



Laudato Si' - in Action

May 2023 Message

PARISH OF ST. JOSEPH & ST. ANTHONY, BRACKEN RIDGE / BALD HILLS, QUEENSLAND, AUSTRALIA

As a Parish we are committed to playing our part to follow the call from Pope Francis to care for creation and our common home with our own Parish Action Plan. This month our focus is on the Laudato Si Goal 4 - *Adoption of Sustainable lifestyles* - as we continue with practical suggestions that will help bring to action some simple steps we can all take.

With the return of Parish morning teas on a regular basis, we try to avoid single use items and plastics by using mugs and cups that can be washed and re-used. We will soon move to re-usable plastic cups for cold water, too. Our throw away waste is kept to a bare minimum with all plastic separated for recycling. You may have noticed the generous sharing recently by some Parishioners of their excess home grown produce. Have you made a conscious decision to go meat-free once or more a week? Why not enjoy a vegetable curry or vegetable pasta bake - minus the meat?

The Adoption of Sustainable Lifestyles is grounded in the idea of sufficiency and promoting sobriety in the use of resources and energy. Actions could include reducing waste and recycling, adopting sustainable dietary habits (opting for a more plant-based diet and reducing meat consumption), greater use of public transport, active mobility (walking, cycling), and avoiding single use items (e.g. plastic, etc.).

(Laudato Si Goal 4)

You can read about how Brisbane is playing its part in promoting a clean, green and sustainable Brisbane by visiting their website www.sustainablebrisbane.com.au

The city's vision outlines Brisbane's key achievements and future targets (2017-2031) to drive us all towards a more sustainable city. This **Sunday 28 May** the council will host a [Green Heart Fair](#) at Victoria Park, Herston (a short bus ride from Bracken Ridge). Why not make your way along from 9am – 3pm to learn from Brisbane's best eco experts while enjoying entertainment, artisan markets, wildlife shows, food trucks, thrifting and fun activities.

Any sustainable ideas you'd like to share, email Debbie: bridge@bne.catholic.net.au and we'll share them with the wider community.

*We acknowledge the Turrbal people, the traditional custodians on whose land we worship
Parish of St. Joseph & St. Anthony, Bracken Ridge / Bald Hills, Queensland, Australia*