

ENVIROLENT: REDUCE

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



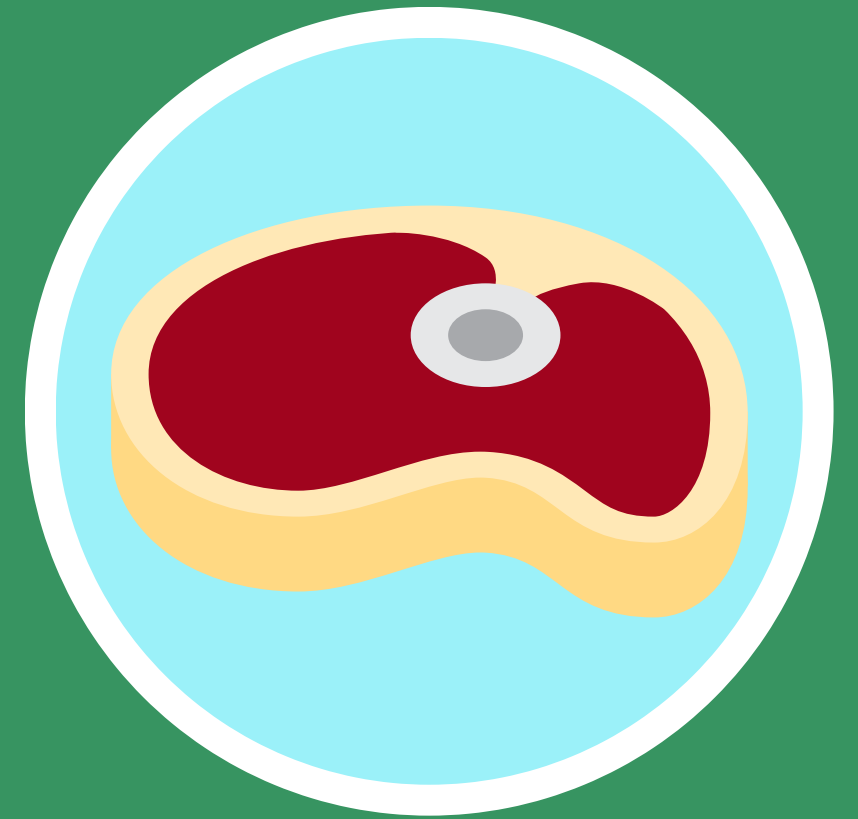
REDUCE ELECTRICITY

Curb your emissions by switching off lights and not leaving electricals on standby. Could you install solar panels to help fuel your home or encourage your community to do so?



REDUCE TRAVEL

How about holding a 'Walk to Town Day'? For those who aren't able to walk the distance, why not offer to pick up a friend or neighbour 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.

THINK ABOUT IT

WHAT CAN YOU DO?

Find some facts about how much energy you can save by switching the lights off, by turning the tap off when brushing your teeth, about phantom energy use and reducing the amount of plastic you use.

Choose one thing you can reduce and try to do this through the season of Lent. You may be able to continue with this after Lent!

ACT

Why not create a Laudato Si' group in your community? Start by gathering a few passionate people 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 community? Or could your community 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 community. 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.



ACT

- Decide on a project to build with your ecobricks
- Get an empty, clean milk bottle
- Whenever you are about to throw away waste like crisp packets, cling film and food wrappers, cut it into tiny bits and stuff into your milk bottle
- When it is very full, donate it at your drop off - perhaps in partnership with your local community - and begin to build!

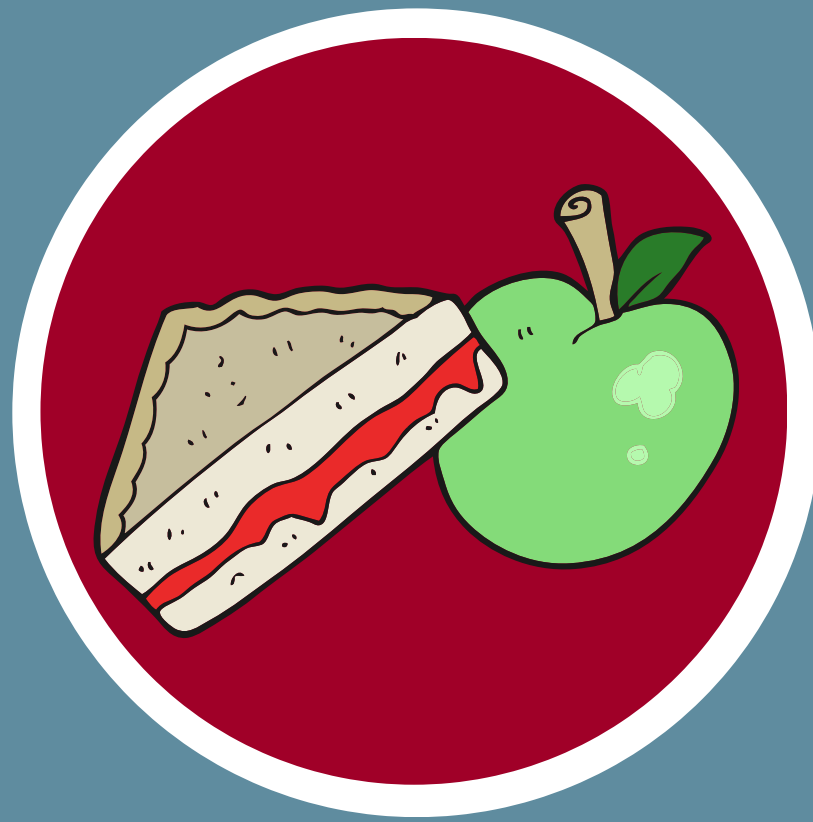
ENVIROLENT: RECYCLE

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.



- 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 region 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 community 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.



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.

DID YOU KNOW?

There is thought to be over one million species of insects in the world.

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 PLAY YOUR PART

We all have a moral obligation to tackle climate change. We are hopeful that if everybody plays a part, we can reclaim our planet securing a happy, healthy future for ourselves, for our future generations and for all of Creation.



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 shop 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