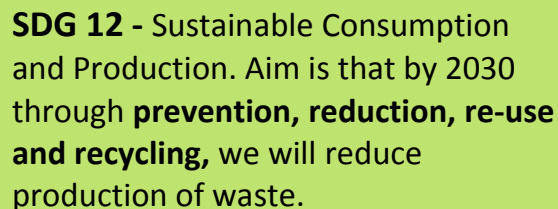


MY JOURNEY AWAY FROM PLASTIC – Week ONE of FOUR

- Pope Francis, 'Laudato Si – On Care for Our Common Home' # 1-2

Earth Day 2018 Campaign



**WHAT
COULD I DO?**

A collage of four photographs showing various food preparation steps. The top-left photo shows a large wheel of cheese in a metal container. The top-right photo shows a person in a kitchen setting. The bottom-left photo shows a collection of condiments and ingredients on a blue tiled surface. The bottom-right photo shows several jars of prepared food items.

- Take personal responsibility for the plastic pollution I generate. Choose other options.
<https://myplasticfreelife.com/plasticfreeguide>
 - Check this *Plastic Pollution Resource* to learn more about the damage plastic causes:
www.earthday.org/wp-content/uploads/Plastics-pollution-primer-master-file-for-website.pdf
- 

Further information:

- **Plastic Ocean-United Nations** https://www.youtube.com/watch?v=ju_2NuK5O-E explains the incredible negative impact, millions of tons of plastic have on the ocean.

NB. Watch out for Weeks 2, 3 and 4 leading to Earth Day April 22nd

MY JOURNEY AWAY FROM PLASTIC – Week TWO of Action...

‘A change in lifestyle could bring healthy pressure to bear on those who wield political, economic and social power. This is what consumer movements accomplish by boycotting certain products. They prove successful in changing the way businesses operate, forcing them to consider their environmental footprint and their patterns of production’. Laudato Si 206

Drinks bottles are one of the most common types of plastic waste. Some 480 billion plastic bottles were sold globally in 2016 - that's a million bottles per minute. Of these 110bn were made by drinks giant Coca Cola. Less than 50% were collected for recycling & only 7% were turned into new bottles!

Source: Euromonitor - BBC



Ireland: In response to the question: *Would you support a ban on single-use disposable coffee cups?* 56% of people replied that they would. www.thejournal.ie

SDG 12

The aim is to achieve long term sustainability

Every country must have a national framework and action plan for resource efficiency, best business practice and sustainable waste management



Personal Action Plan

-  Take your own plastic pledge and invest in a 'Keep Cup'
-  Avoid purchasing plastic bottles, invest in water bottle for life
-  Recycle – reduce - reuse
-  When purchasing new items think first –do I need it? –will it last? –could I borrow or hire this item?

Further information at: https://www.youtube.com/watch?v=_6xINyWPpB8

NB. Watch out for Weeks 3 and 4 leading to Earth Day, April 22nd....

MY JOURNEY AWAY FROM PLASTIC – Week THREE of Action

"We can be silent witnesses to terrible injustices if we think that we can obtain significant benefits by making the rest of humanity, past, present and future, pay the extremely high costs of environmental degradation."

