

# SEASON *of* CREATION

September 7 - October 4, 2025

## Spiritual Pilgrimage

*with St. Carlo Acutis &  
St. Pier Giorgio Frassati*

**A Pilgrim's Guide**



# INTRODUCTION

This Season of Creation marks ten years since *Laudato Si'*, Pope Francis' courageous call to care for our common home. The world is groaning, creation and communities alike, and God is asking us to walk a path of healing and hope. During the recent Jubilee with Youth, Pope Leo encouraged us with these words: "Aspire to great things, to holiness, wherever you are. Do not settle for less. Then you will see the light of the Gospel grow every day, in you and around you." We are taking that to heart.

From September 7, the day Carlo Acutis and Pier Giorgio Frassati are canonized, until October 4, the feast of St. Francis of Assisi, we will set out on a four-week pilgrimage. It is a journey of prayer, reflection, and action that we will make together, right where we live. Each day invites us to pause with a short line from *Laudato Si'*, to pray and listen for God's voice, and to act with one concrete step that cares for creation and shapes our hearts for holiness.

Think of this as a real pilgrimage of the heart. Pilgrims in the past traveled to holy places to encounter God more deeply. They carried only what they needed, trusted the road, and let the journey change them. We will do the same in our neighborhoods, schools, and homes. Whenever we make space for prayer, service, or honest reflection, our feet may not move far, but our hearts do.

We will not walk alone. For these twenty-eight days, Carlo and Pier Giorgio will be our companions. Pier Giorgio loved the mountains and would rally his friends with a single cry, "Verso l'alto," upward. He reminds us to keep moving toward God with joy and courage. Carlo used the tools of his time to point people to Jesus, proving that holiness is not for later; it is for now. Together they show us that caring for creation is never separate from caring for people, and that everyday choices can shine with the Gospel.

# INTRODUCTION

On the first day of our pilgrimage, choose a small stone to carry with you. Let it be a simple sign that you are on the way. As we go, keep your steps small and steady. Do not try to do everything at once. Show up each day. Read. Pray. Take the one action offered. Share your journey, too. If you use social media, post with #HolyForCreation to encourage others and to be encouraged by them. Some moments will be quiet and personal. Others will be shared and loud with joy. All of it belongs on this road.

Over these weeks we will learn to see differently, to hear more deeply, to live more simply, and to act more boldly. We will listen to the cry of the earth and the cry of the poor. We will practice living lightly and loving greatly. We will discover that this is not only about the environment. It is about letting God renew our minds, our friendships, our habits, and our hope. By the end, we will not just believe in caring for the earth. We will be pilgrims who live it, like the saints who walk beside us.

We will finish on October 4 with the feast of St. Francis, who called every creature brother or sister. That day, bring back your stone. Offer it as a sign of the change that has taken root in you. Then be sent out, like Carlo and Pier Giorgio, to keep climbing upward and to carry the light of the Gospel into a world that longs for it.

This is more than a month of activities. It is an invitation to lifelong conversion where care for creation and care for souls move together, step by step. If your heart is open, you are ready. If you feel small, you are still ready. God loves to begin with small things and faithful steps.

Are you in? Take a breath. Pick up your stone. Lift your eyes. Together, let us begin. Verso l'alto!

# OUR SPIRITUAL COMPANIONS

Welcome to this month-long pilgrimage—a journey designed for young hearts, eager to live their faith with purpose and passion, and to respond to the deep call for holiness and ecological responsibility. Over the next few weeks, you will walk alongside two powerful intercessors, Carlo Acutis and Pier Giorgio Frassati, two young saints who show us how to live authentically as disciples of Christ, with a special focus on the world around us.

The theme of this pilgrimage is rooted in the profound relationship between holiness and integral ecology. What is integral ecology? It's the understanding that our care for the Earth, our neighbor, and ourselves are all interconnected. In the spirit of *Laudato Si'*, Pope Francis' encyclical on caring for creation, integral ecology calls us to respond to God's invitation to love, serve, and protect the world and all its inhabitants—not as isolated tasks, but as parts of a whole, as integral to our faith.

Carlo and Pier Giorgio both lived out this calling in their own unique ways, and they serve as examples of how young people, like you, can step into the world with radical love, environmental care, and a deep commitment to both spiritual and social justice.

Carlo and Pier Giorgio remind us that holiness is not for “perfect” people but for anyone who dares to love deeply and live courageously. This pilgrimage is an invitation to let your faith shape the world through prayer, action, and care for all creation.

Both Carlo and Pier Giorgio invite you to live boldly and courageously, to embrace the challenge of holiness in the face of global crises, and to be a voice for the voiceless in your community and the world. They remind us that young people like you have a unique opportunity to shape the future—not just with your dreams, but with your actions.

Let this pilgrimage be a time of profound transformation, a time when you discover how to be a light in the world and a light that shines through prayer, action, and an unwavering commitment to holiness and the care of all creation.

The journey begins now. Let's walk together toward holiness, toward a more just world, and toward the heights that God is calling us to reach.

*Love*



# ST. CARLO ACUTIS

Carlo Acutis lived a faith deeply shaped by Don Bosco's spirituality. At the heart of his life was the Eucharist, his "highway to Heaven," echoing Don Bosco's conviction that closeness to God and devotion to Mary Immaculate are central to holiness.

Carlo's mother, Antonia Salzano, recalled how Don Bosco and the Salesian saints influenced her son. He read and copied stories of Don Bosco, prayed often at the Basilica of Mary Help of Christians in Turin, and looked to St. Dominic Savio as a model, especially in teaching catechism. When someone at school wanted to remove a painting of Dominic Savio, Carlo defended his relevance, insisting that holiness is never outdated.

