



Are we on target?

As we pray for wisdom and courage for the world's leaders as they discuss the climate crisis, let's take a look at how we are doing as individuals, families and a parish community.

Give yourself a *star* for each of the following things that you do, or have done, to promote care for our common home. Put a *question mark* next to anything you would like to explore further.

Prayer and spirituality:

1. Say a prayer that asks God to assist us in caring for our common home.
2. Take “meditative walks” to praise God in nature and people.
3. Use prayer resources from the internet or books to pray about the needs of the poor and the challenge of the climate crisis.
4. Read Pope Francis' Laudato Si' document or the material put out by our Bishops' Conference concerning care for our common home. (see resources on the COP26 Resource pamphlet the Diocese has produced or the CAFOD Guide).
5. Attended a special prayer service to reflect with others on the care of our common home.
6. Participated in a family fast day for CAFOD or donated to Missio to help the world's poor.

Practical Actions:

1. Use the recycle bins provided by the Council.
2. Plan one or more meat free meals a week.
3. Did an “energy audit” in my home or had a “smart meter” installed.
4. Walk or cycle or use public transportation whenever possible.
5. Combine shopping trips to save petrol.

6. Use environmentally friendly cleaning products.
7. Planted a tree or garden to help the bees.
8. Reduce the amount of water used in the house.
9. Use energy efficient light bulbs.
10. Compost.
11. Car share whenever possible.
12. Live more simply by shopping less.
13. Donate clothes no longer needed to charity shops or refugee services.
14. Donate to food collections on a monthly basis.
15. Join the parish environmental group to help raise awareness and plan what we can do together to address these issues.
16. Avoid using disposable plates, bottles, glasses etc.
17. Reduce my use of plastic bags, bottles, where possible.
18. Organize a litter pick in my neighbourhood.
19. Install solar panels or double glazing.
20. Use a hybrid or an electric car.
21. Print on both sides of the paper and/or avoid printing documents unnecessarily.
22. Advocate on behalf of the poor and the environment through letter writing campaigns to political leaders.
23. Use leftovers to reduce food waste.
24. Volunteer for a local charity.
25. Organize a parish “unplug” day – no TVs, phones or computers.
26. Other: (specify anything else you already do to promote care for our common home.)

Action:

We are asking our leaders to commit to making concrete changes to benefit the entire world.

What will you commit yourself to doing on a daily, weekly or monthly basis to promote care for our common home?