



Foreword

Pope Francis' input to the climate meeting in Bonn in November 2017 is a reminder to all of us. Once again he has said: "I would like to reaffirm my urgent call to renew dialogue on how we are building the future of the planet. We need an exchange that unites us all, because the environmental challenges we are experiencing, and its human roots, regards us all, and affects us all."

This time Pope Francis has also listed "four perverse attitudes" that do not help honest research and productive dialogue on building the future of our planet:

- Denial
- Indifference
- Resignation
- Trust in inadequate solutions

The Archdiocesan Office for Environment is initiating a few steps to preserve our planet according to the wishes of Pope Francis.

I hope these efforts will make our Archdiocese a Green Diocese.

Wishing you God's blessings during the season of Advent and Christmas.

Bishop Allwyn D'Silva

Bishop in charge of the Social Apostolate
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THE REASON FOR GOING GREEN

The creation accounts in the Bible clearly tell us that God is the creator of everything and all that He has created is good. While He has appointed human beings to be stewards of creation to care and protect it, creation belongs to God. We human beings are therefore accountable to God for our interaction with, and stewardship of creation. The Hebrew word for 'care' is 'shamar', which means to 'watch, guard, protect'. Therefore stewardship is a directive from God to work, care, watch over, guard and protect all that has been assigned to us. Caring for creation is a responsibility that has been entrusted to every human person.



We are challenged to redefine the notion of progress and 'Development' as we humans are responsible for the earth's degradation through deforestation, air and water pollution, dumping of chemicals and toxins, extinction of species, loss of biodiversity and in myriad ways in which intentionally or unintentionally we have destroyed creation. This has caused immense harm and created hardships especially for the poor and the marginalised.

Pope Francis in his Encyclical *Laudato Si'* - On care for our common home reminds us that the on-going ecological crisis summons us to a profound spiritual conversion: Christians are called to an ecological conversion whereby the effects of their encounter with Jesus Christ become evident in their relationship with the world around them (#217). Our Christian experience must make us aware of our Christian vocation to be protectors of God's creation.

REVIVING ADVENT TRADITIONS, ECOSPIRITUALLY

Advent – from the Latin *ad-venire* meaning “to come to” – is a time of waiting, conversion and hope. When we wait for Christmas, we recollect God's preparation, over centuries of foretelling through the prophets, for the Saviour's birth. We are also waiting for Christ's second coming, the final Judgement, and the hope that we shall be like Jesus (cf. 1 John 3:2). Advent is also a time for conversion and repentance since the Kingdom of Heaven is close at hand (cf. Matthew 3:2) and the faithful are called to be ready to hold their ground before Christ (cf. Luke 21:36). But have we ever given Advent its true significance, or has Advent always been lost in the haze of a glitzy, commercial Christmas?

The second coming of Jesus is also the time of destruction for those who are destroying the earth (cf. Revelation 11:18). The Archdiocesan Office for Environment, Mumbai, therefore invites you to have an eco-friendly revival of Advent traditions. This year, the focus is on the Advent Wreath for churches and families, and the Jesse Tree for Sunday Joy Clubs and families.



Image Source: <https://s-media-cache-piximg.com/originals/9/3/38/fc/9338fc93dca3b377c362e7b426eeec5.jpg>

Symbol	Meaning
Circle	Eternity of God
Evergreen Wreath	Life, Immortality
Candle	Jesus is the light of the world.
4x Candles	Four weeks of Advent
3x Purple	Purple = prayer, penance, & preparation
1x Rose (Pink)	Rose = Rejoicing

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CELEBRATING GREEN CHRISTMAS

What is the True Meaning of "Christmas"?

The common responses would be: God became man, God is Immanuel (with us), Good news of salvation, self-giving, humility and poverty, and so on. The Christmas story has many facets and dimensions that tells of God's immense love for us.

The incarnation of Jesus is God's greatest gift to human beings. The scriptures beautifully echo this sentiment: For God so loved the world that He gave His only Son, that whoever believes in Him shall not perish but have eternal life (John 3:16).

