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**Suggested Practical Actions for Parishioners**

**during the Season of Creation 2020**

**Pope Francis has declared this year, 24th May 2020 – 24th My 2021,**

**a special Laudato Si’ Anniversary Year.**

* Spend some time outside each day, in awareness, reconnect with nature.
* 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. See ([www.ecoverdirect.com](http://www.ecoverdirect.com))
* Plant pollinator friendly plants in your window box or garden at home and in your parish grounds. [www.biodiversityireland.ie](http://www.biodiversityireland.ie)
* Check out the Faith Community Pollinator plan and think about how you could implement this in your church grounds <https://pollinators.ie/communities/faith-communities/>
* Shop wisely. Buy Fairtrade and buy locally made products when possible.
* Avoid waste. Reduce, reuse, recycle, recover, treat.
* 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](http://www.seai.ie)).
* Participate in the Think Before You Flush campaign ([www.thinkbeforeyouflush.org](http://www.thinkbeforeyouflush.org)) and display the ‘Dirty Dozen’ posters in toilets in your parish buildings.
* 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 Trōcaire’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 – Parish. See www.ecocongregationireland.com
* Take the *Laudato Si’* Pledge ([www.CatholicClimateMovement.global/petition](http://www.CatholicClimateMovement.global/petition) )
* Discuss with / write to your local TD to express your concern on Ireland’s record on addressing the climate crisis. Check out [www.onefuture.ie](http://www.onefuture.ie) for some ideas.
* Can we help to conserve and protect water in our area? Water is the source of life for all living things. Can we restore a local Holy Well? Take a pilgrimage to a local Holy Well. See [www.lovingsisterearth.com](http://www.lovingsisterearth.com)
* Get in touch with local Environmental Action Groups and/or organisations such as Trocaire, World Health Organization, Medecin sans Frontieres, etc.
* Can we spread hope across the world by twinning with a village in a drought-stricken area?

**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; 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](http://www.recyclinglistireland.ie)
* Organise a recycling workshop in your parish/community [www.voiceireland.org](http://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 clean-up.



**“Truly much can be done!” (LS, 180)**