

# seek, share, rejoice - creation care ministry

## Creation Care Ministry

### What you can do to protect our planet this summer

OLPH community, many of you have heard about the detrimental effect on our planet of our continuous use of disposable plastic. That is a reality. As one example, roughly 11 million metric tons of plastic flow into our oceans each year—an annual figure that could nearly triple by 2040 without urgent action.

- Every year, 500 billion plastic bottles are produced worldwide.
- Plastic in the ocean already amounts to more than 150 million tons of waste.
- By 2050, the oceans could contain more plastics than fish.



Plastic has become a constant element in our lives. It's everywhere: product packaging, cosmetic ingredients, textiles, mobile phones, etc. It's even in the chewing gum you might be chewing on right now! Its omnipresence is such that many would find the mere fact of giving it up a difficult task. **Reducing the consumption of plastics therefore requires not only a change in habits, but also a change of mindset.**

While on the subject of single-use plastics, which account for half of the plastic we use each year, they have an average useful life of 12 to 15 minutes and yet can take up to 500 years to disappear, according to Life Out of Plastic (LOOP). **Plastics outlive us and will outlive our children.** (See the graphic on the next page of this Bulletin.) The good news is that it is in our hands, as consumers, to turn this situation around. We have the power to make manufacturers change the way they produce. How? By changing the way, we consume. Minimizing the consumption of plastics is much simpler than it seems. Here are some tips that can change your life and the life of the planet:

### TIPS FOR REDUCING YOUR PLASTICS CONSUMPTION

1) Avoid single-use plastics such as drinking straws.

Single-use plastics, such as plates and cutlery made from this material, make our lives easier, but seriously harm the planet. These types of products have viable alternatives and there is an urgent need to choose these such as bamboo cutlery.

2) If you go shopping, remember to take a cloth bag.

We go to the supermarket at least once a week to fill up our fridges. If every time we go we use reusable bags (cloth, string or wicker) the health of our planet will improve. From now on remember to take yours when leaving the house.

3) Avoid regular chewing gum... it's also made of plastic!

Most chewing gum currently on the market contains plastic. Try to buy less chewing gum. You can also opt for natural and organic chewing gums.

4) Replace plastic Tupperware with glass or steel containers.

5) Replace the cling wrap with reusable products.

Reusable food wraps made from sustainable cotton and beeswax allow you to cover your food without harmful plastics.

Cling wrap that ends up in waterways is easily confused for jellyfish and often chokes turtles and other marine life. \

For better options, go to:

<https://www.shopnwf.org/product/honeycomb-beeswrap-449002>

There is an opportunity for us here at OLPH. If we want to save the planet, the time has come for each and every one of us to take action—and we can with very little effort. Please do your part!

The Creation Care Ministry

ARCHDIOCESE OF CHICAGO



## TOTUS TUUS

### Summer Youth Camps

**Week 5: July 18–23, 2021**

**Our Lady of Perpetual Help, Glenview**  
Totus Tuus returns this Summer to OLPH!  
A day program will be offered on site for students entering grades 1 through 6 from Mon., July 19 through Fri., July 23 from 9:00am to 2:30pm. Followed by an evening program for students entering grades 7 through 12 on Sun., July 18 through Thur., July 22 from 7:00 to 9:00pm.

**We need adult and youth volunteers to support Totus Tuus for day and evening programs.**

**See Totus Tuus volunteer form and registration for children directly below.**

Totus Tuus Volunteer form is here:

<https://www.olphre.org/apps/forms2/?f=25079>

Registration for children is here:

<https://www.givecentral.org/appeals-form-registration/acp6024805bbe2ed/user/guest>

More information for parents is here:

<https://vocations.archchicago.org/events/totus-tuus/parent-information-registration>

