

# ACTS OF L♥VE FOR LENT

*“Rivers do not drink their own water;  
trees do not eat their own fruit;  
the Sun does not shine on itself and  
flowers do not spread their  
fragrance for themselves.  
Living for others is a rule of nature.  
We are all born to help each other.  
No matter how difficult it is....  
Life is good when you are happy;  
but much better when others  
are happy because of you.”*

Pope Francis.



**ONE FOR EACH DAY OF LENT**



*Our lives will not be measured by the big things we do but rather by  
the little steps we take to make a difference. Each day during Lent  
take a step with us and together we will change the world.*



**Give someone the gift of  
your presence. Ask how  
they're doing and then  
really listen instead of just  
waiting to talk.**







**Money speaks powerfully.  
Humans are, by and large, a little  
obsessed with the stuff.**

Buy from companies that take  
environmental and ethical concerns into  
consideration. Try not to buy from  
those that don't. If enough people did,  
major changes would follow, as  
predictably as night follows day.





**Call someone who's struggling  
with grief, depression or  
loneliness, just to ask how  
they're doing.**

*It's not the most wonderful  
time of the year for everyone  
but your thoughtfulness can  
make it a little brighter.*





**You can't heal the world  
in a day but you can  
make a start.**

- **Pick up litter.**
- **Clear a stream.**
- **Sign a petition.**
- **Plant a tree.**

*Pam Brown 1928 - 2014*



# THIS WEEK - FOCUS ON ENERGY

Every day, the Earth receives an amount of solar energy equal to 30 years of world fossil fuel energy use.



**Turn off lights and unplug appliances not in use. Appliances on standby can use up to 20% of the electricity used when they are turned on.**







**Only fill the electric kettle  
with the amount of water  
you need.**

*The energy wasted in boiling  
a full kettle of water when it  
is not required is enough to  
run an energy saving bulb  
for 9 hours.*





If defrosting something from your freezer, try moving it from the freezer to the fridge the night before.

*The cooling energy invested in the frozen item is recycled in the fridge reducing the energy needed to cool the fridge.*







**Set your washing machine at  
30 degrees celsius.**



You use less energy and modern  
washing powders work just as  
efficiently at lower temperatures so,  
unless you have very dirty washing  
keep the temperature down.





**Use natural option for drying clothes rather than a tumble dryer if at all possible.**

*Tumble dryers are one of the highest energy consumers among domestic appliances.*







**Reduce unnecessary energy use during the peak hours 5.00 – 7.00pm (e.g. delay putting on the dish washer, etc., until after 7.00pm)**

*When peak demand puts pressure on the national grid extra more expensive power stations are brought into operation.*

