

Project

PilGREEN

Admiring and protecting God's creation during our pilgrimage



GREEN PILGRIMAGE PRINCIPLES

Packing

Make sure to bring along your cutlery and a cup, a lightweight food container and a water bottle. This will help us avoid all kinds of disposables and generate less waste. Try to keep the bags handed over for transportation as light as possible (lighter luggage = less petrol used = less greenhouse gas emissions into the atmosphere).



On the trail

Do not stray unnecessarily from the trail so as not to damage wild vegetation, leaf litter or crops (fields, meadows, orchards...). Let us admire, observe, marvel and contemplate - what a beautiful world God has given us!

At the lake/by the river

When bathing, avoid using detergents, shampoos, etc. If you need to use a product, make sure it is biodegradable and use as little as possible. Pour some water into a separate container and bathe away from the body of water.



Rubbish/waste

Firstly, try to generate as little waste as possible; secondly, dispose of the waste in designated places, never in the forest or on the road. Segregate according to the recommendations of the law enforcement services - especially in regard to food that can be donated to local farmers for their animals. Clean up not only after yourself, but also after others, to make surrounding areas more beautiful. When entering Częstochowa, avoid celebrating using fireworks or balloons.



Mealtime

Show gratitude to those who offer us food. Let us enjoy their generosity in moderation and do not take in excess so as not to waste the food later. Remember to pray before meals, as this teaches gratitude, respect for the gifts of creation and solidarity with those in need.



Toilet in the forest

If necessary, use a shovel and toilet paper rather than wet wipes, which do not decompose.



Microphone

Adjust the volume so as not to make too much noise; speak up, share God's message as seen in the beauty of nature, encourage others to care for our common home and to follow the proper pilgrimage practices. If you are familiar with the Laudato Si' encyclical, be sure to tell your group about it :)

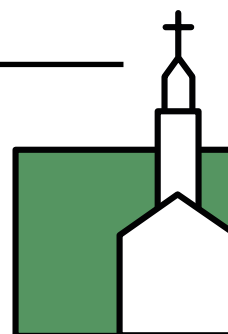


Environmental ministry

Support the actions of the environmental ministry in your group - and if there is none, why not help create it?

Returning home

If possible, plan to travel back by train or bus. If you travel by car and have free seats - offer transport to other pilgrims.



The resource was created by the Animators of Laudato si' Movement on the basis of the principles of Rogalińskie Drogi Ducha Świętego (Rogalin Ways of the Holy Spirit).

If you are interested in Christian integral ecology, and you would like to take action for the benefit of our common home together with Animators from Poland and abroad - join us!