

# What does my *car* have to do with *Mass*?

Sunday is a day of *rest*—for humans *and* animals. Give the local flora and fauna some respite from air pollution by letting your “beast of burden” rest in the garage.



The word Eucharist means *Thanksgiving*! Thank God for the gifts of Creation by spending your commute to mass in nature, walking or cycling.



The Sabbath is a day for doing *good* and saving *life*. Reducing your carbon emissions is good for everyone, especially those in impoverished countries who are feeling the worst effects of climate change.



## *Tips* for a successful

### **ECOSABBATH**

- Give yourself enough time to travel by foot or bike—it is not in the spirit of Sabbath rest to arrive at mass late and out of breath!
- Dress for the weather and mode of travel—you’ll be more comfortable biking in runners and a rain slicker rather than heels and a blazer. Bring a small change of clothes if you can so you’ll still be dressed respectfully for mass.
- Yes, getting to mass without your car may be difficult and inconvenient! Offer your sacrifice to God for the healing of the planet and all its people.

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W A L K

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C Y C L E

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R O L L

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O U R L A D Y  
O F F A T I M A

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**E C O**

**S A B B A T H**


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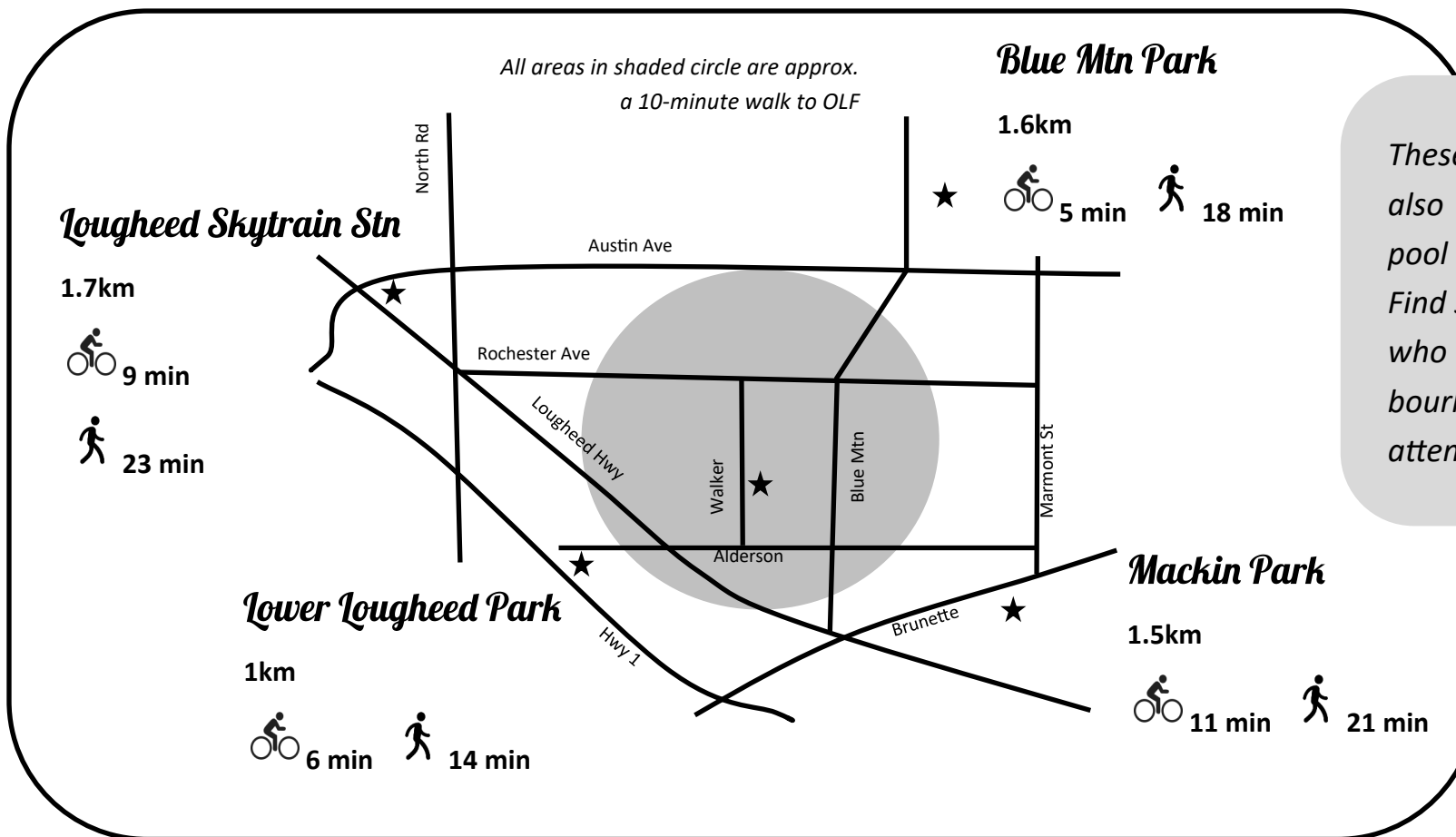
L A S T W E E K E N D  
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# But I live *too far away!*

You don't have to commit to walking or cycling the whole way to Mass—making even just a portion of your trip car-free helps. Check out this handy map to locate convenient spots where you can park the car and finish the trip by foot or bike.

Nearest bus routes: 152  
and 157. Check  
Translink for current  
routes and times. 



These parking spots  
also make handy car-  
pool pick-up spots!  
Find some parishioners  
who live in your neigh-  
bourhood, and plan to  
attend mass together.