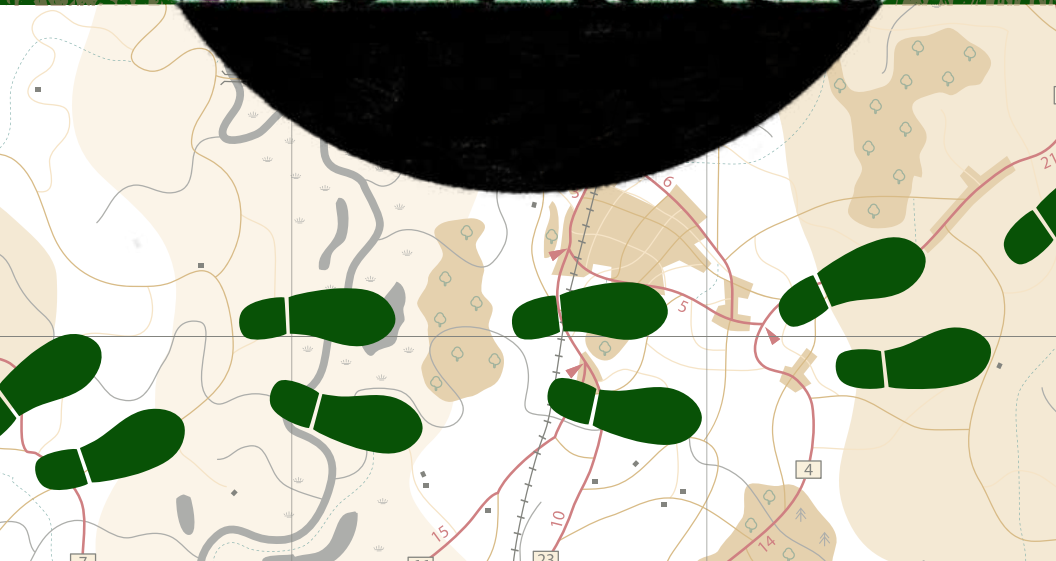




ROMAN CATHOLIC DIOCESE of ORANGE

FAMILY FIELD GUIDE



BUEN CAMINO...



Our own Bishop Kevin Vann hiking in Mount Shasta

The spiritual practice of pilgrimage has ancient roots in our Catholic faith. Along the trails of the famous Santiago de Compostela or The Way of St. James in Spain, many pilgrims utter the friendly greeting/blessing of “Buen Camino” or “good walk” or “good way”....

So in this spirit, we are kicking off fun new ways for families to experience the beauty of the outdoors throughout our Common Home of Orange County in your own “Creation Camino.” We hope this guide will inspire connection as well as mental and physical wellness in ourselves and our families as we know there is much benefit to being outdoors and staying connected to one another and our Creator.

The Diocese of Orange joins dioceses around the nation as part of “Pilgrims of Hope for Creation” as this year also marks important milestones including 10th anniversary of Laudato Si’, the late Pope Francis’ encyclical calling on us to care for Creation. We also honor the 800th year of Canticle of Creation by St. Francis of Assisi and the Church-wide Jubilee Year of Hope in 2025!

How to use your Family Field Guide...

1. Get your family (or friends!) together.
2. Find an outdoor location for your Creation Camino Check out ideas and the Laudato Si' Library on:

rcbo.org/common-home



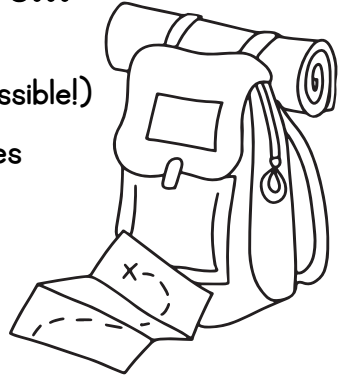
3. Use the reflections, wellness exercises, & prayers in the Field Guide (organized by habitat... but feel free to mix & match!)-you can also take one of the books from the Laudato Si' Library list (on website) to read along the way.

4. Post a picture of yourself on our Diocese of Orange socials using your Field Guide and hashtag the Diocese along with:

#CreationCamino

to be entered to win exciting adventure-friendly goodies for the whole family! Raffles end the last day of the Season of Creation on October 4th.

Packing Out...



- Water (with a reusable bottle if possible!)
 - Wear comfortable, closed toed shoes & socks that cover ankle
 - Hat or Visor
 - Sunscreen
 - First Aid Kit
 - Flash Light (especially for night hikes)
 - Healthy Snacks & Trail Mix *see ideas in this guide!
 - Binoculars
 - Compass (or use Compass App)
 - Colored pencils/crayons to draw & take notes
 - Books/Guides/Maps + Rosary & Bible
- * see Laudato Si' Library download list for suggestions!
- Bandana or baggy for picking up treasures
- *be mindful of postings of whether or not its ok to collect items



While the purpose of getting outdoors is to unplug from technology, some use of your phone may help your experience with certain apps (i.e. Stargazing) or taking pictures to post #CreationCamino, just try to use sparingly!



Trail Mix Ideas



Hit the kitchen before you hit the trail
by preparing your own custom trail mix!

