**WHAT CAN WE DO FOR OUR COMMON HOME?**  

**1.**Inform yourself: Read, listen to what the scientists are saying about climate change.

**2.**Discuss and promote environmental issues with friends and family.

**3.** Let your local public representatives know of your concerns on environmental issues.

**4.** Support Trócaire’s campaign for Climate Justice.

**In your parish**

**5.** Take part in a prayer walk in a natural environment.

**6.** Take part in seasonal liturgies to celebrate creation.

**7.** Pray for vulnerable people and communities affected by climate change.

**8.** Join a parish environment group to organise creation themed worship.

**9.** Join a ‘Pledging ‘ceremony for parishioners who commit to living more sustainably.

**10.** Celebrate the Season of Creation from 1st September – 4th October, or attend an Autumn

 harvest thanksgiving service.

**11.** Read ‘Eco-Theology’ books from your parish library/bookstall.

**12.** Encourage fellow parishioners to live more sustainably at home

**At home**

**13.** Reduce your energy use.

**14.** Switch off lights when leaving a room.

**15.** Use energy saving light bulbs.

**16.** Turn down thermostats.

**17.** Turn off all devices when not in use. Don’t leave devices on standby.

**18.** Have an ‘Unplugged Day’ - No TVs, phones or computers.

**19.** Close curtains after dark.

**20.** Check that your boiler is energy efficient.

**21.** Use washing machines and dishwashers when **full.**

**22.** Wash laundry at 30\*C when possible.

**23.** Use cleaning products which are not harmful to the environment.

**24**. Boil only the amount of water you need in a kettle.

**25.** Consume less, buy only what you need.

**26.** Buy locally sourced food.

**27.** Eat less meat.

**28.** Have a meat-free day every week.

**29.** Use Fairtrade tea, coffee, bananas.

**30.** Buy loose fruit and vegetables.

**31.** Reduce packaging. Use your own cloth shopping bags.

**32.** Stop using disposable plastic water bottles.

**33.** Avoid take-out cups.

**34.** Recycle carefully -all items to be recycled should be clean, empty, dry and loose.

**35.** Dispose of bottles, cans, glass containers (washed) in bottle banks

**36.** Buy ethical clothing. Re-cycle clothing. Buy second-hand when possible.

**37.** Reduce your food waste

**38.** Use organic waste (peels, eggshells, teabags) for compost.

**39.** Plant pollinator-friendly, butterfly and bee-friendly plants in your window-box/ garden.

**40.** Install bird feeders, boxes.

**41.** Grow your own fruit, vegetables, herbs.

**When travelling**

**42.** Walk, cycle, use public transport.

**43.** Don’t make unnecessary journeys by car.

**44.** Reduce driving speeds to use less fuel.

**45.** Reduce as much as possible the number of flights you take.

**P.S. If you would like to be informed about future environmental events in Balally Parish please send your email address to balallyparish@gmail.com**