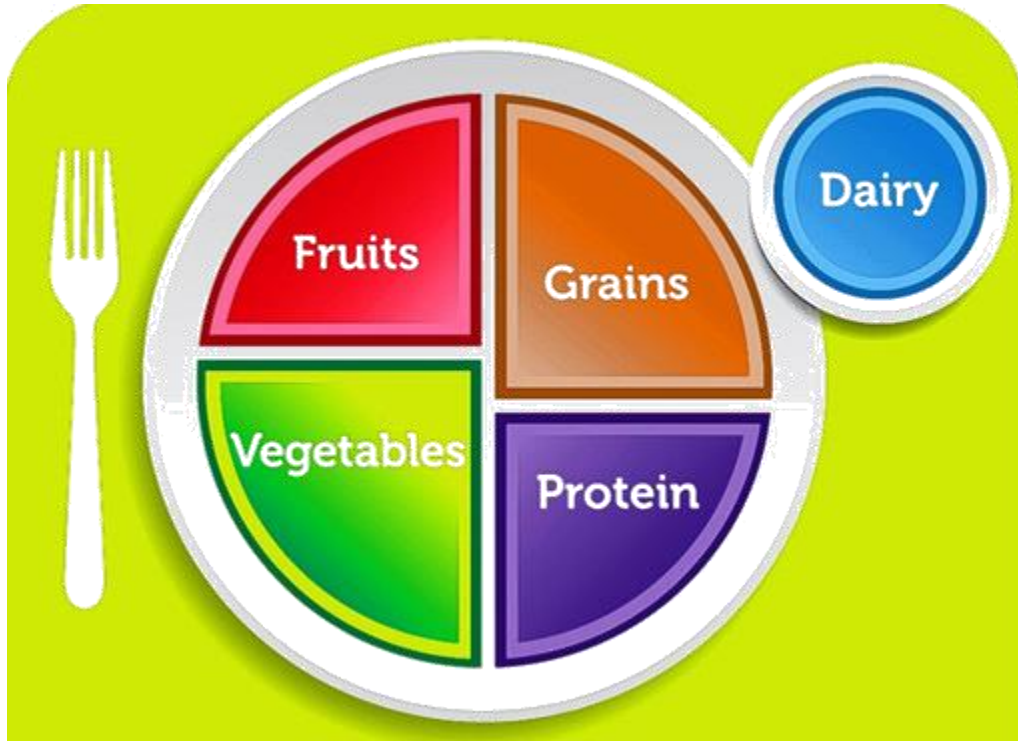


## SAVING ENERGY IN YOUR CAR.

- Switch the rear screen demister off when the window is clear because when it is switched on your fuel consumption rises by 3% - 5%.
- Close the windows and use the vents instead because when your front window is half open your fuel consumption increases by 5% at 80 km (or 10% if you are driving at 110 km).
- When your sunroof is open fuel consumption rises by approximately 4%. When it is half open it increases by approximately 3%.
- Use air-conditioning sparingly – running air-conditioning continuously increases fuel consumption significantly.



# THIS WEEK - FOCUS ON FOOD / SHOPPING



**Plan carefully for grocery shopping and buy only what you know you will use within its 'best before' date.**

*The average household throws away a quarter of a ton of food every year.*

**Support organic and sustainable farming by buying local organic produce on a regular basis.**

*By avoiding the use of artificial fertilisers, herbicides and pesticides, organic farming reduces the amount of harmful toxic compounds released into the environment. (Studies show that pesticides are among the five worst environmental threats to children's health.)*







**Buy milk in cardboard (Tetra Pak) containers rather than plastic ones.**

*Milk and fruit juice cartons biodegrade in 2 - 3 months, whereas plastic takes from 450 to 1,000 years to decompose.*



Use your consumer power:  
ask your local supermarkets  
to stock environmentally-  
friendly products.



*There is nothing as  
persuasive as consumer  
demand in getting a store  
manager to make changes.*





**Choose durable goods in preference to disposable items.**

*Buying single or limited use items only supports the manufacturers' policy of in-built obsolescence and their desire for profit and at the same time uses up earth's resources unnecessarily.*



**Purchase Fair Trade items  
when they are available.**

*These goods guarantee a  
just price for the producers  
and that no child or  
forced labour is used.*