(Sometimes known as GORP- Good Ole' Raisins & Peanuts :)

You can adjust for how much you need and to make it allergen friendly too. These healthy snacks help fuel our wellness & are a fun way for families to connect! Here are a few ideas to mix up or let everyone mix their own batch...

Here are some ingredient ideas:

Chocolate: M & M's, Cacao Nibs, Chocolate Chips

Assorted Nuts: Almonds, Peanuts, Pistachios, Cashews

Dried Fruits: Raisins, Cherries, Blueberries, Bananas

Cereal: Cheerios, Chex, Cocoa Puffs, Fruit Loops

Crackers: Pretzels, Gold Fish, Popcorn, Bugles

Treats: Marshmallows, Sprinkles, Gummy Bears

If you can, pack in jars, beeswax or paper bags, or reusable containers to minimize plastic & waste!



FAMILY PLEDGE

I promise to enter this Creation Camino
with a sense of wonder.

I promise to be patient with my
family members and be a good listener.

I promise to use this time to have fun, learn about faith,
and be present to how God is speaking to me through
Creation.

I promise to be a good steward, taking out all that I
brought in and leaving no waste behind.

I promise to dispose of my trash in the proper bins
whether recycle or compost.

I promise to work to care for our Common Home.



Listening to Nature

“When you are walking alone, lift up your spirit and listen to the sermon preached to you by the flowers, the trees, the shrubs, the sky, and Gods creatures. Notice how they preach to you, a sermon full of love, of praise to God and how they invite you to glorify the greatness of the Creator who has given them being.”

-St. Paul of the Cross

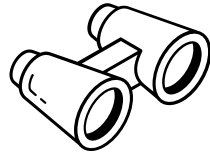


A WORD FROM BISHOP TIMOTHY FREYER

“Growing up in Huntington Beach, we would be able to camp overnight at the beach. There was something so peaceful about going to sleep while hearing the sound of the waves and, on a clear night, seeing the stars. The depths of the sea and the vastness of the sky reminded me of the grandeur of God, yet He loves each of us in a unique and intimate way.

In high school I belonged to Explorer Scouts, and we would go hiking/backpacking one weekend a month as well as have a longer summer camping trip. One summer we hiked the Grand Canyon, Bryce Canyon and Zion. Each was vastly different and yet they were all strikingly beautiful. One evening watching a magnificent sun set, the leaders led us in a discussion about the beauty of God—imagine how beautiful it will be in heaven, if this is just a glimpse of His beauty.”

Glossary



Pilgrimage- a hike with a spiritual purpose, often walking/travelling towards a holy place

Ecology- relationship of living things

Creation- the world that God created; all the people, plants, animals

Laudato Si'- the document by Pope Francis called "Praised Be" in Italian, from St. Francis' famous Canticle of Creation prayer. Call for the care of our Common Home.

Preservation- ways we can take care of natural spaces so they remain protected and can be enjoyed for years to come.

Conservation- using less than we need so we have enough and don't waste or run out

Habitat- a unique place where a plant or animal lives, i.e. desert, ocean, tidepool, etc.

Ecosystem- the way living thing interact with one another for survival





CAMINO REFLECTIONS

First Peoples & Our Common Home

Wetlands & Ecosystems

Stars & Cosmos

Groves & Forests

Hiking & Trails

Gardens & Farms

Beaches & Oceans

Parks & Backyards

Mountains & Hillside



First Peoples & Our Common Home

Did you Know?

The first inhabitants of Orange County were the Acjachemen/Juaneño, Tongva/Gabrieleño, and Payómkawichum/Luiseño Tribes. Many natural sites in OC such as Bolsa Chica and Oak Canyon, and areas near the Santa Ana River, were the home to our indigenous brothers and sisters for thousands of years. If you look at some of the rock formations, such as the trails in Irvine Park, you can see indentations like small bowls called, “matate.” These were used to grind corn and acorns into flour. These peoples taught respect for the natural spaces and helped preserve so many of the beautiful areas we are enjoying today.

Pause & Reflect...

What do **you** want to leave behind many years from now?

Are there ways you and your family can take small steps to make sure the land we live on will be here for the next generation?



First Peoples & Our Common Home

Mindful Moment...

Many native tribes have a sacred significance to the four directions. Use your phone (or a real compass!) to identify, then turn your whole body to face each direction, taking a deep breath & saying **one thing you are grateful for** out loud as you face each way.

Let us pray together...

Loving Creator, as we remember all those who have gone before us in our families and communities, especially the First Peoples who inhabited this land, let us listen to their stories. May we be inspired to care for the earth and all you have gifted us.

Amen.

**Saint Kateri Tekakwitha,
patron of indigenous peoples & ecology,
pray for us.**



Wetlands & EcoSystems

Did you Know?

A wetland is an area where water persists for the majority of the year, or in other words, really wet land! Wetlands are found all over the world! They may be composed of fresh water and be found where there are glaciers, rivers, or lakes. They may be composed mainly of salt water where water enters through a bay or underwater infusion. Or they may have a combination of salt water and fresh water (we call this brackish water) where a river and an ocean meet (this is called an estuary).

