

# Christ the Servant Catholic Church

*Our Faith in Action—Serving God. Serving Others.*



## 16<sup>th</sup> SUNDAY IN ORDINARY TIME

“The righteous will shine like the sun in the kingdom  
of their Father.” - Mt 13:43a

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

©LPI

### **Our Mission**

Christ the Servant Parish is a welcoming Catholic faith community gathered together to gratefully share and live the Eucharist, the inspiration of the Gospel, the presence of the Holy Spirit, and to follow Christ's example in service of others.

**Pope Francis' Tweet for the Week**  
 "A little bit of mercy makes the world less cold and more just."

Please continue to check our parish website [www.ctswoodridge.org](http://www.ctswoodridge.org), and facebook, for up to date information about what we are able to offer to help keep our community connected.

At this time, we continue to record the mass for people who are not able to make it to church, posting it by 4:30 pm Saturdays on the YouTube channel christtheservant.



**Diocese of Joliet Grandparents Mass**

At the Cathedral of St. Raymond,  
 604 North Raynor Av, Joliet.  
 Celebrated by Bishop Hicks on  
**Sunday, July 23rd at 2:00 pm.**  
 Please R.S.V.P. 815-221-6192



**School Supplies Needed!**

Please help provide for Woodridge children in need. Distribution will be August 6. Donations are needed of:

Pocket folders, wide rule notebook paper and spiral binders, pencils, pens, markers, glue sticks, scissors, rulers, highlighters, colored pencils, erasers.

THANK YOU.

During the month of July, Christ the Servant will be collecting school supplies for local Woodridge children.

A donation box for the school supplies will be in the Narthex until July 30th. In advance thank you for generosity.

**Active Senior Expo**

All seniors in the parish are invited to attend Active Senior Expo at no charge (regular admission is \$2). The event will be held on Wednesday, July 26, 2023 at the Darien Sportsplex, 451 Plainfield Road in Darien. Driving Note: If coming from the east, use 75<sup>th</sup> Street entrance. If coming from the west, use Plainfield Road entrance. Show hours are 9:30 a.m. to 2 p.m. and parking is free.

Active Senior Expo features hundreds of products and services for seniors, free seminars, free health screenings, free musical entertainment and free door prizes.

Simply present this bulletin (or photocopy) at the door and you and all members of your party will be admitted free of charge.

Photocopies are available on the table in the Narthex.

**HELP WANTED Throughout the Diocese NEW EMPLOYMENT OPPORTUNITIES ADDED WEEKLY**

There is no greater privilege than working in ministry! If you are looking for more satisfaction in your work -life; consider applying for one of the many jobs listed on the Diocese of Joliet's website <https://www.dioceseofjliet.org/hr/listjobs>. Follow the link to see job postings for individual parishes throughout the Diocese and some parishes outside of the DOJ.

Find us (and like us!) on Facebook. [www.facebook.com](http://www.facebook.com).  
 Type "Christ the Servant Catholic Church" into the search bar.

**National Eucharistic Revival**

Indeed, the Eucharist is God's response to the deepest hunger of the human heart, the hunger for authentic life, for in the Eucharist Christ himself is truly in our midst, to nourish, console and sustain us on our journey.



**BECOMING EUCHARISTIC PEOPLE**

Pope Francis

**New Members**

*Dwight Weghorst and Michele Sugar*

recently registered as new members of the parish community.



**Sacramental Information**

**rites of Christian Initiation** Adults interested in learning more about the Catholic Faith, the celebration of Baptism, Eucharist and/or Confirmation are invited to contact the parish office.

**Baptism of Infants** Baptisms are usually celebrated on the first and third Sundays of each month (except during Lent) at 11:00 AM. A Baptism Preparation Class must be attended if you are planning your first child's baptism or if three years have passed since your last child was baptized. Call the Parish Office to register and to check whether adjustments have been made to the schedule.

**Marriage** Marriage arrangements must be made at least six months in advance by contacting the Parish Office to set the date and reserve the church. Reserve the church before you reserve the reception hall.

**Holy Orders:** Are you thinking of becoming a priest or religious? Talk with Fr. Bob or email Fr. Steven Borello vocations@dioceseofjoliet.org.

**Reconciliation** Available Saturdays from 4:00-4:30 pm (except Holy Saturday), or by appointment with Fr. Bob.

**Pastoral Care of the Sick** Please contact the parish office for a visit from a priest when sickness occurs or death is imminent for the sacrament of Anointing of the Sick. To arrange for Communion to be brought to the sick/homebound members of the parish community, please call Alie Phillips at 630-649-3466.