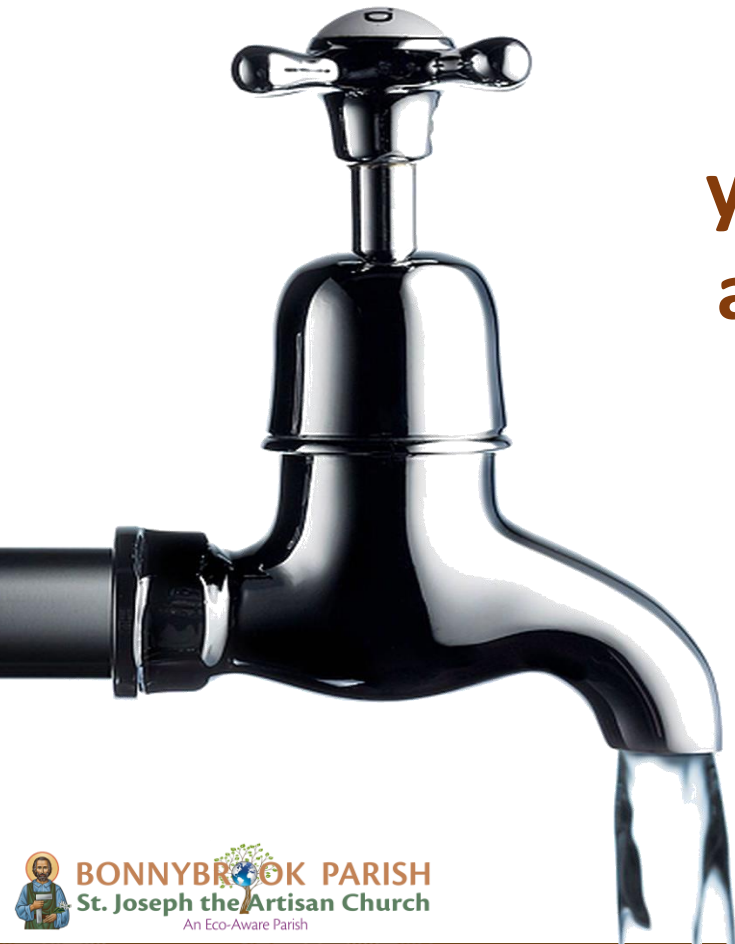


When grocery shopping  
be guided by the L.O.A.F. principle.

- Locally produced
- Organically grown
- Animal friendly
- Fairly traded.



# THIS WEEK - FOCUS ON WATER



**For every minute the water is running,  
you are wasting at least two gallons of water,  
and all the electricity involved in pumping it.**

*Turn the water off as you brush your  
teeth. Or fill a glass up and use that.  
Don't just leave it running for the odd  
second that you actually use it.*







**If your tap water is safe to use,  
drink tap water instead of bottled water.**

*Bottled water, which is no healthier than tap  
water, is having devastating effects on the  
environment because of the huge resources  
required to extract it from the ground,  
package it and ship it.*

## Know how to turn off your main water supply.

*This is important if, for example, there is a burst pipe/boiler in your home. By turning off the water, you not only save hundreds of gallons of this precious resource, but you also safeguard your home from serious damage.*







**Always turn taps off fully.**

Check regularly for drips or leaks and replace worn tap washers. Just one drop of water per second wastes 1,200 litres per month.





**Invest in a Water Butt  
to harvest rainwater and  
water your garden with  
a watering can.**



A watering can uses about  
nine litres of water whereas a  
sprinkler uses up to 500 litres  
per hour.





**Think about using a displacement device in the toilet cistern to reduce the amount of water used per flush.**

One third of all water used in the home is used for flushing the toilet. Each flush uses up to nine litres of water.

A simple way to reduce this amount is to place a one litre container filled with water inside the cistern.



**Avoid using a hose  
for washing your car.**



Per average wash, a hose  
uses over 30 buckets of  
water whereas you can do  
a very good job manually  
with 3 – 5 buckets.



# THIS WEEK - FOCUS ON PLASTIC

Plastics that end up in the ocean contribute to the habitat destruction and kill millions of marine animals every year.

**Minimise the use of products that are made from or packaged with plastic.**

Plastic is unfriendly to the environment. It is produced from our limited non-renewable oil reserves and it does not bio-degrade. It is estimated that it takes up to 500 years for plastic to break down in a landfill.



## Rip up plastic rings from packs of beers.

These plastic rings can trap birds, seals, tortoise and many other wild and sea life. They can get caught up in the plastics and be trapped in them. Rip the rings in two and recycle them. If you can, avoid buying them. If you can't, at least deal with the waste as best you can.





# 5R'S FOR PLASTICS!!

- REFUSE
- REDUCE
- REUSE
- RECYCLE
- REBUY





## Reduce your use of plastic pollution

Wean yourself off disposable plastics.  
90% of the plastic items we use are  
single-use and inherently wasteful,  
like grocery bags, coffee cups, plastic  
packaging, disposable cutlery, straws  
and so on.





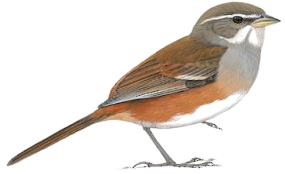
## Be sparing in using Cling Film.



Considering the raw materials and energy needed for the manufacture of cling film, along with the fact that it cannot be recycled and is rarely reused, cling film is definitely not environmentally friendly.



**Avoid buying styrofoam cups  
and containers.**



*Styrofoam does not biodegrade  
and can leak toxins into the  
groundwater under landfill.  
It has the same effect as plastic  
when it breaks down in the ocean.*





**Many cosmetic products – soaps, shower gels, facial scrubs – contain microbeads (tiny plastic balls).**



Microbeads have the potential to get into the waterways and be eaten by fish, thus getting into the food chain and eventually into products eaten by humans.