In his exhibition on Eucharistic miracles, Carlo highlighted Don Bosco's Eucharistic devotion, even retelling the story of the saint multiplying Hosts to give Communion to hundreds of boys. He also shared the witness of Blessed Alexandrina Maria da Costa, a Salesian Cooperator who lived for 13 years nourished only by the Eucharist and inspired the consecration of the world to Mary's Immaculate Heart.

Carlo's passion for technology became a modern echo of Don Bosco's creativity in reaching the young. He used the internet to spread the Gospel, while warning of its dangers and encouraging wise, disciplined use—very much in the spirit of Don Bosco's preventive system.

Carlo embodied the Salesian spirit through his Eucharistic devotion, love of Mary, care for others, and creative evangelization. To today's youth, he offers a simple "kit for becoming a saint": desire holiness, go to daily Mass, receive Communion, pray the Rosary, read Scripture, spend time in Eucharistic adoration, go to confession weekly, and practice small sacrifices for love of others.

*From the original article from ANS (Sept 2, 2025)*



Verso l'alto  
Per Giorgio

# ST. PIER GIORGIO FRASSATI

When Senator Alfredo Frassati, ambassador to Berlin, asked for help with his children's studies, the Salesians sent Fr. Antonio Cojazzi, known for his culture, enthusiasm, and gift of communication. In the Frassati home, he became more than a tutor—he was a friend, especially to young Pier Giorgio, whom he accompanied through school and later in Catholic Action.

After Pier Giorgio's death in Turin on 4 July 1925, his reputation for holiness grew quickly. The Archdiocese opened an inquest in 1931, and though the cause faced long delays, it was eventually entrusted to Jesuit Fr. Paolo Molinari, leading to Pier Giorgio's beatification in 1990.

Fr. Cojazzi played a decisive role in keeping Pier Giorgio's memory alive. He published a biography in 1928, filled with firsthand testimonies that became central to the beatification process. The book spread rapidly—70,000 copies by 1932, 19 translations, and 11 editions within 15 years—making Pier Giorgio a model for Catholic youth, even under fascism. By 1942, hundreds of Catholic Action groups bore his name. Archbishop Montini (later Pope Paul VI) praised Fr. Cojazzi for linking his own life's work with spreading Pier Giorgio's witness of youthful holiness.

Pier Giorgio also changed Fr. Cojazzi. After visiting the poor in 1928, Cojazzi confessed he had spoken much about charity but never truly lived it. That encounter humbled him and became a turning point: "Less beautiful words and more good works." He came to see service to the poor as the best school for youth, shaping their character and grounding their faith in reality.

Pier Giorgio's motto, "Verso l'alto" ("Toward the heights"), captured the spirit of his life—a call to strive upward in holiness. Beatified in 1990, he will be canonized on 7 September 2025 alongside Carlo Acutis. As Pope Leo XIV reminds us: "Aspire to great things, to holiness, wherever you are. Do not settle for less. Then you will see the light of the Gospel grow every day, in you and around you."

*From the original article from ANS (Sept 3, 2025)*



*Week One*  
**Seeing Creation  
with New Eyes**

### INVITATION

Pause. Take a slow, deep breath. Imagine everything around you—trees, sky, friends, even the air filling your lungs—as God’s masterpiece. Ask God to walk with you as you begin this journey of discovery.

### FROM LAUDATO SI

“The entire material universe speaks of God’s love... Soil, water, mountains: everything is, as it were, a caress of God.” (LS 84)

### FOR REFLECTION

Two young men, Carlo Acutis and Pier Giorgio Frassati, remind us that holiness starts with wonder. Carlo loved technology but didn’t let it rule him—he used it to reveal God’s beauty. Pier Giorgio found God both in the majesty of mountains and in the faces of the poor.

The world is bursting with signs of God’s love, but we often miss them because we’re rushing, stressed, or glued to a screen. *Laudato Si’* calls us to slow down and notice the “caress of God” in the world around us. Creation isn’t just a backdrop to your life, but it’s God reaching out to you through sunsets, laughter, birds chirping, and even silence.

Holiness doesn’t begin with doing something dramatic. It begins with opening your eyes and choosing to be amazed. Wonder is the spark that helps us care for creation and love others more deeply.

### YOUR CHALLENGE TODAY

Notice one ordinary thing that points you to God’s love—a leaf, a smile, a moment of quiet. Pause and really see it.

### PUT IT INTO ACTION

Take a photo of something that fills you with wonder. Share it online with the hashtag #HolyForCreation, pointing others to God’s beauty—not yourself.

### PRAYER THROUGHOUT THE DAY

“Lord, open my eyes to see your love in all that surrounds me.”

### INVITATION

As you breathe deeply, imagine every person you meet today glowing with the image of God. Ask for the grace to see each one as sacred.

### FROM LAUDATO SI

“We are not disconnected from the rest of creatures, but joined in a splendid universal communion.” (LS 220)

### FOR REFLECTION

Pier Giorgio was known for loving people well. Whether someone was rich or poor, popular or forgotten, he treated everyone as family. To see creation with new eyes isn't only about sunsets and forests, but it's about seeing God's presence shining in the people around us.

It's easy to marvel at a mountain, but harder to love the classmate who irritates you, the sibling who pushes your buttons, or the stranger who feels so different from you. Yet this is exactly what *Laudato Si'* teaches. Everything is connected. When people are hurt, creation suffers. When creation is abused, people, especially the poor, are harmed.

Pier Giorgio didn't just see the poor as a “cause.” He knew them by name, shared meals with them, and walked beside them. You're invited to do the same: slow down, look deeper, and honor God's image in every face you encounter.

### YOUR CHALLENGE TODAY

Think of one person you've been tempted to ignore or judge. Look for God's image in them today, even if it's difficult.

