

SUGGESTED PRACTICAL ACTIONS FOR PARISHIONERS DURING THE SEASON OF CREATION, 2019:

- ❖ Spend some time outside each day.
- ❖ Start to grow some of your own food; support local producers.
- ❖ Compost your garden and food waste.
- ❖ Avoid or reduce the use of chemicals in your home and garden.
- ❖ Use (vinegar, baking soda) and buy eco- friendly cleaners (www.ecoverdirect.com)
- ❖ Plant pollinator friendly plants in your window box or/ and garden at home or/ and in your parish grounds. www.biodiversityireland.ie
- ❖ Shop wisely-Buy Fairtrade and buy locally made products when possible.
- ❖ Avoid waste. Avoid, reduce, reuse, recycle, recover, treat, dispose
- ❖ Learn how to read your energy bills and make your home more energy efficient.
- ❖ Explore the use of renewable energy in your home, business and school, parish buildings (www.seai.ie).
- ❖ Participate in the Think Before You Flush campaign (www.thinkbeforeyouflush.org) Display the Dirty Dozen posters in toilets.
- ❖ Consider installing water butts in your gardens.
- ❖ Pray in and with nature – Encourage Laudato Si' themed gardens in your parish
- ❖ Volunteer your time in some creative project. Join an existing group.
- ❖ Offer a welcome to newcomers where you live.
- ❖ Explore Trócaire's 100 ways for Parishes to implement Laudato Si' (<https://www.trocaire.org/sites/default/files/pdfs/parishes/100-ways-to-implement-laudato-si.pdf>)
- ❖ Become an Eco - Congregation. www.ecocongregationireland.com
- ❖ Take the *Laudato Si'* Pledge (www.CatholicClimateMovement.global/petition)

PLASTIC

- ❖ Refuse single use plastics such as cling film, straws, plastic cutlery.
- ❖ Switch to a reusable water bottle /travel cup.
- ❖ Use cloth bags for shopping and Bring/Use your own containers when possible.
- ❖ Check for and then avoid microbeads in products.
- ❖ Refuse packaging – Avoid - Reduce - Re-use – Recycle - Upcycle
- ❖ Check the new recycling list www.recyclinglistireland.ie
- ❖ Organise a recycling workshop in your parish/community www.voiceireland.org
- ❖ Show a film or documentary on the topic in your parish/community
- ❖ Participate in a beach, stream, river, park, street, area, road cleanup.