

Corpus Christi & Our Lady of Lourdes

God said, 'Let the waters be alive with a swarm of living creatures, and let birds wing their way above the earth across the vault of heaven.' And so it was.

God created great sea-monsters and all the creatures that glide and teem in the waters in their own species, and winged birds in their own species. God saw that it was good.

Let's **Give Up** (some) **Plastic for Lent ...**
... and for good.



Plastic can be very useful and it's hard to imagine life without it. **But it doesn't go away** – it just breaks down into smaller and smaller pieces. Some plastic ends up in landfill. Some gets recycled (about 10%). The rest goes into the soil and water and, in the end, into fish, animals and ourselves. Plastic waste is everywhere – even in the Pacific Ocean, which has a swirling mass of plastic in an area three times the size of France.

As Lent begins, here are some ways of showing care for Creation by using less plastic.

- Avoid water and drinks in single-use plastic bottles, one of the most common types of litter on beaches.

If you like having water with you when you're out and about, go to <https://www.refilloxford.org/> and download the Refill App. This tells you where you can refill your bottle, free, at 150 places in Oxford.

- Carry your shopping in re-usable bags and keep them somewhere handy so you won't forget them.

And buy items without plastic wrapping whenever you can.

- Use washable cloths or tissues instead of wet wipes.

'Fatbergs' in sewers are mostly made up of wet wipes, which contain plastic. Wet wipes also build up in river beds and the sea, harming wildlife. Until a few decades ago, we all managed fine without them.

- Keep a reusable cup or mug with you:

many coffee shops will give a discount if you don't need a takeaway (plastic-lined) cup.

- Soap in a bar, not a bottle – just as clean without the plastic! For practical ideas for a clean home without plastic, see <https://friendsoftheearth.uk/plastics>.



"We cannot allow our seas and oceans to be littered by endless fields of floating plastic... We need to pray as if everything depended on God's providence, and work as if everything depended on us."

Pope Francis, September 2018