### PUT IT INTO ACTION

Greet three people today with genuine kindness—a smile, a kind word, or by listening without distraction. Post an encouraging message to someone you don't usually notice.

### PRAYER THROUGHOUT THE DAY

“Jesus, help me see your face in every person I meet.”

# The Gift of Small Things

**DAY 3**  
Sept 09

## **INVITATION**

Close your eyes. Think of something tiny yet amazing—a raindrop, a grain of sand, a heartbeat. Ask God to help you notice His greatness in life's smallest gifts.

## **FROM LAUDATO SI**

"Each creature reflects something of God and has a message to convey to us." (LS 221)

## **FOR REFLECTION**

Carlo Acutis called the Eucharist his "highway to heaven." Imagine that! God is found hidden in something so small like a piece of bread. Carlo understood that holiness isn't usually about grand, heroic acts. It's found in the small, everyday moments we often overlook.

We live in a world that celebrates bigger, louder, faster. But the Gospel whispers another truth: the smallest acts of love have the greatest impact. A kind text, a smile to someone sitting alone, choosing to recycle instead of waste. All of these are ways we cooperate with God's care for creation.

When we treasure small things, we see creation differently. A single flower becomes a sign of hope. A single prayer can change a heart. A single choice can ripple through the world.

## **YOUR CHALLENGE TODAY**

Choose one small act of love or care for creation today. Trust that even if no one notices, God sees—and it matters.

## **PUT IT INTO ACTION**

Notice something small you normally overlook: a bug, a cloud, a stranger's kindness. Pause to thank God for it, then share why it matters with a friend or online.

## **PRAYER THROUGHOUT THE DAY**

"God of small wonders, help me see your gifts with grateful eyes."

### INVITATION

Put down your phone for a moment. Take a breath. Ask God to help you see clearly—not just with your eyes, but with your heart.

### FROM LAUDATO SI

“True wisdom... is not acquired by a mere accumulation of data... but by communion with creation.” (LS 47)

### REFLECTION

Carlo loved technology and even used it to share his faith. But he knew that screens can never replace real wonder. He warned, “We are all born originals, but many die as photocopies.”

Think about how often we scroll through pictures of sunsets instead of watching the real thing. How many times we miss someone’s laugh because we’re half-listening with our eyes on a screen. Data and images are not the same as wisdom and connection.

Laudato Si’ reminds us that true wisdom comes from communion with creation—being fully present to God’s world and people. Carlo didn’t reject tech; he used it as a tool for love, not as a distraction. You’re invited to do the same: use screens to inspire, not to escape.

### YOUR CHALLENGE TODAY

Pay attention to one moment today that you might normally miss because of your phone. Be fully present and let yourself be amazed.

### PUT IT INTO ACTION

Limit your screen time by at least one hour today. Spend that time outdoors, noticing God’s creation. Journal about what you experienced.

### PRAYER THROUGHOUT THE DAY

“Lord, teach me to look up and see your presence.”

### INVITATION

Breathe deeply. Ask God for courage to see—not just beauty, but brokenness.

### FROM LAUDATO SI

“The earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor.” (LS 2)

### FOR REFLECTION

Pier Giorgio didn’t avoid suffering. While others passed by those in pain, he stopped, listened, and loved. He saw their suffering not as a distraction but as a call to action.

It’s tempting to scroll past hard news or look away from painful situations like climate disasters, poverty, violence because it feels overwhelming. But Laudato Si’ reminds us that the earth and its people are deeply connected. When creation suffers, people suffer, especially the poor and vulnerable.

Seeing suffering doesn’t mean losing hope. It means recognizing where God is present. God can be encountered in the refugee seeking safety, the classmate grieving quietly, the polluted river in need of healing. When we dare to look, we can begin to love as Jesus loves.

### YOUR CHALLENGE TODAY

Identify one situation of suffering—near or far—that you’ve been avoiding. Bring it to prayer and ask God how you can respond with compassion.

### PUT IT INTO ACTION

Learn one fact today about an environmental or social issue. Write a short prayer for those affected and share it with a friend or post it online as a sign of solidarity.

### PRAYER THROUGHOUT THE DAY

“God of mercy, help me see and respond to the cries of the earth and the poor.”

### INVITATION

Close your eyes. Think of one thing you're grateful for right now. Let that gratitude fill your heart as you begin your day.

### FROM LAUDATO SI'

"Rather than a problem to be solved, the world is a joyful mystery to be contemplated with gladness and praise." (LS 12)

### FOR REFLECTION

Carlo Acutis didn't have a perfect life, but he lived with a grateful heart. Gratitude shaped how he saw everything—from technology to friendships to the Eucharist.

When we focus only on what's broken, we can become cynical. Gratitude doesn't ignore pain; it simply helps us notice what is still good and beautiful. *Laudato Si'* challenges us to see the world as a "joyful mystery," not just a problem to fix.

When we see creation through gratitude, we are more likely to care for it. Gratitude leads to joy, and joy leads to action. A grateful heart sees God's presence everywhere, even in small, quiet moments.

### YOUR CHALLENGE TODAY

Notice three gifts in your day. They can be big or small.

### PUT IT INTO ACTION

Share one thing you're grateful for with someone else. Let your gratitude inspire them to see differently, too.

### PRAYER THROUGHOUT THE DAY

"Creator God, open my eyes to your gifts and teach me to live with gratitude."

### INVITATION

Take a deep breath. Imagine the future as a field ready for planting. Ask God to fill you with the courage to sow seeds of hope.

