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The nine principles of Catholic Social Teachings are values that we can naturally incorporate into our everyday lives. The three main principles that I will be talking about are stewardship, participation and preferential option for the poor.

In 2015 Pope Francis wrote a letter directed to everyone. This letter was called Laudato Si. This is about saving and protecting our common home.

Pope Francis says, "the earth is god's gift to us full of beauty and wonder, where the fruits of the earth belong to everyone. We have stripped the earth of all its natural beauty; we have polluted the earth's ocean, its land and it's air. We have been doing this blindly for hundreds of years and we continue to do so."

The first principle I will be talking to you about is stewardship.

Stewardship is a very key principal in Pope Francis's letter to us.

It means to be a guardian for our planet. We need to be responsible and think about the consequences for our actions, which could affect our world in a negative way. We need to respect the gifts that God has given us. We have been treating the earth as if it has an unlimited supply of resources, we have been taking more than our fair share from others on earth and from future generations to come.

We are using more and more polluting fossil fuels everyday. So we need to start caring for our earth or else it might be too late!! If we keep using fossil fuels at the rate we do now the estimated date of when we will finally run out is 2060! There are many alternatives for fossil fuels that won't hurt our environment such as wind turbines, solar panels and hydropower. Because of us our planet is becoming more and more polluted everyday.

Climate change is one of the biggest problems if not the biggest threat that faces our world today. It is the poor and vulnerable that suffer the most, climate change is making it so that crops aren't growing, and people are dying because there is no good water to drink or food to eat. Also species and plants going extinct at an exponential rate their habitats are getting destroyed by us humans.

This takes me to my second CST principle participation. Participation means that everyone has a part to play in our communities, that everyone has a special unique contribution towards their society. We need to be active and be ready to help others around our community, home and the world. To participate in saving our common home you can help by incorporating simple things into your everyday life: you could start off by recycling the right things in your home instead of just throwing it all into your red bin. Cut back on your spendings for materialistic items, instead you could go to your local thrift store. Trust me it is a far better way to recycle old clothes instead of supporting the mass production industry and the exploitation of child labour in sweat shops. As it says in the letter we need to start living simply and find the beauty and freedom in life, instead of spending and consuming things that we simply just don't need.

Last but not least, Preferential option for the poor and vulnerable, this means that we should all be equal. The things that God has given us were for us to share and not to keep for the people who are in the "upper class". In the scriptures it says that we are judged by the way we treat the less fortunate, because in the bible Jesus had a very close connection with the vulnerable and outcasts. So what we need to imitate is Christ's love for the poor. We need to work together to create a society where the needs of the poor and vulnerable come first. The church teaches that "those who are oppressed by poverty are the object of a preferential love on the part of the Church".

It is through our compassionate hearts that we can come and understand the hardships and troubles that these people face everyday, as Jesus says in proverbs chapter 19 verse 17 “Whoever is kind to the poor lends to the lord, and he will reward them for what they have done.”

In conclusion the CST values that I have chosen to talk about today, are to me, a call to action, through stewardship, through participation and thought the preferential option for the poor and vulnerable. We are able to act through these principles to improve and better our lives and the lives of those around us.