# THIS WEEK - FOCUS ON RECYCLING

**“There is no such thing as  
‘away’ when we throw anything  
away it must go somewhere.”**

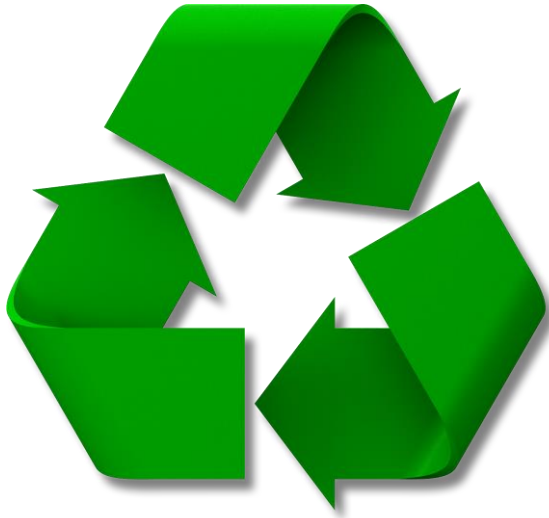
Annie Leonard.



**DON'T WASTE OUR FUTURE**  
**RECYCLE** 



Make sure  
you know  
what to  
**RECYCLE.**



# Your recycling list!

Clean,  
Dry and  
Loose



**Rigid Plastic**



**Tins & Cans**



**Paper & Cardboard**



**Batteries, light bulbs, paint tins, electronic equipment and any hazardous items should be taken to a recycling centre where they can be disposed of safely.**

**This avoids toxic chemicals ending up in a landfill and leaking into the water table.**





  
**Return expired and unused medicine to  
your Pharmacist for correct disposal.**

Scientists are increasingly warning  
not to flush drugs down the toilet.  
Some drugs defy traditional waste  
water treatment and worryingly,  
are being found in waterways.





**Articles in your  
Green Bin  
should be clean,  
dry and loose.**



Items that are not  
responsibly recycled  
can contaminate  
a whole load.





**Avoid buying clothes that  
have to be dry cleaned.**



Most dry-cleaning  
solvents are toxic.  
These chemicals often  
remain in your clothes  
even after you  
bring them home.





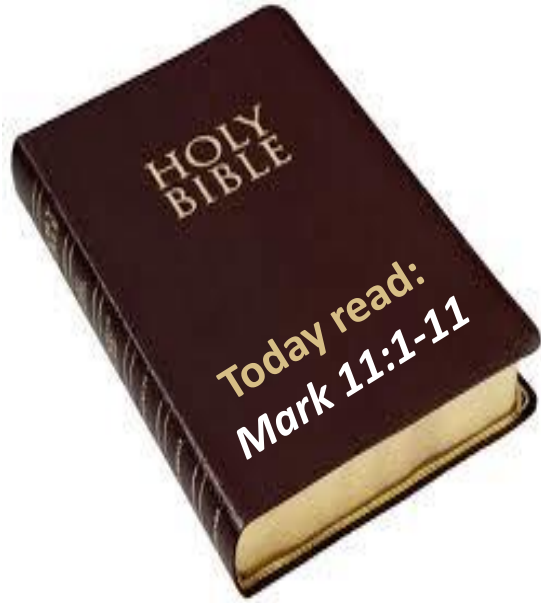
**When planning for your garden,  
tubs or window box choose  
plants attractive to pollinators  
(bees, hoverflies, etc.).**



**We rely on bees to ensure the  
pollination of crops. They are now an  
endangered species in the wild due to  
pesticides, and loss of habitat.**

