 10 times each (following the Rosary beads). Namely:

- **[optional] Praised by you, my Lord, through all your Creatures**

*Glory Be and/or Laudato Si refrain<sup>3</sup>*

- **Praised be you, my Lord,<sup>4</sup> through Brother Air.** x10

*Glory Be and/or Laudato Si refrain*

- **Praised be you, my Lord, through Sister Water.** x10

*Glory Be and/or Laudato Si refrain*

- **Praised be you, my Lord, through Brother Fire.** x10

*Glory Be and/or Laudato Si refrain*

- **Praised be you, my Lord, through Mother Earth.** x10

*Glory Be and/or Laudato Si refrain*

*[Optional] A short reflection and sensorial exercise could introduce each of the 4 elements.<sup>5</sup>*

- [Optional] The **Gratitude Verses** and the **Repentance Verses** (Annex 2), and/or **Extended Verses** (Annex 3).
- **Closing prayer**: an Our Father and/or the song "[Prayer for our Earth](#)"

<sup>1</sup> Hallelujah means "Praise God" in ancient Hebrew, so it's a synonym of the expression "Laudato si'" that is a good and well known choice to introduce the 'Praise' theme of LS and the Canticle.

<sup>2</sup> The 4 elements were chosen by St Francis because at his time they were used to represent all of Creation, the whole cosmos, in line with the tradition of Ancient Greece and other ancient cultures.

<sup>3</sup> We recommend the refrain of [this song](#) (from 0:30 to 0:48), which repeats "Laudato Si o mi Signore" 4 times.

<sup>4</sup> If you feel called, you could say "Creator God" rather than "My Lord".

<sup>5</sup> For example, spending a few minutes on each of the following. (1) Take deep breaths to become aware of the blessing of Brother Air; (2) then bring your attention to any presence of Sister Water at sight (clouds, river, lake, ocean) or feel the saliva in your mouth and touch your body to remember that we are 70% water; (3) then feel the presence of Brother Fire through the light and/or the warmth of the Sun's rays; (4) lastly, touch Mother Earth with your hands and/or bare feet. Notice how the 4 elements are in perfect balance, as the planet has the perfect amount of each of them to allow life to flourish. Take time for silence (ideally a minimum of 1 minute with each element), to experience God's love through the elements.

## ANNEX 1: BACKGROUND ON THE LS CHAPLET

Note: you can also watch a brief [video overview](#) of the Chaplet.

Using the very same words of St Francis of Assisi, the Laudato Si' Chaplet is a simple prayer technique to pray with creation inspired by the saint's Canticle of the Creatures, the hymn that inspired the title of the Laudato Si' encyclical. The Chaplet helps us develop an 'ecological spirituality' (LS 216) and deepen our "ecological conversion" (LS 217-221) by:

- Developing spiritual attitudes of praise towards God the Creator, and of universal fraternity with all of Creation,
- Enhancing our capacity to contemplate the beauty of Creation with awe and wonder,
- Deepening interior peace and our relationship with God the Creator.

Ultimately, this "ecological spirituality [...] can motivate us to a more passionate concern for the protection of our world" (LS 216).

### THE CHAPLET'S SPIRITUAL ATTITUDES

The Laudato Si' encyclical offers some nice insights about the importance of the spiritual attitudes that are present in the chaplet.

#### Spiritual attitude #1: Praise with Creation

- *"When we can see God reflected in all that exists, our hearts are moved to praise the Lord for all his creatures and to worship him in union with them." (LS 87)*
- *"The world is a joyful mystery to be contemplated with gladness and praise" (LS 12)*
- *"The Psalms frequently exhort us to praise God the Creator... They also invite other creatures to join us in this 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)" (LS 72).*

#### Spiritual attitude #2: Universal Fraternity

- *"[St Francis] response to the world around him was so much more than intellectual appreciation or economic calculus, for to him each and every creature was a 'brother' or 'sister' united to him by bonds of affection." (LS 11)*
- *"If we no longer speak the language of fraternity and beauty in our relationship with the world, our attitude will be that of masters, consumers, ruthless exploiters." (LS 11)*
- *"As part of the universe, called into being by one Father, all of us are linked by unseen bonds and together form a kind of universal family, a sublime communion which fills us with a sacred, affectionate and humble respect." (LS 89)*

## ANNEX 2: THE GRATITUDE & REPENTANCE VERSES

An extended version of the Chaplet could also include the following verses.