-from Bolsa Chica Conservancy

Pause & Reflect

Think about your own ecosystem...

Who are the people in your life who support you?

What things in life do you need to grow?

Are you part of someone else's ecosystem?

Who are what helps you to grow in faith?

How can you help someone else grow in faith?

Take some time to think about this and share...

Are there similarities in how each of each of your family and friends responded?



Mindful Moment...

Pause to notice what you can pay attention to with your senses... this helps ground us and refocus.

Right now, name:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Let us pray together...



Pope Francis, pray for us.



Stars & Cosmos

Did you Know?

Astronomers estimate that the universe could contain up to one septillion stars – that’s a one followed by 24 zeros. Our Milky Way alone contains more than 100 billion, including our most well-studied star, the Sun.

Stars are giant balls of hot gas – mostly hydrogen, with some helium and small amounts of other elements. Every star has its own life cycle, ranging from a few million to trillions of years, and its properties change as it ages.

-from NASA Science

Pause & Reflect

“Glance at the sun. See the moon and the stars.
Gaze at the beauty of the Earth's greenings.
Now, think: what delight God gives
to humankind with all these things.”
— St. Hildegard von Bingen

What is your favorite place in Creation?

What do you like about it?

How do you feel when you are there?

Share with your family...



Mindful Moment...

Take a blanket, grab your family, and head to the backyard or other outdoor location where you can lay down and look up at the sky. Use one of the stargazing apps such as the ones below to identify which constellations you can see!



SkyView Lite on Apple



NASA Space Kids-Constellations

Let us pray together...

“For to you and your descendants I will give all these lands and will confirm the oath I swore to your father Abraham. I will make your descendants as numerous as the stars in the sky and will give them all these lands, and through your offspring all nations on earth will be blessed, because Abraham obeyed me and did everything I required of him, keeping my commands, my decrees and my instructions.”

-Genesis 26

Lord, thank you for all of our blessings and being a part of the family of God for generations. We pray with gratitude for all the gifts you share and for your mercy and grace. Amen.

Saint Hildegard of Bingen
patron of the environment, pray for us.



Groves & Forests

Did you Know?

The earliest redwoods showed up on Earth shortly after the dinosaurs – before flowers, birds, spiders... and, of course, humans. Redwoods have been around for about 240 million years and in California for at least 20 million years, compared to about 200,000 years for “modern” humans. However, in just the last 150 years, human impacts have drastically reduced the number of these ancient trees through clear-cut logging and development. Only 5% of old-growth redwood forests remain.

-from Sempervirens Fund

Pause & Reflect

California has many species of oak trees, especially around Orange County. But many don't realize that these mighty trees have humble beginnings as small acorns...

In this spirit, while you are growing up (or for the adults, when you were growing up), what and who helped you to grow strong?

When there are moments you don't feel strong, what/who helps you?

Take a moment to share...



Mindful Moment...

Deep breathing helps us regulate our emotions and clear our mind when we are overwhelmed! We can even try this together with a friend or family member. Many mental health providers use Box Breathing, or deep breathing in and out as you follow the lines around a square, holding your breath and releasing that breath, for a few seconds each time. Try this using the world around you, starting with scanning across the ground and working your way to the trees then skyline then down to the trees and ground again.



Let us pray together...

“...Be praised, my Lord, For all your creatures,
And first for brother sun,
Who makes the day bright and luminous.
He is beautiful and radiant With great splendor
He is the image of You, Most high.
Be praised, my Lord, For sister moon and the stars.
You placed them in the sky, So bright and twinkling...”
-from The Canticle of Creation, St. Francis of Assisi

Saint Francis of Assisi,
Patron of Stewards of Creation- pray for us



Hiking & Trails

Did you Know?

Physical health can be greatly improved by hiking—and so can your mental health. Research continually shows that spending time outdoors, away from the hustle and bustle of city life, contributes to a healthy mind....the journal “Environmental Science and Technology” published study results showing that outdoor exercise has a direct correlation to greater feelings of positivity and energy and fewer feelings of tension, anger...”

-from WA Hiking Trail Association

Catholics have been participating in spiritual hikes known as “pilgrimages” for many years. Many still walk to holy sites where Mary or saints have been including Lourdes, Fatima, Assisi, Santiago de Compostella, the Holy Land, Rome, and more.

Pause & Reflect

Play the, “I’m going on an hike and I’m going to bring” Game. Take turns going around to each family member. Go through the alphabet, thinking of an item for each letter. Bonus if you can think of faith-related items!

A B C D E F
G H I J K L
M N O P Q R
S T U V W X
Y Z



Mindful Moment

In Japan, many practice “shinrin-yoku” or Forest Bathing to allow themselves to find calm and relaxation in peacefulness of the forest.

See if you can close your eyes, take a few deep breaths, then reopen them and see what you notice coming up for you in your body, mind, and heart.

Now stretch your arms to the towards the top of the trees, then bring them to touch your toes to the ground around you. Pausing, breathing, and stretching helps us to be grounded wherever we find ourselves.

