

SPECIAL DAYS THIS WEEK:

Today Jesus uses three parables to teach truths about the Kingdom of God. The Parable of the Weeds among the Wheat is an analogy for our spiritual lives as children of the Kingdom. Within each of us is a field of wheat (goodness) interspersed with some pesky but persistent weeds (imperfections, sinfulness). It is reassuring to know that the Lord of the harvest will mercifully sort out the good from the bad at the harvest time of our lives. We who are blessed with the gift of faith must prepare for the final harvest by becoming an exemplary crop ourselves. The Parable of the Mustard Seed teaches that great things grow from small beginnings. God's Kingdom, which began humbly within the boundaries of Palestine some 2000 years ago, continues to grow into the worldwide reign of God. The Parable of the Yeast leads us to realize that just as yeast goes unnoticed when added to the dough but helps it to rise, so too the growth of the Kingdom of God often goes unnoticed but continues to flourish. As Christ's disciples, we are the yeast in the dough (the world), called to be instruments of God's forgiveness, healing and salvation, helping the Kingdom of Heaven to permeate our world.

July 24 - Memorial of Saint Sharbel Makhluf, Priest: Born in 1828, Sharbel Makhluf joined a monastery at the age of 20. He lived there for 27 years as a monk and then spent 23 years as a hermit in the desert, living a life of fasting, prayer, and manual labour. Famed for his holiness, wisdom, and devotion to the Blessed Sacrament, he died in 1898 and was canonized in 1977.

JULY 25 - FEAST OF SAINT JAMES, APOSTLE: The apostle James, son of Zebedee and brother of John the Evangelist, was a fisherman. He and his brother were particularly close to Jesus, evidenced by their presence at the raising of Jairus' daughter, the Transfiguration, and in the Garden of Gethsemane. James was beheaded by order of Herod Agrippa, making him the first of the apostles to be martyred. He is known as James 'the Greater' and is a patron saint of Spain and of pilgrims. In northwestern Spain he is venerated at Santiago de Compostela, a famous mediaeval pilgrimage destination.

PRAYER TO ST. ANNE

Good St. Anne, you were especially favored by [God](#) to be the mother of the most holy Virgin Mary, the Mother of our Savior. By your power with your most pure daughter and with her divine Son, kindly obtain for us the [grace](#) and the favor we now seek. Please secure for us also forgiveness of our past sins, the [strength](#) to perform faithfully our daily duties and the help we need to persevere in the love of [Jesus](#) and Mary. Amen.



ST. IGNATIUS PARISH

Pastor: Reverend Edward Brophy, **Secretary:** Regina Gould
P. O. Box 38, St. Alban's, NL A0H 2E0

Parish Office and House Phone 538-3106 Priest 538-3196

Email: st.ignatius@nf.sympatico.ca Website: www.st.ignatiusparish.net

Office hours: Mon – Fri 9:15 am to 12:15 pm, 1:15 to 4:15 pm

NOTE: CHANGE IN OFFICE HOURS

16TH SUNDAY IN ORDINARY TIME

LITURGICAL SCHEDULE

Weekday Mass Schedule: July 24th- July 28th

Monday ----- No Mass
Tuesday ----- 7:00 p.m.----- Parish Chapel ----- Betty Hoskins
Wed. ----- 1:00 p.m.----- St. Anne's Church----- ST. ANNES DAY
Thurs. ----- 10:00 a.m.----- Parish Chapel----- Elizabeth Organ (Edgar)
Friday ----- No Mass

Weekend Liturgy: Saturday, July 29th and Sunday, July 30th

St. Alban's----- Sat. --- 7:00 p.m.----- St. Ignatius Church----- Corey Collier
St. Alban's----- Sun.--- 10:30 a.m.----- St. Ignatius Church----- **Parish Family**
Conne River---- Sun. --- 2:00 p.m.----- St. Anne's Church----- Gladys & Ephrem Benoit

Feast of St. Anne- Throughout the country of Canada, many native communities have a deep devotion to Saint Anne. Here in our own parish, many, many people pray faithfully to Saint Anne and love her deeply. Our parish church in Conne River is dedicated to Saint Anne, as is the school. On Wednesday, July 26th, we will celebrate the Feast of Saint Anne in the community of Conne River. We will have our procession with flags and banners and we will carry the Statue of Saint Anne and her dear child, Mary. In the Church, we will offer the Mass in honor of Saint Anne and her husband Saint Joachim. The celebrations and procession begin at 1:00 pm and all are welcome.

