

## Resources for Ch 4

<https://www.campion.ox.ac.uk/integral-ecology>

<https://www.youtube.com/watch?v=azFggDCSm44>

<https://www.trocaire.org/wp-content/uploads/2020/09/Laudato-Si-Book-Club-Chapter-4.pdf>

<https://www.youtube.com/watch?v=neOmllPodxI> This video, showing the integration of an ecosystem around one species, is produced by the organisation for which my nephew works. He produced most of the pictures.

## A Timetable for the Retreat:

- 11.00 Listen to the Talk 'Laudato Si Ch 4 Integral Ecology
- 11.30 Break
- 12.00 Read the full text of Ch 4 by Pope Francis
- 13.00 Lunch
- 14.00 Gardening, Walk, Sleep
- 15.00 Use any of the Resources above to further your understanding of Integral Ecology
- 16.30 Tea break
- 17.00 What can you do to make your own environment more Eco-friendly and integrated?
- 18.00 Vespers Livestreamed from the Abbey
- 19.00 Supper
- 20.00 What have you learned today?