Christmas is the story of a child wrapped in swaddling cloths, in death-bands, because he is born to die. Christmas tells of a babe laid in the manger because he is destined to be food: the Eucharist through which he will share his death-resurrection. It is the greatest story in human history where God became man to save humanity and reconcile us with God again. Therefore Christmas is a time of great joy and celebration.

Unfortunately, Christmas today is in jeopardy as it has become the object of commercial greed that has robbed us of the true meaning of Christmas. It is now time we realise that we need to put CHRIST back into CHRISTMAS.

Christmas is the story of **good news**, but unfortunately Christmas seems to be **bad news** for the environment. The revelry and gaiety of Christmas encourages waste in the form of tons of wrapping paper, cards, paper decorations, etc. as a result of which millions of trees are felled causing environmental harm and degradation. Therefore, Christmas can be a *wonderful time of the year*, but if it is **not a green Christmas** then it is a *wasteful time of the year*.

Christmas is a time for:

1. Reflecting - the immense love of God and our attitude towards His creation.
2. Celebrating - the birth of Jesus, the Saviour of the world.
3. Giving - just like Christ shared Himself with us we need to share with others what we have received from Him.

1. REFLECTING

Pope Francis in his ecological encyclical *Laudato Si'* challenges us to put into practice various 'Green Commandments' to save our mother earth from destruction. Hence we need to reflect on a few of the Green Commandments mentioned by Pope Francis that are enlisted below:

- Listen to the Cry of the Poor and the New Poor, the creation.
- Recognise that the Abuse of Creation is an Ecological Sin.
- Acknowledge the Human Roots of the Crisis of Our Common Home.
- Take Care of Our Common Home in Peril.
- Embrace an Ecological Spirituality.

A pragmatic way to put into practice the various Green Commandments is to inculcate an ecological spirituality that focuses on loving God's creation and protecting it from destruction. To minimise waste, energy and consumption, the following ideas can be implemented to have a Green Christmas.

A. BUY LESS

We can be successful in buying less if we are able to distinguish between our 'needs' and our 'wants'. We need to inculcate the habit of buying only what we need and not all that is offered to us. In a consumer friendly environment like a shopping mall, we are enticed to buy, buy and buy more stuff without even realising that we are buying stuff that is not really needed. We must avoid the trap of falling for 'freebies'. Nothing comes free; there is always a hidden cost involved in it. Be a smart shopper; buy quality stuff rather than buying random stuff because of a good price.



Eco-Friendly Steps:

- Determine your budget.
- Stay focused and always carry a shopping list.
- Opt for smaller stores and avoid big shopping malls.
- Don't forget to take along your own (preferably cloth) carry bags.

B. CONNECT WITH NATURE

Christmas is a time of giving and spending time with the family. This could also be used as a time for connecting with nature and instilling the values of caring for creation among children.

- i. **Family Nature Hike:** in a beautiful environmental setting on the outskirts of the city.
- ii. **Plant a tree:** On a Christmas day, plant a tree in the compound or on the road and allocate the task to children to water and care for it every day.
- iii. **Water tray for small creatures:** a bowl or a tray filled with water can be kept outside in the garden, balcony or on the terrace.

C. SAY NO TO PLASTIC

Plastic is not biodegradable and hence will take centuries to disintegrate. It is bad as it is not naturally made and also destructive as the manufacturing process is energy-intensive and uses chemicals that pollute the atmosphere. While plastic seems useful, in the long run, it is a serious environmental and health hazard. Avoid using decorations, shopping bags, gifts, wrapping papers, etc. made of plastic.

Eco-Friendly Steps:

- Use cloth, jute or paper bags.
- Avoid using plastic plates, glasses, bottles for serving food or distributing Christmas sweets.

2. CELEBRATING

Christmas is a season of joy and celebration. Our hearts are filled with gratitude as God is with us; He is born to save us. However our celebration should not drain our natural resources and deplete them.