JULY 26 - FEAST OF SAINT ANNE AND SAINT JOACHIM, PARENTS OF THE BLESSED VIRGIN MARY:

Devotion to Saint Anne existed in the 6th century in the Church of Constantinople and early in the 8th century in Rome. Popular devotion increased in the 13th and 14th centuries, as seen by the number of Churches bearing her name. At the request of some English Bishops who were petitioned by parishioners, Pope Urban VI made her feast an annual celebration. Joachim has been honoured in the East from earliest days, but in the West only since the 16th century. The names of Saint Anne and Saint Joachim were entered into the Roman calendar in 1584.

Grace before meals: *“Bless us, O Lord, and these your gifts which we are about to receive from your goodness. Through Christ our Lord. Amen.*

Prayer for Health

O Sacred Heart of Jesus, I come to ask you for the gift of restored health, that I may serve you more faithfully and love you more sincerely than in the past. I want to be well and strong if it is your will and rebound to your glory. If, in your divine wisdom I am to be restored to health and strength, I will strive to show my gratitude by a constant and faithful service rendered to you.

Bus Lane: During the school week, from Monday to Fridays, people are asked not to drive along in front of the school. In other words, that lane is reserved for buses and for students and teachers to walk safely to and from the school. All cars are asked to use ONLY the main church parking lot for vehicular traffic.

Baptism Registration Form: This form can now be downloaded from the parish website at www.stignatius.net Just click on SACRAMENTS and select BAPTISM. You can also call – 538-3106 or email st.ignatius@nf.sympatico.ca the parish office to have a registration form emailed to you. **Please contact the parish office during the months of pregnancy (if possible) to arrange for Baptism Preparation.** Baptisms are celebrated upon request after Baptism Preparation has been completed.

Weddings: Please allow at least 6 months notice before the date of the wedding. A Marriage Preparation Course is a requirement. Please contact the parish office for more information.

STIPENDS: (as recommended by the Diocese)

FUNERAL: \$200.00

WEDDING: \$200.00

BAPTISMS: \$25.00

Consecration of Canada to the Immaculate Heart of the Blessed Virgin Mary

On the occasion of the 150th Anniversary of Confederation, the Catholic Bishops of Canada have been invited to consecrate Canada to the Immaculate Heart of the Blessed Virgin Mary. Each Bishop is invited to consecrate his individual diocese or eparchy on 1 July, 2017, or at another date thereabouts that might better suit the local pastoral situation. Similarly Bishop Daniels has chosen to invite pastors to consecrate their specific parish/parishes and mission(s) as part of the celebrations marking the anniversary of Confederation. Given the challenges we face today for a new evangelization, the Act of Consecration is an important opportunity for the Church’s mission in Canada.

Later this year, during the CCCB Plenary Assembly in September 2017, all the Bishops of Canada will be invited to participate jointly in the consecration of the country to the Blessed Mother at a celebration of the Holy Eucharist.

Prayer for the Consecration of Canada to the Immaculate Heart of the Blessed Virgin Mary on 1 July 2017

Blessed Virgin Mary, Mother of God and Mother of the Church, when the first Christian believers came to these shores, they planted a Cross made of the fresh timber of the New World as a sign of their faith in your Son and the power of his Resurrection, placing their lives under your maternal protection and venerating you as the Immaculate Conception. You show us how to live a life free from sin in Christ Jesus and, by our baptism, we hope to share fully with you in the *freedom of the glory of the children of God*. You have accompanied us on our path through history, in times of peace, conflict, and reconciliation, and as we arrived at a greater sense of unity and nationhood. With full confidence we come before you today giving thanks to God on the 150th anniversary of the Canadian Confederation. Gathered in the communion of the Father, Son, and Holy Spirit, we place ourselves completely in the sanctuary of your Heart and commit the past, the present and the future of Canada to your maternal care. For this reason, I, N., Arch/Bishop/Metropolitan/Eparch of N., commend to your Immaculate Heart the portion of the People of God entrusted to me. Together with the other Archbishops, Metropolitans, Bishops and Eparches of Canada, I also consecrate the people of our country to your maternal Heart which teaches us to trust in God’s loving plan. Immaculate Mother of God, we find ourselves at a crossroads in our history; we are grateful for advances in science and new discoveries, yet we know the human heart is tempted by selfish interests and false ideas about the human person and freedom. Help us, as Catholics, to live in peace with all people of good will and to dialogue with respect and friendship. Loving Mother of Our Lord, help us to uphold religious freedom in Canada, and the natural rights of parents and families;

inspire us to protect the unborn,

to help the poor, the marginalized,

and to give support to the infirm and elderly.