**Funerals** Arrangements for funerals are usually made in cooperation with the attending funeral home. Contact the parish office for pre-planning of funerals.

**Baptism Preparation Class:  
Thursday, August 3, 7:00 PM**

**Pre-Baptism Preparation Class**

The next Pre-Baptism preparation class will be held on: **Thursday, August 3, 2023**

**7:00 PM in the Large Meeting Room**



If you are new to the parish or first time parents, this meeting is mandatory, before your child may be baptized. Please call the Parish Office at: 630-910-0770 to register for the preparation class.

**Ladies Monthly Luncheon**

The ladies July luncheon will be at:

**Dell Rhea's Chicken Basket,  
645 Joliet Road, Willowbrook  
On Tuesday, July 25th at 1:00 pm.**

Please R.S.V.P. by Sunday, July 23rd to.....  
Carol Hendrich at: **630-427-9030**, or  
Pat Spataro at: **630-985-5638**



**Save the Date  
Annual Parish Fund  
Raiser**

**Friday, October 13th  
6:00 pm**

**Bavarian Blast!**

Details about the parish **Bavarian Blast** fund raiser will be in future bulletins.



**Hotline Numbers for Help**

Family Shelter Service Domestic Abuse	630-469-5650
National Domestic Abuse Hotline	800-799-SAFE
Illinois Adult Protective Services	866-800-1409
Will County Crisis Line	815-722-3344
Mayslake Ministries	630-852-9000
Diocese of Joliet Sexual Abuse Victim Assistance Coordinator	815-263-6467
Waterleaf Women's Center	630-701-6270

# Religious Formation News

RF registration information can be found in the Narthex. For more information call Christine at 630-910-0770 or email at [cgoba@rcdoj.org](mailto:cgoba@rcdoj.org)

## CHRIST THE SERVANT RELIGIOUS FORMATION



We are excited to assist and accompany your family on their journey of faith here in our parish. The Religious Formation Office is concerned with equipping your child with the skills to develop a personal and grace filled relationship with Jesus. The instruction that we provide for your child is intended to extend your resources in order to help you foster spiritual growth within your family life. The Religious Formation program partners with families in the passing on of the Catholic faith with a formalized, systematic program based

on your child's developmental level for Kindergarten through 8<sup>th</sup> grade. We are committed to helping your child come to know and love God and to help your family grow in their faith.

## Religious Education Registration

RF registration information forms are in the back of church.

July 5 – September 24	Tuition \$175
September 25 – October 24	Tuition \$190
October 25 – February	Tuition \$200

## 2023-2024 Religious Formation Elementary Class Days and Times

Remote eLearning is independent study and does not have a set time to meet each week (Additional sessions may be added or canceled as needed)



### In-Person

### Remote

- Kindergarten Tue 4:45-6:00 (In-Person Only)
- Grade 1 Mon, Tue or Wed 4:45-6:00 or eLearning
- Grade 2 Mon, Tue or Wed 4:45-6:00 or eLearning
- Grade 3 Mon, Tue or Wed 4:45-6:00 or eLearning
- Grade 4 Mon, Tue or Wed 4:45-6:00 or eLearning
- Grade 5 Mon or Wed 4:45-6:00 or Tue 6:30-7:45 or eLearning
- Grade 6 Mon or Wed 4:45-6:00 or Tue 6:30-7:45 or eLearning
- Grade 7 Mon or Wed 4:45-6:00 or Tue 6:30-7:45 or eLearning

### Confirmation Session:

Grade 8 Mon or Tue 4:45-6:00 or Tue or Wed 6:30-7:45, or eLearning

Confirmation & Communion remote students are required to be in person for some activities for the Sacrament preparation.

## Is God calling you to share your faith?

Is God calling you to share your faith with His children? No one else can answer God's call to His mission for your life but you. If you do not respond to God's call, the unique work that God wanted to accomplish through you will not get done.

Volunteers and Catechist are essential to running a successful RF program. There are many different ways to help like there are many different types of children.

Come join us as we work to make a difference, one child at a time. Please call the RF Director Christine Goba at 630-910-0770 or email at [cgoba@rcdoj.org](mailto:cgoba@rcdoj.org) if you are able to give time to help during the year.