A. LESS USE OF LIGHTING: RE-THINK

The houses that shine with extravagant bright decorative lights are considered to be the 'best' houses during Christmas. However, it is high time that we re-think about the use of excessive decorative lights as it leads to wastage of energy and also adds to the cost of electricity consumption.

Eco-Friendly Steps:

- Reduce the size of outdoor lighting. A smaller display of lights can be as presentable and attractive.
- A single star in the balcony or the window sill is sufficient.
- Avoid energy-guzzling series-lights.

- Use LED lights for house and Christmas tree lighting. LED series-lights are also available.
- Energy-saving bulbs are a better option than ordinary bulbs.
- Switch off all decorative lights in the night when everyone is about to sleep.

B. DECORATIONS

Decorations add colour, zest and a spirit of festivity to any celebration. Although they last longer they are not greener. Since most decorations are made of environment-unfriendly plastic and thermocol, they are not biodegradable and hence not easily recyclable.

Eco-Friendly Steps:

- Avoid use of plastic and thermocol decorations as they are hazardous to the environment.
- Make use of coloured cloths, coloured satin ribbons to decorate homes.
- Use decorations that are reusable and can be stored for subsequent Christmases.
- Wood, metal or glass objects can also be used creatively.
- Do not use flex banners for community cribs as they are not recyclable.

C. USE A LIVE TREE

Theoretically, a plastic Christmas tree is reusable and can last forever. It is estimated that these trees should be used for at least 20 years to offset the emissions released during their manufacturing, transport and eventual disposal. However, practically it is observed that after 2-3 years artificial Christmas trees are discarded as they

lose their attractiveness and beauty. On the other hand, a live tree looks attractive and beautiful as it is real and can last for many years. It adds to the beauty of the house and also enhances air quality.

Eco-Friendly Steps:

- A small tree in a large pot can be kept inside the house.
- Over the years the tree can be re-potted in a bigger pot.
- If a tree has become root-bound then it can be planted in a garden.
- Creatively use old CDs/DVDs for a sparkling effect on your Christmas tree.

D. HANDMADE & HOMEMADE CARDS

Homemade cards are more personal and more meaningful when compared to professionally printed cards that look elegant but are expensive and also consume a lot of natural resources. Preparing a homemade card can be a fun activity for the entire family during the season of Advent. Children can be encouraged to prepare new cards with the help of the old Christmas cards. Every card can have a personalised message written for a loved one.



Eco-Friendly Steps:

- Preserve old Christmas cards and convert them to make new greeting cards.
- Encourage children to prepare cards and also write personalised messages.

- Consider sending digital cards or e-cards that can be sent by email, Facebook, WhatsApp or other social networking sites.
- Purchase recycled cards or cards from charity fundraisers.

E. USE OF WRAPPING PAPER

Millions of tons of wrapping paper are used to wrap gifts during the Christmas season. This means that even more millions of trees are cut every year to supply wrapping paper during this season. 'Do we need to wrap every gift?' is the larger question that we need to address. Can we use some other alternatives instead of wrapping paper?



Eco-Friendly Steps:

- Use environment-friendly wrapping paper.
- Reuse old wrapping paper. Gifts can be opened with care and the wrapping paper can be preserved for reuse when gifting others.
- Collect and save fancy ribbons, bows and other decorative stickers to be used again.
- Wrap gifts using calendars or coloured sections/comic strips of newspapers.
- Use gift bags made of cloth, newspaper, cardboard and other reusable materials.
- Avoid using tapes; rather use coloured strings and ribbons.

F. USE OF FIREWORKS

Fireworks are fun for some people especially the vivid colours that ignite the sky and the loud explosions that engulf the neighbourhood. However, fireworks cause substantial air pollution as they emit toxic and harmful pollutants to the atmosphere. They are a serious threat to the environment and also negatively impact animal and human health. A firework contaminates the quality of air and water. Besides, it is very likely that firework-manufacturing factories flout labour norms, employing small children who work in sub-human conditions for over 10 hours a day for meagre earnings; depriving them of their childhood and human rights.

