

ENVIROLENT: REDUCE

This Lent many of us will be giving something up. In this week's theme, Reduce, consider whether as an individual or parish community you can weave this thinking into a year-round approach which will help us all to care for our common home.



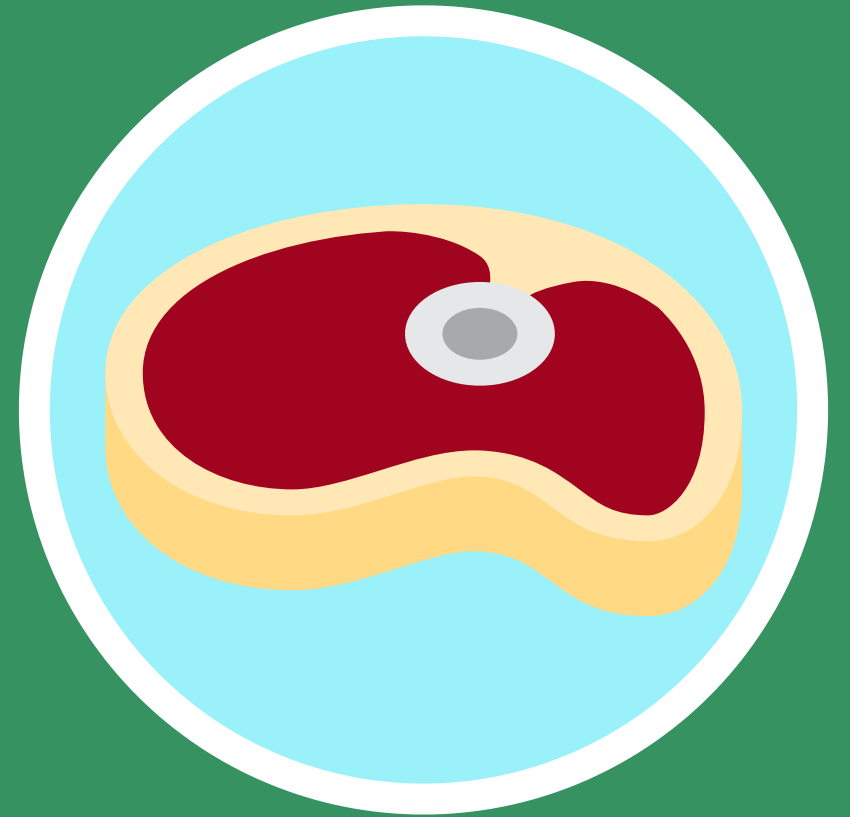
REDUCE ELECTRICITY

Curb your emissions by switching off lights and not leaving electricals on standby. Could your parish install solar panels to help fuel your church?



REDUCE TRAVEL

How about holding a 'Walk to Church Sunday'? For those in your parish who aren't able to walk the distance, why not offer to pick up a friend or fellow parishioner to build your community while reducing emissions.



REDUCE MEAT

Reduce the amount of meat in your diet. It's okay if you don't want to give up completely but it's always good to try new things and see what you can replace with a tasty vegetarian alternative.



REDUCE CONSUMPTION

Do you ever find yourself thoughtlessly buying new things or eager for the newest technology? Take a moment to step back and consider the journey your purchase has been on before reaching the shop floor. Consider alternatives like buying secondhand.

PARISH FOCUS

OUR LADY OF GRACE, PRESTWICH

At Our Lady of Grace, Prestwich, the parish community are each month focusing on one aspect of sustainability and care for Creation.

Parishioners have thought about their use of water, how to have a more sustainable Christmas and how to live with less plastic, particularly single use plastic. In the months to come, they will focus on re-using items and improving their recycling habits.

ACT

Why not create a Laudato Si' group in your parish? Start by gathering a few passionate parishioners and encouraging small change within your community. Change begins when we work together, and our individual actions quickly add up.



ENVIROLENT: REUSE

In Laudato Si', Pope Francis talks about what he calls a 'throwaway culture' which is leaving our earth looking as if it is "an immense pile of filth". Let us take Pope Francis's words to heart and try to reduce, as with last week, and begin to reuse the things we do have.