## COMING THIS SUMMER:



### Parish Enrichment Series

Mondays 7:00-8:15

### Presence: The Mystery of the Eucharist

Although the Eucharist appears to be simple bread and wine, it is actually the "source and summit" of the Christian life. Presence: The Mystery of the Eucharist explores the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members. It is the crescendo of the entire story of salvation.

Participants are invited to meet every week, starting Monday, July 10 thru July 24, to view an engaging video presentation followed by a time of lively group discussion and fellowship.

July 24 - Episode 3: Bread for the Journey



### Parish Enrichment Series

Thursdays 2:00-3:15

### Bishop Barron's video series - The Mass

Walk through the Liturgy with Bishop Barron and be transformed through insights on this most privileged and intimate encounter with our Lord Jesus Christ. See how the Mass brings us out of the fallen world and into the heavenly realm, how it resonates with a call from God and a response from his people, the Church, and, most importantly, how we are intimately joined with the Body, Blood, Soul, and Divinity of Jesus through the Holy Eucharist.

July 27 – EPISODE 3 God Speaks Our Story

August 3 - EPISODE 4 Responding to God



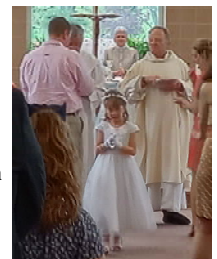
Christ the Servant Church and Religious Faith Formation is genuinely happy to be able work with your

family to prepare and receive the Sacraments. The Sacraments are God's great gift to mankind and so there is great joy in being able to share this wonderful gift and work of God with your family. The seven sacraments touch all the stages and all the important moments of Christian life: "they give birth and increase, healing and mission to the Christian's life of faith. There is thus a certain resemblance between the stages of natural life and the stages of the spiritual life." (St Thomas Aquinas)

## Sacrament Reminder

Don't forget if your child is planning on making a sacrament that **the Diocese of Joliet requires that children complete a minimum of two consecutive years of religious formation before receiving sacraments.** Typically, in 2nd grade, our children receive the Sacrament of Reconciliation in the late fall and the Sacrament of Eucharist in the spring.

(Children must have participated in RF in first and second grade or two other consecutive years of preparation). Preparation for the sacrament of Confirmation, which will be conferred at the end of 8th grade according to the Bishop's schedule begins in 6th and 7th grade. (Full participation in RF in 7th and 8th grade is the minimum enrollment required.)



## Religious Formation Up Coming Dates

- July 6- September 24 Religious Formation Registration 2023-2024 (Tuition \$175)**
- July 24** 7:00-8:15 Parish Enrichment Series Presence Episode 3: Bread for the Journey
- July 25** Youth Group 6:30-7:30
- July 27** 2:00-3:15 Parish Enrichment Series The Mass Episode 3: God Speaks Our Story
- August 3** - 2:00-3:15 Parish Enrichment Series The Mass Episode 4: Responding to God
- August 8** Youth Group 6:30-7:30
- August 22** Youth Group 6:30-7:30
- August 25 or 26** Catechist Retreat / Meeting
- September 5** Youth Group 6:30-7:30
- September 10** Catechist Coffee & Teats Meet-up
- September 11, 12, and 13** RF family prayer service and open house.
- September 17** Catechetical Sunday
- September 18, 19 and 20** first regular class
- September 21 and 22** remote student book pickup 3-5pm
- September 25-October 24** Registration Tuition increase (Tuition \$190)
- October 27** Set up for Reconciliation Retreat
- October 28** Reconciliation Retreat "Forgiveness Day"
- November 4** Confirmation Parent Meeting 11:00
- November 12** RF Grand Event 2-3:30



GRADUATING SENIORS  
**CONNECT HERE**

Join your Catholic faith community on campus today.

SCAN QR CODE

signupnc.newmanministry.com




## 2023 Catholic Ministries Annual Appeal Diocese of Joliet

2023 GOAL \$43,500  
 AMOUNT PLEDGED: \$42,155 as of July 16, 2023  
 AMOUNT PAID: \$36,080  
 REMAINING BALANCE: \$6,075  
 DONORS THIS YEAR: 211  
 2023 REBATE AMOUNT: \$0  
*Thank you so much for your generosity! God bless you!!!*



## Junior High Youth Group



This Summer, children grades 5-9 are invited to join Religious Formation twice a month for a different activity intended to illustrate a concept from Sacred Scripture and Tradition. We will meet every other Tuesday in Summer from 6:30-7:30 PM. The first meeting will be July 11th and run until September 5th.