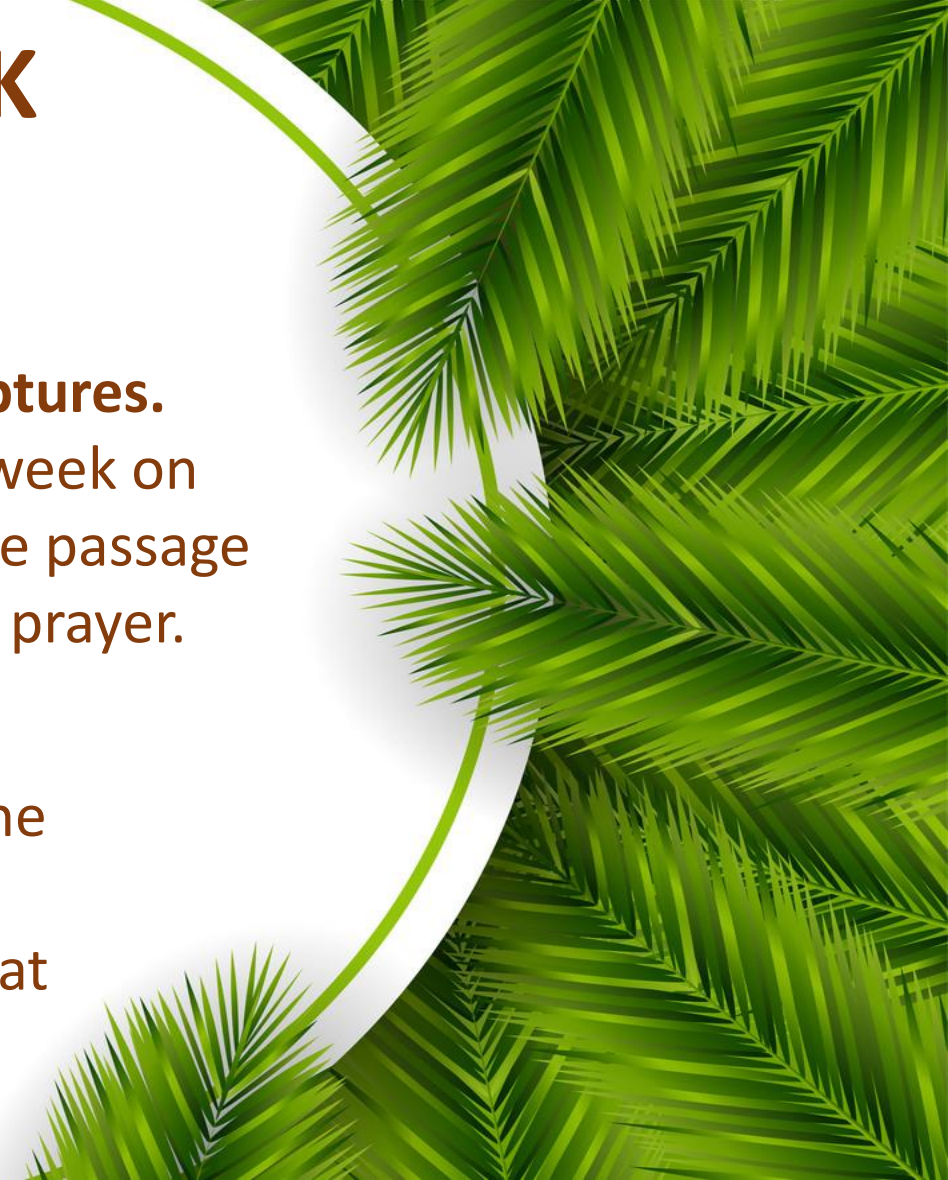


# THIS WEEK - FOCUS ON HOLY WEEK AND THE BEAUTY OF CREATION.



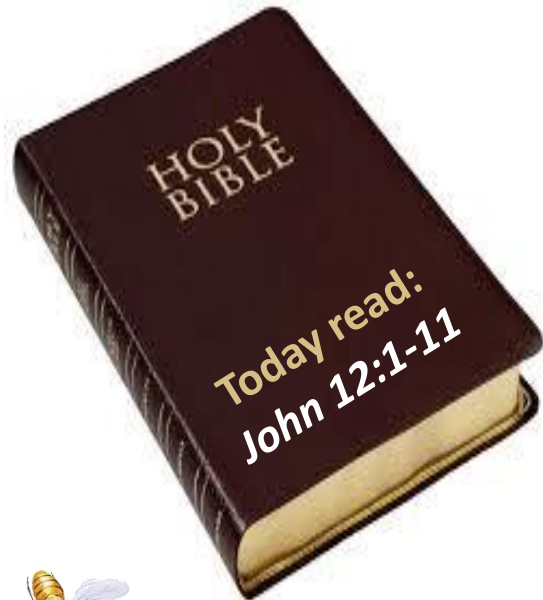
**Spend some time with the Scriptures.**  
Take in the details of Jesus' final week on earth. Commit to reading a scripture passage each day and then spend time in prayer.