REUSE: REPAIR

Could you host a repair café in your parish? Or could your parish craft group help by donating an afternoon to repairing clothes for a charity donation?



REUSE: SHARE

Instead of throwing something away, think could I share my belongings, tools, books or clothes with others in my community?



REUSE: SWAP

Grab your clothes and host a swap shop in your parish. That way, you're getting the joy of something new without overwhelming yourself with new belongings and increasing your carbon footprint.

WHAT CAN YOU DO?

MAKE SOME ECOBRICKS

An ecobrick is a building block made entirely from unrecyclable plastic. It's created by filling a plastic bottle with clean, dry plastic until it's packed tightly and can be used as a building block.

The plastic in an ecobrick is very durable and will never break down, making it an ideal building material.

Parishioners from St Mary's, Brownedge, have created more than 500 ecobricks which they have donated to the Laudato Si Centre at Wardley Hall. There, they have been transformed into raised beds.



HOW?

At St Mary's and St Gerard's they distribute empty 2L milk bottles at the end of Mass and when they are full of compressed single-use plastic the parishioners return them. The bricks are filled with crisp bags, cling film, food wrappers - anything that would have otherwise gone into a landfill. The aim should be for each brick to weigh roughly 15oz.

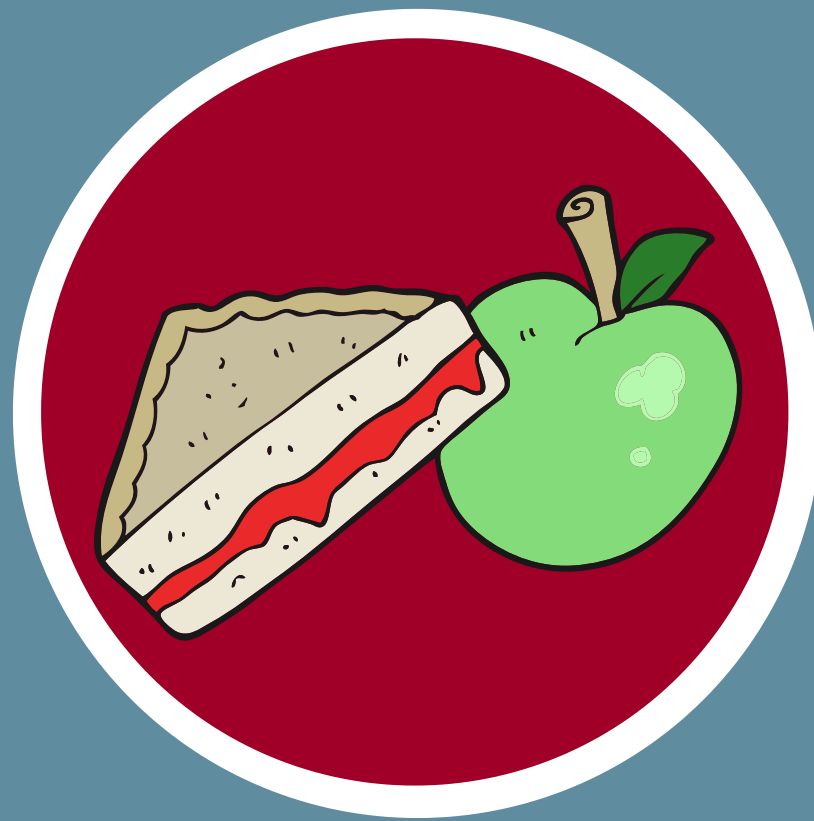
ENVIROLENT: RECYCLE

Over the last two weeks, we have focused on reducing and reusing in our lives. This week, we move our focus to recycling. Recycling is a symptom of a problem, so while it's important to do, we must make every effort to reduce our need to recycle.



RECYCLE: LEARN

Each local authority differs in the things it can recycle meaning that some things that look as if they can be recycled can't always be. Get to know what you can and can't recycle and make a special effort to ensure you minimise the things you can't, and recycle the things you can.