### FROM LAUDATO SI'

"Hope would have us recognize that there is always a way out, that we can always redirect our steps." (LS 61)

### FOR REFLECTION

Pier Giorgio Frassati once said, "The future is in God's hands, and better hands there cannot be." He didn't say this because life was easy, but rather, he said it because he trusted a God who is always creating something new.

Hope isn't naive optimism. It's a bold choice to believe that brokenness isn't the end of the story. Even when the planet is hurting or people are suffering, Laudato Si' calls us to believe that change is possible.

Seeing with hope allows us to imagine a future where the earth and its people are healed. And when you live with that hope, you give others permission to believe, too. Your hope can spark someone else's courage.

### YOUR CHALLENGE TODAY

Think of one area where you've been tempted to give up. Pray for the courage to hope again.

### PUT IT INTO ACTION

Create a small act of hope—a drawing, a poem, a kind message—and share it with someone who needs encouragement.

### PRAYER THROUGHOUT THE DAY

"God of hope, help me see the world not as it is, but as you dream it to be."

*Week Two*  
**Hearing the Cry  
of the Earth and  
the Poor**



## **INVITATION**

Sit in silence for a moment. Listen to the sounds around you. Ask God to open your ears and not just to noise, but to His voice speaking through creation and others.

## **FROM LAUDATO SI'**

"The Earth, our home, is beginning to look more and more like an immense pile of filth." (LS 21)

## **FOR REFLECTION**

We live in a world filled with noise: music, notifications, opinions, ads. With so much competing for our attention, it's hard to truly listen. Pope Francis reminds us that the earth itself is crying out, but too often, we drown out its voice.

When we slow down, we begin to hear things we've been missing like the rustle of leaves, the laughter of friends, the silent pain of someone nearby. Carlo Acutis once said, "To always be close to Jesus, that's my life plan." Listening well is how we stay close to Jesus, because He speaks through the world He made.

Today, let your heart be like a microphone for God's voice. What is He saying to you through creation? Through the people around you? Through your own heart?

## **YOUR CHALLENGE TODAY**

Spend five minutes in silence. Listen carefully to your surroundings and your heart. Write down one thing you sensed God saying to you.

## **PUT IT INTO ACTION**

Choose one person today to listen to without interrupting or planning what you'll say next. Give them the gift of your full attention.

## **PRAYER THROUGHOUT THE DAY**

"Lord, help me listen deeply to you, to others, and to creation."

# Hearing the Cry of the Poor

**DAY 9**  
Sept 15

## **INVITATION**

As you breathe deeply, imagine the voices of those who are suffering. Ask God to help you hear their cry with compassion.

## **FROM LAUDATO SI'**

"The cry of the earth and the cry of the poor cannot continue."  
(LS 49)

## **FOR REFLECTION**

The earth and the poor are connected. When forests are destroyed, rivers polluted, or air poisoned, the most vulnerable people suffer first. They often don't have the resources to protect themselves or recover from disaster.

Pier Giorgio Frassati spent his life listening to the voices of the poor. He didn't just give handouts; he built relationships, learning people's names and stories. He understood that when we truly listen to someone, we treat them not as a "project" but as a friend.

Laudato Si calls us to see environmental care and social justice as two sides of the same coin. We can't heal the planet without also caring for the people most affected by its wounds. When we ignore their cries, we ignore Christ Himself

## **YOUR CHALLENGE TODAY**

Pray for people affected by climate disasters or poverty. Ask God to help you see their faces and hear their voices with His compassion.

## **PUT IT INTO ACTION**

Look up one story about a community impacted by environmental harm. Share what you learn with a friend or on social media to raise awareness.

## **PRAYER THROUGHOUT THE DAY**

"Jesus, help me hear your voice in the cries of those who suffer."

## INVITATION

Close your eyes and breathe slowly. Listen for the sounds of creation—the wind, birds, rustling leaves, even silence. Thank God for these voices.

## FROM LAUDATO SI'

"The universe unfolds in God, who fills it completely. Hence, there is a mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop." (LS 233)

## FOR REFLECTION

Creation has its own language, but we often don't stop to hear it. A flower blooming, a bird singing, or waves crashing on the shore. They all proclaim God's glory.

Pier Giorgio loved hiking because nature helped him feel closer to God. When we listen to creation, we're not just hearing sounds; we're listening to God speaking through His work of art. Creation is a sacred book, and every detail tells part of the story of His love.

Our relationship with creation is broken when we treat it only as "resources" to use. Listening teaches us to approach the earth with reverence, as we would approach a friend. This is how healing begins.

## YOUR CHALLENGE TODAY

Spend ten minutes outdoors today, free of distractions. Listen closely to nature and reflect on what God might be saying to you through it.

## PUT IT INTO ACTION

Turn off background noise for part of your day. No music, podcasts, or videos. Let yourself simply listen to the world around you.

## PRAYER THROUGHOUT THE DAY

"God of creation, help me hear your voice in the world you made."

## **INVITATION**

Breathe deeply. Imagine the earth groaning like someone in pain. Ask God to help you hear its cries and respond with courage.

## **FROM LAUDATO SI'**

"The earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor." (LS 2)

## **FOR REFLECTION**

Pollution, deforestation, rising seas, disappearing species. The earth is crying out for healing. These aren't just "environmental issues." They are spiritual issues because they reveal how we've failed to love the gift of creation.

Pier Giorgio didn't turn away from suffering, and neither should we. Laudato Si reminds us that when the earth is harmed, people, especially the poor, are harmed too. Caring for creation is about loving our neighbors and future generations.

Hearing the earth's groans can feel overwhelming. But God doesn't call us to fix everything alone. He calls us to listen, care, and take one step at a time toward healing.

## **YOUR CHALLENGE TODAY**

Ask yourself, where in your life do you see creation suffering? What's one way you can respond this week?