Eco-Friendly Steps:

- DO NOT USE FIREWORKS.
- Use balloon fireworks, i.e. inflated balloons containing shredded pieces of paper.
- Fake it with fireworks lights show projector, i.e. the projector releases dazzling fireworks on the ceiling accompanied by fireworks sounds. These projectors are available online.

3. GIVING

Gift-giving at Christmas has been part of the Christian tradition. Unfortunately, the market has commercialised the beautiful gesture of giving gifts into a business activity. The focus today is on the objects presented rather than the true meaning of giving. We need to think about the principle of 'Giving more – spending less'. Some of the eco-friendly steps mentioned below could be helpful in truly celebrating a Green Christmas.

A. GIVING GIFTS

- i. **Giving services instead of goods:** The gift of service can be a memorable and personalised one which does not take toll on any natural resources.

Eco-Friendly Steps:

- Gift of your time and expertise.
- A gift of car wash, etc.
- Enrolling in computer courses, e.g. Photoshop, Animation, etc.
- Registering for courses in different hobbies like dancing, aerobics, calligraphy, etc.
- Library or swimming pool or fitness or wellness centres' membership, etc.

- ii. **Memorable experiences:** a gift of an experience that can be valued and treasured for many years.

Eco-Friendly Steps:

- Tickets to a show (comedy) or concert or a play.
- A day's or overnight outing in a natural setting.
- A visit to a park, zoo or aquarium.

- iii. **Locally made gifts:** Gifts are available from different parts of the world that are transported from one place to the other. However, this process of transportation only adds to greenhouse gases and carbon emissions. Hence, it is advisable to purchase locally prepared gifts. These locally prepared gifts are available in handicraft fairs and local artisan shops.

- iv. **Gifts from recycled sources:** There are a lot of products available in the market that are prepared from recycled material. Supporting these ventures will promote the concept of best use out of waste material.

Eco-Friendly Steps:

- Flower vases, flower pots, shopping bags, soft toys, etc.

v. **Battery-free gifts:** It is a proven fact that discarded batteries are an environmental hazard. Eventually rechargeable batteries too find their way into waste. Batteries contain toxic chemicals and are neither biodegradable nor easy to recycle.

Eco-Friendly Steps:

- Avoid battery bound gifts.
- If necessary use rechargeable batteries.

vi. **Give toys that enhance creativity and build fellowship:** Christmas is a time of joy and peace; hence avoid giving children toys that promote violence. Instead, gift them toys that foster creativity and also build a sense of solidarity and friendship.

Eco-Friendly Steps:

- Gift educational toys related to science, maths, etc.
- Toys that enhance creativity and intellectual capacities make excellent presents.
- Do not give gifts that encourage children to get glued to the computer or TV set, e.g. video or computer games.

vii. **Re-gifting is OK:** It means to pass a gift you have received to someone else because you don't need it. Re-gifting makes sense as you don't need the gift and you could pass it to someone who could use it. This should be done with care without hurting the sentiments of the original giver or the new receiver.

- viii. **Gifts that create eco-consciousness:** Give gifts that may be thought-provoking, awaken ecological awareness and foster environmentally responsible behaviour in individuals and families.

Eco-Friendly Steps:

- Gift books on-the topic of eco-friendly practices.
- Giving vouchers/coupons for buying books or other eco-friendly items like energy-saving devices such as LEDs, solar torches or lights, etc.

B. SHARING WITH THE MARGINALISED

At the heart of Christmas is God sharing and giving His Son as a gift to us. Hence, Christmas cannot be complete without sharing with others what we have received, especially with those who are poor and marginalised.

Eco-Friendly Steps:

- Donate or give a food hamper as a gift to a poor family in the community.
- Sponsor new clothes for a poor child.
- Visit an elderly or a sick person with Christmas sweets or a gift hamper.
- A simple principle to follow: If you purchase one new set of clothes, give one old set of clothes to the poor or to the SVP.

Let us celebrate GREEN CHRISTMAS and protect God's beautiful creation - a gift to us.

