

## “У кожній ситуації ми щось здатні зробити, як дозволяє серце”

Читання цієї неділі від Павла звертається безпосередньо до вас і до мене, до нашої парафії, у нашій подорожі екологічного навернення. В другому посланні до Коринтян Павло пояснює:

*6. Браття, хто скупо сіє, скупо буде жати; хто ж щедро сіє, той щедро буде жати. 7. Нехай дає кожний, як дозволяє серце, не з жалю чи примусу: Бог любить того, хто дає радо.*

Майже всі ми, коли час до часу задумуємось, що я можу зробити у цьому світі, як я можу перемінити когось, як я можу змінити моральну, політичну чи економічну ситуацію, відчуваємось безпорадними. Святі давно дали нам відповідь як це робити, а саме що ми маємо найперше змінювати себе, і тоді все навколо нас зміниться. Як також через зміну себе усвідомимо й те, чого Бог від нас хоче у тій чи тій життєвій ситуації.

У кожній ситуації ми щось здатні зробити, як дозволяє серце. Кожен може зробити щось, що є в його силах, а тоді Бог це помножить. Тому не турбуйтеся про великі речі. Дивіться, що ми можемо зробити в конкретній ситуації, з конкретною людиною. А ми завжди щось можемо і на щось здатні. **Коли зробимо хоч щось, то Бог зуміє це помножити. Старайтесь робити малі речі, бо з них неминуче вийдуть великі справи!**

Від: <https://calendar.dyvensvit.org/#20211024&vita>

Ми розпочали громадську дію на благо планети, взявши на себе зобов'язання відмовитись від м'яса один день на тиждень. Ми можемо розширити цю етичну дію, більше звертаючи увагу на упаковку від продуктів, які ми купуємо. У міру посилення кліматичної кризи, використання пластику зросло, стрімко пошкоджуючи наші океани і ґрунт. Будь ласка, ознайомтеся з цими фактами, щоби усвідомити гостру потребу скорочення використання пластику у нашому повсякденному житті: [https://www.arocha.org/wp-content/uploads/2018/01/microplastics\\_factsheet.pdf](https://www.arocha.org/wp-content/uploads/2018/01/microplastics_factsheet.pdf) (або дивися нижче).

Як тільки ми визнаємо проблему з пластиком, ми можемо вжити конкретних кроків, щоб звільнитися від пластику.

### Ось кілька простих порад, як позбутися пластику:

- Носіть багаторазові сумки для закупів і використовуйте їх замість магазинних поліетиленових пакетів.
- Уникайте продуктів, запакованих в одноразовий пластик.
- Носіть зі собою багаторазовий посуд та соломинки.
- Не купуйте та не вживайте безалкогольні напої, соки та інші напої у пластикових пляшках.
- Носіть власні контейнери для їжі “на винос” та для залишків їжі.
- Коли ви не є вдома, завжди носіть з собою кухоль або пляшку для води з нержавіючої сталі для кави та інших напоїв.
- Вибирайте лосьйони та бальзами для губ у контейнерах без пластику.
- Не купуйте та не використовуйте воду у пляшках.

**І на завершення, наша парафія продовжує чудовий проект Усмішка 😊. Дякуємо, що принесли радість у серця багатьох наших сестер у Христі!**

### Цього тижня в наші парафії:

**Нині:** після Літургії панахида +Георгій і Григорій (1-а річниця)

**понеділок, 25-го жовтня:** 11-а рано Божественна св. Літургія (+Марія Харитина Малко)

**середа, 27-го жовтня:** 6-а веч. Божественна св. Літургія (+Murray French)

### **ВІТАЄМО З ДНЕМ НАРОДЖЕННЯ:**

Люба Верхола (24-го), Роман Лука (25-го), Ольга Грищенко і Аліна Люсак (26-го), Ірина Поточна (27-го), Александер Клішук (28-го) і Софія Грищенко і Віра Федорович (30-го).

