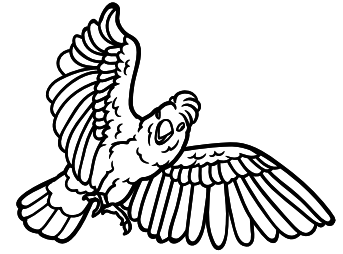
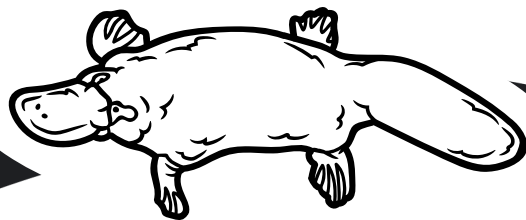


SEASON OF CREATION

1 SEPTEMBER – 4 OCTOBER 2023



- Perform random act of kindness
- Wear something second-hand
- Recycle your soft plastics at Woolies or Coles
- Pray outside
- Clean without chemicals
- Read a book about nature
- Stargaze
- Use the *Shop Ethical* app to help purchase an item
- Make a vegan dinner
- Plant something
- Use an alternative to plastic wrap for your leftovers
- Attend a class or workshop about how to care for creation
- Carpool/walk/ride to work or school
- Watch a nature doco
- Switch to a bamboo toothbrush
- Switch to a water-saving showerhead
- Take a 'nude' lunch to work or school
- Make a vegan lunch
- Have a meat-free day
- Start a worm farm or compost
- Take a refillable bottle to work or school
- Research the First Nations Country you live on
- Go for a walk and pick up litter
- Recycle batteries at Aldi
- Turn off the water when brushing teeth
- Take a <4 minute shower
- Watch the sun rise or set
- Make a vegan breakfast
- Home-make something
- Research the *Market Forces* website and engage in a campaign
- Speak up about an issue
- Purchase 'green power'
- Turn off all lights or electronics by 7pm
- Buy your fruit and vegetables locally



**Let Justice
and Peace Flow**
Season of Creation 2023

A Mighty River
Amos 5: 24

 **Catholic Earthcare
Caritas Australia**