Allow yourself to get caught up in the story, imagining you're one of the disciples or close followers. Feel what they must have felt that week.

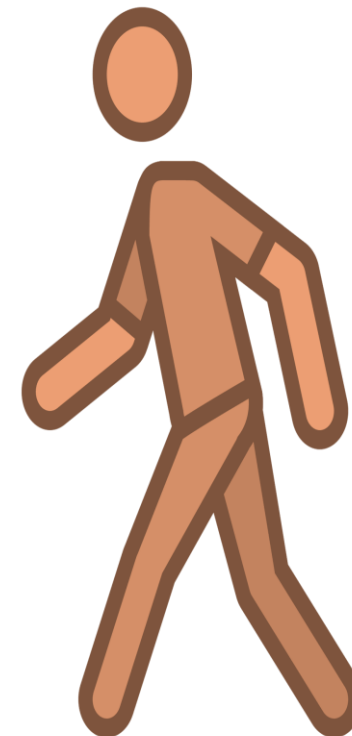




## Go for a long walk and enjoy the beauty of God's Creation



Listen to the birds – enjoy the wonder of God's creation around you. Take in the scent of the flowers you see. Look for the bees as they pollinate the flowers giving us the gift of seed and food.

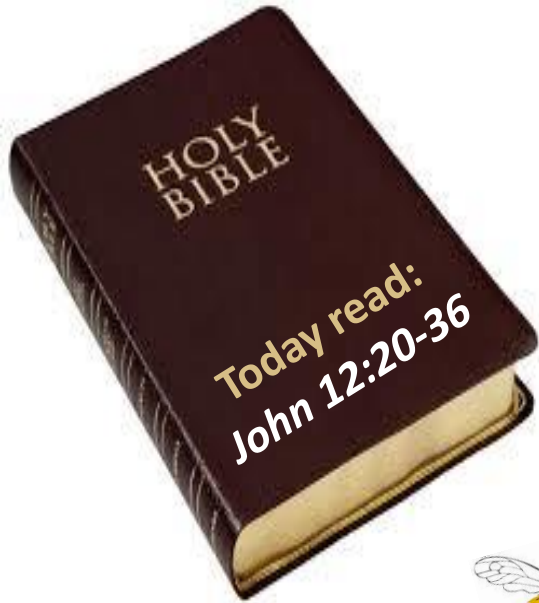




Let today be a day of **THANKSGIVING.**

Say Thank You to those around you for the good they do and the joy they bring you.

Go out of your way to say thank you and give a compliment that will also give a lift to the recipient.



Don't 'spy' on your neighbour but  
spend some time with them.

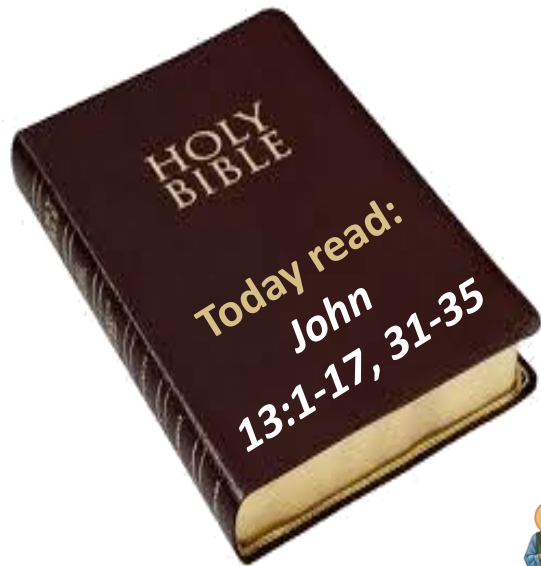


Invite your neighbour into your home for a  
cup of tea. Give an example today of being  
a good neighbour. Show you care for them.