**Многая літа!**

**ПОЖЕРТВИ:** 17-го жовтня: \$780.00      Семинарія: \$5.      Особливий дар: \$100.

**Щиро дякуємо за вашу щирість**

18<sup>th</sup> Sunday after Pentecost (tone 1)Holy Fathers of the 7<sup>th</sup> Ecumenical Council

2 Corinthians 9:6-11; Luke 5:1-11

Holy Fathers: Hebrews 13:7-16; John 17:1-13

***In every situation we are able to act in some way, following our “heart”.***

**This Sunday’s reading from Paul’s second letter to the Corinthians, he speaks directly to you and me, to our parish, on our journey of ecological conversion. He says:**

*<sup>6</sup> The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. <sup>7</sup> Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.*

When we wonder how we can generate change in the world, change someone’s attitude, or moral, political and economic situations, most of us feel helpless. But the saints long ago have given us the answer: namely, first we must change ourselves and then everything around us changes. Changing myself, helps me see God’s will in specific life circumstances.

In every situation we are able to act in some way, following our “heart”. While we can do “only” what is possible for us, God boosts our action. So don’t worry about the overwhelming things beyond us. Let’s focus on what we can do in concrete instances. Always there is something we can do. Our smallest action can be magnified by God. So let’s try to take care of our smallest actions, for from any goodness, greater goodness inevitably follows.

From: <https://calendar.dyvensvit.org/#20211024&vita>

We’ve begun a community action to benefit the planet by committing to a weekly meatless day. We can expand this ethical action by becoming more conscious of the packaging of the food we buy. As the climate crisis intensifies, the use of plastics has risen—exponentially damaging our oceans and soil. Please examine this fact sheet to be aware of the dire need to reduce plastic use in our daily life: [https://www.arocha.org/wp-content/uploads/2018/01/microplastics\\_factsheet.pdf](https://www.arocha.org/wp-content/uploads/2018/01/microplastics_factsheet.pdf) (or see below).

Once we acknowledge the problem with plastics, we can take concrete steps to go plastic free.

**Here are some simple tips for going plastic free**

- Carry reusable shopping bags and use them instead of store plastic bags.
- Avoid food packaged in single-use plastic.
- Carry reusable utensils and drinking straws.
- Do not buy or consume soft drinks, juices and other beverages in plastic bottles.
- Carry your own containers for takeaway food and leftovers.
- Carry a stainless steel travel mug or water bottle at all times for coffee and other drinks while away from home.
- Choose lotions and lip balms in plastic-free containers.
- Do not buy or use bottled water

**Finally, our parish, once again, has created a beautiful Project Smile 😊.**

**Thank you for bringing joy to the hearts of so many of our sisters in Christ!**

#### **This week in our parish:**

**Today:** After Divine Liturgy panakyhda +Heorhiy and Hryhoriy (1<sup>st</sup> anniversary)

**Monday, Oct. 25:** 11 a.m. Divine Liturgy (+Maria Kharatyna Malko)

**Wednesday, Oct. 20:** 6 p.m. Divine Liturgy (+Murray French)

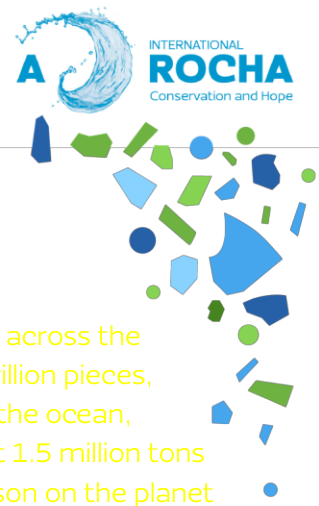
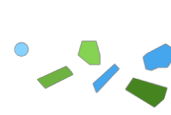
#### **Birthday greetings to:**

Luba Werchola (24<sup>th</sup>), Roman Luka (25<sup>th</sup>), Olga Gryshchenko and Alina Lyusak (26<sup>th</sup>), Irena Potoczny (27<sup>th</sup>), Alexander Kliashchuk (28<sup>th</sup>), and Sophia Gryshchenko and Vera Fedorowich (30<sup>th</sup>).

**MNOHAYA LITA!**

**Donations:** October 17<sup>th</sup> Regular: \$780. Seminary Fund: \$5. Special donation: \$100.

**Thank you for your continued support!**



# Microplastics Factsheet

## What are microplastics?

Defined as being 1–5mm in size, microplastics are small plastic pieces that are ubiquitous across the marine environment. Estimates put the total amount of floating microplastics at over 5 trillion pieces, weighing over 250 000 tons. On top of this are all those that have sunk to the bottom of the ocean, washed up on beaches or have accumulated inside marine organisms. It is estimated that 1.5 million tons of microplastics are released into the ocean each year. This is the equivalent of every person on the planet throwing an empty plastic grocery bag into the ocean every week (IUCN, 2017).