(Compiled from various sources)

GREEN IS MY OFFICE

GOING GREEN STEP BY STEP

The Encyclical makes it imperative that environmental education steer change in our thinking and consequently in our lifestyle. To initiate environmental activities within the offices, schools and parishes, “Parish Environmental Ministry” could be set up. This could also be known as ‘The Green Group’ or ‘Care for Creation Group’. The ministry could comprise enthusiastic parish volunteers or office staff interested in catalyzing change, whose ripple effect could engulf the parish community. The ecofriendly changes initiated by the Green Group will not only benefit the environment, but could also prove beneficial in conserving parish funds, otherwise expended towards non-green purchases.



With the support of the Green Group, school and parish offices could consider the following **3 Cs**:

- **Commit:** To initiate green activities by setting up structures like ‘Green Teams’ and formulating policies to promote green initiatives.
- **Communicate:** To create awareness among team members, parishioners and workers to care for creation.
- **Change:** To implement plans of action to change old practices and develop environment-friendly ways.

These tips could also be implemented in small to medium business set-ups. It is possible that going green initially may increase expenses, but these are generally recovered or off-set by benefits of a less toxic environment.

RESPONSIBLE PURCHASING



Pope Francis in the Encyclical *Laudato Si'* is challenging us to see that 'less is more'. He is making us aware of 'extreme consumerism' in which people are unable to resist what the market places before them, the earth is despoiled and billions are left impoverished (No. 203). Christian spirituality offers a growth marked by "moderation and the capacity to be happy with little" (No. 222) in contrast with the consumerist mindset. Hence the following **4 P's** could be considered:

- **Purchase** only after ascertaining whether we really need the product/service.
- **Procure** energy efficient office equipment and machinery.
- **Prefer** using the multi-tasking machines that can handle printing, scanning, photocopying and fax.
- **Promote** practices which reduce the use of electricity and save on electricity bills.

PAPER: GOING PAPERLESS

Paperless office is possible with effective use of computers and Internet. Paper is manufactured from wood pulp. Hence millions of trees are felled to produce and manufacture



paper. Unprecedented use of paper has led to deforestation causing serious global warming issues and endangering natural habitats. India is one of the countries that creates paper wastage amounting to lakhs of tons each year in the form of dry waste. Do we have to print out every email and handout? Reduce paper waste by deciding to go paperless wherever possible.

Eco-Friendly Steps:

- Go digital. Keep copies of important emails, files and photographs on your computer or share them online or store them in the cloud. Scan documents that are important.
- Use recycled paper made of non-wood, e.g. bagasse or recycled paper.
- Always print double sided. This saves 50% of paper as well as reduces the cost of paper.
- Save paper wastage by formatting the page and avoid using an extra page if there are few lines that have to be printed.
- Before printing, the font size across entire text documents could be reduced by 1 pt through the 'Shrink Font' command.
- The standard Font size could be 10-12 pt.
- Avoid using 1.5 or double line spacing as it leads to paper wastage.
- Reuse paper i.e. envelopes, letterheads, calendars, paper sheets for making rough notes or for draft printing.
- Use digital documents e.g. uploaded via emails, WhatsApp or social networking sites.
- Instead of giving separate copies to different people/parishioners print one copy and keep it in the office or put it up on the notice board for public display.

- Use cloth towels for the washroom/kitchen each time you wash your hands. Staff can be encouraged to bring their own towel or napkin.
- Stop use of disposable paper glasses, paper plates and paper cups. Instead use glasses/cups/plates made of steel or plastic that can be reused after washing them. For larger events, consider using compostable cutlery.
- Send parish/school updates through email instead of on paper.
- Buy environment-friendly paper – recycled/ made from non-wood pulp/ sustainably harvested wood pulp.

PRINTERS AND PRINTING

Printers are amongst the most energy intensive machines used in an office. They also produce Volatile Organic Compounds (VOCs) that can be harmful to health. Unnecessary printing also leads to paper wastage.

