

# MAKE YOUR LENTEN PLEDGE FOR OUR COMMON HOME



**Humans now produce more than 350 million tons of plastic every year, much of it used only once.**

- Millions of tons of plastic enter our oceans every year, polluting our rivers and seas
- Plastics have been found inside marine animals, from seabirds to whales, and ending up as part of the food chain
- The same plastic - microplastics can even end up in humans

**MAKE A PLEDGE THIS LENT TO  
GIVE UP ONE OR MORE  
SINGLE-USE PLASTIC ITEMS :**

- ▶ **STOP** buying plastic bottled mineral water
- ▶ **STOP** using plastic straws
- ▶ **BRING** a reusable stainless steel or BPA free water bottle when going out
- ▶ **BRING** your own bag/s when doing groceries or out shopping

**POPE FRANCIS HAS CALLED ON EACH OF US TO DO OUR PART IN HIS 2015 ENCYCLICAL, LAUDATO SI'. WE HAVE A CHRISTIAN DUTY TO CARE FOR CREATION AND TO DO OUR PART FOR OUR COMMON HOME THAT GOD HAS BLESSED US WITH.**