**SUGGESTED PRACTICAL ACTIONS FOR PARISHIONERS DURING THE SEASON OF CREATION, 2019:**

* Spend some time outside each day.
* Start to grow some of your own food; support local producers.
* Compost your garden and food waste.
* Avoid or reduce the use of chemicals in your home and garden.
* Use (vinegar, baking soda) and buy eco- friendly cleaners ([www.ecoverdirect.com](http://www.ecoverdirect.com))
* Plant pollinator friendly plants in your window box or/ and garden at home or/ and  in your parish grounds. www.biodiversityireland.ie
* Shop wisely-Buy Fairtrade and buy locally made products when possible.
* Avoid waste. Avoid, reduce, reuse, recycle, recover, treat, dispose
* Learn how to read your energy bills and make your home more energy efficient.
* Explore the use of renewable energy in your home, business and school, parish  buildings ([www.seai.ie](http://www.seai.ie)).
* Participate in the Think Before You Flush campaign ([www.thinkbeforeyouflush.org](http://www.thinkbeforeyouflush.org)) Display the Dirty Dozen posters in toilets.
* Consider installing water butts in your gardens.
* Pray in and with nature – Encourage Laudato Si’ themed gardens in your parish
* Volunteer your time in some creative project. Join an existing group.
* Offer a welcome to newcomers where you live.
* Explore Trōcaire’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 - Congregation. www.ecocongregationireland.com
* Take the *Laudato Si’* Pledge ([www.CatholicClimateMovement.global/petition](http://www.CatholicClimateMovement.global/petition) )

**PLASTIC**

* Refuse single use plastics such as cling film, straws, plastic cutlery.
* Switch to a reusable water bottle /travel cup.
* Use cloth bags for shopping and 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 cleanup.