Weighed down at times by our concerns, but hopeful for the future,

we turn to you, the new Eve, Mother of all the living, for help and for strength.

Your Son is the beginning of God’s New Creation and you are his Masterpiece:

intercede for our Churches, for all our people,

especially the Indigenous Peoples, the first stewards of this land of Canada,

and all who come here to live, take refuge, or visit.

May the Cross of your Son, planted on Canadian soil and in Canadian hearts, be known as the Tree of Life, whose fruit is visible and available to all in the garden of this world. Mary our Mother, we place our country Canada in the sanctuary of your Holy Heart for we know that there we will find Jesus, who lives and reigns with the Father in the unity of the Holy Spirit, one God, forever and ever.

Amen.

The Bread of Heaven: On the night he was baptized, the Lord Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples and said: “Take, Eat. This is my Body.” He took the cup, gave thanks and said: “Take. Drink. This is my Blood.” Since Christ himself has declared the bread to be his body, who can have any further doubt? Since he himself has said quite categorically, “This is my blood, who would dare to question it and say that it is not his blood?”

Therefore, it is with complete assurance that we receive the bread and wine as the body and blood of Christ. His body is given to us under the symbol of bread, and his blood is given to us under the symbol of wine, in order to make us one with him. Do not, then, regard the Eucharistic elements as ordinary bread and wine. They are, in

fact, the body and blood of the Lord, as he himself declared. Whatever your senses may tell you, be strong in faith.

From: Jerusalem Catcheses

A PRAYER TO THE HOLY SPIRIT

I am going to show you the secret of sanctity and happiness.
Every day, for five minutes, close your eyes to the things of this world,
and close your ears to the noises around you.
Then, in sanctuary of your baptized spirit, say to him:

***“O Holy Spirit, Beloved of my Soul, I adore you.
Enlighten me. Guide me. Console me. Give me
Your orders. Tell me what I must do. I promise
To submit myself to all that you desire of me.
I accept whatever you permit to happen to me.
Let me only know your will. “***

If you do this, your life will flow along serenely,
happily, joyfully. You will be given all the graces necessary,
and you will arrive at the Gates of Heaven filled with merit.

Cardinal Mercier

PRAYER TO ST. ANNE

Remember, O glorious and Good Saint Anne, that never was it known that anyone who fled to thy protection, implored thy help and sought thy intercession, was left unaided. Inspired by this confidence, behold, I cast myself at thy feet, and beseech thee, by thy great prerogative of being the Mother of the Queen of Heaven and the Grandmother of Jesus, come to my aid with thy powerful intercession, and obtain from Almighty God through the ever Blessed Virgin Mary, this special favor which I beg of thee.....Cease not to intercede for me until, through Divine Mercy, my request may be granted. Above all, obtain for me the grace one day to behold my God face to face and with thee and Mary and all the Saints praise and bless Him through all eternity. Amen.

A Prayer Against Disease

Lord, Your scripture says that you heal all diseases
and whoever believes in You will not perish
but have an everlasting life.

Strengthen me, Lord, in this time of illness.

Sustain him as he lays sick in his bed.

When You were on Earth, you did all things good and healed all kinds of sickness.

You healed those who had diseases.

You died and rose for our sins and that we may have eternal life, Lord.

I believe in my heart that You are here with us today
and that with Your most holy power will remove all sicknesses and evils that roam the earth.

Let it be done in Your glory, Lord.

We praise and glorify Your name, Amen.

This is a prayer for those who would like to say the Angelus:

Prayer: The Angel of the Lord appeared unto Mary

Response: And she conceived of the Holy Spirit

Recite the Hail Mary

Prayer: Behold the handmaid of the Lord

Response: Be it done unto me according to your word

Recite the Hail Mary

Prayer: And the Word was made flesh

Response: And dwelt among us

Recite the Hail Mary

Prayer: Pray for us, O Holy Mother of God

Response: That we may be made worthy of the promises of Christ

Let us Pray

Pour forth, we beseech you, O Lord, your grace into our hearts, that we to whom the incarnation of your Son was made known through the message of an angel, may, by His passion and cross be brought to the glory of his Resurrection. Through the same Christ our Lord. Amen.