## Where do they come from?

The main problem with plastics is that they are designed to not break down. Although **larger items of plastic litter** do disappear over time, this is largely the result of them being broken up into smaller and smaller fragments –eventually becoming microplastics.

The synthetic materials used to make **clothing** are types of plastic and in a single wash, just one fleece can release nearly 2000 fibres. Every second, it is estimated that laundry water is adding around two billion microplastic fibres into Europe's waters alone. These enter the ocean through poor wastewater management. Spillage of the tiny pellets used as the base material in the **manufacture of nearly all plastic products**, deliberate addition of pellets to water to act as a **scrubber in cleaning processes**, and, in the same way, addition of microplastic beads to **personal care products** (face and body scrubs, toothpaste etc.) to act as a scrubber are all sources of primary microplastics in to the marine environment.



## Why should we worry?

### The problem of consumption

- Animals ranging from shellfish to whales have been found to have eaten microplastic particles, with suggestion that some may even be deliberately selecting plastic to consume. Algae can act a bit like a magnet for microplastics, which is both bad for the algae (blocking out the light it needs to make food) and for the animals that eat the algae. Microplastic contamination has been found in the flesh of mussels and oysters intended for human consumption: are we eating microplastics?
- **Physical injury:** By accumulating in guts and stomachs, they can cause blockages, as well as limiting the amount of real food the animal can consume. They can also entangle smaller organisms.
- **Poisoning:** Many plastics contain toxins and also attract and bind to many other pollutants found in the water, concentrating them to potentially dangerous levels. These chemicals can then be released after ingestion, threatening the health of the organism.

### The problem of rafting

- Amongst the species found on microplastics are some that cause illness in humans and marine animals (eg. *Vibrio spp.* bacteria). Meanwhile, microplastics and their inhabitants are often carried long distances across the world in ocean currents. This can introduce them into ecosystems in which they are not currently present, and where they could have a negative impact.



The stomach contents of a dead albatross (Photo credit: NOAA Marine Debris Program)





### The 'missing' microplastics

Estimates for plastic breakdown range from 100s to 1000s of years, but with large-scale plastic production having only been widespread for around 60 years, these are approximations. Based on the measured quantities of larger plastic litter, known breakdown rates to microplastics, and measured quantities of microplastics, it is clear that a large proportion of the expected microplastic particles are 'missing'. So where are they?

- Could the rate at which plastics break down accelerate over time, or as the particles get smaller?  
This would be a good thing!
- Colonisation of plastic by biota can make the particles dense enough to sink to the ocean floor, where they can still be harmful.
- A number of organisms consume microplastics, either deliberately or accidentally, but we don't know to what extent.

### What actions can society take?

- **Avoiding products containing microplastics.** Websites like [beatthemicrobead.org](http://beatthemicrobead.org) provide country-specific lists of guilty (and safe) personal care products, while items of clothing should specify their material on the washing label. You can even fit filters to your washing machine to catch plastic microfibers before they enter the water system.
- **Reduce your plastic waste.** Even if you dispose of it correctly, wind, poor waste management and other factors can still cause it to end up in the marine system. Avoid single-use plastic products and those with excessive packaging and look for ways to avoid plastic where possible.
- **Push for government and business action** through purchase choice and your voice as a voter. Several countries have already banned microbeads in detergents and cosmetics.
- Perhaps most importantly, **spread the word!** The more people aware of the problem and taking action, the stronger the push for change.

### How is A ROCHA involved?

- A ROCHA's Marine Project makes microplastic pollution one of its focal areas. We have conducted initial research in France and are in the process of starting quarterly sampling in several national programmes. Through partnerships with other research institutions and NGOs, these samples will ultimately be able to feed into a global microplastics programme. This research will generate a better picture of the sources of microplastic pollution on beaches.
- You can help! A ROCHA's Microplastics Toolbox contains resources to act against microplastics on multiple levels: science, theology, education, media and lifestyle.



A ROCHA's marine team sampling microplastics in the Camargue region, France (Photo credit: Robert Sluka)

### Further information:

[www.beatthemicrobead.org](http://www.beatthemicrobead.org)  
[www.plasticsoupfoundation.org](http://www.plasticsoupfoundation.org)  
[www.5gyres.org](http://www.5gyres.org)  
[www.arocha.org/marine](http://www.arocha.org/marine)

