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.

**Time to silence the noise** – Estelle Henrys

For the first time in many years I stayed in Wellington over the entire summer school holiday period. Due to Covid-19, I was again at home for 6 weeks. In both these times my husband Stuart and I explored many new tracks in the numerous walkways and bush areas in our own backyard. From the Western suburbs you don’t have to go far to enjoy nature in Ōtari/Wilton bush and the Northern Walkways skyline. Our surroundings are filled with beauty, birdsong and surprises. Being close to nature feels peaceful and gives me a sense of awe and wonder that I am truly in the presence of the God of all creation.

One of the most powerful and challenging encyclicals, written in 2015 by Pope Francis, *Laudato Siʹ (translated as Praise be to You)* invites us to hear the cry of the earth and the cry of the poor, and to work together for the care of our common home. Pope Francis calls us to deeper reflection, conversation and practical action.

I sometimes feel overwhelmed and choose to ignore the issues or feel the measures I take are not making any difference. Pope Francis says *“Nature is filled with words of love, but how can we listen to them amid constant noise, interminable and nerve-wracking distractions, or the cult of appearances?“ (para 225)*

We have had that time lately to silence the noise, put aside our distractions, and concentrate on the message of love