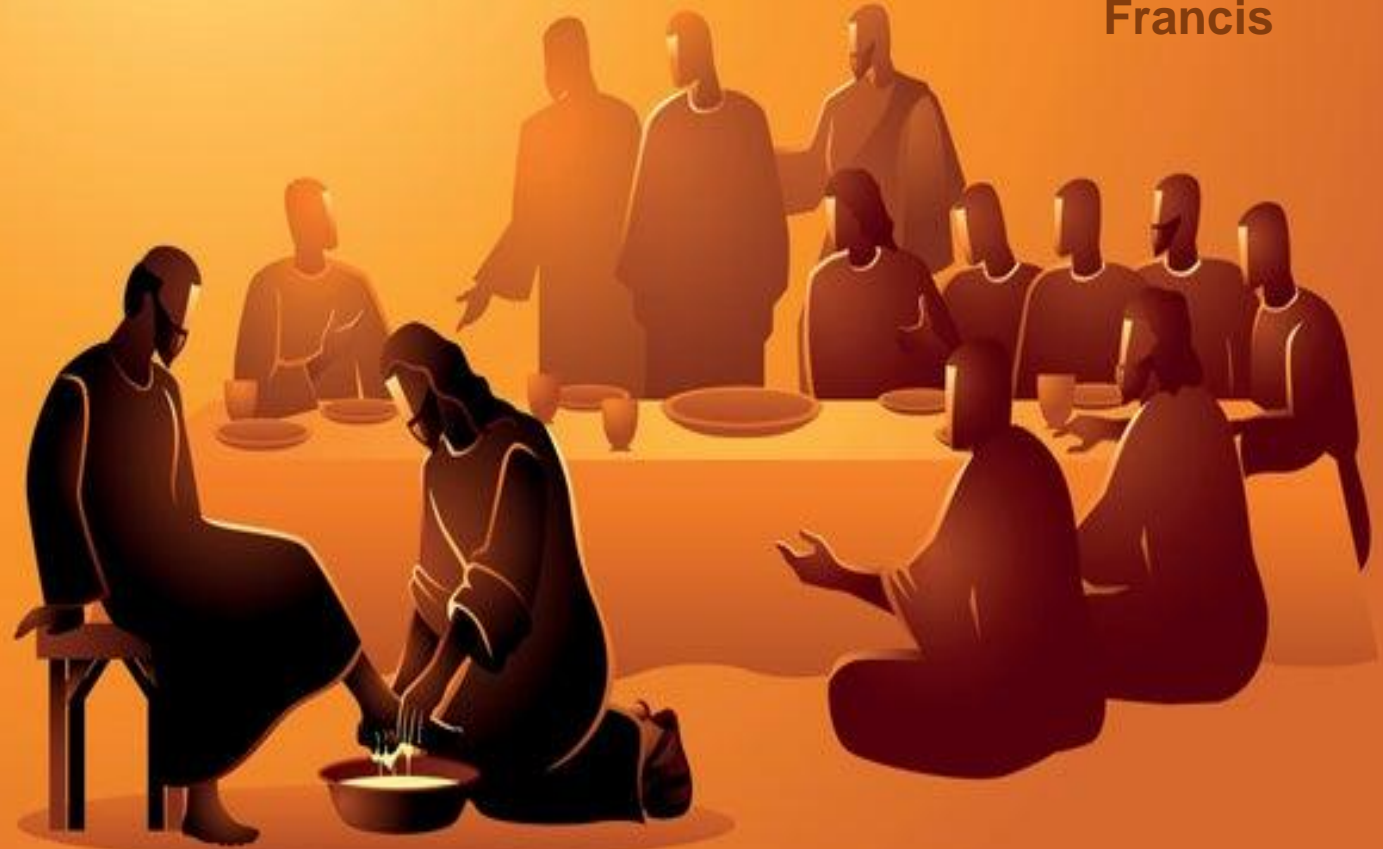
Serve each other with a smile, a sense of humour and polite attention.

Do an act of kindness for someone today.



***“Being Christian is service,  
not 'makeup' for a pretty soul”***

Pope  
Francis

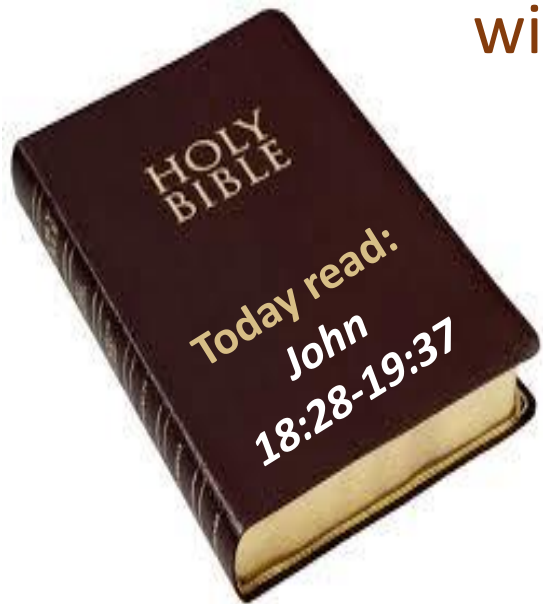


**Day 44** Holy Thursday

Take a small step and together  
we will change the world.

