

Lenten Challenge 2024

Weekly Thoughts & Alternative to Plastics

During this Lenten season, the Diocesan Laudato Si' Committee will share facts about plastic pollution and offer suggestions for living more plastic-free. By changing old habits, we can all better protect our common home.

Get the six-week learning tool (*shown*) as well as information about a Lenten recycling project on the Laudato Si' section of the Diocese of Joliet's website:



[diojoliet.org/
laudato-si](https://diojoliet.org/laudato-si)

DIOCESE OF JOLIET



Laudato Si'

Promoting an integral ecology
in the Roman Catholic Diocese of Joliet



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Introduction

On Ash Wednesday, we begin our Lenten journey, a time for prayer, reflection, and an opportunity to change habits that are not life-giving. During this Lent, the Diocesan Laudato Si' Committee will share facts about plastic pollution and offer suggestions for living more plastic free. By changing old habits, we can protect our common home.

Plastic is everywhere; in our clothes, our phones, our food, and in immense floating garbage patches in the oceans. Living plastic free seems overwhelming. A.J. Jacobs humorously writes in an NYT article, "[Trying to Live a Day Without Plastic](#)," about his 24-hour experiment to go plastic-free:

"On the morning of the day I had decided to go without using plastic products — or even touching plastic — I opened my eyes and put my bare feet on the carpet. Which is made of nylon, a type of plastic. I was roughly 10 seconds into my experiment, and I had already committed a violation."

Although living plastic-free even for a day may be impossible, there are many ways to reduce plastic waste in our lives and in our homes that will make a positive impact on our environment.

Make your way through the weekly suggestions, finding examples that work for your lifestyle and budget.

Week One

Reducing Personal Care Plastic Waste

Quiz Question

What happens to plastic waste when left in the environment?

- a) It is a biodegradable material, so it eventually disintegrates.
- b) It never fully goes away; it just breaks into little pieces.
- c) There is no such thing as plastic waste; all plastic is recycled.

Answer: B. A team studying plastic pollution in the ocean found that out of 66,077 pieces of plastic collected in samples, 95% of it was millimeters in size.