Let us Pray...

I bind unto myself today the virtues of the starlit
heaven, the glorious sun's life-giving ray, the
whiteness of the moon at even, the flashing of the
lightning free, the whirling wind's tempestuous
shocks, the stable earth, the deep salt sea around
the old eternal rocks.

Christ be with me, Christ within me, Christ behind
me, Christ before me, Christ beside me, Christ to
win me, Christ to comfort and restore me. Christ
beneath me, Christ above me, Christ in quiet, Christ
in danger, Christ in hearts of all that love me, Christ
in mouth of friend and stranger.

-from the Breastplate of St. Patrick

Saint Patrick, pray for us.



Gardens & Farms

Did you Know?

California has one of the most prolific agricultural environments in the United States. We are the only state to grow 14 different products, including one third of all vegetables. We also provide 19% of all the dairy. 40% of the land in our state is used for agriculture. Orange County specifically once was the most significant grower of citrus fruits, with the produce of Orange Groves and fields being shipped out by the caseload onto the Pacific Railroad. You can still see many fruit trees, including avocados, in our cities and towns.

Pause & Reflect

As we look to the land lands around us, help us to recognize that each food we consume comes from the bounty of the gardens and farms and those who grow and pick these items.

What is your favorite vegetable or fruit?

Have you ever tried to grow something from seed?

What tasks does it take to help plants grow?

Where do you think your food comes from?



Mindful Moment...

Select one of the Fruits of the Holy Spirit and share how you work on this in your life or how you notice it in someone else...

love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control

Let us pray...

Loving Creator

When we say “Bless us O Lord in these thy gifts” help us to be thankful for these vegetables, grains, and fruits which help our bodies grow and stay strong. When we see flowers grow in beauty around us, help us to remember our Blessed Mother, who often is associated with roses and flowers and helps us to bloom in our spiritual life. Let us ask her intercession on to develop the fruits of the Holy Spirit in our lives.

Together, let us pray a Hail Mary.

Saint Isidore

Patron of Farmers, pray for us.



Beaches & Oceans

Did you Know?

The coast of California, known as the Golden Coast, covers 840 miles. California's coast is home to lush underwater kelp forests, some of the most productive and dynamic ecosystems on Earth. These underwater forests provide habitat, food, and shelter for thousands of marine species. The waters off the California coast serve as a vital sanctuary for numerous marine mammals, including gray whales, blue whales, sea lions, and seals. The annual gray whale migration from Alaska to Mexico brings these magnificent creatures close to the shore, providing a spectacular viewing experience.

California's coastline is synonymous with surfing culture. Iconic spots like Huntington Beach, dubbed "Surf City USA," and the legendary Mavericks big wave surf spot in Northern California, highlight the state's deep-rooted connection to surfing. *-from California.com*

Pause & Reflect

The ocean is home to various marine life
and countless creatures...

If you could be any of these, which would
you chose and why? Share with your family.



Mindful Moment...

Sometimes, simple distractions of our senses can help us refocus our attention and calm our bodies when we are anxious or overwhelmed.

As you look out on the waves, see if you can count how long it takes for each wave to crash to the shore.

Next, close your eyes and see if you can count how many waves you hear make it to the shore just by listening.

Then, open your eyes and take a handful of sand. let the sand sift through your fingers into the opposite hand. Keep taking deep breaths in and out for how long it takes for all the sand to get to the other hand. (like a hour glass)

Now, how do you feel? Share with your family...



Pause & Reflect

Say a Rosary together as a family as you sit along the shore.

**use QR Code in the Common Catholic Prayers section for a guide*

Each member can take a different decade to lead. Think of all the waves crashing on the shore and the ripples in the water as all the people we encounter in our lives. As you contemplate the sacred mysteries of Jesus' life as you pray, consider naming and offering up a different person in your own life for each bead as you go.

Our Lady Star of the Sea, Stella Maris, pray for us.



Backyards & Parks

Did you know?

Originally inspired by conservationist, John Muir, The National Park System of the United States now comprises more than 400 areas covering more than 84 million acres in 50 states, the District of Columbia, American Samoa, Guam, Puerto Rico, Saipan, and the Virgin Islands. These areas are of such national significance as to justify special recognition and protection in accordance with various acts of Congress.

California has 28 National Parks? These include some of the most famous, Yosemite and Joshua Tree. There are 11,789 Archeological Sites in National Parks. Scan to learn more about the history and which parks you may want to visit!



"Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul alike."

-John Muir

Pause & Reflect...

What is your favorite place to go in nature?

What natural spaces are close to you?

Perhaps you have a front or back yard, green belt, garden, park, or playground nearby.

What steps can you take to care for these places?



Mindful Moment...

Take a moment to read this legend of St. Francis, originally written by Thomas of Celano.



*Saint Francis with Cricket bronze statue
by Fiorenzo Bacci - Friary of Santa
Maria degli Angeli at Assisi*

Now pause to see what creatures you can see or hear around you at this moment. Or is there evidence creatures are in the area? Tracks, webs, nests?



Let us pray...