Eco-Friendly Steps:

- As far as possible use inkjet printers rather than laser printers which consume extra energy and ink too.
- Purchase a printer that can print double sided.
- Use ink and toner saving settings as your default settings.
- Instead of buying a new ink cartridge refill and reuse it for at least 5-6 times till the print quality decreases.
- Print in black and white ink rather than in Colour as colour cartridges use more ink.
- Print in draft mode: though one shade lighter it can still be read easily.

PHOTOCOPIERS

Photocopiers are highly energy intensive machines that consume a lot of electricity.

Eco-Friendly Steps:

- Switch off photocopiers when not in use at all times during the day or at night.
- Ensure that the photocopier has an automatic standby setting that can be quickly activated.
- While purchasing new photocopier machines, ensure they have energy saving features.
- Foster the practice of 'Batch copying' i.e. all copying work should be done at a particular time of the day to save energy.
- Use size reduction features i.e. fit two copies on to one sheet/ double-sided photocopying as well.
- Put into practice 'Paper Saving Measures'.

COMPUTERS AND LAPTOPS

Computers and Laptops are an integral part of our office setup. Computers are energy efficient and energy consumption can be reduced if proper equipment is purchased.

Eco-Friendly Steps:

- Consider purchasing a Laptop rather than a Desktop computer as it is more energy efficient.



- Invest in rated energy-saving computers, monitors and printers with the 'Energy Star' labelled ones.
- LCD/LED screens are preferably used as they are more space efficient, easier on the eyes and consume less energy than compared to CRT Monitors.
- Switch to energy saving settings that are inbuilt in computers and laptops:
 - **Monitor and Display sleep:**
Turn off after 15 minutes or less.
 - **Turn off hard drives and hard disk sleep:**
15 minutes or less.
 - **System standby or sleep:**
After 30 minutes or less.
- Avoid using screen savers as they consume more energy.
- Advisable to shut down computers if they are not being used for more than 45 minutes.
- Switch off projectors in Audio-Visual rooms when not in use.

LIGHTING

A large amount of energy consumption takes place because of lighting and faulty lighting fixtures. However this is also an area where energy consumption can be reduced considerably by adopting prudent use.



Eco-Friendly Steps:

- Replace all light bulbs and tube lights with LED lamps. Although CFL lights also conserve electricity, their use is best avoided as they release hazardous substances on disposal.
- Office staff must be trained to switch off lights, fans, ACs, etc. when not in use even if for a short duration of time.
- Use 'Switch off' signs reminding staff members to switch off fans, lights etc. when not in use.
- Switches must be labelled to know which switch controls which appliances.
- Effectively use natural light wherever possible rather than switching on the electronic lights. The windows and blinds could be kept open for good ventilation creating a natural work environment.
- Reduce use of too many lights and fans by placing them in right positions and right direction.
- Only use the lights and fans where people are located rather than switching on all fans and lights in rooms which are not fully occupied.
- Consider use of occupancy sensors to save energy on lighting in areas such as washrooms, cabins, corridors etc.

AIR CONDITIONERS

A significant proportion of energy is consumed by ACs as they are highly energy intensive machines. It is important to encourage staff to reduce unnecessary AC use. It is recommended to discuss with staff the standard temperature levels that can be maintained.



Eco-Friendly Steps:

- The economical way to conserve energy is to set air conditioners at 23-24°C as this is considered as an optimum temperature for cooling.
- To reduce the amount of heat absorbed inside the office it is advisable to use reflective window tint on the windows.
- Sunrays should be blocked by using blinds thereby reducing heat absorption inside during hotter months/ parts of the day.
- Fans could be used during the cooler months as they are more energy efficient when compared with ACs. ACs consume 300-600 Watts of electricity while fans only consume 10-100 Watts.
- The AC filters must be kept clean by regular maintenance and servicing of the units.
- Encourage staff members to dress suitably for weather i.e. thin clothes will reduce the need for cooling during hot days.
- ACs must be switched off every day after work. Work stations for persons working after office hours must be organised in

one section of the office where the AC could be kept on and all the other units are switched off.

