

IVC Chicago *Laudato Si'* Pledge

This past year, we, the Service Corps Members of Ignatian Volunteer Corps Chicago, studied Pope Francis' *Laudato Si': On Care for Our Common Home*. We examined the climate crisis from scientific and spiritual perspectives, exploring changes that must take place on the macro and micro levels. Our eyes were opened to the crisis' overwhelming impact on the world's poor.

Our focus on the Encyclical concluded with determining action steps that we pledge to take in our lives to protect our Earth, God's creation. Our comprehensive list is below.

An * indicates an action steps that multiple Service Corps Members have pledged.



Lifestyle

Refusing/Reducing/Reusing/Recycling

- Reduce use of disposable plastics (i.e. single-use bottles, utensils, straws, cups)*
- Reuse paper with printing on one side
- by quartering it and using that as scratch paper.
- Use reusable shopping bags*
- Purchase mesh produce bags

- Unsubscribe to print mailings, choose paperless billing
- Use waxed cotton wraps instead of plastic wrap in kitchen
- Use cloth napkins
- Decrease printing and default to reading on computer
- When printing, use both sides of paper
- Reduce use of coffee pods*
- Reduce use of to-go packaging (and eat more at home)
- Identify proper disposal/recycling programs for batteries, ink cartridges, light bulbs and metals.
- Use biodegradable bags for garbage and dog waste
- Use dryer balls instead of dryer sheets
- Have separate containers in home office for trash and recyclables
- Use cloth towels instead of paper towels

Food

- Reduce consumption of meat and increase consumption of plant-based food*
- Reduce dairy*
- Purchase locally grown, organic food*
- Reduce consumption of processed foods
- Grow own produce
- Only purchase and eat seafood from sustainable sources*
- Understand the source and production of food
- Eat smaller meals and decrease waste*
- Avoid buying food that was air-freighted

Consumerism

- Increase knowledge of how the items we purchase are made (and by whom) and how they impact environment
- Avoid buying foam (mattresses and pillows)
- give no-longer-used goods to charity rather than throwing them out*
- Decrease unnecessary buying*
- Resist "disposable fashion"
- Shop at farmer's market weekly
- Make homemade household cleaners using vinegar, baking soda, and water
- Buy fair trade products



Advocacy and Education

- Have discussions with relatives, social groups, Church groups about climate crisis and necessary changes
- Joined the Lake Forest Open Lands Commission. This is an organization dedicated to preserving open lands in Lake Forest. They have volunteering opportunities to help maintain the trails and the environment here.
- Support Loyola's Institute of Environmental Sustainability by contacting them and arranging a visit there with my children.
- Continue to read widely on ecological topics
- Attempt to serve as a bridge between climate culture warriors of the left and right
- Stay current on Pope Francis' thinking on this topic.
- Send letter to policymakers encouraging the U.S. to ratify the treaty and sign the amendment to phase out the use of refrigerants over 30 years.
- Joined Sierra Club
- Participate in the Little Village area clean-up of hazardous waste

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Home Water

- Purchase water-saving shower heads*
- Purchase water-saving toilets
- Purchase water/energy efficient dishwasher and washing machine (and use during off hours per ComEd)
- Reduce watering of lawn
- Take shorter showers with less hot water*
- Collect rainwater
- Use water from dehumidifier to water plants
- Turn off faucets while brushing teeth, washing face, scrubbing dishes, etc.
- Don't flush after each use
- Take fewer showers and more sponge baths
- Wear some clothing items multiple times before washing

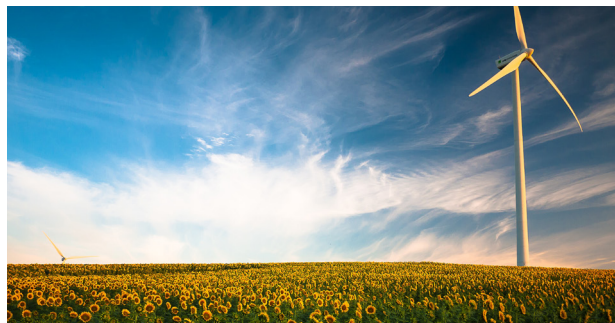
Energy

- Research an alternative energy source to ComEd
- Use solar power source for electricity*
- Use CFL or LED bulbs and lighting fixtures*
- Use ceiling fans instead of air conditioning*
- Lower AC temperature*
- Use high efficiency gas furnace
- Collect rainwater
- Use high efficiency AC*
- Use programmable thermostat and adjust manually according to temperature
- Lower heat temperature and wear sweaters or use blankets*
- Find renewable energy source to provide our natural gas needs
- Participate in Home Energy Assessment

- Participate in ComEd Summer Energy Conservation program
- Researching solar power/green energy for our condo building
- Use more efficient power strips
- Turn off heat in rooms not being used
- keep everything in the house in optimal working order to avoid inefficiency
- Unplug chargers when not in use
- Turn off lights when not necessary
- Run furnace fan always
- Purchase eco-friendly window replacements that improve insulation
- Make home more weather-tight with caulk and weather-stripping
- Default to cold water for laundry
- Turn down hot water temperature
- Wear some clothing items multiple times before washing

Garden

- Add plants to our property that not only beautiful the grounds but support the bees and other helpful insects
- Collect anything that has been alive: bones, veggies, eggshells, flowers, tea bags, cereal, etc. for composting.*
- Recycle yard waste
- Do my own landscaping
- Absorb carbon from the atmosphere by regenerative farming.
- Fill my containers on my balcony with plants that have prolific growth
- Purchase and plant climate-appropriate annual plants (conserving water)
- Buy plants from local growers when the stands open



Travel

- Walk or ride share when possible*
- Combine errands to minimize number of trips in the car*
- Own a small car that gets high gas mileage
- Do not speed or accelerate too quickly*
- Own one car per family
- Use bicycle more
- Buy/use hybrid car*
- Keep up with car maintenance to ensure maximum efficiency
- Use public transportation more*
- Fly only when necessary. Otherwise, use car or train
- Shop more locally instead of traveling to distant malls

Please take some time to reflect prayerfully on your relationship with the Earth and all of God's creation. Are there some action steps above that you incorporate into your daily life? Join us in the *Laudato Si'* pledge!