

A Prayer for the Earth **by Pope Francis**

All Powerful God, you are present in the whole Universe and in the smallest of your creatures. You embrace with your tenderness all that exists.

Pour out upon us the power of your love, that we may protect life and beauty.

Fill us with peace, that we may live as brothers and sisters, harming no one.

Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction.

Touch the hearts of those who look only for gain at the expense of the poor and the Earth.

Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognise that we are profoundly united with every creature as we journey towards your infinite light.

Thank you for being with us each day.

Encourage us, we pray for Justice, love and Peace.

Parish Environmental & Peace and Justice Group

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Leaflet from the **Parish Environmental Group**

Pope Francis in his encyclical *Laudato Si* and more recent *Laudato Deum*, has emphasised that we have been given the earth, for our needs, not to exploit our natural resources, and in the process destroy the earth. Living in Peace is also living in harmony with our Earth. It is part of our doctrine:

“Care for the environment represents a challenge for all of humanity. It is a matter of a common and universal duty, that of respecting a common good, destined for all, by preventing anyone from using with impunity the different categories of beings, whether living or inanimate-animals, plants, the natural elements- simply as one wishes, according to one’s own economic needs”.

We the Environment group ask you to consider, during Lent and throughout the year, how we as individuals, family and church community reduce our collective Carbon Footprint. Please use the information for the good.

What we do here and now, will help mitigate, and reduce the effects of Climate Change. Pope Francis is urging us to Help our Common Home.

LENTEN CHALLENGE TO REDUCE OUR CARBON FOOTPRINT

Week	Theme	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Reuse Repair Repurpose	Buy clothes in charity shops	Rent from Bicester Green Library of Things	Get shoes reheeled and bags mended	Rehome unwanted electrical items repaired at Bicester Free2Recycle	Get small electrical items repaired at Bicester Green	Visit RELOVE event 11am-2pm water bottle or coffee cup	Buy a reusable water bottle or coffee cup
2	Household	Check that your energy provider supplies renewable electricity	Fit a smart meter	Reduce washing machine temperature	Turn thermostat to minimum when house is empty and at night	Check thickness of loft insulation	Draft proof your home	Install a water butt
3	Food	Calculate the carbon cost of your food	Reduce meat and dairy	Buy fruit & vegetables only in season	Buy fruit & vegetables sourced locally	Buy & cook only what you need	Buy Easter Eggs without plastic packaging	Plan what food you can grow at home
4	Plastic	Register for The Big Plastic Count	Buy loose fruit & vegetables	Visit a refill shop	Recycle soft plastics	Buy shampoo and shower gel bars	Ask your supermarket to reduce plastic packaging	Submit your results for The Big Plastic Count
5	Travel	Walk or cycle for short journeys	Buy a refurbished bike	Use a railcard to save money on train tickets	Use Trainline to calculate cheapest fare	Take advantage of £2 single bus fare	Calculate the carbon footprint of your summer holiday	Join Flight Free UK
6	?							Let us know your suggestions

Week 1 – Reuse/Repair/Repurpose/Recycle	Week 2 – Household	Week 3 – Food
<ul style="list-style-type: none"> Buy clothes in charity shops Rent DIY and household items from Bicester Green Library of Things library.bicestergreen.org.uk Get shoes reheeled and bags mended at Bicester Shoe Repairs Rehome unwanted items at Bicester Free2Recycle Facebook group Get small electrical items repaired at Bicester Green Visit RELOVE event 11am-2pm on Saturday 24th February at Southwold Community Centre Buy a reusable water bottle or coffee cup 	<ul style="list-style-type: none"> Check that your energy provider supplies renewable electricity. If not, switch to one who does Fit a smart meter so you can monitor which appliances are using the most electricity Reduce washing machine temperature to 30°C Turn central heating thermostat to minimum when house is empty and at night Check thickness of loft insulation. You may qualify for a grant gov.uk/apply-great-british-insulation-scheme Draft proof your home bhh.org.uk/resources/ Install a water butt and start collecting rainwater to water your garden during the dry summer months 	<ul style="list-style-type: none"> Calculate the carbon cost of your food Reduce meat and dairy Buy fruit & vegetables only in season – these are less likely to have been grown thousands of miles away Look for food sourced locally Buy & cook only what you need. Freeze any leftovers or eat them the next day – don't throw them away Buy Easter Eggs without plastic packaging Plan what food you can grow at home. Start simply with tomatoes, potatoes or onions. You don't need an allotment, just some big plant pots
Week 4 – Plastic	Week 5 – Travel	Week 6 – ?
<ul style="list-style-type: none"> Register for The Big Plastic Count thebigplasticcount.com Buy loose fruit & vegetables from the Fish Shop in Sheep Street or the fruit stalls at the Friday Market Visit the Nothing But Footprints refill shop at Bicester Green for plastic free cereals, pasta, dried fruit and cleaning materials Recycle soft plastics at supermarkets Buy shampoo and shower gel in solid bars from Bicester Green Ask your supermarket to reduce plastic packaging Submit your results for The Big Plastic Count 	<ul style="list-style-type: none"> Walk or cycle for short journeys instead of driving Buy a refurbished bike from Bicester Green Use a railcard to save money on offpeak train tickets – Network railcard gives 1/3 off for you and 3 other adults plus 60% off for up to 4 children Use Trainline thetrainline.com to calculate cheapest fare (including split journey tickets) Take advantage of £2 single bus fare until 31/12/24 Calculate the carbon footprint of your summer holiday – a return flight to Boston emits 1 tonne of CO₂ per passenger Join Flight Free UK flightfree.co.uk 	<ul style="list-style-type: none"> Think of three other ways in which we can reduce our carbon footprint <ol style="list-style-type: none">