



Take time to reflect

Along with the importance of little everyday gestures, social love moves us to devise larger strategies to halt environmental degradation and to encourage a “culture of care” which permeates all of society. When we feel that God is calling us to intervene with others in these social dynamics, we should realize that this too is part of our spirituality, which is an exercise of charity and, as such, matures and sanctifies us. (LS 231)



one day EACH WEEK

One day each week, on a day of your choosing, each time you handle some soft plastic pause for a few seconds while you imagine where the soft plastic in your hands might travel during the next 1,000 years of its life.

Pray for those who are researching and developing efficient ways of recycling and reusing soft plastics.

Pray for the plastic sorters.



one day EACH WEEK

One day each week, on a day of your choosing, each time you dispose of some soft plastic pause for a few seconds while you apologise in advance to Earth's creatures who will be adversely affected by 'your' soft plastics.

Apologise to the waterways, forests, parks, beaches and other places which may be polluted by 'your' soft plastics.

You might like to make a reminder message or sign and place it near your rubbish bin. Leave an atlas near your rubbish bin and mindfully turn the page and think of another part of Earth and its inhabitants. Leave some images of creatures ensnared or adversely effected by soft plastics near your bin.



one day OF THE MONTH

For one day of the month, on a day of your choosing gather or record the soft plastics which pass through your hands in the course of one day. You could gather the soft plastics in a laundry basket or a pile (mindful of safety), write a list, take a photo of 'your soft plastics' using your phone or ipad, review your record or collection of one day's worth of soft plastics.

What is in your power to change?

How might you reduce the amount of 'your' soft plastics?

What actions are you prepared to commit to?

For example, reusable containers, reusable covers such as bees wax or organic alternatives to gladwrap/clingwrap. Consider joining or supporting organisations which work in this area.

Visit www.sosj.org.au for more Plastics Paralysis ideas and resources