

## SATURDAY

### THINKING ABOUT OUR FUTURE LIFESTYLE

If we are to create a sustainable future for ourselves and our children, then we need to change our lifestyles so that we consume less of the planet's resources and reduce pollution and greenhouse gas emissions. Here are some ideas about more major, longer term changes you can make that could also save you money.

#### HOME HEATING

What is my home insulation like? Can I improve it?

Is my house adequately draught-proofed? Do I have double glazing or thick curtains to help avoid heat loss through the glass?

Are solar panels an option for me? What would they cost and would they pay back in as little as 5 years ?

#### CAR

Can I use public transport instead of my car once a week?

Can I car-share with a friend, neighbour or work colleague?

Can I keep my car for longer, and then replace it with a more environmentally friendly one?

#### HOLIDAYS

What about the carbon footprint of my holiday? How can I reduce it? Should I think really hard about flying as this is one of the most environmentally costly activities I may choose ?

**PRAYER:** Lord, help me to understand that a Christian lifestyle is not just about 'religious' activities but my whole attitude to wealth and possessions. Make me a faithful steward of all you have given.

## Holy Trinity Tewkesbury

### Green Week



11th –17th June 2023

#### Prayer and Action for God's Planet Earth

*"You are never too small to make a difference"*

Greta Thunberg

## Introduction

In Genesis chapter 1 verse 26 God says let man rule over all the earth and all the creatures. A right understanding of this commission is that God has given mankind responsibility for the stewardship of the earth , to care for the land and all creatures. Christians should therefore be in the forefront of caring for and preserving the natural world as part of their worship of its Creator. Green Week and this booklet are a step to help us in fulfilling our part in this calling

Today, as we have all become aware, the world is facing a climate and environmental emergency that is already impacting the lives of millions of people. It will increasingly affect us in the UK and even more so the lives of our children and grandchildren.

Climate change if unchecked will result in fatal heatwaves, massive wildfires, coastal and river flooding of towns and cities, droughts, loss of food supplies, and mass migrations from areas that become uninhabitable by humans. Human activity is also destroying and polluting the natural world, resulting in the loss of animals and plant species, which form the eco system on which human beings also depend for life.

The scale of the issues involved can seem daunting and make us feel powerless to change things in any meaningful way. But the future of the planet will depend not just on the governments and business but on the choices and decisions we as individual consumers are willing to make about our lifestyles - our caring for nature, our diets, our travel, our waste, our use of energy and our clothing amongst others.

**How to use this booklet:** For each day from Monday to Saturday in Green Week (12th to 17th June) there is a topic for you to think and pray about and some practical ideas that will help you develop a more environmentally friendly and sustainable lifestyle. Discuss these and other ideas you have with your family and in your Life Group. We hope you will try out some of them ideas during the week but also keep this booklet as a source of ideas and inspiration which you can return to and apply in the months ahead.

## FRIDAY

### CLOTHING : Buy less and use longer

The world throws away £1 billion of clothing every day. The fashion/ clothing industry creates more greenhouse gas emissions than aviation. Yet much of our clothing is little used and often ends up in the bin.

#### Ideas for simplifying your wardrobe

Review your wardrobe. How many of each article of clothing do you really need? What can you give away?

Buy to replace not just to add—avoid impulse purchases!

Take (decent quality) spare clothes to charity shops so they can be sold and re-used

Find out about clothes recycling facilities— see council website

Consider shopping for clothes in a charity shop, there are some amazing bargains! Swap clothes with family members or friends

When you are going to buy clothes ask yourself if you need it? Can you make what you have last longer

Where do you buy your clothes from? Are they ethically sourced?

Look to buy fabrics that are natural such as cotton and linen and wool rather than man-made fibres.

**PRAYER:** Thank you God that we have the clothes we need to keep both cool and warm. Keep our hearts from that consumer attitude that always wants more and let us see we can do with less

## THURSDAY

### PLASTIC AND WASTE: Make less mess !

Each household in Britain produces about 1 tonne of rubbish every year. Some 60% of all the plastic produced hangs around as rubbish and ends up in landfill and in the oceans. About a third of all plastic produced is used in packaging which is then thrown away.