- Install ACs with the right capacity. The general rule followed is 1-ton AC every 200 Sq. ft. for Commercial use and 1-ton AC every 300 Sq. ft. for residential purposes.

SWITCH OFF ALL PERIPHERALS WHEN NOT IN USE

Peripherals are ancillary devices that are connected to computers. These are of two types:

Input Peripherals: such as computer mouse, keyboard, image scanners, microphones, loudspeakers, webcams, tablets, game controllers and digital cameras.

Output Peripherals: Computer displays, printers, projectors and computer speakers.



All Peripherals must be unplugged as they continue to consume power even when they are not in use.

Eco-Friendly Steps:

- Unplug power adapters when not in use.
- Unplug battery chargers and other chargers when the charging is complete as they are still consuming energy.
- Unplug Wi-Fi when not in use or after office hours.

STATIONERY

Wastage can be drastically reduced in the area of stationery. Designate common stationery area for keeping paper punches, staplers, rulers etc. Staff can use these, thereby encouraging them to move from their work area, thus avoiding the ill-effects of prolonged sitting and also as an exercise. Pens and printer cartridges could be refilled instead of buying new ones.



Eco-Friendly Steps:

- Avoid using unwanted items for office use like calculators as these are inbuilt features in the computers.
- Avoid as far as possible single use items; use refills for ball and gel pens.
- Reduce use of paper for printing by using both sides of the paper and also formatting it properly.
- Maintain a logbook of all the purchases and keep a track of how it is used.
- While shredding documents don't throw away paper clips. These could be reused. Shredded paper can be composted or utilised creatively in quilling work.
- Instead of using staples, use paper clips that could be reused.
- Used envelopes could be reused to make rough notes or could be converted into rough writing pads.

WATER

The use of water in an office is mainly for toilets/washrooms, kitchen sinks and water filters.

Eco-Friendly Steps:

- Use signage to encourage staff members to use water sparingly, e.g. A placard on the toilet/washroom door, kitchen sink, washbasin and on the flush tank 'DO NOT WASTE WATER'.
- Place a cement brick or filled water bottle inside the flush tank as it will displace equivalent amount of water, using less water when the tank fills.
- Immediately fix leaks to avoid water wastage.
- Consider investing in water-saving devices, such as taps with sensors/aerators, flush tanks with dual push buttons for less/more water, etc.

WASTE

The following **3R's** principle can be followed:

Reduce: Use less, e.g. double sided printing automatically reduces the paper consumed by half.

Reuse: Don't buy new things if something can be reused, e.g. reuse used envelopes and old calendars for rough work. Always avoid buying unnecessary things.



Recycle: Everything that could be recycled should be recycled e.g.: Toner and Printer Cartridges.

Eco-Friendly Steps:

- Segregate waste by using different coloured bins for metal, plastic, paper and wet waste.
- Consider composting food waste and paper scraps.
- Encourage staff to use mugs instead of paper cups.

E-WASTE MANAGEMENT



Electronic waste or e-waste is a term used for electronic products that have reached their useful life as they have become unwanted, non-working or obsolete or are broken. E-waste consists of computer mother boards, hard disks, monitors, cell phones, fax machines, VCRs, CDs and DVDs, printers, video games, etc. Improper handling of e-waste can create environmental as well as health hazards for people.

Eco-Friendly Steps:

- E-waste can be recycled and hence must be sent to an e-cycling facility centre.

- Ensure the e-waste facility has a valid certificate. Recyclers in Mumbai include: Ecoreco, E-Scrap Zone, Eco-Tech Recycling, EcoCentric, E-Incarnation Recycling, etc.

GREENERY IN THE OFFICE

Green plants in the office offer a visually meditative experience, as well as create a happier and a healthier atmosphere thereby enhancing productivity. Studies have revealed that green indoor plants can reduce stress levels and also offer clean air in a work environment.

Eco-Friendly Steps:

- Decorate office space with green indoor plants.
- Best known office plants are: Areca Palm, Peace Lily, Money Plant, Aloe Vera, Cactus, Indian Basil, Snake Plant, etc.

