

SEASON OF CREATION



September 01 – October 04, 2026

This booklet is a resource which we invite you to enjoy over the next five weeks. You may choose to use all or part of the prayer reflection. You may choose to use it for personal reflection or in small groups or in community.

Sisters of Mercy, Newfoundland and Labrador, Canada

Introduction

The Season of Creation begins on Tuesday, September 1, the Day of Prayer for Creation, and ends on Sunday, October 4, the Feast Day of St. Francis.

The theme for this year's Season of Creation is:

“Living Water.”

Ezekiel 47: 9-12

Swarms of living creatures will live wherever the river flows. There will be large numbers of fish, because this water flows there and makes the salt water fresh; so, where the river flows everything will live. Fishermen will stand along the shore; from En Gedi to En Eglaim there will be places for spreading nets. The fish will be of many kinds—like the fish of the Mediterranean Sea. But the swamps and marshes will not become fresh; they will be left for salt. Fruit trees of all kinds will grow on both banks of the river. Their leaves will not wither, nor will their fruit fail. Every month they will bear fruit, because the water from the sanctuary flows to them. Their fruit will serve for food and their leaves for healing.

This biblical text portrays God's life-giving water flowing from the temple of God. The river grows deeper and deeper restoring barren land, reviving waters, and sustaining flourishing ecosystems. This vision invites human responsibility: recognizing ecological damage, embracing interconnectedness, we are called to immerse ourselves in the water and activity safeguarding and working for the renewal of creation so that environmental healing and human well-being may flourish together.



Season of Creation ~ Week One
Living Water

*God said,
Let there be a firmament
in the midst of the waters,
and let it divide the waters
from the waters:
and it was so. Genesis 1: 6-7*



OPENING SONG

Let Me Fish of Cape St. Mary's

<https://www.youtube.com/watch?v=5O-ifmDaUjg> (Ctrl+Click)

OPENING PRAYER

How wonderful, O Lord, are the works of your hands.
The heavens declare your glory.
The arch of sky displays your handwork.
In your love you have given us the power
to behold the beauty of your world.
Robed in its splendour
the sun and the stars, the valleys and hills,
the rivers and lakes all disclose your presence.
The roaring breakers of the sea tell of your awesome might.
The beasts of the field and the birds of the air bespeak your
wondrous will.
In your goodness you have made us able to hear
The music of the world.
The voices of loved ones reveal to us that you are in our midst.
The Divine voice sings through all creation!

Jewish Prayer

READINGS

We must try to be like those rivers which enter into the sea
without losing any of the sweetness of the water.

Catherine McAuley,
The Spirit of the Institute



Ask the animals, and they will teach you;
the birds of the air, and they will tell you;
Ask the plants of the earth, and they will teach you;
and the fish of the sea will declare to you.

Job 12:7-8

Do you remember our commitment to becoming a Blue Community on October 19, 2018.

Ms. Andrea Furlong, Interim Chief Executive of the Council of Canadians, presented our Congregation with a certificate recognizing that we have achieved the designation of a Blue Community.

In 2018 we were the 20th group in Canada to commit to the honoring and protection of water, among 47 worldwide.

Personal reflection and sharing on readings and questions:

How can we as Sisters of Mercy, Mercy Associates and colleagues in Mercy become advocates for “water”?

How can we continue to be a “Blue Community”?



CLOSING PRAYER

Creator God, we thank you for the gift of water that sustains all living things. We ask for wisdom to protect our oceans, rivers and streams and may water remind us of our connection to one another and to all of creation.

May your Spirit continue to flow through us like a fresh stream, reviving weary souls and bringing peace to the world around us. Guide our steps, refresh our spirits, and let us continue to reflect your love in all our actions and deeds. In Jesus' name, we pray. Amen.



Season of Creation ~ Week Two

Living Water



*And God said,
Let the waters under the heaven be
gathered together unto one place.
And the gathering together
of the waters God called Seas:
And God saw that it was good.*

Genesis 9-10

OPENING SONG

Agua De Vida / Water of Life

<https://youtu.be/X3y2-6Tqpgg?si=PAtcUxS3x0GV0jxu>

(Ctrl + Click)

(Ref)

Water of life, holy reminder, touching renewing, the body of Christ.

Water of life, holy reminder, touching renewing, the body of Christ.

1. All generations come forth and receive
the blessing of this holy water.
Making us one with the God who forgives,
the one who is faithful and just.