See, I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.
²⁰ The wild animals honor me,
the jackals and the owls,
because I provide water in the wilderness
and streams in the wasteland,
to give drink to my people, my chosen,
²¹ the people I formed for myself
that they may proclaim my praise.
-Isaiah 43

**Saint Carlo Acutis, pray for us.
St. Carlos often enjoyed hiking
in Assisi during the summer.**



Mountains & Hillsides

Did you know?

Orange County is surrounded by mountains & hills?

These hills and valleys made it an ideal climate for ranching and farming in early CA history.

To the west, we see the Santa Monica Mountains and Mount Baldy towards Pasadena, often covered in snow in the winter, especially after the rains and cold weather.

In the Cleveland National Forest, we have Santiago Mountain and Saddleback near the eastern foothills. If you look closely, you can see this from the freeway and it does look like a horse saddle! There are even trails that reach the summit.



Pause & Reflect

What do you notice as you look up to the mountains?

Have there been hurdles in your life that have seemed like mountains that have been difficult to “climb”? What helped you?

Mountains allow us to reach new heights and see the world around us from a different view. Has there been a time in your life when you looked at something from a new perspective?



Mindful Moment...

“HERE THE SILENCE of the mountain and the whiteness of the snow speak to us of God, and they show us the way of contemplation...Today there is a greatly felt need to slow down the sometimes hectic pace of our days. Contact with nature, with its beauty and its peace, gives us new strength and restores us. Yet, while the eyes take in the wonder of the cosmos, it is necessary to look into ourselves, into the depths of our heart, into the center of our being where we are face to face with our conscience. There God speaks to us and the dialogue with Him gives meaning to our lives.” -St. Pope John Paul II

Pause and think about the beauty of the present surroundings in this moment, with St. Pope John Paul II words in your heart.

Let us pray...

I lift up my eyes to the mountains—
where does my help come from?

My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you—the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm— he will watch over your life; the Lord will watch over your coming and going both now and forevermore. -Psalm 121

St. Pope John Paul II, pray for us





ADDITIONAL ACTIVITIES

Mary's Bouquet

Common Catholic Prayers

Wilderness Journal

CA Native Species Scavenger Hunt

Reflective Coloring



Mary's Bouquet

Can you draw a line to match these flowers that our associated with our Blessed Mother Mary? Did you notice any of these blooms on your Creation Camino?



Forget-me-Knots

Iris

Lilies

Marigold

Bluebells

Violets

Morning Glory

Honeysuckle

Roses

Lilies of the Valley

Scan to learn more about
their meanings & how to
create your own
Mary Garden!



Common Catholic Prayers

Glory be to the Father,
and to the Son, and to the Holy Spirit.

As it was in the beginning, is now,
and ever shall be,
world without end.

Amen.

Hail, Mary, full of grace,
the Lord is with thee.

Blessed art thou amongst women
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.

Amen.

Our Father, Who art in heaven,
Hallowed be Thy Name.

Thy Kingdom come.

Thy Will be done,

on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation,

but deliver us from evil. Amen.

Bless us, Oh Lord,

and these thy gifts,

which we are about to receive,

from thy bounty,

through Christ, Our Lord. Amen.

Common Catholic Prayers

How to pray the Rosary



THE PRAYERS OF THE ROSARY

Canticle of Creation

St. Francis of Assisi



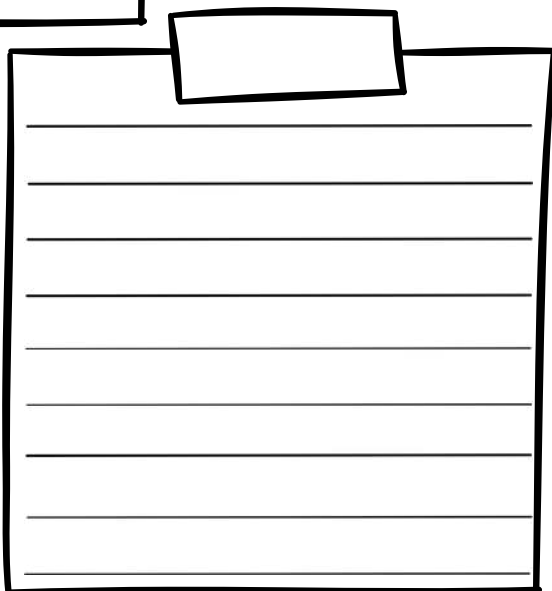
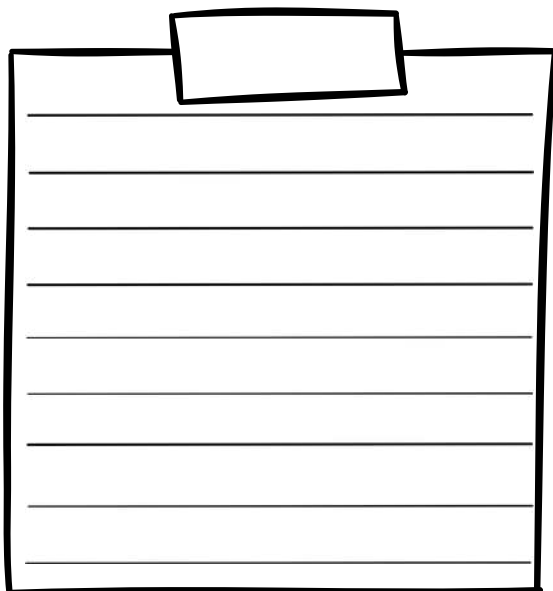
WILDERNESS JOURNAL

Sometimes the Holy Spirit speaks to us through creativity...

