

ECO-FRIENDLIER TRAVELER

Caring for God's Creation



**COMMISSIONED
BY CHRIST**

www.cbc-missions.org

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Laudato Si' Faith Journey

Greetings! We hope you enjoy this booklet, which we developed to help CBC missionaries and other travelers lower the environmental footprint of their journeys. In the language of our faith, this means Caring for Creation while announcing the Good News.

Travel is an amazing gift, a way to learn more about God and His Creation, while serving Him. In the encyclical, Laudato Si': On Care for Our Common Home, Pope Francis reminds us that our ultimate destiny, and that of everything in the universe, is to arrive in the "fullness of God." Further, "all creatures are moving forward with us and through us toward a common point of arrival, which is God." Finally, he says, as human beings, we "are called to lead all creatures back to their Creator." (Laudato Si', paragraph 83).

As you embark, please consider what the Pope's words mean to you, as a person of faith, traveling to serve God by serving the poor. How does care for the earth fit in this mission?

May the angels guard you, and the peace of Christ go with you always!

"Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope."

LS, para. 244

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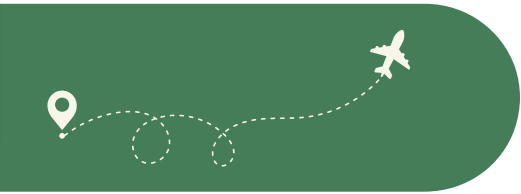
PRE-TRIP PLANNING

CARBON FOOTPRINT

DURING THE WEEKS PRIOR TO TRAVEL

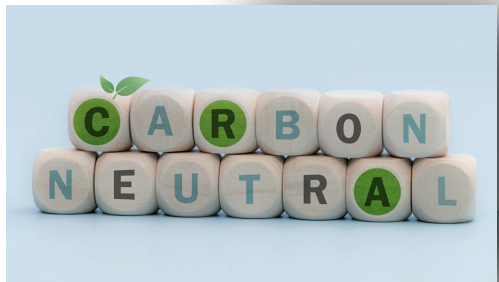


Check your airline for carbon off-set programs



CARBON OFF-SET DONATION

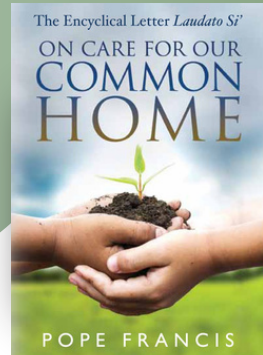
Calculate your trip's carbon footprint, and make a carbon off-set donation





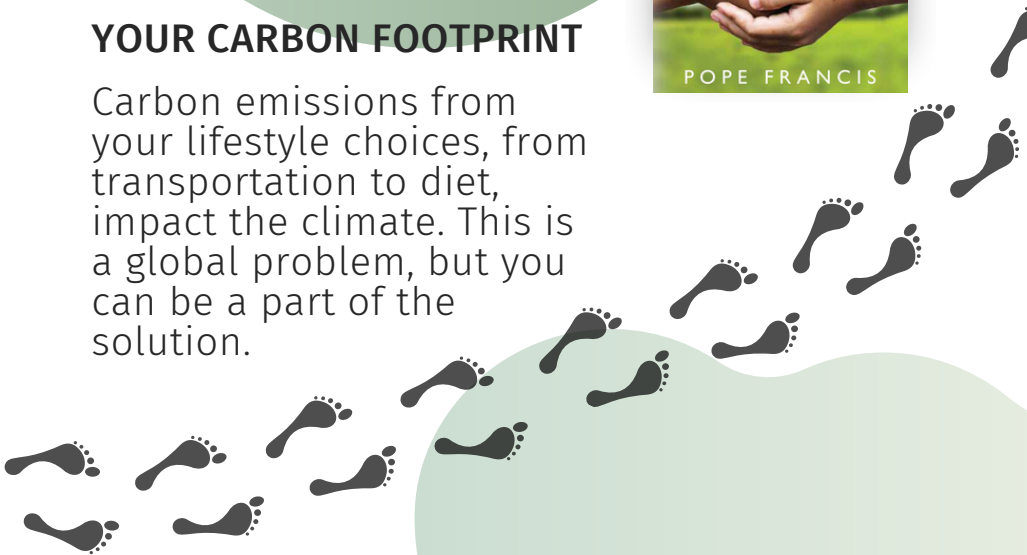
LAUDATO SI'

Plan to read the Pope's encyclical and discuss it with other missionaries while on the trip



YOUR CARBON FOOTPRINT

Carbon emissions from your lifestyle choices, from transportation to diet, impact the climate. This is a global problem, but you can be a part of the solution.



“

"Go into the whole world and proclaim the gospel to every creature."

