24 May is the Fifth anniversary of the publication of Pope Francis’ encyclical *Laudato Si’.* Members of the Archdiocesan Ecology, Justice and Peace Commission’s Integral Ecology Committee offer reflections on how the encyclical inspires change and action in their lives.

**Speaking to the world by our lives -** Catherine Gibbs

*An authentic humanity, calling for a new synthesis, seems to dwell in the midst of our technological culture, almost unnoticed, like a mist seeping gently beneath a closed door.* (para 112)

Over long weeks of the pandemic our ‘closed doors’ have created an opportunity for Catholic communities to respond to a wide range of needs within communities. We’ve balanced the advantages of technology with the invitation to spend time with family and neighbours like never before. Good examples include sharing heartfelt prayer requests via a blog site, scripture reflection by Zoom, praying for the dying via mobile phone, phone trees, handcrafted cards and homegrown flowers delivered, and ecumenical outreach in rural communities.

*We must regain the conviction that we need one another, that we have a shared responsibility for others and the world, and that being good and decent are worth it.* (para 229)

This pandemic has forced us to alter our lifestyles to thrive in a ‘new normal.’ It has illustrated how much we need each other and a how a simple kindness or exchanging a smile with a stranger can change lives. Good examples include parishes emailing contact lists to find those who needed help because of age or the risk of infection; providing Lectio Divina using the gospel of the day; chatting with a spiritual guide over the phone; distributing food parcels to the needy; downloading the Liturgy of the Word for the family each Sunday; gifting to the Caritas Covid-19 Pandemic Appeal.

We’ve had an extraordinary opportunity to consider a different future. Already many are welcoming this opportunity for renewal. As the country re-builds, we’re being sent to be an enlivened Church open to healing and making Christ visible through speaking to the world by our lives.