(Ref.)

Agua de vida, santo recuerdo une y renueva al cuerpo de Cristo.

Agua de vida, santo recuerdo une y renueva al cuerpo de Cristo.

Water of life, holy reminder, touching renewing, the body of Christ.

Water of life, holy reminder, touching renewing, the body of Christ.

2. Agua bendita que da libertad
a todo el que vive cautivo.
Agua que trae justicia y
verdad a todo el que vive oprimido.

Water of life that gives freedom,

to those who are captive.

Water of life that brings justice and truth,

to those who are oppressed.

(Ref.)

Water of life, holy reminder, touching renewing, the body of Christ.

Water of life, holy reminder, touching renewing, the body of Christ.

OPENING PRAYER

In Praise of Water

Let us bless the humility of water,
always willing to take shape
of whatever otherness holds it.
The buoyancy of water,
stronger than the deadening
downward drag of gravity.
The innocence of water,
flowing forth without thought,
of what awaits it.
The refreshment of water
dissolving the crystals of thirst.
Blessed be water – our first mother.

John O'Donohue

READINGS

Laudato Si' identifies safe water as a fundamental human right, warning that the exploitation, contamination, and privatization of water, particularly in the global south, creates a dire social debt to the poor. Pope Francis stresses that water is essential for life, not a commodity, and demands urgent action against waste.



Laudato
Si' (27-
31)

Jesus said to a Samaritan woman, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never



be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life”.

John 4:13-14

Did you know that we partnered *with Roncalli International Foundation* and contributed to the “Safe Water Amhara Project” in South Gondar zone, Ethiopia.

There were 112,000 people who benefited from this project to have access to clean, safe and sustainable drinking water. As a result, the project has laid a solid and durable foundation for long-term access to safe drinking water in communities across South Gondar.

Personal reflection and sharing on readings and questions

1. Have you ever had to suffer without water?
What was it like?
2. Can you imagine having to buy water for drinking, cooking and laundry?

CLOSING PRAYER

Creator God, whose son Jesus called all who were thirsty to come to him, believe and drink: Look with mercy on your people living in dry lands, and struggling to survive without access to safe drinking water. Forgive our selfishness in life and our misuse of our natural resources.

We commit ourselves to value and care for your gifts to us. May rivers of living water and practical compassion for all who suffer flow out from our hearts. Refreshed by your Spirit, and following in the way of Jesus Christ, we will continue to serve You in the people and creation entrusted to our care. Amen.



Season of Creation ~ Week Three



Living Water



*God created great whales, and
every living creature that moved,
which the waters brought forth abundantly,
and God blessed them, saying,
“Be fruitful, and multiply,
and fill the waters in the seas.”
And God saw that it was good.*

Genesis 21-22

OPENING SONG

For the Beauty of the Earth

<https://www.youtube.com/watch?v=pHFu753X-do>
(Ctrl + Click)

OPENING PRAYER

We are grateful to You, our Creator, for being our Source of living water - the One who satisfies our soul's deepest desire with the joy of salvation. Show us that faith doesn't come from answered prayers but rather from the "*confidence in what we hope for*" Hebrews 11:1.

Open people's eyes to recognize You as the only Source of living water for their parched souls. Let them be refreshed in Your love when they enjoy clean water to drink.

READINGS

Water flows from high in the mountains.

Water runs deep in the earth.

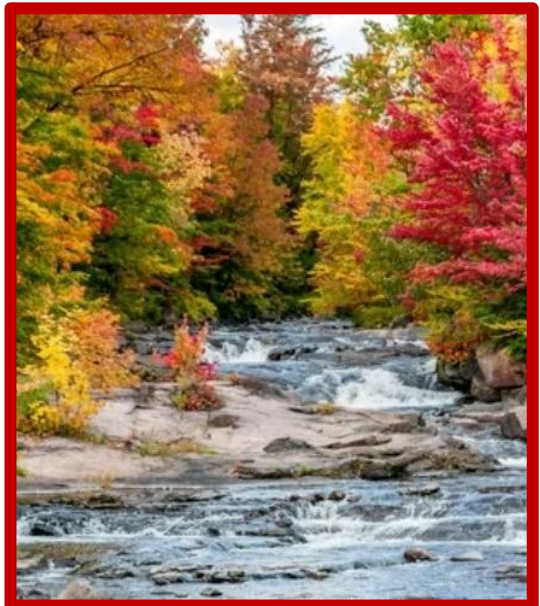
Miraculously, water comes to us and sustains all life.