Topics such as Psalm 22, Virtue, Matthew 16:13-20, Jeremiah 30-33/ Baptism and the New Covenant will be discussed and reinforced with an aligning activity. Activities include: game night, laser tag, movie night, bonfire/glow night, and outdoor water games with slip and slide.



### Schedule:

- July 25—Virtue & Laser Tag
- August 8—Matthew 16 & Water Games
- August 22—Ark of the Covenant & Movie Night (tentative)
- September 5—Baptism & Bonfire/Glow Night



## Religious Education Sponsorship – Faith Forward



No child should be denied being taught about God just because their parents cannot afford to send their children. To help our parents pay for Religious Education we are starting a Religious Education Sponsorship program. We invite you to become part of the Faith Forward: Christ the Servant Religious Education's Sponsorship Program. By sponsoring the faith formation of a child – by passing your faith forward — you help to lay the foundation and shape the future of both our children and the whole of our Catholic community.

There are several ways to financially assist in passing your faith forward:

A \$175.00 donation will pay for one year of religious education tuition

\$100.00 will pay for the Sacrament fee of a child who cannot afford the fees for receiving a Sacrament

\$25.00 will purchase a child's textbook for the year.

Other sponsorships such as retreat expenses, high school programs, speaker engagements, classroom audio/video equipment are also available.

## Mass Intentions for the Week

### MASS & PRAYER INTENTIONS

#### Saturday, July 22

4:45 PM Lorraine Riedl, req. Bill & Donna Ciolek  
Deacon Tom Fricke, req. Bobbi & John Honiotes  
Phyllis & Betty Zoucha, req. Stephen & Karen Jackson

#### Sunday, July 23

8:30 AM Richard Kopp, req. Margaret Buch family  
Edward Rechner, req. John Rechner family  
10:00 AM Frale family, req. John J. Frale

#### Monday, July 24

8:30 AM Phyllis Wallace & Chuck Wallace, req. Pat Sweatt

#### Tuesday, July 25

8:30 AM People of the Parish

#### Wednesday, July 26

8:30 AM Holy Souls in Purgatory that are near Heaven, souls  
that are most forsaken, req. Zenaida Cruz

#### Thursday, July 27

8:30 AM People of the Parish

#### Friday, July 28

8:30 AM People of the Parish

#### Saturday, July 28

4:45 PM Chuck Dennis & Al Kikilas, req. Pat & Debi Savage  
Richard Peslak & Helen Kolodziej, req. Helene Peslak  
Lorraine Riedl, req. Julie & Scott Lucas  
Deacon Tom Fricke, req. Sue Tiesenga

#### Sunday, July 30

8:30 AM Ed Rechner, req. Jim & Ann Kolar  
10:00 AM Frale family, req. John J. Frale  
Deacon Tom Fricke, req. Joe & Beka Ciolek

The tabernacle light burns this week in loving  
memory of **Harold Nemec & Dolores Joppa.**



## We pray for the Sick

Bruce Barnhard	Barbara Hile	Janice Proskey
Barbara Bayro	Fred Huth	Bob Pluta
Nancy Becker	Tony Iovito	Wm. (Bill) Rausch
Sharon Bhaskar	John Ito	Lolit Rancho
Jim Brabec	Jessica James	Robert Rodriguez
Renee Brennan	Rayna Januska	John Rossi
Pat Chang	Ed Jascewsky	Sonja Rudny
Donna Ciolek	Madeline Jascewsky	Jim Sanders
Vic Cordes	Paul Jasinevicius	Rita Sisko
Michael Durkovic Sr	Jeanne Jordan	David Sivak
Rudy Durkovic	Ida Kenny	Ken Sloup
Ray DiGrazia	Karin Kietzman	Jennifer Stile
John M. Foresman	Paul Knight	Dan Szymanski
Tina Fassero	Barb Kosiek	Dennis Szulc
Marty Foy	Barbara Kuehn	Mary Vanderplow
Joanne Fricke	Robert Losik	Bill Wagner
Robert Gripp	Joyce Maples	Judy Ward
Joan Haffner	Jan May	Patricia Wheeler
Bill Hartig	Donna Mays	
Michael Harris	Chuck Neal	
Carolyn Heinrich	Una O'donnell	
Carol Hendrich	Nam Pham	