Take a moment to jot down what you notice, how you are feeling,

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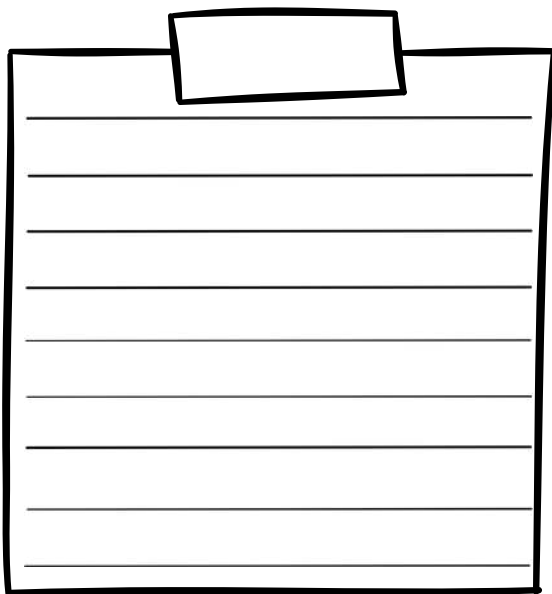
anything you are inspired by!



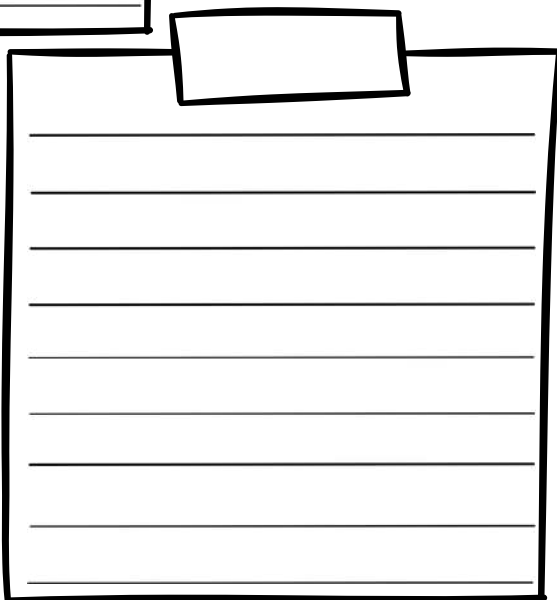
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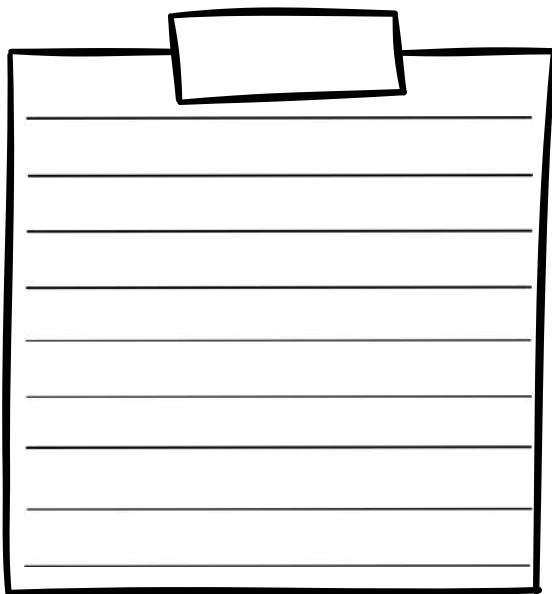
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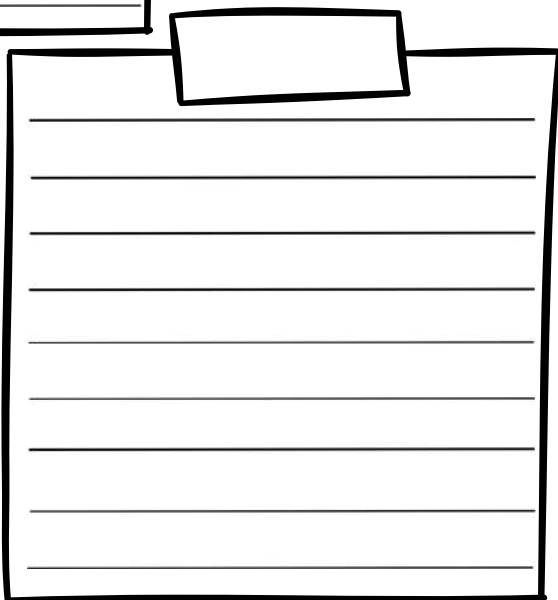
