

# #pennies4plastics

Lent  
2019

Action

Reconnect with God, with Others and with Creation

[WWW.BISHOPSAPPEAL.IRELAND.ANGLICAN.ORG/GET-INVOLVED](http://WWW.BISHOPSAPPEAL.IRELAND.ANGLICAN.ORG/GET-INVOLVED)





## Action:

### Give Up:

1. Single-use coffee cups
2. Single-use water bottles
3. Straws
4. Plastic Shopping Bags
5. Paper Towels
6. Chewing Gum <https://get-green-now.com/environmental-impact-chewing-gum-infographic/>
7. Disposable Razors

### Take Up:

1. Using a Keep Cup and a Reusable Water Bottle
2. Carrying Reusable Cutlery
3. Carrying Reusable Shopping Bags
4. Opting for Loose Fruit and Veg (*bring reusable net bags*)
5. Writing to your local supermarket about unrecyclable plastic packaging. Greenpeace have a sample letter that you can easily adapt: <https://www.greenpeace.org.uk/wp-content/uploads/2018/08/Sample-letter-to-supermarket-1.pdf>
6. Writing to main offender companies about their responsibility towards the environment and their customers. <https://www.ecowatch.com/worst-plastic-polluting-companies-2611144880.html>
7. Writing to your TD/MP about the need for legislation to ban unsustainable, non-environmentally friendly plastic packaging and products.
8. If you are ready to get involved in more actions, Greenpeace provide lots of templates for getting started in their Toolkit here: <https://www.greenpeace.org/new-zealand/a-million-acts-of-blue/>

### Look Up:

#### **Prayers for the Environment:**

- Sign up to receive Christian Aid's Lenten Newsletter, which will focus on Climate Change: <https://www.christianaid.ie/lent-easter-appeal/footprints-journey-through-lent-christian-aid>
- Check out this Green Anglican Service Resource with lots of prayers for the Environment: <https://www.anglicancommunion.org/media/18502/recycling-prayers.pdf>
- This Prayer for our Oceans is Apt and easily adaptable: <http://www.arocha.org/wp-content/uploads/2018/01/Prayer-for-the-Oceans.pdf>



## Action:



Dear Father, we acknowledge that too much human effort and ingenuity is devoted to the accumulation of money and power, in defiance of your command to seek first your Kingdom. Help us to repent of our dependence on plastics, our failure to recycle, and the thoughtless destruction of your world. We acknowledge that communities across the world are suffering because of our carelessness. May we turn back to the ancient wisdom contained in your Word, and to resolve to choose life for ourselves, our children and the whole of your wonderful Creation. Amen

## Reduce & Recycle:

Get informed on what you actually can recycle. Invite champions to your church, work or school. Voice Ireland have Recycling Ambassadors and run workshops on recycling. [www.voiceireland.org](http://www.voiceireland.org)

## Discover:

- Bamboo Toothbrushes
- Loose leaf tea
- Your local Co-op or Farmers markets
- Local ethical stores with sustainable packaging like: <https://littlegreenshop.ie/>
- Reusable jars/containers
- Refillable products - shampoos, soaps etc.
- Groups and communities who support each other to reduce waste and live in a more sustainable world. Examples: Zero Waste; local co-operatives; Eco-Congregation

## Get Creative!

- Do you buy cleaning products in handy plastic spray bottles? This Lent consider reusing those bottles and using simple ingredients to make effective cleaning products. The Green Parent gives some starter ideas: <https://thegreenparent.co.uk/articles/read/make-your-own-cleaning-products>
- **Eco-Bricks:** These are no substitute for reducing your plastic but they are a creative way of upcycling unrecyclable soft plastic waste. Seal Rescue Ireland gives more details here: <http://www.sealrescueireland.org/blog/ecobricks>
- Do you regularly buy a fresh herb such as parsley or coriander in plastic packaging? This Lent, maybe grow your own and explore new recipes for using them.



## Action:

### Don't Lose Heart:

Whilst buying reusable coffee cup and water bottles and bringing your own bags to the supermarket can save money in the long run, we are very conscious that pre-packaged fruit and vegetables from large supermarkets are often significantly cheaper than loose, locally sourced fruit and vegetables. This can also be true of many other plastic packaged items, be they meats or shampoos or house cleaning products right down to a plastic jar of peanut butter that provides lunches for a whole family over the course of a week.

For many of us, there is little choice because we live on a budget. For others, working long hours to provide for your family makes ideas like growing food and making your own cleaning products far from your reality. So do not feel ashamed of however small the changes are that you can make. Your contribution is valuable, wherever you are at, whatever you can do. Celebrate the little things. And if it is the case that many of your choices are restricted by finances, then lend your voice to a growing movement of people who demand that consumers do not have to choose between being able to feed themselves - to the detriment of both the environment and the producers of their food - and buying ethically sourced foods.

## 7 SINGLE-USE SWAPS AND THE TRASH YOU CAN SAVE IN ONE YEAR