## **PUT IT INTO ACTION**

Pick up litter in your neighborhood, park, or school. Pray for the places you're cleaning as you work.

## **PRAYER THROUGHOUT THE DAY**

"Lord, help me hear the cries of the earth and respond with love."

## INVITATION

Sit quietly. Imagine God whispering your name. Ask Him to speak to you today through creation, Scripture, and the people you meet.

## FROM LAUDATO SI'

"The entire material universe speaks of God's love." (LS 84)

## FOR REFLECTION

Sometimes God's voice isn't loud. It's a gentle whisper in the middle of chaos. To hear it, we have to be still. Carlo Acutis made time every day to pray before the Eucharist, where God's whisper was clearest.

God speaks through the world He made like through a sunrise, a friend's kindness, a moment of silence. When we rush through life, we miss these whispers. When we slow down, we discover that God has been speaking all along.

Listening for God's whisper isn't about hearing words. It's about sensing His presence and trusting that He is near, even when the world feels noisy or confusing

## YOUR CHALLENGE TODAY

Take five minutes of silent prayer, and if possible, in front of the Blessed Sacrament. Simply sit with God and let Him speak to your heart.

## PUT IT INTO ACTION

Turn off all notifications on your phone for one hour today. Use that time to focus on God, nature, or someone you love.

## PRAYER THROUGHOUT THE DAY

"Speak, Lord, for your servant is listening."

## **INVITATION**

Breathe deeply and picture someone who is hurting. Ask God to help you listen with empathy, ready to share their burden.

## **FROM LAUDATO SI'**

"A sense of deep communion with the rest of nature cannot be real if our hearts lack tenderness, compassion, and concern for our fellow human beings." (LS 91)

## **FOR REFLECTION**

It's easy to hear words without truly listening. Real listening is an act of love. It says, "You matter. Your story matters."

Pier Giorgio modeled this by listening deeply to the people he served. His empathy transformed lives because people felt seen and valued. Laudato Si teaches that care for creation is empty if it isn't rooted in tenderness for both the earth and the people who inhabit it.

Listening with empathy takes courage. It means setting aside your own opinions and simply being present. When you do this, you reflect God's love to someone who may desperately need it.

## **YOUR CHALLENGE TODAY**

Think of one person who needs to be heard. Reach out to them today with a text, call, or in-person conversation.

## **PUT IT INTO ACTION**

Spend five minutes truly listening to someone. Ask open-ended questions and focus completely on their words.

## **PRAYER THROUGHOUT THE DAY**

"Jesus, teach me to listen with your heart."

## **INVITATION**

Take a deep breath and imagine Jesus asking you, "What will you do with what you've heard?"

## **FROM LAUDATO SI'**

"We need a new dialogue about how we are shaping the future of our planet." (LS 14)

## **FOR REFLECTION**

Listening is powerful, but it's only the beginning. If we stop at listening, nothing changes. Pier Giorgio didn't just hear the voices of the poor. He acted. Carlo didn't just listen to God in prayer. He shared his love with others.

Laudato Si challenges us to turn listening into dialogue and action. That means speaking up, making changes, and inviting others to join us. When we respond to what we've heard, we become part of God's work of renewal.

Listening without action is like reading a text but never replying. God is waiting for our response.

## **YOUR CHALLENGE TODAY**

Reflect on this week. What have you heard from God, from others, or from creation? What action is He calling you to take?

## **PUT IT INTO ACTION**

Share one insight from this week with a friend or family member. Invite them to take one small action for creation with you.

## **PRAYER THROUGHOUT THE DAY**

"Lord, help me respond with courage to what I have heard."



*Week Three*  
**Living Simply,  
Living Joyfully**

## INVITATION

Take a deep breath. Imagine your heart as an open space, free of clutter and distractions. Ask God to help you desire what truly matters.

## FROM LAUDATO SI'

"Christian spirituality proposes a growth marked by moderation and the capacity to be happy with little."(LS 222)

## FOR REFLECTION

Our world constantly tells us, "You need more." More clothes, more likes, more money, more success. But no matter how much we collect, it's never enough.

Jesus offers a different path: simplicity. Simplicity isn't about having nothing. It's about having space in your life for what truly matters: God, people, and purpose. Laudato Si' reminds us that when we live simply, we also live joyfully. Simplicity frees us from the burden of excess so we can focus on love.

Carlo Acutis lived this out by using technology without letting it control him. He enjoyed it, but he wasn't owned by it. What's one thing you can let go of to make more room for God?

## YOUR CHALLENGE TODAY

Identify one area where you've been chasing "more." Ask God to help you take a small step toward simplicity.

## PUT IT INTO ACTION

Choose one item to donate, recycle, or give away today. Pray for the person who will receive it.

## PRAYER THROUGHOUT THE DAY

"Lord, teach me the joy of living simply."

## **INVITATION**

Step outside or look out a window. Notice one thing in creation that brings you joy. Thank God for that gift.

## **FROM LAUDATO SI'**

"If we approach nature and the environment without openness to awe and wonder... our attitude will be that of masters, consumers, ruthless exploiters." (LS 11)

## **FOR REFLECTION**

When was the last time you truly let yourself enjoy the world around you? A bright blue sky, the smell of rain, bees buzzing. These are gifts meant to bring us joy.

Too often, we rush through life without noticing. When we forget to wonder, we start treating creation like a product instead of a gift. Pier Giorgio found joy in the outdoors because it reminded him of God's greatness. His joy wasn't just personal, but rather it inspired others to care for the world, too.

True joy isn't about having more stuff. It's about being fully alive and grateful for the simple gifts God has given us.

## **YOUR CHALLENGE TODAY**

Pause at least three times today to notice something that brings you joy. Whisper a quick "thank you" to God each time.