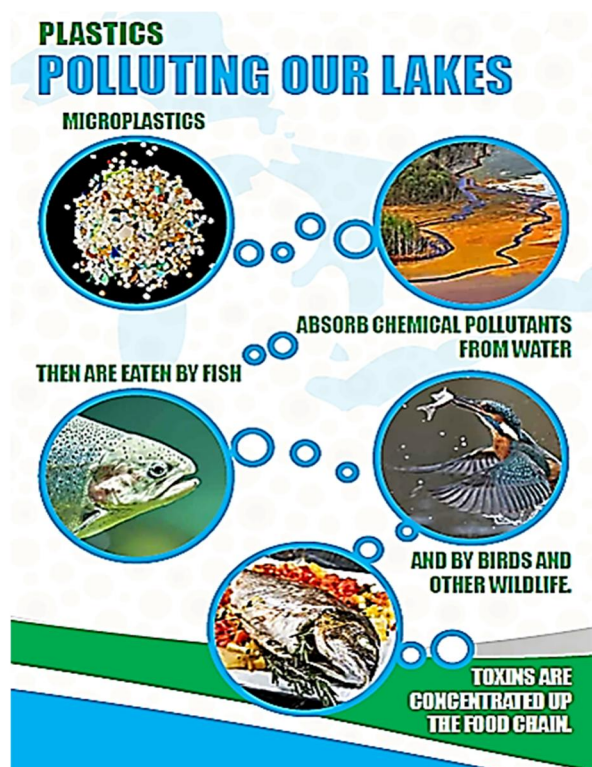
Pope Francis, *'Laudato Si'* 36:

Up to 13 million tonnes of plastic leaks into the world's oceans each year, including plastic microbeads from toothpaste, cosmetics and laundry products.

Environmentalists have alerted industry to the dangers of microbeads, with the result that some industries are changing their manufacturing process, to remove them from their products.

Are you Eating Plastic? See this 3-D animation – well-worth watching:

<https://www.youtube.com/watch?v=FiT8GG0ETQg>



<http://www.ecosuperior.org/article/microplastics-2423.asp>

What Could I do?

Read labels and choose products like toothpaste, beauty products and household goods that do not contain microbeads, or the plastics from which they are made i.e. polyethylene and polypropylene.

Pick up rubbish, especially any form of plastic from ponds, streams, rivers and beaches.

SUSTAINABLE DEVELOPMENT GOALS (SDGs)

SDG 14: 'LIFE BELOW WATER'

Target 14.1, aims to prevent and significantly reduce marine pollution of all kinds, especially from land-based activities.

Learn more at:

<https://storyofstuff.org/movies/lets-ban-the-bead/>;

Download to your smartphone:

Beat the Microbead 3.0 app, to scan your products on microplastic ingredients –

<http://www.beatthemicrobead.org/>

NB Watch out for Week 4 leading to Earth Day, April 22nd

THIS MINI-CAMPAIGN WAS PREPARED BY MEMBERS OF THE 'FUTURE WE NEED' (FWN) INTER-CONGREGATIONAL GROUP (MARCH 2018)

MY JOURNEY AWAY FROM PLASTIC – WEEK 4 of 4

Campaign prepared by 'Future We Need' - Irish Inter-Congregational group, March 2018

“We may well be leaving to coming generations debris, desolation and filth.... The effects of the present imbalance can only be reduced by our decisive action, here and now”. Pope Francis in Laudato Si, 161

SDG 12 – Ensure sustainable CONSUMPTION and PRODUCTION practices.



HOW ARE WE DOING? Globally we still have a long way to go - e.g. Ireland is the top producer of plastic waste in Europe, producing 61kg plastic waste per person a year. (Statistics from Eurostat).

THE GOOD NEWS: People are more aware and are taking action, but the situation is still critical for Planet Earth! Watch this video <https://www.youtube.com/watch?v=0a8HGJid-Jo>

Drew Dellinger the author and poet, challenges each of us with his timely question in *'hieroglyphic stairway'*:

'What did you do while the Planet was plundered?

What did you do once you knew?'

www.youtube.com/watch?v=XW63UUthwSg



image from: [expand-your-consciousness.com](https://www.expand-your-consciousness.com)

Actions I Could Commit To....

1. Refuse to buy products wrapped in plastic or leave packaging at the till in the shop.
2. Eliminate single-use plastic from your shopping list i.e. bottled water, straws, coffee cups, cutlery, cling film.
3. Join the global Anti-Plastic Campaign by signing the pledge and encouraging family, friends and colleagues to do the same: www.plasticfreepledge.com

Remember to celebrate EARTH DAY this year on 22nd April: <https://www.earthday.org/>