

# Breathing in, Breathing Out

## What is Happening to Earth, Our Home

An online eco-poetic and eco-contemplative workshop interweaving brief texts from Laudato Si'  
Laudato Si' week, 2022

One workshop/different timezones

5.30pm-6.40pm Tuesday May 24th, 2022 ET/7.30am-8.40am Wednesday May 25th 2022 AEST



This workshop is an invitation to enter musically, poetically and contemplatively into an experience together, interweaving brief texts from Laudato Si'. Its inspiration arises from Chapter One of LS, 'What is Happening to our Common Home' where Pope Francis has written: *'Our goal is not to amass information or to satisfy curiosity, but rather to become painfully aware, to dare to turn to what is happening to the world into our own personal suffering and thus to discover what each of us can do about.'*

The workshop will include time for participants to introduce themselves in a breakout dyad and to express their own understanding of the crises facing Earth and humanity at this time. We will weave music and birdsong (from CD, 'Songs of Disappearance'), and sacred listening, *lectio divina*, to the poem, 'Shadow Line', by the Australian poet Stephen Edgar. After a brief break, we will share a 10-15 minute contemplative compassion practice 'breathing through' both our suffering and love for Earth. There will be time to learn about the Laudato Si' action platform and to sit with the invitations posed to us if we are to respond.

**What:** Online Eco workshop, Laudato Si' week, 2022 - ONE workshop/different timezones ET May 24th/AEST May 25th, 2022  
**Where:** Online in Zoom.

**Registrations:** email Judith Keller [kellsull@ozemail.com.au](mailto:kellsull@ozemail.com.au) before May 22, 2022. Judith will email the workshop materials, and the Zoom links at the time of registration.

**There is no cost involved.** This workshop is being offered by Judith as part of her completion of the Laudato Si Animators training programme. **What to bring:** Please bring your journal and pencils; you will need access to the workshop materials at the time of the workshop.

Judith has both a University and community education background in religion, spirituality and the arts. She is a member of Treesisters, ANSD, and ARRCC and together with her Laudato Si Animators training is completing a Certificate in Deetime Leadership with the Deetime Network. She facilitates a weekly online Earth centred meditation space inspired by brief texts from Laudato Si', from The Earth Charter, and inter-spiritual eco-prayers and poetry. Judith lives at Southport, Qld, Australia. She leads guided walks in her Regional Botanic Gardens including spiral walks referencing plants, patterns, and spiralling galaxies. She is drawn to contemplative practices which interface with eco spiritual activism.