- **The Gratitude Verses:** prayer of thanksgiving to God for the gifts of the 4 elements and all Creation:
    - **Thank you, my Lord, for Brother Air.** x10  
*Laudato Si refrain*
    - **Thank you, my Lord, for Sister Water.** X10  
*Laudato Si refrain*
    - **Thank you, my Lord, for Brother Fire.** x10  
*Laudato Si refrain*
    - **Thank you, my Lord, for Mother Earth.** x10  
*Laudato Si refrain*
  
  - **The Repentance verses:** prayer of repentance to God for our harmful lifestyles and abuses of the 4 elements and all Creation:
    - **Sorry, my Lord, for my abuse of Brother Air.** x10  
*Kyrie Eleison*
    - **Sorry, my Lord, for my abuse of Sister Water.** x10  
*Kyrie Eleison*
    - **Sorry, my Lord, for my abuse of Brother Fire.** x10  
*Kyrie Eleison*
    - **Sorry, my Lord, for my abuse of Mother Earth.** x10  
*Kyrie Eleison*
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### BACKGROUND:

Some additional insights from the *Laudato Si'* encyclical about the importance of these attitudes:

#### Spiritual attitude #3: Gratitude

- *"In the Judaeo-Christian tradition, the word "creation" has a broader meaning than "nature"... Nature is usually seen as a system which can be studied, understood and controlled, whereas creation can only be understood as a gift from the outstretched hand of the Father of all." (LS 76)*
- *"This conversion ... entails gratitude and gratuitousness, a recognition that the world is God's loving gift, and that we are called quietly to imitate his generosity in self-sacrifice and good works" (LS 220)*
- *"Christian spirituality proposes an alternative understanding of the quality of life ... a return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us." (LS 222)*

#### Spiritual attitude #4: Repentance

- *"We are called to acknowledge our contribution, smaller or greater, to the disfigurement and destruction of creation... To commit a crime against the natural world is a sin against ourselves and a sin against God." (LS 8)*
- *"We must examine our lives and acknowledge the ways in which we have harmed God's creation through our actions and our failure to act." (LS 218)*

## ANNEX 3: EXTENDED CHAPLET IN FLEXIBLE FORMAT

The 4 elements used in the Canticle of the Creatures and in the Chaplet are a summary and symbol of the whole cosmos, which are helpful for a brief prayer with Creation. But, if you have more time, it's even nicer to pray with all creatures surrounding you, calling them by name.

In fact, we read in *Laudato Si'* that "[St. Francis] would call creatures, no matter how small, by the name of 'brother' or 'sister'" (LS 11) So it wasn't just the 4 elements that Francis communed with, but also "Brother Birds", "Sister Flowers", "Brother Trees", "Brother Rabbit", etc.

Thus, in this "extended version" of the chaplet you are invited to pray with all creatures, both inanimate and living beings, surrounding you in a particular place and time. Namely, the chaplet consists of the following verse to be prayed 10 times while contemplating as many creatures as you want:

- ***Praised be you, my Lord, through [Brother/Sister] [NAME OF CREATURE].*** x10

For example:<sup>6</sup>

- *Praised be you, my Lord, through Sister Clouds.* X10
- *Praised be you, my Lord, through Brother Tree.* X10
- *Praised be you, my Lord, through Sister Sparrow.* X10
- *Praised be you, my Lord, through Brother River.* X10
- *Praised be you, my Lord, through Sister Butterfly.* X10
- *Praised be you, my Lord, through Brother Clover.* X10
- *Praised be you, my Lord, through Sister Rock.* X10
- Etc Etc.

You could pray it relatively quickly, contemplating and praying with just a few creatures during a few minutes, or spend a long time praying with everything around you. If the setting is helpful, it might be good to start with elements that can be perceived through the non-eyesight senses, such as sound (e.g. birds, waves, waterstream) and touch (e.g. breeze/wind, sunlight in the face, grass). To then focus on those perceived through eyesight (e.g. trees, clouds, lake, moss, butterfly, mountain, sand/earth/rocks).

If you feel inspired, you could do another round with "Gratitude verses":

- ***Thank you, my Lord, for [Brother/Sister] [NAME OF CREATURE].*** x10

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<sup>6</sup> In Romance languages deriving from Latin (Italian, Spanish, Portuguese, French), which have gendered nouns, this logic of "Sister" or "Brother" might feel more natural. In fact, this was what St Francis of Assisi did, as the Italian dialect he spoke (Umbrian) was indeed a romance language. In other languages, such as English and German, this approach might be more novel and might require creativity on deciding to call a particular creature as "Sister" or "Brother".