Thich Nhat Hanh – Earth Prayers

But let justice
roll on like a river,
righteousness like a
never-failing stream.

Amos 5:24

**Women and girls
who daily carry water
over long distances**



Women and girls have transported water from distant sources for years. In Genesis 24, Abraham's servant first saw Rebekah, Isaac's future wife, at a well. Jesus also met the Samaritan woman at a well. In most of the developing world, women and girls disproportionately bear the burden of collecting water for their families.

The process consumes precious time that could be used for more productive activities, such as farming or going to school. These girls have had the misfortune of being born female. That means they will never go to school. They will live a life of servitude, helping their mothers cook and clean. In a few years, they will marry and start their own family. And their firstborn daughters will follow in their dismal footsteps. It is the way of life for the oldest daughters in Niger.

World Vision 2026



Personal reflection and sharing on readings and questions

1. How would you manage without water?
2. How can you conserve water?

CLOSING PRAYER

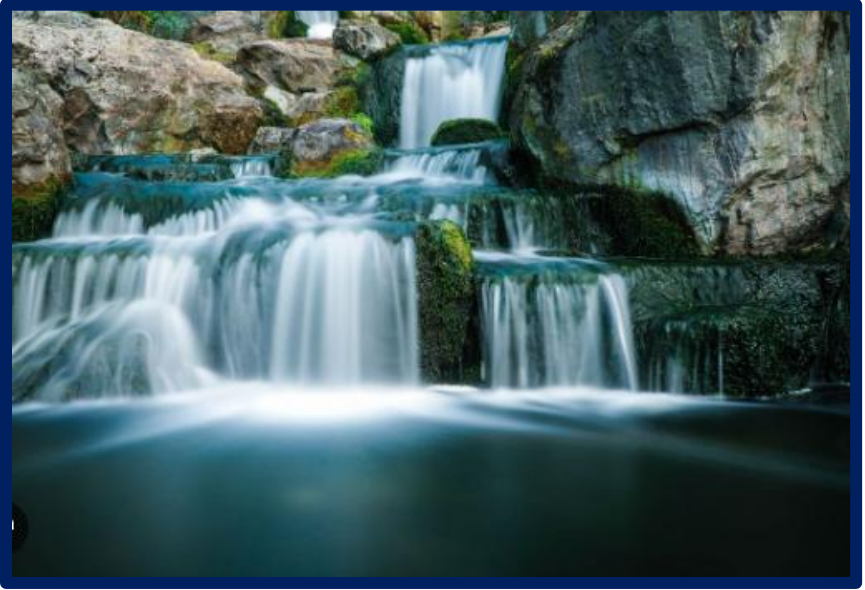
Pay Attention ...

Pay heed to the water, air and earth:
creation's wonderful bounty.
They are harmed for the want
of being listened to:
They cry... and too few hear;
they slowly die...and too few grieve.
And yet through those who give attention
who reach out with reverence
to touch, embrace and tend;
through those who marvel, wonder, kneel
and joyfully splash the water,
healing comes
and there are kernels of hope
for the future of 'our common home'
and its sacred waters.
Be still, be aware,
be just, be fair...
Know that I am God!

UISG & JPIC 2017



Season of Creation ~ Week Four
Living Water



*For I will pour water on the thirsty land,
and streams on the dry ground;
I will pour out my Spirit
on your offspring,
and my blessing on your descendants.*

Isaiah 44:30

OPENING SONG

Living Waters

<https://www.youtube.com/watch?v=ctlZ007TuLs>

(Ctrl + Click)

OPENING PRAYER

At the very dawn of creation God's Spirit breathed on the waters, making them the wellspring of holiness. Water is everywhere there is life— from the early morning dew to seasonal rains, to oceans, seas, lakes and rivers. Every day we are offered multiple opportunities to remember, thank and bless our connection to water...

Let us become mindful and remember our oneness with water.

READINGS

Oh God, you are my God, for you I long; for you my soul is thirsting. My body pines for you like a dry weary land without water.

Psalm 63:1

May you grow still enough to hear the trickling of water
seeping into the ground, so that your soul may be
softened and healed, and guided in its flow.



Br.

