

OUTREACH MINISTRY — OUR PARISH NETWORK OF CHARITY



The human family is charged with preserving the beauty, diversity, and integrity of nature, as well as with fostering its productivity.

Yet, God alone is sovereign over the whole earth.”

(U.S. Catholic Bishops, *Renewing the Earth*)

Caring For God's Creation

Educate and Engage your family in Catholic Social Teaching

Read Pope Francis' New Encyclical:

Laudato Si: On Care for our Common Home

How will you help *Renew the Earth* ?

Review the following list and see how many of the suggestions you already incorporate into your life. Some of the recommendations are quite easy; others require some research and long-term commitment

www.usccb.org *Renewing the Face of the Earth*

1. Take time to Recycle and use curbside recycling
2. Buy Recycled products
3. Use environmentally friendly detergent and soaps
4. Wash clothes in cold water—Air dry when possible
5. Turn old clothes and cloths into rags
6. Use rags instead of paper towels
7. Reduce use of non essential appliances (electric can openers, pencil sharpeners, etc...
8. Reuse paper grocery bags or use reusable shopping bags
9. Pack your lunch in reusable containers
10. Install low-flow aerators on faucets and water-saving showerheads and turn off your furnace
11. Do not leave water running when shaving, brushing teeth, washing dishes or your car
12. Insulate water heater, and set it to 130 degrees (cool enough to save energy, but hot enough to kill bacteria)
13. Fix leaky faucets and pipes
14. Lower your thermostat one degree for every hour you will be away or asleep
15. Turn off lights and appliances when you leave the room
16. Replace light bulbs with energy efficient bulbs
17. Insulate and weather strip your house
18. Donate unwanted clothing and household items
19. Buy and use rechargeable batteries
20. Cut down on disposal diapers by alternating with cloth
21. Start a compost pile in your yard & Plant a tree
22. Use organic pesticides and fertilizers
23. Do not overwater your lawn or garden
24. Return reusable items to merchants (hangers to dry cleaner and plastic pots to nursery)
25. Reduce use of disposable products and avoid Styrofoam
26. Buy locally produced organic items when possible
27. Service your car at repair facilities that recycle CFC's
28. Recycle engine oil
29. Drive the speed limit, Carpool or use public transport
30. Bike or walk for short trips
31. Oppose toxic chemicals on fruits and vegetables
32. Participate in clean-air and clean-water programs
33. Volunteer with an environmental group
34. Join the Pro-Life ministry and stand up for the unborn
35. Collect rain water for use in gardening
36. Explore alternative energy sources
37. Enjoy recreational activities that use renewable energy (e.g.: hiking or biking instead of watching TV)
38. Buy products that will last and rent those you won't use often
39. Start a community garden or help with one
40. Educate children about sustainable living
41. Support work to empower the poor
42. Invest your money in environmentally and socially conscious businesses
43. Remove yourself from mailing lists you do not want
44. Don't Litter and Adopt a highway or waterway
45. *Make Mondays Meatless!* Try to eat a vegetarian diet once a week
46. Support efforts to preserve U. S. natural habitats
47. Support government policies that promote energy efficiency and renewable energy
48. Contribute to international hunger relief efforts
49. Avoid purchasing ozone-destroying products
50. Contribute to international relief efforts to provide clean drinking water in developing countries

Make a St. Francis Pledge to
Preserve and Conserve

<http://www.catholicclimatecovenant.org/pledge>

Family Activities



⇒ Take your family on a Trash Hunt—Pick up Litter while you have fun!

⇒ Donate used blankets and towels to an animal shelter



⇒ LOOK FOR OUR NEW FALL OUT-REACH PROJECT AT JAPHET CREEK! Help clean up the creek of evasive plants and trash and restore nature for the community. (September 26)

Contact us at CARITAS@SACREDHEARTHOUSTON.ORG