## **PUT IT INTO ACTION**

Plan a simple, screen-free activity that helps you enjoy creation like a walk, bike ride, or picnic. Invite a friend to join you.

## **PRAYER THROUGHOUT THE DAY**

"God of joy, help me delight in your creation."

# Saying NO to a Throwaway Culture

DAY 17  
Sept 23

## INVITATION

Close your eyes and picture the things you throw away each day. Ask God to show you how to live with more care and less waste.

## FROM LAUDATO SI'

"The Earth, our home, is beginning to look more and more like an immense pile of filth." (LS 21)

## FOR REFLECTION

We live in a "throwaway culture" where almost everything, products, resources, even relationships can be replaced. This mindset is hurting our planet and our hearts. When we treat things as disposable, we start treating people that way, too.

Pier Giorgio valued people over possessions. He chose to live simply so others could simply live. Laudato Si' calls us to reject the throwaway mindset by valuing what we have and protecting the earth for future generations. Each time you reuse, repair, or repurpose something, you take a stand against waste and for love.

## YOUR CHALLENGE TODAY

Notice one way you've been careless with creation. Ask God for the courage to make a change.

## PUT IT INTO ACTION

Commit to one small sustainable practice today: refill a water bottle, compost food scraps, or avoid single-use plastics.

## PRAYER THROUGHOUT THE DAY

"Creator God, help me value and protect the gifts you've given."

# Finding Freedom from Possessions

**DAY 18**  
Sept 24

## **INVITATION**

Take a deep breath and imagine setting down a heavy backpack filled with stuff you don't need. Ask God to free you from anything weighing you down.

## **FROM LAUDATO SI'**

"Obsession with a consumerist lifestyle... can only lead to violence and mutual destruction." (LS 204)

## **FOR REFLECTION**

Possessions aren't bad, but when they own us, they steal our freedom. Our culture tells us our worth comes from what we buy or wear. Jesus tells us our worth comes from being loved by Him.

Carlo Acutis understood this. He wasn't obsessed with buying the newest tech or clothes. Instead, he used his gifts to serve others and glorify God. Freedom comes when we stop competing and start living with gratitude.

When you cling tightly to possessions, you end up empty. When you open your hands, you discover joy.

## **YOUR CHALLENGE TODAY**

Reflect on what you've been clinging to. Ask God to help you let go and trust Him.

## **PUT IT INTO ACTION**

Go through your backpack, closet, or room. Choose one thing you don't need and give it away or recycle it.

## **PRAYER THROUGHOUT THE DAY**

"Lord, free my heart from anything that keeps me from you."

## **INVITATION**

Think of someone you care about. Ask God to help you prioritize relationships over possessions today.

## **FROM LAUDATO SI'**

"The human environment and the natural environment deteriorate together." (LS 48)

## **FOR REFLECTION**

When we value things over people, both relationships and creation suffer. Laudato Si' reminds us that our treatment of the earth mirrors how we treat one another.

Pier Giorgio chose relationships over wealth and comfort. He invested his time and love in people instead of things. Today, we are challenged to do the same. Instead of spending all our energy chasing possessions, we can spend it nurturing friendships and caring for creation.

The more we love people, the more naturally we'll care for the world they live in.

## **YOUR CHALLENGE TODAY**

Reach out to someone you've been too busy for. Show them they matter more than any material thing.

## **PUT IT INTO ACTION**

Plan a free or low-cost activity that focuses on connection, like a walk, game night, or shared meal.

## **PRAYER THROUGHOUT THE DAY**

"Jesus, teach me to value people over possessions."

## **INVITATION**

Pause. Ask God to help you live today with purpose, not on autopilot.

## **FROM LAUDATO SI'**

"We must regain the conviction that we need one another."  
(LS 229)

## **FOR REFLECTION**

Life can feel like a blur of classes, chores, scrolling, and stress. Before you know it, another day is gone. Living simply means living intentionally and choosing what matters most.

Carlo Acutis said, "Our aim has to be infinite, not the finite." He lived with eternity in mind, making choices that reflected his faith and love for God. When we slow down and make intentional choices, we live with greater joy and impact.

Living intentionally is how we care for creation and others. Small choices add up to a life of purpose.

## **YOUR CHALLENGE TODAY**

Before each meal, class, or activity, pause and ask, "Why am I doing this? How can I do it with love?"

## **PUT IT INTO ACTION**

Write down one intentional choice you'll make today to care for creation or someone in need. Follow through.

## **PRAYER THROUGHOUT THE DAY**

"God, guide my steps and help me live with intention."

## **INVITATION**

Breathe deeply. Ask God to fill you with joy so your life can inspire others.

## **FROM LAUDATO SI'**

"Sobriety and humility were not favorably regarded in the last century. And yet joy is what we need most."(LS 224)

## **FOR REFLECTION**

True joy is contagious. It doesn't come from possessions or popularity—it comes from knowing you are loved and living in harmony with God and creation.

Pier Giorgio's joy drew people to Christ. He didn't preach with words alone; his happiness spoke volumes. When you live simply and gratefully, you radiate hope. Laudato Si' reminds us that the world desperately needs this kind of joy.

Your joyful witness can inspire others to care for creation and love more deeply. Joy is a form of evangelization.

## **YOUR CHALLENGE TODAY**

Notice moments of joy today. Share one with someone else as a gift.

## **PUT IT INTO ACTION**

Do one thing today purely to bring joy to another person with no strings attached.

## **PRAYER THROUGHOUT THE DAY**

"Lord, fill me with joy that overflows to others."



*Week Four*  
**Act Boldly**

## **INVITATION**

Take a deep breath and ask God for courage to step out of your comfort zone today.