Philomena Chafe Memorial Pilgrimage for 2017, with visits to Ste. Anne de Beaupre, Cape de la Madeleine, Father Frederick's Tomb and St. Joseph's Oratory. St. John's to and from Montreal via Air Canada, August 3rd - 10th, 2017.

Interested parties please write to:

Philomena Chafe Memorial Pilgrimage

P.O. Box 864, Sta. C
St. John's, NL
A1C 5L7

Or Phone Frank Chafe (709) 579-7924 or Maureen Wyatt (709) 579-6130

Baptism Registration: Please call the Parish Office (538-3106) to register.

Reading the Word at Funeral Masses: At every Mass, the Word of God should be read with the greatest clarity and reverence and dignity. At every Mass, the Word of God should be proclaimed well. At Funeral Masses, the family and the people attending are most attentive to the Word to find comfort and peace at a very difficult time in their lives. I will speak to both funeral directors in our parish, and a list of readers will be provided so that the family of the deceased can choose readers who have had experience and training in reading of the Word of God. This way, the family do not have to choose family members to read the Word of God

A prayer to the Holy Family: This is a beautiful prayer to the Holy Family, and we could say this prayer, asking God to bless and help our own family.

Jesus, Mary and Joseph,
In you we contemplate
The splendour of true love
To you we turn with trust

Holy Family of Nazareth,
Grant that our families too
Will have places of prayer and peace

Holy Family of Nazareth,
Make us more mindful
of the sacredness of the family
and its beauty in God's plan

Jesus Mary and Joseph
Please hear our prayer
Amen

MINISTRIES' SCHEDULE FOR WEEKEND MASSES

DATE	Sacristans	Readers	Collectors	Communion Minister	Altar Servers	Music
July 22	Jenny Maggie	Brenda Jeddore	Finton Organ Pat Pittman Willie MacDonald	Ann Benoit	Christine Mary O.	Lenora Lambert
July 23	Mary Organ	Philomena Sutton	Helena Thornhill Necia Dollimont Mary Organ	Mary Strickland	Margaret Ellen	Mary Organ
July 29	Mary Organ	Helena Thornhill	Finton Organ Pat Pittman Willie MacDonald	Juanita Organ	Brenda J. Maggie	Julie Ann Chrissy
July 30	Jenny Maggie	Joanne Farrell	Helena Thornhill Necia Dollimont Mary Organ	Mary Organ	Anthony Kevin	Jessica Willcott Valerie Coombs

Weekly Parish Revenue

St. Ignatius Church – offertory ----- \$998.00 Dues----- \$20.00
 Mass Stipend : ----- \$125.00 Certificates:----- \$10.00

Baptism Registration Form: This form can now be downloaded from the parish website at www.stignatius.net. Just click on SACRAMENTS and select BAPTISM. You can also call – 538-3106 or email st.ignatius@nf.sympatico.ca the parish office to have a registration form emailed to you. **Please contact the parish office during the months of pregnancy (if possible) to arrange for Baptism Preparation.** Baptisms are celebrated upon request after Baptism Preparation has been completed.

Weddings: Please allow at least 6 months notice before the date of the wedding. A Marriage Preparation Course is a requirement. Please contact the parish office for more information.

STIPENDS: (as recommended by the Diocese)

FUNERAL: \$200.00

WEDDING: \$200.00

BAPTISMS: \$25.00

Website Update

The St. Ignatius Parish website is up and running and updates are done on a regular basis. The bulletin is posted there each week. Please help share the word, especially to friends and family who are living away. You can visit the website at www.st.ignatiusparish.net

ST. IGNATIUS PARISH ANNOUNCEMENTS AND UPCOMING EVENTS

A Big Thank You: Last month, I celebrated my fiftieth anniversary as a priest. It was a joyful event, for my family, for my friends, and for our parish. I was moved by the kindness by the genuine affection and generosity of the people here in our communities. I received many cards and gifts. But the beautiful expression of affection, even love, that so many people wrote would almost move you to tears. I am so very grateful for your support. For your faith, for your love. I only pray that God will continue to bless both shepherd and sheep as we move into the future.