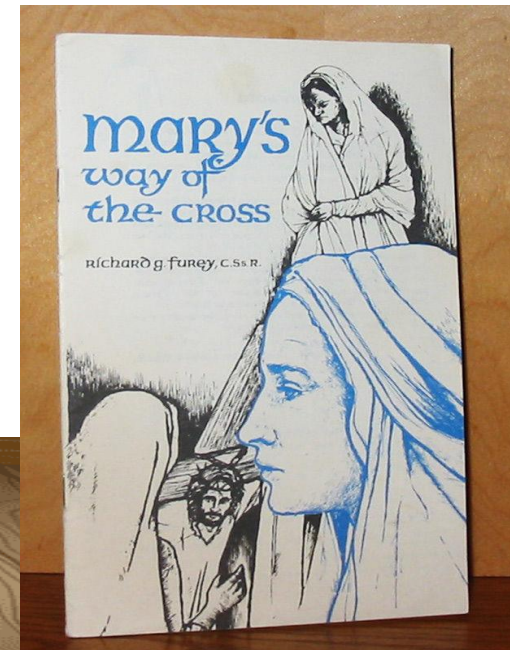
# DAY OF FAST AND ABSTINENCE.

When accompanied by prayer the ancient practice of fasting helps us focus our pleas to God. Join a worldwide plea for God's help by praying and abstaining from food today. Can't go without food? Think of something else you can sacrifice.



Join us in our church (*Covid restrictions permitting*) or online at 7pm  
Stations of the Cross told through the eyes of Mary  
<https://www.bonnybrookparish.ie/tv/>

Watch Children's Stations of the Cross with your children  
[https://www.youtube.com/watch?v=j0qv7c4PsrA&feature=emb\\_logo](https://www.youtube.com/watch?v=j0qv7c4PsrA&feature=emb_logo)



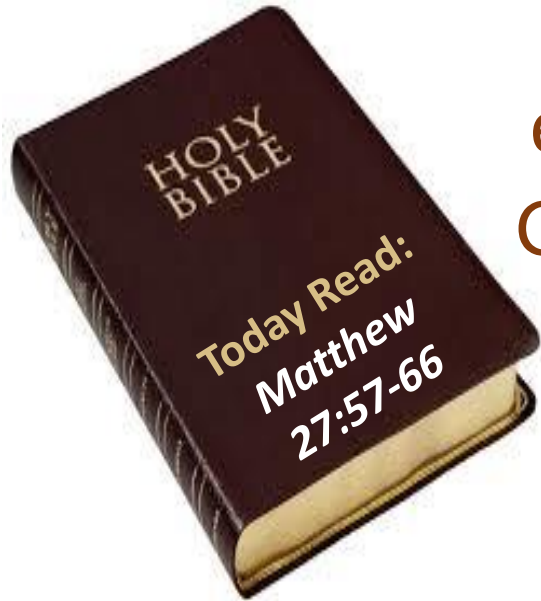
**Day 45**

**Good Friday**

Take a small step and together  
we will change the world.



# We are caretakers of God's creation.



Enjoy the world that God has entrusted to us and enjoy yourself. God created each of us in his image and didn't make any mistakes.

Say to yourself today,  
***'I am fearfully and wonderfully made.'***

Psalm 139:14



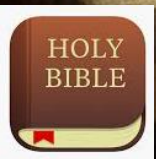
# ACTS OF LOVE FOR LENT

You've just completed  
Acts of Love for Lent

Together we  
can make  
this world a  
better place.

PAT  
YOUR  
SELF  
ON THE  
BACK

 **BONNYBROOK PARISH**  
St. Joseph the Artisan Church  
An Eco-Aware Parish



Today read:  
John 20:1-18

**Day 47** Easter Sunday

Take a small step and together  
we will change the world.