



On Care For Our Common Home (Laudato Si **Suggestions for responses by parishioners**

A small group of Parishioners from St Dominic's East Camberwell during Lent 2022 to read and discuss Pope Francis' encyclical letter "*Laudato Si*", *On Care For Our Common Home*. The Group considered how, as a Parish, we should respond to the Pope's call. The

following is a list of suggestions of what can be done to care for our common home.

Not all Suggestions will apply to you. Some will not be practical in your circumstances. However, many could save you money. Please consider the list and adopt those suggestions with which you are comfortable.



Domestic	
1	Boil only the amount of water you need
2	Buy ethical clothing
3	Buy local food, Farmers Market for example
4	Cook only what can be eaten
5	Do only a full load in your dishwasher
6	Do only a full load in your washing machine
7	Dry your washing outside
8	Limit your shower to 6 minutes
9	Reduce water use by installing tap flow regulators (It is easy)
10	Take adequate time to rest
11	Use the Boroondara Council A to Z recycling and waste guide
12	Sort rubbish & place in correct bins
13	Recycle food scraps
14	Use environmentally friendly cleaning products
15	Make your environmentally friendly cleaning products
16	Only use Fairtrade tea & coffee
17	Use a slow cooker
18	Use leftover food
19	Use washable crockery, cutlery, & serviettes
20	Wash laundry at 30 C where practical
Energy	
21	Switch off appliances when not in use, especially overnight
22	Turn down thermostats
23	Turn off computers & photocopiers when not in use, especially overnight
24	Turn off unnecessary lights

25	Use an electric shaver rather than disposable blades to reduce waste
26	Use the Victorian Energy Upgrade scheme to switch to energy-efficient lights
27	Wear warmer clothing instead of turning up the heater

Movement

28	Share a car for Mass
29	Use car pooling
30	Use public transport
31	Use the stairs rather than the lift
32	Walk to Mass
33	Walk, cycle, or take the bus, train, or tram

Technology

34	Email & text to reduce paper consumption
35	Print double sided
36	Re-use single-sided documents for drafts & the like
37	Stop junk mail

Spirituality And Humanity

38	Give people a friendly smile
39	Give thanks to God before & after meals
40	Greet people by name
41	Plant trees for Baptisms, Confirmations, & first Holy Communions
42	Random acts of kindness

Other

43	Avoid the use of non-recyclable plastic
44	Avoid using plastic water bottles
45	Buy from "Op" Shops
46	Donate unwanted goods to "Op" Shops
47	Grow your own vegetables, herbs, & fruit
48	Join a Community Garden
49	Make your own gifts, for example jam, clothes, & the like
50	Use washable mugs, even for take-away



Further information:

www.stdominics.org.au/integral_ecology.html

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