

Ecology Related Individual/Group Best Practices

The following are just some ideas for ecology related individual/group best practices that will make a positive impact on all of creation. We would like to extend deep gratitude to Mary Stephens of CLC Canada Central Region for the idea for this Bulletin. We hope that you find the list useful:

Commit to prayer for creation

Ask the Lord to make us artisans of peace and for world leaders to prioritize caring for our common home so that we can restore our damaged ecosystems and care for the most vulnerable species among us. Pray for the creation most affected by the climate crisis at this time.

Spend time in nature.

Spend time meditating in nature, thanking God for the beauty that surrounds you. Practice walking meditation or earthing (walking barefoot)

Plant trees.

Gather people together for tree planting or plant trees in your yard. Spend time with trees using the Earth Day contemplation by the CLC Canada Circle of Elders.

Do what is within your means to help conserve the rainforests and all forests.

Support those who live in forests across the world and who are fighting to save the forests, especially Indigenous Peoples. Support efforts that work against deforestation by not consuming the products that cause it. For example: where does your toilet paper or Kleenex come from? Sign petitions, write letters to government advocating for the rainforest and all forests.

Decrease your use of paper.

Take care of the forests by recycling as much paper as possible and print only what is necessary. Opt for paperless bills, statements, etc. Pay bills electronically.

Shop at your local market for fresh food.

By purchasing fresh, seasonal food, you can eat healthier and avoid plastics and additives. If you buy local food, you can avoid costly and polluting transportation and packaging, and you will also help support your local community.

Grow your own vegetables organically, if you are able to.

Make and use compost rather than throwing in the garbage all that can be thrown into a compost pile. Avoid using peat moss for plants. Can and preserve your own food. Avoid food waste.

Plant only native plants common to your area.

Consider a natural area in your yard rather than grass. Don't rake the leaves in the fall.

Avoid the use of commercial pesticides and fertilizers.

These are very harmful to much of nature.

Don't waste water.

Turn off the tap to avoid just letting the water run, take shorter showers, only use what you need, install flow reducing devices. Don't take the water available to you for granted.

Use ecological and biodegradable products for all household cleaning and personal care products.

Many products can be made at home with ecological friendly items.

<https://davidsuzuki.org/living-green/environmentally-friendly-ingredients-for-diy-cleaning-recipes/>

Reduce plastic use and waste.

Use reusable containers rather than plastic wrap. Use reusable shopping bags for all shopping. Avoid items that have excessive packaging. Don't buy bottled water if you have a choice. Instead use a reusable water container. Install a reusable microfiber filter on your washing machine for catching microplastics. <https://planetcare.org/en-int>

Buy only what you need.

Buy second hand clothing rather than new. Is there a choice to buy more natural materials? Can your clothing item be repaired? Be a conscious consumer. Does what you are buying affect the environment?

If you own a gas-powered vehicle, consider using other means of transportation.

Carpool, take the bus, ride a bicycle, walk. If you have to use a car, park it in one spot and walk where you need to go. Plan ahead so as to make only one trip rather than multiple trips.

Buy an electric vehicle.

Do research before buying this because of the lithium and cobalt in the batteries. Where does the cobalt come from? Has child labour been used? What about the lithium – how is it mined? What happens to the battery when it no longer works?

Cut down on electricity use in your home.

Unplug electrical appliances when they are not being used. As well, turn off lights that are not needed. Use LED lightbulbs. Only run the washing machine and dishwasher when you have a full load. Hang clothes on a clothesline rather than using a dryer. Buy energy efficient appliances.

Explore the possibility of using renewable sources of energy for your home.

For example: solar panels, a heat pump.

When planning a trip by airplane, consider alternate means.

For meetings, consider meeting virtually. Is it possible to take a train? Is the travel by airplane necessary? If you have to fly and there's multiple flights, are there other options? Taking one less long-haul return flight can reduce your carbon footprint by up to almost 2 tons of CO₂e.

Discern joining the Laudato Si Movement.

<https://laudatosimovement.org/>

And, watch the film, "The Letter" if you have not already done so.

<https://www.youtube.com/watch?v=Rps9bs85BII>

Take some time to read Laudato Si and/or Laudate Deum both by Pope Francis.

They are very inspirational.

https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html

https://www.vatican.va/content/francesco/en/apost_exhortations/documents/20231004-laudate-deum.html

Commit to and share best practices with others in your home, community, church, workplace, etc.

Talk to others about the need for all of us to do our part for Mother Earth. Our cumulative actions will have a positive impact.

Consider asking your diocese or institution to divest from fossil fuels.

Other websites used for this Bulletin:

<https://www.un.org/en/actnow/ten-actions>

<https://www.skeparchy.org/wordpress/earth-day-2022-52-ways-to-care-for-creation-laudato-si-movement/>

Document “Bringing Laudato Si to Life” from LSM Philippines

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Please feel free to be in touch with us at the following email address if you have ideas to offer, questions, or comments:

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