

CHALLENGES

Track your plastic use for a day. Keep a notebook. What did you discover? Do the results invite you to change any aspect of your plastic use?

Avoid using plastic straws. Try purchasing a metal one.

Carry a small container and utensil in your bag to avoid using disposable plates/utensils when appropriate.

Read "A Beginner's Guide to Zero Waste."
<http://trashisfortossers.com/a-beginners-guide-to-zero-waste-living-ps-it-doesnt-happen-overnight/>

Try one day living without generating waste. What insights did you gain?

Reduce your use of plastic by taking some tips from, "Tips To Use Less Plastic"
<http://www.greeneducationfoundation.org/nationalgreenweeksub/waste-reduction-tips/tips-to-use-less-plastic.html>

Spend 15 minutes decluttering a drawer during your monthly retreat

Consider checking your various "footprints" on line. Try these sites:

Water footprint:

<https://www.watercalculator.org/>

Carbon Footprint:

<https://www3.epa.gov/carbon-footprint-calculator/>

Ecological footprint:

<http://myfootprint.org/>

Read "100 Ways to Conserve Water"
<https://wateruseitwisely.com/100-ways-to-conserve/> Did you pick up any simple

practices you can integrate into your household?

Have an energy assessment done for your home by local authorities.

Imagine that you have been given the challenge to write an updated version of the creation story. What themes emerge as you pray about the ongoing creation of earth. (adapted from *Green Faith*, Harper)

BOOKS/WEBSITES

Nine Books about Sustainability:

<https://www.bustle.com/p/9-books-about-sustainability-that-will-inspire-you-to-live-a-more-earth-friendly-lifestyle-52601>

8 Books Every Environmentalist Should Read, from Earth 911, Lauren Murphy, 2018
<https://earth911.com/inspire/environmentalist-books/>

All You Need is Less: The Eco-Friendly Guide to Guilt-Free Green Living and Stress-Free Simplicity by Madeline Somerville:
<https://www.goodreads.com/book/show/18406774-all-you-need-is-less>

Harper, Fletcher, *Green Faith, Mobilizing God's People to Save the Earth:*
www.greenfaith.org

RECIPES FOR ECO-FRIENDLY PRODUCTS:

Shampoo: *15 Recipes for Shampoo* (from greenecoservices.com):

<http://www.greenecoservices.com/top-15-homemade-shampoo-recipes/>

9 Homemade cleaners you can make yourself (Good Housekeeping):
<https://www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/>

Cleaning-product recipes (including dish soap), from keeperofthehome.org:
<https://keeperofthehome.org/homemade-all-natural-cleaning-recipes/>

PRAYER OPTIONS:

Try this Jesuit Examen on care for Earth:
<http://www.jesuits.org/story?TN=PROJECT-20171003114024> or by following it through a virtual experience at this link:
<http://www.ecologicalexamen.org/>

Pray with the Psalms regarding earth using the lens of the Creator. Picture in your mind the beauty of the psalmist's descriptions in an intentional way.

Review Vincentian quotes/articles about simplicity. How do they interrelate with sustainable living?

Prayers and Worship from Catholic Climate Covenant:
<http://www.catholicclimatecovenant.org/resources/prayers-and-worship>

Various Prayers and climate blessings from: Faith Climate Action Week:
<https://www.faithclimateactionweek.org/prayers-and-climate-blessings/>

Interfaith Worship Resources on Stewardship of Earth by Sustainability Sanctuary Coalition (2014):
[https://www.ohipl.org/wp-](https://www.ohipl.org/wp-content/uploads/2012/04/Worship-Resources-May-2014.pdf)

[content/uploads/2012/04/Worship-Resources-May-2014.pdf](https://www.ohipl.org/wp-content/uploads/2012/04/Worship-Resources-May-2014.pdf)

Laudato Si' Pledge Prayer Resources (LiveLaudatoSi.org):
http://livelaudatosi.org/wp-content/uploads/2017/06/LS-Pledge-Prayer_Resources-EN-v2.pdf

The Cry of the Earth, Irish Bishops
<http://www.catholicbishops.ie/wp-content/uploads/2014/09/The-Cry-of-the-Earth-A-Call-to-Action-for-Climate-Justice-2014.pdf>

VIDEOS

13 short videos from the Canadian Bishops
<http://www.greenspiritv.com/>

[Why Care About Water, National Geographic](https://video.nationalgeographic.com/video/en-v-freshwater-whycafe)
<https://video.nationalgeographic.com/video/en-v-freshwater-whycafe>

What really happens to the plastic you throw away? April 2015. (Explanation of journey of three discarded plastic bottles and how they affect the environment).
<https://www.youtube.com/watch?v=6xINyWPpB8>

Going Green Shouldn't Be This Hard! Vox; April 26, 2017.
<https://www.youtube.com/watch?v=BxKfpt70rLI&t=252s>

Top 10 Things You Need to Know about Laudato Si, James Martin, SJ. America Magazine - The Jesuit Review. Published on Jun 18, 2015
https://www.youtube.com/watch?v=a_lqFTYLc4&t=112s