

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.

- **Introductory song of praise.** Some options: 1) [Laudate Omnes Gentes](#), 2) [Laudate Dominum](#), 3) Hallelujah¹ (any version), or 4) any creation-themed hymn.
- *[Optional]* **Canticle of the Creatures:** pray the Canticle ([online version](#) and [print version](#)) and, if the group is praying the Chaplet for the first time, introduce the themes of 'Praise' and 'Universal Fraternity' (see [Annex 1](#)).
- **Laudato Si Chaplet - The Praise verses:** pray the verses from the Canticle that praise God through the 4 elements², 10 times each (following the Rosary beads). As an optional thing, a short reflection or guided sensorial exercise could introduce each of the 4 elements³.
 - **Praised be you, my Lord, through Sister Air.** x10
*Laudato Si chorus*⁴
 - **Praised be you, my Lord, through Sister Water.** x10
Laudato Si chorus
 - **Praised be you, my Lord, through Brother Fire.** x10
Laudato Si chorus
 - **Praised be you, my Lord, through Sister Mother Earth.** x10
Laudato Si chorus
- *[Optional]* **Laudato Si Chaplet extension #1 - The Gratitude verses:** prayer of thanksgiving to God for the gifts of the 4 elements and all Creation:
 - **Thank you, my Lord, for Sister Air.** x10
Laudato Si chorus
 - **Thank you, my Lord, for Sister Water.** x10
Laudato Si chorus
 - **Thank you, my Lord, for Brother Fire.** x10
Laudato Si chorus
 - **Thank you, my Lord, for Sister Mother Earth.** x10
Laudato Si chorus
- **Contemplation of Creation:** spend a minimum of 5 minutes (ideally 10 or 15 minutes) in silence, inviting participants to listen to God's message in Creation.
- **Closing prayer and/or song:** could be an Our Father or the "[Prayer for our Earth](#)" from Laudato Si; and/or one of the songs suggested above for the introduction.

¹ Hallelujah means "Praise God" in ancient Hebrew, so it's good and well known choice to introduce the Praise theme of LS and the Canticle.

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

³ For example, invite participants to take deep breaths and be aware of the blessing of Sister Air; then bring attention to any presence of Sister Water at sight (clouds, river, lake, ocean) or invite them to feel the saliva in their mouths and touch their body to remember that 70% of it is water; then invite them to feel the presence of Brother Fire through the light and/or the warmth of the Sun's rays; and finally invite them to touch the earth with their hands and/or their 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, for participants to experience God's love through each element.

⁴ The chorus of [this song](#) (from 0:30 to 0:48), which repeats "Laudato Si o mi Signore" 4 times.

ANNEX 1: BACKGROUND ON THE CHAPLET

The Laudato Si Chaplet is a simple prayer technique to pray with creation, inspired by the Canticum of the Creatures of St Francis of Assisi. The Chaplet is meant to nourish and foster our 'ecological conversion' by:

- Developing spiritual attitudes of praise and gratitude towards God the Creator, and a sense 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 [will] motivate us to a more passionate concern for the protection of our world" (LS 216).

INTRODUCING THE CHAPLET TO OTHERS

If you were to introduce the Chaplet to other people (e.g. in a Laudato Si' Retreat), it is suggested that you provide some additional background about the importance of each of the 3 spiritual attitudes that are present in the chaplet. The Laudato Si encyclical offers fabulous quotes to do such a thing.

- **Spiritual attitude #1:**
 - *"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)*

If you were to pray the "Gratitude verses" of the Chaplet, then you can use the following quotes to introduce the spiritual attitude of Gratitude:

- **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)*

ANNEX 2: EXTENDED CHAPLET IN FLEXIBLE FORMAT (FOR ROMANCE LANGUAGES)

Given that Romance languages deriving from Latin (e.g. Italian, Spanish, Portuguese, French) have gendered nouns (unlike the English ungendered nouns), speakers of those languages can use the concept of "Sister" or "Brother" for all nouns / creatures. This was what St Francis of Assisi did, as the Umbrian dialect he spoke was from a romance language.

This allows a "flexible format" in which the verses focus on different creatures around you, encouraging you to contemplate your surroundings. Namely, the chaplet consists of the following verses:

- ***Praised be you, my Lord, through brother/sister XXXX.*** x10
- ***Thank you, my Lord, for brother/sister XXXX.*** x10

For example:

- ***Alabado seas, mi Señor, por los Hermanos Árboles.***
- ***Alabado seas, mi Señor, por las Hermanas Nubes.***
- ***Alabado seas, mi Señor, por los Hermanos Pájaros.***
- ***Alabado seas, mi Señor, por la Hermana Hierba.***
- ***Alabado seas, mi Señor, por el Hermano Río.***

You could pray it 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: sound (e.g. birds, waterstream), touch (e.g. breeze/wind, sunlight in the face, grass), smell (e.g. flowers). To then focus on those perceived through eyesight (e.g. trees, clouds, lake, moss, butterfly, mountain, sand/earth/rocks).

Then you can pray the "Gratitude verses":

- ***Gracias, mi Señor, por el/la hermano/hermana XXXX.*** x10

ANNEX 3: THE REPENTANCE VERSES

An extended version of the Chaplet could also include verses of repentance to God for our harmful lifestyles and abuses of the 4 elements and all Creation:

- **Laudato Si Chaplet extension #2 - The Repentance verses:**
 - **Sorry, my Lord, for my abuse of Sister 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 Sister Mother Earth.** x10
Kyrie eleison