David
Steindl-
Rast



Access for clean water for the thirsty

More than 1,000 children under 5 die every day from diseases related to lack of safe water, sanitation, and hygiene. An estimated 703 million people around the world don't have access to basic drinking water. Dirty water afflicts children with deadly yet preventable diseases. Long walks to collect water keep children — particularly girls — out of school. But clean water access can liberate women and children from hours spent gathering dirty, contaminated water. Clean water can restore health and open the door to education, a more promising future.

World Vision 2026

Personal reflection and sharing on readings and questions

How is water polluted?
How do mining companies pollute water?

CLOSING PRAYER

Loving Creator of water on which all life depends:

We thank you for the showers which water and soften the earth, bringing forth springs, streams, rivers, lakes and oceans and all that comes to life within and beside them.

We thank you for the running water in our taps. And we pray for our brothers and sisters in countries where water is in short supply... where women and young girls walk miles seeking water and the earth is unforgiving and barren.

Forgive us when we waste the precious gift of water and when we take it for granted.

We thank you for clean water. And we pray for those whose water is contaminated and brings sickness and death.

Forgive us for allowing this to happen!

We thank you for the rain and for rainbows, sign of hope, promise and love. And we promise to speak and act for the common good, to reaffirm the human right to safe drinking water and sanitation and to safeguard our natural resources... for our children and for future generations. Amen

JPIC Commission



Season of Creation ~ Week 5
Living Water



*And if anyone gives
even a cup of cold water
to one of these little ones
who is my disciple,
truly I tell you,
that person will certainly
not lose their reward.”*

Matthew 10:42

OPENING SONG

Make Me A Channel of Your Peace

<https://youtu.be/nwGOYEIK5eo?si=903SvMNUrLNKdVRd>

(CTRL + Click)

The most famous "Prayer of St. Francis" is a widely recognized 20th-century peace prayer. It asks to be an instrument of God's peace, sowing love over hatred, faith over doubt, and joy over sadness. The prayer emphasizes forgiving others and seeking to console rather than be consoled.

OPENING PRAYER

Prayer for Living Water
Creator & Sustainer of Life,
we praise you for the gift of
living water. As we
immerse ourselves in your
life-giving water, cleanse
our hearts of indifference,
heal our broken
relationship with creation,
and wash away our
ecological sins. Strengthen
us to work as one family in
protecting our common
home. Amen.



READINGS

So, in Christ Jesus you are all children of God through faith,
for all of you who were baptized into Christ have clothed
yourselves with Christ.

Galatians 3:26-27



On Being A Well

What makes this world so lovely is that somewhere it hides a well.

Something lovely there is about a well so deep, unpipied and real.
Filled with buckets and buckets of that life-giving stuff...

Sometimes people are like wells, deep and real, natural,
life-giving, calm and cool, refreshing.

They bring out what is best in you

They are like fountains of pure joy ...

Some experiences are like wells too.

People create them

They are life-giving happenings.

They are redeeming experiences.

They are wells.

Wells of wonder and hope.

When you find a well and you will someday
drink deeply of the gift within.

Then maybe soon you will discover
that you have become a well for others.

Macrina Wiederkeh

Personal reflection and sharing on readings and questions

- On Being a Well focuses on becoming a source of joy and refreshment for others, especially during difficult times. How have you been a source of joy for others?
- On Being a Well highlights the idea of a well as a "redeeming" place, offering calm and a "drink" that helps people move past "rough" places.

How have you been a source of peace and calm for other?

Water Creed

We believe in God
who has created and is creating
and who breathes life and purpose
into all of creation.

We believe in Jesus,
Son of God,
Living Water,
Bread of Life,
Our Way and Truth,
Light and Love.

We believe in the Spirit
who danced over the waters
at the dawn of creation,
and who calls us to join
in that dance of joy
with the whole of creation today!

We believe water is a precious gift
for the benefit of all,
not a commodity
for the benefit of the few.

We believe water teaches us
to thirst for justice, peace,
reconciliation, love and hope.

BLESSING

May we be blessed to open our hearts to receive “the living waters of God’s justice and peace” within us: **Amen.**

May we be blessed to share “the living waters of God’s justice and peace” with our suffering brothers and sisters and all creatures around us: **Amen.**

May we be blessed to walk together with all people of good will so that the many streams of “the living waters of God’s justice and peace” may become a mighty river all over the Earth: **Amen.**

And may God bless us on this journey, the Father, the Son, and the Holy Spirit. **Amen.**