#### Ideas for making less mess !

Decide to recycle as much material as you can and make the best use of the council recycling system

Look at what is in your waste bin and think how you could reduce it

Buy less online when it comes in lots of packaging

Re-use plastic carrier bags, takeaway containers, flowerpots etc

Buy loose fruit and veg and take your own shopping bag

Buy from refill shops if possible—or buy extra large quantities and decant them into smaller containers

Look for food that is packaged in paper rather than plastic

Buy fewer newspapers and magazines and consider moving to online versions.

**PRAYER:** Lord, we live in a 'throwaway' world but all our uncycled waste ends up in someone else's world. Help us to do our part in not polluting this planet and so protect the lives of all your creatures

## MONDAY

### NATURE: Caring and nurturing creation

Nature is our home on this planet, not just something we visit. Its beauty and richness are things we must cherish. This week make time for a walk in the Tewkesbury nature reserve or along the rivers and appreciate the natural world around us.

#### Ideas for your garden

If you have a garden here are some simple things you can do to improve it as a natural environment.

- Add bird feeders and bird boxes and bug hotels
- Stop buying compost that contains peat and do not use chemical weedkillers

Gardeners need to plan head so here are ideas for the coming months:

- Plan some new flowerbeds with plants that will attract bees and butterflies like cornflowers and cosmos
- Think about growing vegetables
- Plant a small tree or two this winter
- Plan to make a small pond in the spring
- Next year, leave an area of the lawn to grow long. Plan it as a wild flower area

**PRAYER:** Thank you God for the beauty of the natural world and the pleasure it gives us. Help us to preserve and protect it as stewards of your creation. Amen

## TUESDAY

### FOOD : Eat better for the planet

Reducing greenhouse gas emissions is the single most important action required to reduce global warming. Food production accounts for more than 25% of all greenhouse gases. The biggest impact comes from beef and lamb production (nearly 30% of the total).

#### Ideas for better eating

Decide to reduce or eliminate red meat from your diet

Decide to try out dairy alternatives e.g. soya milk on cereal

Check the labels on food to see where it comes from. Can you buy food that is more locally produced?

Plan for regular vegetarian meals—there are lots of tasty options

Buy more fresh fruit and vegetables that are seasonal and local and have not been imported. If you do buy food produced overseas (e.g. bananas) look for fairtrade options— they may be more expensive but you are helping to sustain farmers in the poor parts of the world

A huge amount of food is thrown away— think how you can reduce your food waste by avoiding excess buying and regularly checking ‘use by’ dates in the cupboard or fridge.

The average person in the West eats 180 calories a day more than they need. Serve meals on smaller plates, eat smaller portions, buy less, feel healthier !

**PRAYER:** God you have provided us with so many good things to eat with thanksgiving. Help us to eat responsibly in a way that cares for our bodies and the earth that produces our food

## WEDNESDAY

### ENERGY : Saving on fuel (and money) at home

While we are developing solar and wind power, fossil fuels still produce about 75% of the world’s energy. We can help by reducing our use of fuel at home which saves on both energy and our increasing energy bills.

#### Ideas for saving energy

Turn your heating down by 2 degrees and if you notice the difference put a t-shirt on under your jumper!

You can turn down your water thermostat by 5 degrees — and not notice the difference if you also have a well insulated tank

Turn the central heating off 30 minutes before bedtime

Switch the oven off 10 minutes before you dish up

Wash at 30 instead 40 degrees and minimise use of the tumble dryer

When you boil rice or potatoes, bring the pan to the boil and then put a lid on it and switch it off. They will continue to cook in the hot water. Before serving boil for 2 minutes so they are piping hot

When you boil vegetables make sure you only just cover them with water

Only put as much water in the kettle as you need.

Keep your freezer full to minimise energy use (use newspaper to fill)

**PRAYER:** Thank you God that we have many comforts and conveniences in our homes nowadays. But teach us not to be wasteful of the earth’s finite resources and to live more economically.