RENEWABLE SOURCES OF ENERGY

Sources of energy that can be constantly replenished, i.e. sunlight, wind, water, etc. can be termed as renewable sources of energy. The renewable energy sources are environment-friendly and also release very few chemicals that can harm the environment. Use of solar energy reduces carbon footprint and climate change effects as the relatively clean and renewable energy of the sun leads to lowered CO₂ emissions. Though it incurs initial capital investment the benefits will far outweigh the cost in the long run.

Eco-Friendly Steps:

- Solar panels could be easily fixed on rooftops and on terraces.
- Solar panels convert solar energy into electricity that be used to power electrical office appliances.

(Compiled from various sources)

A Christian prayer in union with creation

- Pope Francis

Father, we praise you with all your creatures.
They came forth from your all-powerful hand;
they are yours, filled with your presence and your tender love.

Praise be to you!

Son of God, Jesus,

through you all things were made.

You were formed in the womb of Mary our Mother,

you became part of this earth,

and you gazed upon this world with human eyes.

Today you are alive in every creature

in your risen glory.

Praise be to you!

Holy Spirit, by your light

you guide this world towards the Father's love

and accompany creation as it groans in travail.

You also dwell in our hearts

and you inspire us to do what is good.

Praise be to you!

Triune Lord, wondrous community of infinite love,

teach us to contemplate you

in the beauty of the universe,

for all things speak of you.

Awaken our praise and thankfulness

for every being that you have made.

Give us the grace to feel profoundly joined

to everything that is.

God of love, show us our place in this world

as channels of your love

for all the creatures of this earth,

for not one of them is forgotten in your sight.

Enlighten those who possess power and money

that they may avoid the sin of indifference,

that they may love the common good, advance the weak,

and care for this world in which we live.

The poor and the earth are crying out.

O Lord, seize us with your power and light,

help us to protect all life,

to prepare for a better future,

for the coming of your Kingdom

of justice, peace, love and beauty.

Praise be to You.

THE OBJECTIVES OF THE ARCHDIOCESAN OFFICE FOR ENVIRONMENT (AOE):

The Pastoral letter of His Eminence Cardinal Oswald Gracias after the Archdiocesan Consultation 2013 held in the Archdiocese of Bombay states on page 13 that "A special area of concern for the Church in Asia and in India is the environment. We had a successful Care for Creation programme in the Archdiocese of Bombay three years back. This important and urgent service of the Church to society, to India and to Asia must be carried on and intensified. The modalities of this are being worked out. I am starting an Archdiocesan Office for Environment with Fr Allwyn D'Silva to head it." Presently Fr. Joseph Gonsalves is the Head of the Archdiocesan Office for Environment.

The following are the objectives of the Archdiocesan Office for Environment:

1. To create environmental consciousness in the Church of Mumbai by conducting sessions for Small Christian Communities, children and Confirmation students.
2. To question the model of development that is mainly the cause of Climate Change.
3. That the Church acts as a pressure group and takes a stand on environmental issues.
4. To create consciousness of Waste Management in parishes and schools.
5. To encourage parishes to setup 'Parish Environment Ministry' by forming 'Green Groups' or 'Care for Creation Groups'.
6. To facilitate Green Audits for parishes, schools, religious institutions and homes.
7. To document various green practices initiated by parishes and schools and highlight them.
8. To network with other diocesan bodies like Catechetical Centre, Youth Centre, FILMC etc to spread environmental education among the lay faithful.

Christian spirituality proposes an alternative understanding of the quality of life, and encourages a prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with consumption. We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that “less is more”. A constant flood of new consumer goods can baffle the heart and prevent us from cherishing each thing and each moment. To be serenely present to each reality, however small it may be, opens us to much greater horizons of understanding and personal fulfilment. Christian spirituality proposes a growth marked by moderation and the capacity to be happy with little. It is a return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to sadness for what we lack. This implies avoiding the dynamic of dominion and the mere accumulation of pleasures.

Pope Francis - Laudato Si' (222)



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