## **FROM LAUDATO SI'**

"All of us can cooperate as instruments of God for the care of creation." (LS 14)

## **FOR REFLECTION**

It's easy to think, "I'm just one person. What difference can I make?" But history shows that bold action often begins with one courageous individual.

Both Carlo and Pier Giorgio didn't wait for others to act. They saw a need and responded with faith and love. You are called to do the same. Laudato Si' reminds us that everyone has a role to play in caring for creation.

Courage isn't about never feeling afraid. It's about choosing love despite fear. When you act boldly, you become an instrument of God's healing.

## **YOUR CHALLENGE TODAY**

Identify one fear that keeps you from acting. Ask God for the courage to face it.

## **PUT IT INTO ACTION**

Speak up about one issue you care about and post on social media, write a letter, or share with a friend.

## **PRAYER THROUGHOUT THE DAY**

"Lord, make me brave enough to love boldly."

## **INVITATION**

Picture yourself joining hands with others around the world. Ask God to unite us in caring for creation.

## **FROM LAUDATO SI'**

"The ecological crisis is also a summons to profound interior conversion." (LS 217)

## **FOR REFLECTION**

We can't heal the world alone. Real change happens when communities work together. Pier Giorgio gathered friends to serve the poor because he knew we need one another for strength and accountability.

Laudato Si' teaches that ecological action is also spiritual. Caring for creation isn't just about recycling or planting trees. It's about converting our hearts and building relationships rooted in love.

When we act as a community, our efforts multiply and hope grows.

## **YOUR CHALLENGE TODAY**

Think of one person or group you could partner with to make a difference.

## **PUT IT INTO ACTION**

Invite a friend or family member to join you in one action for creation this week.

## **PRAYER THROUGHOUT THE DAY**

"Lord, make us one in love and care for your world."

## **INVITATION**

Take a deep breath. Ask God to give you words and courage to speak up for what is right.

## **FROM LAUDATO SI'**

"A true ecological approach always becomes a social approach." (LS 49)

## **FOR REFLECTION**

Environmental issues are also justice issues. Pollution, climate change, and resource depletion harm the poor most of all. Loving creation means standing up for the people most affected by its destruction.

Through his involvement with Catholic Action, Pier Giorgio and his companions used their voices to challenge injustice. You can, too. Speaking up may feel scary, but silence allows harm to continue. God calls us to be advocates for both the earth and its people. Your voice matters. Use it for love and truth.

## **YOUR CHALLENGE TODAY**

Identify one justice issue connected to creation care that moves your heart. Pray about how you can respond.

## **PUT IT INTO ACTION**

Write a short message or social media post raising awareness about this issue. Encourage others to care, learn, and take action.

## **PRAYER THROUGHOUT THE DAY**

"God of justice, give me courage to speak for the voiceless."

## **INVITATION**

Picture Jesus washing His disciples' feet. Ask Him to show you how to serve others humbly today.

## **FROM LAUDATO SI'**

"Love, overflowing with small gestures of mutual care, is also civic and political." (LS 231)

## **FOR REFLECTION**

Service isn't just about big projects or mission trips. It's about everyday acts of love like helping a neighbor, encouraging a friend, picking up trash at school.

Carlo Acutis served with a joyful heart, offering even small tasks to God. Laudato Si' reminds us that acts of care, no matter how small, help heal the world.

When we serve others, we reflect the love of Jesus, who came not to be served but to serve.

## **YOUR CHALLENGE TODAY**

Look for one hidden opportunity to serve today, especially in a way that helps creation or others in need.

## **PUT IT INTO ACTION**

Do one act of service anonymously. Let your only reward be knowing you made the world better.

## **PRAYER THROUGHOUT THE DAY**

"Jesus, teach me to serve with humility and love."

## **INVITATION**

Take a deep breath. Ask God for strength to keep going, even when the work feels hard.

## **FROM LAUDATO SI'**

"Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope." (LS 244)

## **FOR REFLECTION**

Caring for creation can feel overwhelming. Problems like climate change and injustice are huge. It's tempting to give up.

But Carlo's life in the midst of his illness reminds us that hope is stronger than despair. Even small steps matter when they're taken with love. Laudato Si' calls us to persevere joyfully, trusting that God is working through us.

When we act with hope, we become light in the darkness.

## **YOUR CHALLENGE TODAY**

Think of a time you wanted to give up. How did God give you strength? Thank Him for that grace.

## **PUT IT INTO ACTION**

Encourage someone who's working for justice or caring for creation. Send them a message of hope.

## **PRAYER THROUGHOUT THE DAY**

"God of hope, keep me joyful and strong as I work for your kingdom."

## **INVITATION**

Breathe deeply. Ask God to make your life a sign of His love for all creation.

## **FROM LAUDATO SI'**

"Living our vocation to be protectors of God's handiwork is essential to a life of virtue." (LS 217)

## **FOR REFLECTION**

Your life is a message. The choices you make—what you buy, how you speak, how you care for others—tell the world what you value.

Carlo and Pier Giorgio's witness inspired countless people because their actions matched their faith. Laudato Si' challenges us to live as protectors of creation, showing others what it means to follow Christ.

You don't have to be perfect. Just be faithful. Your consistent, small actions can spark transformation.

## **YOUR CHALLENGE TODAY**

Reflect on what your life is "saying" right now. What message do you want it to send?

## **PUT IT INTO ACTION**

Share one thing you've learned during this pilgrimage with someone else. Invite them to join you on the journey.

## **PRAYER THROUGHOUT THE DAY**

"Lord, make my life a witness to your love."