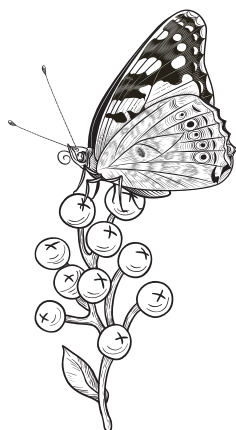
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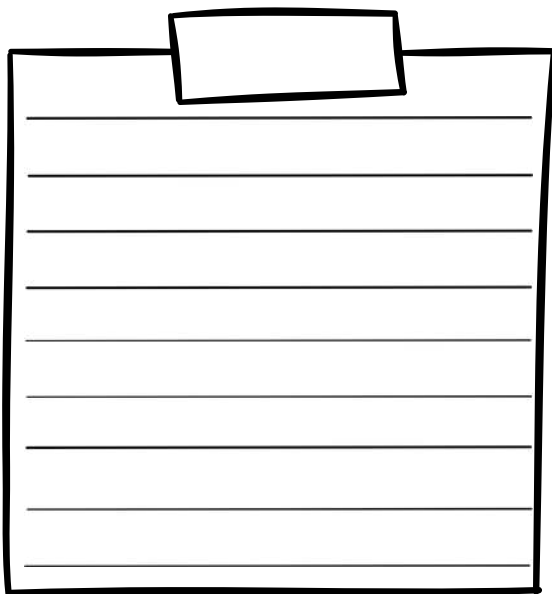
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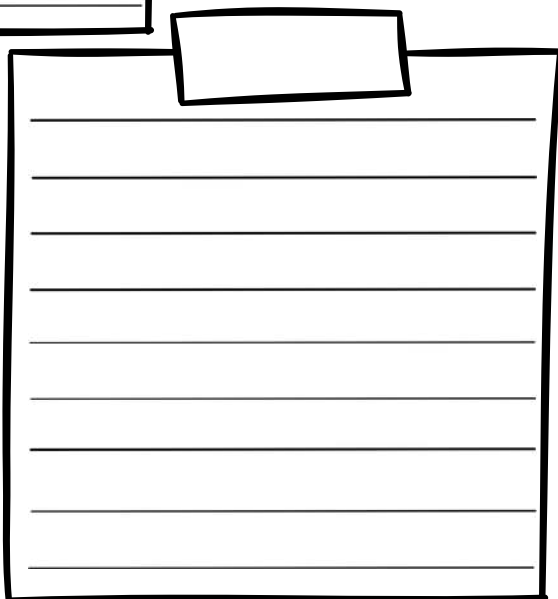
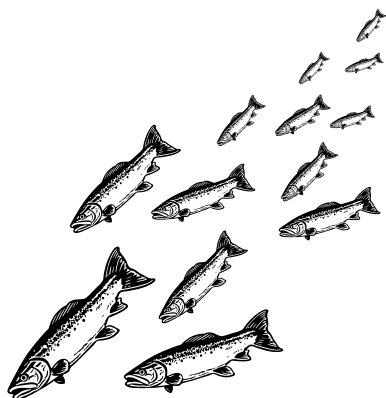
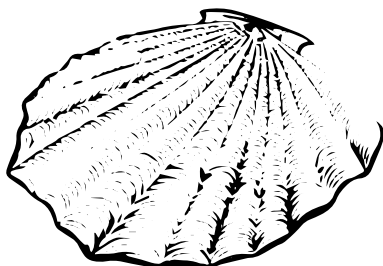
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SCAVENGER HUNT