Father David's Holiday: After the Sunday Mass in Harbour Breton, Father David Joy will be taking a short holiday. He will be going to Nova Scotia to join with his classmates who studied with him and were ordained to the priesthood with him. I hope and pray he will have a joyful gathering with his fellow priests. On the last weekend of July, I will offer a Sunday evening Mass in his parish at 6:00 pm (July 30). Also, during the time Father Joy is away, I will take care of any emergency calls or funerals in St. Joseph's Parish in Harbour Breton.

The Shrine of Saint Anne de Beaupre: Possibly the most important shrine in Canada is the Shrine of Saint Anne de Beaupre. In 1658, a labourer, Louis Guimont was suffering from terrible back pain. He came to help with the construction of the first chapel dedicated to Saint Anne. He was immediately and miraculously healed. Some years later in 1665, an Ursuline nun wrote "There is a village here called the 'The Little Cape', where there is a Church dedicated to Saint Anne. Here, Our Lord is working great marvels in favour of the holy mother of the Blessed Virgin Mary. Here, the paralyzed walk, the blind can see, the sick are healed from every kind of illness." Even today, Saint Anne de Beaupre is a place of grace and miracles. Each year, up to one million pilgrims and visitors go there to ask the help of Good Saint Anne.

L'Arche Communities: Recently, the leadership team of L'Arche Cape Breton contacted me with the hope to reach out to young adults who would be interested in joining the L'Arche community in Cape Breton. L'Arche Cape Breton is an ecumenical, Christian community. At the heart of their community are people with developmental disabilities and those who choose to share life with them. This is not necessarily a lifetime commitment, but some young people may be interested in joining for a month, a term, a year.

Please google L'Arche communities and if you are interested please contact Father Brian Colbert at ocybrian@gmail.com or text 709-427-6075.



Congratulations: The worshipping community of St. Ignatius Parish wishes good luck and God's rich blessings for Kelly and Abraham Hinks on the occasion of their recent marriage.

Baptismal Congratulations: We welcome into the parish community, *Logan Jerome Power* who will be baptized at St. Ignatius Church on Sunday. We wish Logan and his family all God's blessings.

PRAYER TO ST. ANNE

Good St. Anne, you were especially favored by [God](#)
to be the mother of the most holy Virgin Mary, the Mother of our Savior.

By your power with your most pure daughter and with her divine Son,
kindly obtain for us the [grace](#) and the favor we now seek.

Please secure for us also forgiveness of our past sins,
the [strength](#) to perform faithfully our daily duties
and the help we need to persevere in the love of [Jesus](#) and Mary.

Amen.

Cremation in the Catholic Church: Many people are inquiring about cremation in the Church, and some people are choosing to have their body cremated after death. The first thing all must know is that cremation is permitted in the Catholic Church. Some large cities are finding difficulty in obtaining large pieces of ground for new cemeteries and cremation may be a partial solution to this problem. Also, some people die far from home, and the cost of sending home the body in a casket is very expensive compared to sending an urn with a loved ones ashes. Cremation should take place after the funeral Mass. The ashes of the deceased person should be reverently buried or entombed in a place reserved for the burial of the dead. As in life, the body is the temple of the Holy Spirit, so in death the ashes of the deceased person should not be scattered but should be buried in a holy place where we await the resurrection to new life.

The Holy Eucharist, pledge of Eternal Life: The slip of a vine planted in the earth bears fruit at the proper time. The grain of wheat falls into the ground only to be raised up again and multiplied by the Spirit of God who governs all things. The Wisdom of God places all these things at our service. When they receive God's word, they become the Eucharist, which is the Body and Blood of Christ. In the same way, our bodies, which have been nourished by the Eucharist, will be buried in the earth. But they will rise again at the appointed time, for the Word of God will raise them up to share forever in the glory of heaven.
Saint Irenaeus.

Collection for the Food Bank: Each year on a couple of occasions, we try to have a collection for the Food Bank. We will receive your gifts of food at the weekend Masses on Father's Day, both in St. Alban's and in St. Anne's Church in Conne River, we will receive your gifts of food. At the Mass, after the gifts of bread and wine and the collection have been brought forward, I will ask the people to come forward with their donations of food. Our gifts are always so very welcome at the Food Bank, and the people who rely on these gifts must still eat even during the summer months. I wish to thank the people of the parish who so willingly and generously support those who may be struggling to make ends meet. God Bless You.

