



Family of Parishes Creation Care Lenten and Easter Challenge #4

Our Family of Parishes (FoP) Creation Care Team presents Worksheet #4 of the Maryknoll Affiliates Laudato Si' Action Platform (LSAP) worksheets to continue helping our parish community respond to Pope Francis's call to environmental sustainability. <https://laudatosiactionplatform.org/>

Worksheet # 4 – Goal #4 – Adoption of Sustainable Lifestyles is grounded in the idea of sufficiency, and promoting sobriety in the use of resources and energy. The worksheet addresses reducing waste and recycling, adopting sustainable dietary habits (opting for a more plant-based diet and reducing meat consumption), greater use of public transport, active mobility (walking, cycling), and avoiding single use items (e.g. plastic, etc.).

Focus Areas for Goal #4 – Food; Celebrations and Holidays.

Specific Actions for Goal #4

Pray: Pray and reflect on Amos, Chapter 8, and John, Chapter 10.

Act: Short Term Actions: e.g., Food choices: choose beans and plant-based proteins over animal or fish-based proteins. Choose fruits and vegetables that are in-season, organic, and locally grown, with simple or no packaging. Enjoy left-overs (or freeze them). Compost scraps. When planning celebrations reduce gift purchases, avoid throw-away decorations, use washable dishes and cutlery. Donate saved monies to a worthy cause.

Longer Term Actions: e.g., Take stock of what food is in your pantry, refrigerator and freezer, and look for ways to include sustainability in purchase decisions at the grocery store. Possibly grow some food at home, or shop at a Farmers Market. Find ways of celebrating holidays without excessive consumerism. Avoid shopping and restaurants on holidays, if possible, to give their employees the time off to celebrate.

Advocate: e.g., Advocate for environmentally sound food systems, considering the well-being of farm workers, animals, and the promotion of sustainable farming and land stewardship. Discuss birthdays, holidays, and celebrations with family and friends. Together, find ways to reduce environmental impact, and increase meaning and joy, when you get together.

Please see the Maryknoll worksheet #4 in full for more actions you can take and resources for Goal #4 Adoption of Sustainable Lifestyles. <https://godsplanet.us/maryknoll-affiliates-lsap-goals-worksheets> .

