During this month, Pope Francis invites people of good will to come together and pray:

That politicians, scientists and economists work together to protect the world’s seas and oceans.

Let us pray:
Dear Lord, help us open our minds to the impact that we as a human race are having on our seas. Help us overcome our resistance to change our current way of life.

Hands on:
I challenge myself to do my part in helping with the conservation of our seas. I try to consume only sustainably caught fish. I stop using single use plastics which often end up in our seas. I take an active role in the cleaning of beaches and the foreshore.