**WHAT TO DO? POPE FRANCIS’ PRACTICAL TIPS FOR HELPING THE ENVIRONMENT**

* Do not give in to denial, indifference, resignation, blind confidence in technical solutions (14, 59)
* Have forthright and honest debates and policies; issues cannot be dealt with once and for all, but will need to be “reframed and enriched again and again” by everyone with plenty of different proposals because there is no one way to solve problems. (16, 60, 185)
* Reduce, reuse, recycle! Preserve resources, use them more efficiently, moderate consumption and limit use of non-renewable resources. (22, 192)
* Slash pollutants and greenhouse gas emissions. Transition to cleaner and renewable energies and replace fossil fuels “without delay”. (26, 165)
* Promote green construction with energy efficient homes and buildings. (26, 180)
* Protect clean, safe drinking water and don’t privatize it with market-based fees for the poor. (27-29, 164)
* Keep oceans and waterways clean and safe from pollutants; use biodegradable detergents at home and business. (30, 174)
* Be aware that synthetic pesticides and herbicides will hurt birds and insects that are helpful for agriculture. (34)
* Leave room for wandering and migrating species by creating “biological corridors”; don’t let dams, highways, and construction lead to their extinction. (35)
* Protect biodiversity, especially wild forests, wetlands, coastal areas, mangrove swamps. (39)
* Promote smart growth. Create liveable communities with beautiful design and plentiful green spaces for everyone, especially the poor. Tackle noise and “visual pollution”, and save cities’ cultural treasures. Design spaces that help people connect and trust each other. (44-45, 113, 143, 147)
* Put an end to “mental pollution”. Think deeply, live wisely, love generously. (47)
* End the tyranny of the screen, information overload and distractions. Watch out for media-induced melancholy and isolation. Cultivate real friendships with others. (47)
* Get down from the ivory tower and stop the rhetoric. Get to know the poor and the suffering; it will wake up a numbed conscience and inspire real action. (49)
* Stop blaming problems on population growth. The real threat is consumerism and waste. (50)
* For genuine change, put the common good first. Special interests manipulate information, offer “superficial rhetoric, sporadic acts of philanthropy and perfunctory expressions of concern. “ (54)
* Sweat it out. Increasing use and power of air-conditioning seems “self-destructive”. (55)
* Even if it doesn’t fix the world, beautification and goodwill gestures inspire and remind people that “we were made for love”. (58, 113, 212)
* Get back to nature – “the caress of God”- to recharge. Be more attentive to its beauty and wonder and revisit places that left you with happy memories. (84, 97, 215, 233)
* Be consistent. Pro-life, environmental and social justice movements are all connected. Protecting vulnerable species must include the unborn, endangered animals, and the exploited. (91, 120)
* Use technology to solve real problems and serve people, helping them have more dignity, less suffering, and healthier lives. (112)
* Believe in a happy future, a better tomorrow. Slow down, recover values and the meaning of life. Putting the brakes on “unrestrained delusions of grandeur” is not a call to go back to the Stone Age. (113-114, 225)
* “Business is a noble vocation.” Create jobs that allow for personal growth, stability, living out one’s values. (124-128)
* Listen to, protect lands of and involve indigenous peoples. The disappearance of cultures is even more serious than losing a species. (145)
* Create neighbourhood networks and improvement programmes. Create welcoming spaces that help people connect and trust each other. Do something nice for your community. (148-150, 152, 219, 232)
* Make public transportation a priority and a more pleasant experience. (153)
* Provide essential services to rural areas. (154)
* Accept and care for the body that God gave you. Value sexual differences and your own gender. (155)
* Join, implement and police global agreements on sustainable development, caring for the eco-system, limiting greenhouse gases, handling hazardous wastes, ozone protection. Nix the “ploy “of trading carbon credits. (164, 1167-171)
* Politicians: Don’t be afraid of long-term goals and upsetting people with measures that affect levels of consumption, financial risks. Citizens: Put pressure on your representatives. (178-180)
* Less is more. Stop heedless consumption. (193, 203, 222, 211)
* Harness purchasing power. Examine what you buy and know that boycotts make a difference. (206)
* Plant a tree. Take mass transit. Car pool. Turn off the lights when you leave the room. Chilly? Wear a sweater. Little things add up. (211)
* Mums and Dads: Teach kids to use things properly; to respect, take care of others; to ask permission politely; to say “Thank you”; to control temper; to ask forgiveness; share. (213)
* Find happiness in simple things: get-togethers, helping others, honing a talent, enjoying art and music, praying. (223-234, 226)
* Say grace before meals. (227)
* Love your enemies. (228)
* Practice ‘the little way’ of St Therese. (230)
* Go to Sunday Mass; receive the sacraments; encounter God in everything; rest on Sundays. (233-237)
* Sing as you go. (244)
* Pray. (246)

**10 ways to live more simply!**  (livelaudatosi.org/10-ways-live-simply/)

In*Laudato Si*Pope Francis invites us to “return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we posess, and not to succumb to sadness for what we lack.”(222) As a way to live *Laudato Si*, we invite you to look for ways to use less, to share more, and to focus on relationships instead of things.

* Buy less stuff – before purchasing something new, ask yourself, “Do I need this? Does it bring me joy? Have clothes, shoes, and other items repaired, rather than throwing them out.
* Buy more consciously – look for goods that have less packaging. For instance, don’t buy individually snack packs. Buy fewer things, but spend more to buy local, or support businesses that pay fair wages.
* Eat more intentionally – go meat free. See if you can reduce your meat consumption at least one day each week, or reduce consumption of animal products. Buy local and in season fruits and vegetables, or try growing your own.
* Waste less – reduce food waste, and avoid throwing away food whenever possible. Always bring your own bags when going grocery shopping.
* Share more – look for ways to share with others in your community, such as a yard or house equipment library, or organising toy or clothing swaps with the neighbours. Share your time by finding ways to volunteer or supporting community groups.
* Drive less talk to friends about sharing a car or vehicle for grocery trips, to and from church, and other opportunities. Bike, walk, or use public transportation whenever possible.
* Nurture your Relationships – prioritize your time with family and friends. Find free and inexpensive ways to spend time together like going on walks, playing games. Institute personal or family time when no one will use electronics.
* Take quality time for yourself –spend a week keeping track of your and your family’s time. Identify if there are places you are wasting your time that could instead be spent intentionally. And try to take time to be with nature every day.
* Examine your lifestyle for waste – turn the air conditioning up one degree, or the heat down one degree. Don’t buy bottled water if the tap water is safe to drink. Cut down on your ‘phantom energy, use unplug items when they don’t need to be charged.
* Take time to pray and give thanks – spend time every day to pray, to give thanks, and to rejoice in the things that you have.

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