 ***St Vincent’s Church. Live Simply Parish Pledges 2024-2025***

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| **Month** | **I will:** |
| March 2024 | **Reduce my use of energy**: by using low energy light bulbs and turning them off when they’re not needed; turning off electrical appliances when not in use, rather than leaving on standby. |
| April 2024 | **Recycle** as efficiently as possible, including by composting; recycling batteries, pens (@St Vincent’s). |
| May 2024 | **Reduce my environmental impact** by eating less meat, cooking from scratch. |
| June 2024 | **Do** something in nature every day |
| July 2024 | Be part of **'Plastic Free July'** by refusing single-use plastics/ packaging. |
| August 2024 | **Use greener ways to travel**- walking, cycling, bus, car sharing whenever possible. |
| September 2024 | **I will buy** [**Fairtrade**](https://cafod.org.uk/Campaign/Campaign-with-us/Fairtrade) products where possible. I will ask for a **donation** to a charity instead of a birthday present, Christmas presents. |
| October 2024 | **Support** Cafod Family Fast Days, including through prayer. |
| November 2024 | Make regular time to [**pray** for God’s creation](https://cafod.org.uk/Pray/Prayer-resources), the people and the planet, and commit to a time of **Silence** in my day- 5 minutes, 30 minutes, an hour……. |
| December 2024 | Where possible **respond** to appeals in the Bulletin to donate items to charities, e.g., St Wilfrid’s. |
| January 2025 | Recycle by donating to charity shops, using recycling banks. **Where possible,** I will **upcycle my furniture** and give old sofas, chairs, and tables a new look instead of replacing them. |
| February 2025 | Use Lent to **find out more** about climate issues, **pray** for creation, and **talk** about the climate crisis with others. |
| March 2025 | **Reduce my environmental impact** bysupporting local food production, buying less stuff**.** |
| April 2025 | **Use environmentally friendly products** for washing up and cleaning. |
| May 2025 | **Grow** Salads, Vegetables, Fruit and Herbs in the garden, in pots, on windowsill, the Parish Garden! |

Carbon Footprint Calculator: <https://footprint.wwf.org.uk>