

Act in Hope

We are called to protect people and the planet, and live our faith through action. We have failed to take care of the world around us. But there is hope. If we act now; if we respond to the call to be stewards of God's creation, we can begin to heal our Common Home.

Each of us has a role to play in tackling the climate crisis.

We've compiled a list of Acts of Hope – small changes that will collectively make a big difference. These actions also show solidarity with those living on the front line of the climate crisis, where hope for a better future is dying.



Act: To make a positive change, why not **Eat in Hope** by committing to a plant-based diet for all or some of this year, or by only buying local products?

Impact: From farm to fork, the food we eat has a significant impact on our Common Home. Whether that is through the production of greenhouse gas emissions from the meat and dairy industries, or the pollution of our soils through chemical fertilisers, the world food system is a major contributor to the climate crisis.

Tip: If you've already committed to a more sustainable diet why not share some of your favourite recipes with others in your school?



Act: Why not **Travel in Hope** and commit to taking public transport, cycling or walking to school this term, or for the full school year?

Impact: In the UK, transport is responsible for more carbon emissions than any other sector. By changing how you travel to school you can help reduce congestion, improve air quality, and make a positive local change to a global problem.

Tip: If you already travel in a climate-conscious way, why don't you create a map for your school with public transport links and safe cycle routes?



Reuse in Hope

Act: By giving up single-use items such as coffee cups or plastic water bottles you can help to protect our Common Home. Why not go further and commit to not buying any new non-essential items, such as clothes or electronics for 6 months or a year?

Impact: It takes roughly 2,000x more energy to produce bottled water than water from the tap. That's a lot of wasted energy when you have clean drinking water from the tap at school. Plastic bottles often contribute to landfill, so committing to only using a reusable water bottle will help reduce waste. By not buying new products you'll produce less waste and lessen demand on manufacturing and logistics which all contribute to climate change. It takes a huge amount of water and energy to make every single item of clothing you buy. In fact, it takes 2,720 litres of water to produce one t-shirt – that's how much a person would normally drink over a 3-year period!

Tip: Maybe you could set up a swapping event with your friends to swap clothes, shoes, bags and jewellery with each other. It's a great way to get new items without creating waste, or increasing demand for new items.



Donate in Hope

Act: By donating to SCIAF, together we can help people in the world's poorest places to lift themselves out of poverty. Donations, however big or small, support our work on the front line of the climate crisis.

We belong to a global community; our choices affect other people and the earth that nourishes us all:

“Solidarity requires action to protect the common good at a global level... care for the environment is part of care for the common good.”

The Common Good, Bishops of England and Wales, 1996.

With any, or all, of these **Acts of Hope**, we're committing to taking only what we need from the earth, instead of demanding more and more – we're living in a more sustainable way and choosing a lifestyle that considers the common good. If we choose this way, alongside caring for our planet, we can live in solidarity with the poorest people, so that everyone can live in a fairer, more peaceful world.