

What can I do to care for creation?



St. John's Wimborne
New Life, Full Life

Our morning services in September have been looking at climate change, its impact on our world and our responsibility as followers of Jesus. Here are some practical suggestions to help us respond. Why not stick this on your fridge as a prompt to care for God's creation in everyday life?



❖ The food we eat:

- plan meals ahead & only buy what you know you'll use
- buy food with less packaging
- check the food miles and buy locally grown if possible
- support local shops
- buy British fruit and veg in season and fairly-traded food if affordable
- buy free range eggs and sustainably caught fish (MSC logo)
- eat less meat eg try two meat-free days each week
- grow some of your own food

❖ The way we travel:

- look for opportunities to car-share (including to church)
- if practical, allow a little extra time for local journeys to walk or cycle rather than drive
- if changing your car, consider electric or hybrid, or failing that, smaller!
- consider public transport rather than the car if practical
- drive in a more fuel-efficient manner, always keep the car showing your mpg
- try to avoid flying; if you do fly, offset the carbon (e.g. with www.climatestewards.org)
- notice the beauty on our doorstep and explore the UK for outings and holidays
- get in touch with the seasons and seek out local adventures!

❖ The energy we use:

- switch your electricity provider to a green supplier
- wear an extra layer of clothing and turn down the thermostat
- use a hot water bottle or extra blanket instead of running the heating overnight
- if buying new appliances, go for AAA energy-rated ones
- don't leave appliances (eg TV) on stand-by when not in use
- place your desk by a window to make use of sunlight
- switch to LED light bulbs
- only boil the water you actually need in the kettle
- insulate your home (windows and walls) if affordable
- install solar panels and generate your own electricity!

❖ The things we throw away:

- 6 R's: rethink, repair, reduce, refill, re-use, recycle!!
- simplify life, be liberated by needing less
- use the church's 'Give and Take' board to offer or find used items
- always take your own bags when shopping
- try to reduce your use of one-time plastic: use the 'refill stations' at East Street Deli or Spill the Beans
- drink tap water, not bottled
- 're-invent' secondhand goods from charity and nearly-new shops; improvise, clothes swap, make things!

❖ Other ideas:

- Check out your carbon footprint at www.climatestewards.org
- Inform yourself: read about what's happening to our world and how you could care for creation
- Stand up for the planet: write emails to our MP, sign an online petition, even go on a march about caring for the planet
- Find out about A Rocha UK www.arocha.org.uk, a charity committed to helping Christians and churches to care for the natural world
- Reconnect with the natural world: get wet -- dig the earth; take an interest in wildflowers, bees, butterflies, fish, birds and rocks; plant trees for special occasions such as baptisms or weddings; volunteer with a local conservation organisation eg Dorset Wildlife Trust
- Read '*L is for Lifestyle*' by Ruth Valerio
- Talk to members of St John's Eco Group: Jane Cribb, Gill Groves, Tessa Jenns, David & Jean Morgan, David Nash

Take your everyday, ordinary life – your sleeping, eating, going-to-work and walking-around life – and place it before God as an offering. *Romans 12:1*