## **INVITATION**

Hold the stone you have carried on this pilgrimage. Remember the steps you have taken over these days: your prayers, your acts of care, your moments of joy and struggle. Ask God to seal this journey in your heart and to send you forth as a pilgrim for creation and for souls.

## **FROM LAUDATO SI'**

"Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope." (LS 244)

## **FOR REFLECTION**

Today we honor St. Francis, who saw creation as family. He didn't just admire nature; he lived in harmony with it, showing that the Gospel shines through simplicity, joy, and fearless love. Centuries later, Carlo Acutis and Pier Giorgio Frassati carried that same vision in their own time. Carlo, a teenager passionate about technology, proving holiness can thrive even in the digital age. Pier Giorgio, a mountain climber full of energy, lived fighting for justice, serving the poor, and living faith with courage and joy.

Their lives aren't fairy tales; they're invitations. Like them, you are called to live boldly: to see the world as sacred, to defend creation as *Laudato Si'* reminds us, and to let your choices speak of love. Holiness isn't about waiting for the perfect time. It begins today, in how you study, how you treat your friends, and how you care for the earth. The world needs your courage now. You are called to be a saint for today—to be a voice for the voiceless, a guardian of creation, and a beacon of hope.

## **YOUR CHALLENGE TODAY**

Offer a prayer of gratitude for the journey and commit to one long-term habit of caring for creation.

## **PUT IT INTO ACTION**

Plan a small celebration with friends or family. Share one story of how this journey has changed you.

## **PRAYER THROUGHOUT THE DAY**

"Creator God, thank you for this journey. Send me forth to care for your world with love."

# CONCLUSION

As this incredible, transformative month of pilgrimage comes to a close, know this: this is not the end]. Far from it. What you have lived through in your prayer, reflection, friendship, and bold witness is the spark that lights a fire meant to burn for a lifetime. Your hearts have been touched; your souls stirred. The path of holiness, courage, and love does not stop here. It begins here.

You are not just young people who showed up. You are protagonists in a story far greater than yourselves. The story of hope, renewal, and transformation. A story the world desperately needs right now.

Pope Francis reminds us in *Laudato Si*, "Everything is connected" (LS 91). We are called to care for our common home, for one another with urgency, with compassion, with love that acts. He urges us: "Do not lose hope. Act boldly and responsibly." (LS 13) And from the heart of our Church, Pope Leo XIV, spoke directly to young people like you and said: "You are the hope of the Church and the world. Do not be afraid to dream big and to follow God's call with courage." You are the hope. The boldness of saints like Pier Giorgio Frassati and Carlo Acutis lives in you. These were ordinary young people who chose extraordinary faithfulness. Their simple lives were rooted deeply in Jesus and the Gospel. Carlo, with his joyful love for the Eucharist and technology as a tool for evangelization; Pier Giorgio, racing mountains and serving the poor with radical generosity. They show us that holiness is not reserved for a few, but it is possible for every young person willing to live boldly in faith.

So now, as you return to your everyday lives, remember this with all your heart. You are not followers. You are leaders. You are not bystanders. You are changemakers. The world is waiting for your fire, your courage, your love. Don't hold back. Step forward with courage and joy. Let your faith be the spark that ignites the world around you. As St. Francis of Assisi said, "Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible." Start small. Use your gifts. Say yes to God's call in the everyday moments and watch how your faith becomes unstoppable.

Here is your rallying cry and your call to action as you go forth. Choose one way today to care more deeply for our common home. Maybe it's reducing waste, standing up for justice, or simply marveling at creation with fresh eyes. Find one person who needs hope and courage, and share your faith through your words and your actions. Commit to one daily habit that strengthens your connection with God through prayer, kindness, courage to speak up for what is right.

This pilgrimage may be coming to a close, but your journey toward "Verso l'alto!" continues every day. Live boldly. Witness fiercely. Be the light the world so desperately needs.

The journey does not end here. It begins now. Go with joy. Go with faith. Go and be that spark... Be CHISPA!.

# A PRAYER FOR PILGRIMS LIVING THE CALL TO HOLINESS AND CARING FOR CREATION

O God of Mercy and Love,  
We come before You with hearts open to Your call,  
Young pilgrims on a journey of faith and transformation.

As we walk in the footsteps  
of those who have gone before us,  
Like Carlo Acutis and Pier Giorgio Frassati,  
We ask for Your guidance and strength.

In the footsteps of Carlo,  
May we embrace the beauty of the digital world  
to share Your love,  
Using our talents and gifts to spread goodness and truth,  
In every corner of our lives, from our screens to our hearts.

In the footsteps of Pier Giorgio,  
May we live with a zeal for service,  
Caring for the poor, the sick, and the marginalized,  
Seeing Christ in every face, in every need.

As Pope Francis has called us in *Laudato Si'*,  
May we recognize our sacred duty to care for Your creation.

Help us to be stewards of the earth,  
Protecting its beauty, its creatures, and its resources,  
For the generations to come.

May we not only hear the cry of the earth,  
But also the cry of the poor who suffer most from its wounds,  
And may our actions be a response to that cry,  
Guided by love, justice, and respect.

O Holy Spirit,  
Fill us with the courage to live our call to holiness,  
With the boldness to be protagonists in transforming the world.

We are not mere spectators;  
we are the builders of Your Kingdom,  
Bringing Your light into every shadowed corner,  
Shaping a world of peace, justice, and hope.

May we walk together,  
Bound in love, united in purpose,  
Carrying the torch of holiness,  
And the care for creation, wherever we go.  
With Carlo and Pier Giorgio by our side,  
We trust that our journey will lead us  
To a world transformed by Your grace and mercy.

We ask this through Christ our Lord. Amen.

# PRAYER





**St. Pier Giorgio Frassati,  
St. Carlo Acutis,  
pray for us.**



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