



## Suggested Practical Actions for Parishes / Families during the Season of Creation

*“For we know that things can change!” (Laudato Si’, 13)*

- Look up the Laudato Si’ Action Platform and see how your family, school, parish or business might achieve the Laudato Si’ Goals by 2030: [www.laudatosiactionplatform.org](http://www.laudatosiactionplatform.org)
- Spend some time outside each day, in awareness, reconnect with nature.
- Pray in and with nature – Encourage Laudato Si’ themed gardens in your parish; bless an area on church grounds specifically for outdoor meditation or prayer.
- Organise a parish clean up, river clean up, beach clean-up during the Season of Creation.
- Check out the Faith Community Pollinator plan and think about how you could implement this in your church grounds, creating wildflower meadows, installing bug hotels etc. <https://pollinators.ie/communities/faith-communities/>  
Invite local schools or groups to help.
- Start to grow some of your own food; support local producers.
- Compost your garden and food waste, in the parish too!
- Avoid or reduce the use of chemicals in your home or parish 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)
- 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/parish more energy efficient.
- Explore the use of renewable energy in your home, business and school, parish buildings ([www.seai.ie](http://www.seai.ie)). Many grants are available for your community.
- 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.
- 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 – Parish. See [www.ecocongregationireland.com](http://www.ecocongregationireland.com)
- 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. Celebrate National Holy Well’s Day in June each year.

- Get in touch with local Environmental Action Groups such as Men’s Sheds or Tidy Towns and/or organisations such as Trocaire, Friends of the Earth, World Health Organization, Medecin sans Frontieres, etc.
- Can we spread hope across the world by twinning with a village in a drought-stricken area?
- 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.
- Organise a Laudato Si’ Book Club using support from <https://www.trocaire.org/documents/laudato-si-book-club/>
- Sign up to host a screening of the forthcoming **Laudato Si’ Movie – *The Invitation*** - in Winter 2022 / Spring 2023 – contact [jane.mellett@trocaire.org](mailto:jane.mellett@trocaire.org) to sign up.



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