CA Poppy



Jack Rabbit



Scrub Oak



Red-tailed Hawk



Lupine



Coyote



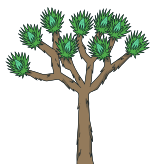
Grey Squirrel



Warbler



CA Sagebrush



Yucca



Hermit Crab



Agave



Palm Tree



Alligator Lizard



Hummingbird



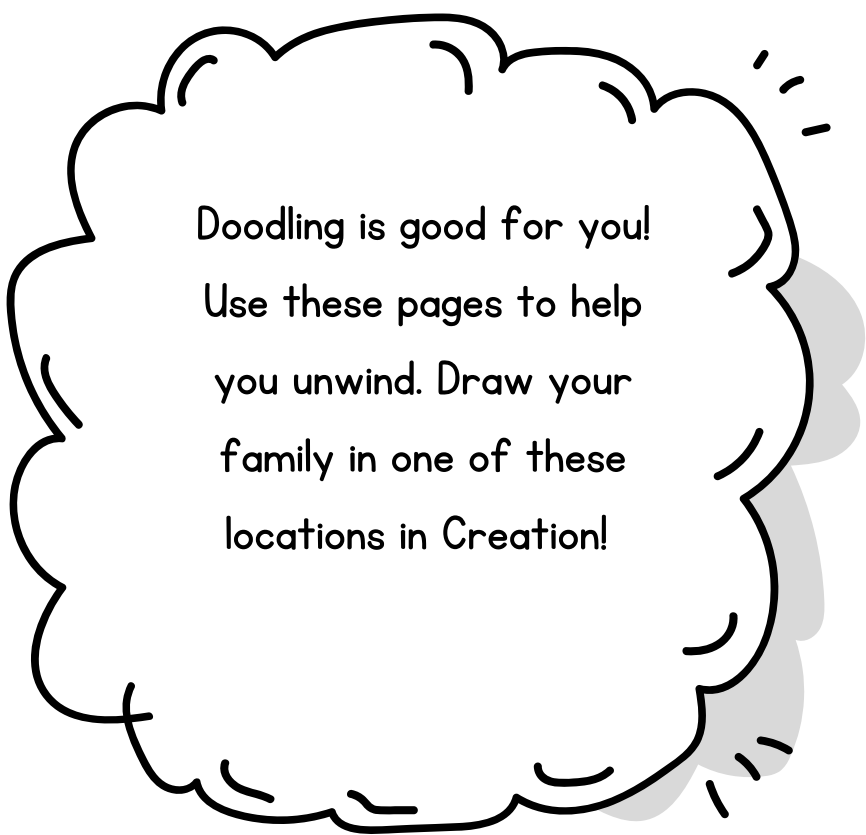
CA Gull



Tortoise

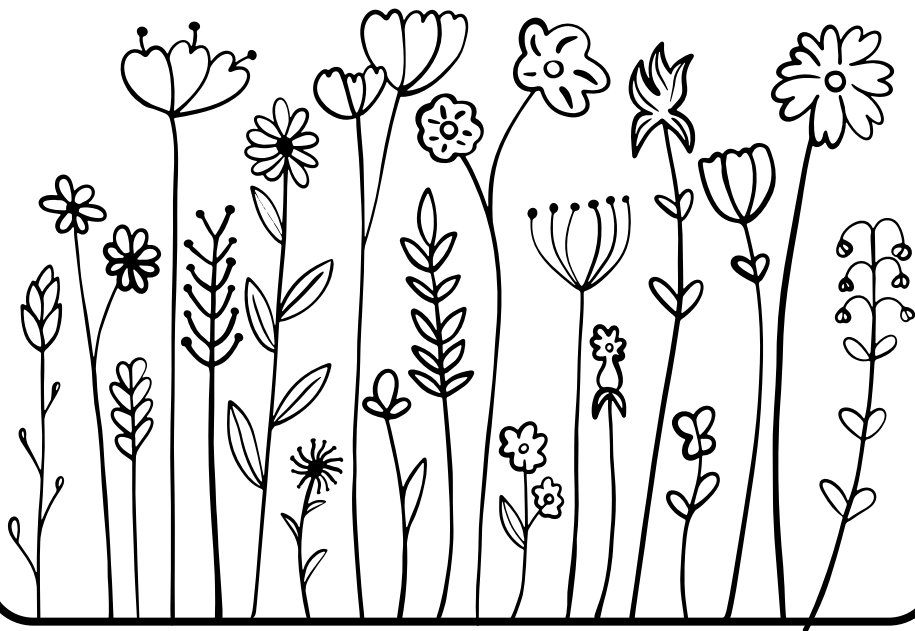


Monarch

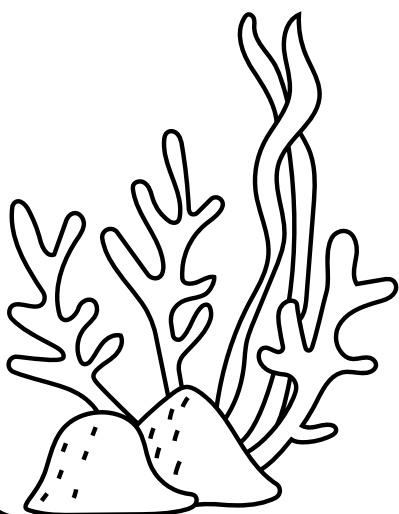
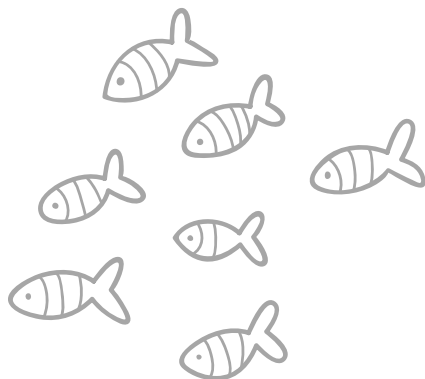


Doodling is good for you!
Use these pages to help
you unwind. Draw your
family in one of these
locations in Creation!

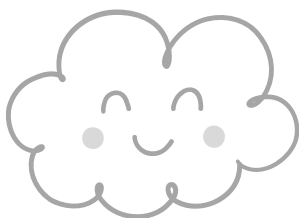
Fill the garden with butterflies




Fill the sea with fish



Fill the sky with clouds





“The ultimate purpose of other creatures is not to be found in us. Rather, all creatures are moving forward with us and through us towards a common point of arrival, which is God, in that transcendent fullness where the risen Christ embraces and illumines all things.”

— Pope Francis,

ENCYCLICAL LETTER LAUDATO SI' ON CARE
FOR OUR COMMON HOME