Mark 16:16

”

LAUDATO SI' JOURNEY

FORMING CREATION CARING MISSIONARIES

Our Laudato Si' Faith Journey is inspired by the encyclical, Laudato Si': On Care for Our Common Home. In 2015, Pope Francis issued the encyclical urgently calling each of us to Care for Our Common Home, and for each other better. The Pope calls attention to our increasingly polluted world and to see how our actions harm the environment. He brings together the findings of science and religion as he challenges us to turn away from a throw-away culture, a symptom of selfishness and self-centeredness, and instead, fulfill our Christian vocation as stewards of His gifts. When we do so, we respond to the "cry of the earth" and the "cry of the poor". In Laudato Si', Pope Francis reminds us that everything in our world is interconnected, and therefore, all of our actions matter.



PRAY



LEARN



ACT



ADVOCATE

PACKING YOUR SUITCASE



Bar soaps and shampoos reduce throw-away plastics

Choose eco-friendly sunscreens, insect repellents and toiletries

PACKING ECO FRIENDLY

Reusable shopping bag

Reusable food container or two, sandwich and snack sized

Eco friendly packaging contains less petrochemicals and microplastics, which will enter the environment through plumbing



DON'T FORGET

Bring your rosary and a book of prayer or scripture with you!





“

*"Small things done with great love will
change the world."*

~ St. Mother Teresa of Calcutta

Commissioned by Christ Patron Saint

”



PACKING YOUR CARRY-ON OR BACKPACK

WHAT TO PACK TO BE MORE ECO FRIENDLY



Refillable water bottle with filter allowing you to drink tap water with more certainty, and avoid water in single-use containers

- Check Lifestraw, Grayl, Katadyn



Pack a refillable coffee/juice cup

Cloth napkin, spoon and fork

- Pack the knife in your checked luggage





TO AVOID AIRPLANE THROW-AWAYS PACK

Ear plugs & earphones

Cloth face mask(s)

Handkerchiefs

Snacks in a reusable
container(s)

- You'll find other
uses for the
container during
your trip



PAST TRIP *memories*





TRAVELING WITH US

TIPS & TRICKS



TRAVELING TO THE AIRPORT

Carpool or use public transportation

LOOK FOR WASHABLE / REUSABLE CONTAINERS

At the airport, purchase drinks and food in washable/reusable containers

Avoid Styrofoam and choose recyclable glass, aluminum or paper over plastic wherever possible

AVOID THROW-AWAY FOOD UTENSILS

Including straws, coffee cups, coffee cup lids and stirrers, knives, forks, spoons and napkins



DEPARTURES →

WHILE ON THE PLANE

Minimize use of airline drink & snack services

Ask for the canned drink instead of accepting the plastic cup that usually goes with it

Refuse the small snack packets and eat the snacks you packed in the reusable bags or containers



TRAVELING WITH US IN-COUNTRY



REUSE AMENITIES

Reuse towels
whenever possible

Avoid toiletries in
single-use throw away
containers

Take a reusable bag
when shopping

CONSIDER WHAT YOU SEE

Notice how resources and
trash are viewed and
managed

Ask questions



ARRIVALS



AVOID THESE THINGS

Be careful around plants and animals, stay on paths in natural areas wherever possible

Don't disturb or pick natural items (flowers, plants, rocks, etc) or try to bring them back

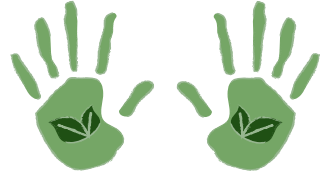


ETHICALLY MADE SOUVENIRS

Consider the origin and content of souvenirs
Purchase locally made items, if possible



COMING BACK FROM TRAVEL



REFLECT ON YOUR EXPERIENCE

When and where did you notice God?

Write a blog about environmental challenges you saw on your trip



Email CBCLaudatoSi@outlook.com for suggested improvements to this booklet

TAKE THE OPPORTUNITY TO ADVOCATE

Never pass up a chance to fill out a customer service survey, especially one from an airline or hotel, asking for Earth friendly practices and items



RESOURCES

LEARN ABOUT THE LAUDATO SI' MOVEMENT IN YOUR TRAVEL COUNTRY

Kenya: facebook.com/LaudatosiMovementKenya

Worldwide: www.laudatosimovement.org

US: www.catholicclimatecovenant.org

CONSERVATION INTERNATIONAL

www.conservation.org/carbon-footprint-calculator#/

FAITH & THE ENVIRONMENT

Encyclical Letter Laudato Si' Online:

<https://bit.ly/3C00aj8>

Laudato Si' Faith Group:

www.cbc-missions.org/laudato-si-faith-group

WATER BOTTLE FILTERS

Lifestraw, Grayl, Katadyn, etc.



CBC LS Faith Group Page



SHORT TERM MISSIONS
LIFELONG FAITH



VISIT US



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AT A GLANCE

Commissioned By Christ, Inc. (CBC) is a Catholic, non-profit organization bringing adults and families closer to Christ through short-term mission trips to serve the needs of the poor.

Please use Recycled Paper
when printing.

Developed by Whitney Winter