*Names remain on this list approximately three months, unless specifically requested otherwise. To update the list, call the Parish Office at 630-910-0770 or bryn@ctswoodridge.org. To request a mass, or the Tabernacle Light, call the parish office at 630-910-0770.*

## We pray for the Deceased



May God give comfort and peace to  
Carolyn Rafa who recently lost her  
husband, **Michael Rafa.**

Also, the Gabehart family who recently lost  
their mother,  
**Kathleen Gabehart**

## We pray for those who Serve

**Andrew McGraw**, nephew of Ann & Mike Andreshak  
**Nolan Bowers**, grandson of Daniel & Karen Bowers  
**Christopher Durkovic**, grandson of Joan Kurtz  
**Chase Halik**, son of Tim & Peggy Halik  
**Avery Jackson**, grandson of Steve & Karen Jackson  
**Ben Jalove**, nephew of Chuck & Linda Jalove  
**Brock Ketcham**, cousin of Jean Durran  
**Kade Ketcham**, cousin of Jean Durran  
**Joshua Plucinski**, grandson of Joan Kurtz  
**Raleigh Redinger**, nephew of Mike Magee  
**Dan Ward**, nephew of Sister Rosemary Ward

*If you have a family member serving overseas, please let us know.  
Please also let us know when they return home.*



## Bible Readings July 23—July 30

**SUNDAY:** Wis 12:13, 16-19/Rom 8:26-27/Mt 13:24-43 or  
13:24-30 (106)

**MONDAY:** Ex 14:5-18/Mt 12:38-42 (395)

**TUESDAY:** 2 Cor 4:7-15/Mt 20:20-28 (605)

**WEDNESDAY:** Ex 16:1-5, 9-15/Mt 13:1-9 (397)

**THURSDAY:** Ex 19:1-2, 9-11, 16-20b/Mt 13:10-17 (398)

**FRIDAY:** Ex 20:1-17/Mt 13:18-23 (399)

**SATURDAY:** Ex 24:3-8 (400)/Jn 11:19-27 or Lk 10:38-42 (607)

**SUNDAY:** 1 Kgs 3:5, 7-12/Rom 8:28-30/Mt 13:44-52 or 13:44-46 (109)

## Office Hours & Staff

8700 Havens Drive  
Woodridge, Illinois  
60517  
Phone: (630) 910-0770  
Fax: (630) 910-6060  
[www.ctswoodridge.org](http://www.ctswoodridge.org)



### Office Hours

Monday—Thursday.....8:30 AM—4:30 PM  
Friday.....8:30 AM—1:30 PM

### Mass Schedule

Monday through Thursday.....8:30 AM  
Friday Communion Service.....8:30 AM  
*The Rosary is recited following daily Mass.*  
Saturday.....4:45 PM  
Sunday.....8:30 and 10:00 AM  
Holy Days....consult bulletin or call

### Sacrament of Reconciliation

Saturday, 4:00-4:30 or by appointment

### Pastoral Staff

**Fr. Bob Duda**, Pastor *Ext. 101*  
[FrBob@ctswoodridge.org](mailto:FrBob@ctswoodridge.org)

**Rod Accardi**, Permanent Deacon  
[dcnaccardi@ctswoodridge.org](mailto:dcnaccardi@ctswoodridge.org)

**Bryn Wildman**, Bus. Mgr *Ext. 102*  
[bryn@ctswoodridge.org](mailto:bryn@ctswoodridge.org)

**Christine Goba**, Religious Formation  
Director *Ext. 103*  
[cgoba@rcdoj.org](mailto:cgoba@rcdoj.org)

**Janet Alikpala**, Music Director  
[janet@ctswoodridge.org](mailto:janet@ctswoodridge.org) *Ext. 104*

**Nova Baranski**, Bookkeeper *Ext. 102*

**Mary Goba**, Admin Assistant *Ext. 102*

### Commission Chairpersons

**Tom Swik**, Pastoral Council Chair  
**Ed Koch**, Administration/Finance  
**Bill Yunker**, Christian Service  
**Donna Ciolek**, interim Parish Life Chair  
**Bill Ciolek**, Religious Formation  
**Chris Bojanowski**, Worship