RECYCLE: PREPARE

Think about how much waste your lunch produces and try to be more eco-friendly. Tin foil and cling film all go to waste. Could you carry your food in a sustainable lunch box? Equally, save money by making your own lunch, ditching the plastic packing we so often see in shops.



RECYCLE: DONATE

It's easy to become attached to the things we own. When we go to replace things, how about considering donating our old belongings to charity shop and helping others in need? Alternatively, see if your local homeless shelter requires any donations.



COULD YOU BECOME A FAIRTRADE PARISH?

- The Fairtrade system currently works with over 1.65 million farmers and workers.
- There are over 4,500 Fairtrade products available to buy in shops in the UK
- One in three bananas bought are Fairtrade

Fairtrade protects farmers, workers and the environment. Next time you do your local shop, take a second to decide whether you can buy Fairtrade.

FAIRTRADE FOCUS

**HAPPINESS MEANS KNOWING HOW TO LIMIT
SOME NEEDS WHICH ONLY DIMINISH US, AND
BEING OPEN TO THE MANY DIFFERENT
POSSIBILITIES WHICH LIFE CAN OFFER**

POPE FRANCIS

ENVIROLENT: REWILD

We're lucky in our diocese to not be too far from green and nature at any one time. Rewilding is about being able to reconnect with nature, about wildlife returning and habitats expanding. Rewilding our local area and restoring nature can help to decarbonise the UK.



COMPOST YOUR WASTE

It's good for your garden and for the environment, helping to feed microorganisms and save water. You can compost all sorts of things to stop them going to landfill.



GROW IN YOUR PARISH

How about trying to grow your own fruit and vegetables? If you don't have much space, you could use a window box. Help your parish become more greenfingered and create a gardening group to help local biodiversity.



SPOT LOCAL WILDLIFE

Simply count the amount of birds, butterflies or bugs you see from the comfort of your back garden and help researchers to gain an amazing insight into Britain's natural world by taking part in an online nature survey.

A WILDFLOWER HAVEN

ST JOHN FISHER, DENTON

At St Mary and St John Fisher, Denton, the Global Healing group were inspired to act after hearing the message of Laudato Si. After using their monthly Friday Holy Hour to reflect and pray on the encyclical and the issue of climate change, their journey to sustainability continued as more people in the parish began to get involved.

As part of their parish actions they have converted a lawn into a wildflower garden, and taken part in Denton Carnival with banners about protecting our common home. Many of the parish's Hope in the Future teams have been getting involved. As they progress on their journey, parishioners are hoping their eco-endeavors become ingrained in the heart of their community.

ACT

Try to reconnect with nature, whether it's by going for a walk, doing some gardening or simply opening the windows for some fresh air.



ENVIROLENT: RECLAIM

Over the last few weeks we have focused on four different Rs: reduce, reuse, recycle and rewild. The final R is to reclaim. To reclaim our future, to stand up for our planet and to protect our children and grandchildren by making a change and rooting all of our efforts in prayer.



RECLAIM YOUR VOICE

Campaigning doesn't mean you have to be stood at the picket line. You could write to your MP or sign a petition. As well as this, start a conversation with a friend or neighbour about how together, we can tackle climate change.



RECLAIM TIME FOR PRAYER

As Catholics, we have a moral obligation to tackle climate change. Our actions should all be rooted in prayer, to offer us a hopeful and empowering outlook which can inspire others to follow our lead.



RECLAIM YOUR GREEN SPACES

Find somewhere nice to sit and appreciate the things that are around us. Maybe you could walk to work, walk to Church or spend your lunchtime getting back in touch with nature and the beauty we have all around us.

**BECAUSE ALL CREATURES ARE CONNECTED, EACH MUST BE
CHERISHED WITH LOVE AND RESPECT, FOR ALL OF US AS LIVING
CREATURES ARE DEPENDENT ON ONE ANOTHER**

POPE FRANCIS

REDUCE • REUSE • RECYCLE • REWILD • RECLAIM