Flower Saddle Arrangements for Headstones

In recent years many family members have adorned headstones of loved ones with flower saddles. These saddles can be very expensive but unfortunately, due to strong winds in the area, many of these saddles get blown off the headstones. It has almost been impossible for cemetery workers/volunteers to place them back on the correct headstone. The Parish Council is now asking, that if you do buy these saddles, please write on the bottom of them (in permanent marker) the name of deceased. Since there are many similar names in the cemetery, please also write date of death. (Ie Martha Smith d. Dec 2, 1910)



The family whom the diocese sponsored into Canada have settled nicely into their new home land. Although continuing to miss their families they are adjusting well. They are here now almost 9 months; they both have jobs and their daughter is in daycare. The jobs they have are in the service industry, while they learn English in preparation for upgrading their skills as microbiologists which they were in Iraq. They are preparing now for Ramadan, the holy month of the Muslim year. During Ramadan, the adults cannot eat or drink during daylight hours, they must read the holy Koran more often and spend more time in prayer. The intent of Ramadan is similar to Lent in the Christian calendar. Please pray for them as they will for you. Ramadan lasts from May 26 until June 26.
Fr. Brian Colbert

Prayer: And the Word was made flesh

Response: And dwelt among us

Recite the Hail Mary

Prayer: Pray for us, O Holy Mother of God

Response: That we may be made worthy of the promises of Christ

Let us Pray

Pour forth, we beseech you, O Lord, your grace into our hearts, that we to whom the incarnation of your Son was made known through the message of an angel, may, by His passion and cross be brought to the glory of his Resurrection. Through the same Christ our Lord. Amen.

World Day of Prayer: will take place on Friday, March 3rd at 7:00 pm at St. Ignatius Church. The theme this year is ***“Am I being unfair to you?”***

To the Graduates: A new road opens before you. This road leads away from home and all that is familiar. It leads into a very big world. There is a world of opportunity awaiting you. But there are dangers and other roads that could lead us away from our goal. Pray daily that God will continue to keep you faithful to the road, the calling, which He wishes you to follow. Only by doing his work and his plan can we be truly fulfilled and happy in this world. Dear graduates, our fondest best wishes go with you, and our prayers, that you will make a good life, good choices, and that you will make our world just a little better place for all. God Bless you.

Request For Proposal (RFP) - Window Replacement at Church Property

The St. Ignatius Parish in St. Alban's, NL seeks "Request For Proposals (RFPs)" to replace fourteen large and seven smaller exterior church windows while maintaining interior stained glass windows on the inside of each exterior window. The large windows are approximately 4.5 feet in width and 10.5 feet in height with curved tops. The smaller windows are approximately 3 feet in width and 4.5 feet in height with curved tops. Exact measurements are to be taken and verified in the field by proponents prior to proposal submission.

Prior to preparing a "Request For Proposal", proponents **must** obtain the proposal requirements by visiting the St. Ignatius Pope the title of “missionary apostolic” and for the rest of his life he preached and gave missions. He died at the age of 43, having just begun to form his association of ordained men, the Missionaries of the Company of Mary.

This is a prayer for those who would like to say the Angelus:

Prayer: The Angel of the Lord appeared unto Mary

Response: And she conceived of the Holy Spirit

Recite the Hail Mary

Prayer: Behold the handmaid of the Lord

Response: Be it done unto me according to your word

Recite the Hail Mary

DO IT ANYWAY

People are often unreasonable and self-centered

Forgive them anyway

If you are kind, people may accuse you of ulterior motives

Be kind anyway

If you are honest, people may cheat you

Be honest anyway

If you find happiness, people may be jealous

Be happy anyway

The good you do today may be forgotten tomorrow,

Do good anyway

Give the world the best you have, It may never be good enough

Give your best anyway

For you see, In the end, it's between you and God

It was never between you and them anyway

Mother Teresa

TAKING ACTION TO PROTECT GOD’S CREATION: Here are some ideas based on those Pope Francis mentions in Laudato Si’(no.211):

1. Use fewer paper and plastic product- ex: use re-usable water bottle,etc.
2. Reduce water consumption- ex: take shorter showers, wash dishes by hand, etc.

3. Don't cook more than you will eat
4. Compost (instead of disposing) food waste
5. Recycle
6. Reuse instead of throwing away.
7. Instead of driving, walk, or ride a bike
8. Conserve electricity- ex: turn off lights and buy energy-efficient appliances
9. Plant trees