## Calendar of Events

### Sunday, July 23

8:30 am—mass

10:00 am—mass

### Monday, July 24

8:30 am—daily mass

7:00 pm—Adult Enrichment Presence

### Tuesday, July 25

8:30 am—daily mass

6:30 pm—RF youth group

### Wed, July 26

8:30 am—daily mass

### Thursday, July 27

8:30 am—mass

9:30 am—yoga

2:00 pm—Parish Enrichment Series, the Mass

### Friday, July 28

8:30 am—  
communion  
service

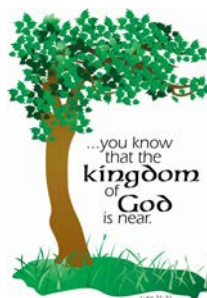
### Saturday, July 29

4:45 pm—mass

### Sunday, July 30

8:30 am—mass

10:00 am—mass



### Upcoming Events

**July 24:** Adult Study-Presence 7 pm

**July 24:** Parish Life 7 pm

**July 25:** RF Youth Group 6:30 pm

**July 27:** Parish Enrichment Series:

the Mass 2 pm—3:15 pm

**August 3:** Baptism Prep 7 pm

**August 6:** Baptism 11 am

**August 7:** RF commission

**August 8:** RF Youth Group

**August 10:** Anniversary of Fr.

Frank Vitus death.

**Oct 13:** Bavarian Blast

Annual Church Fundraiser 6 pm

## Parish Giving

How many of us live day-to-day not being aware of what we do or perhaps even who we are? Living a conscious, purposeful life takes a lot of energy and commitment. Jesus came into our world to teach us how to live such a life as His Stewards. He reached out to everyone, even those who were considered outside of the acceptable community life.

### NEEDED WEEKLY: 2022- 2023

Parish Expenses	\$ 7,700.00
Debt Payment	<u>2,600.00</u>
<b>Total Needed</b>	<b>\$ 10,300.00</b>

### CONTRIBUTIONS: July 12 - July 18

Sunday	\$ 3,690.00
Sunday other forms	\$ 2,910.00
General Funds	\$ 0.00
Restricted	\$ 1,600.00
Debt Reduction	\$ <u>68.00</u>
<b>Total Contributed</b>	<b>\$ 8,268.00</b>

### Differential this period:

Needed	\$ 10,300.00
Reported	\$ 8,268.00
<b>Differential this period:</b>	<b>\$ 2,032.00</b>

*General Funds includes Holy Days, All Souls, mass intentions, etc.*

### OTHER CONTRIBUTIONS:

Debt to Diocese 6/30/2023  
\$36,120.00

Registered Households—784  
**God bless you, and thank you for your generous support!**

**Did you know...**To donate stocks, visit [www.dioceseofjoliet.org](http://www.dioceseofjoliet.org) and click on "Donate", then click on "Stock Donations or call the Development office at 815-221-6100 for information.

A free, online will-writing tool is available through the Diocese of Joliet. Visit [FreeWill.com/DioceseofJoliet](http://FreeWill.com/DioceseofJoliet). You can avoid paying taxes on your IRA disbursements by having the check mailed directly to the church. Consult with your financial advisor for information. You can avoid paying taxes on your IRA disbursements by having the check mailed directly to the church. As Catholics, we are called to plan ahead and share the blessings of our lives with our loved ones and future generations. To help you be a steward of everything God has entrusted to your care, Christ the Servant is sharing a **free, online will-writing tool**. It is cost-free and takes 20 minutes or less to protect your family and your assets and create a gift to pass the Catholic faith onto future generations and strengthen Christ the Servant. Get started at [FreeWill.com/DioceseofJoliet](http://FreeWill.com/DioceseofJoliet).

**Leave a Legacy.**

## Creation Care Corner

Only 9% of the 9 billion tons of plastic produced has been recycled, due to low demand for recycled plastic. The 40% of all plastic is designed to be used once & tossed. Plastic doesn't decompose easily & can last 100s of years. The waste clogs landfills and waterways, and poses hazards to animals and fish life. It breaks up into ever smaller microplastics getting into our air and food chain with unknown health effects.

### What you can do:

- Say NO to single-use plastic. Carry your own cups, bags, to-go containers.
- Say NO to bottled water and pop. Carry refillables.
- Avoid products with excessive packaging, excessive plastic packaging and parts. If it leaves behind plastic trash, try not to buy it.
- Choose more biodegradable/recyclable materials like glass, paper, cardboard.



### STEWARDSHIP RECOMMENDATION:

Plastic waste is a huge growing problem.