

Rejoice

in all that God has given us

Refuse

to believe the adverts

Reduce

buy less, travel less, worry less

Reuse

avoid single-use items

Repair

don't bin it, fix it

Rent, borrow and share

ownership is over-rated

Recycle

as a last resort

Let the Earth rest

Green Christian

About: We are a community of ordinary Christians from all backgrounds and traditions. Inspired by our faith, we work to care for Creation through prayer, living simply, public witness, campaigning and mutual encouragement. We walk alongside those of faith and no faith.

We welcome new members. Join us!
greenchristian.org.uk/connect/join-us/

Events: Conferences, courses, retreats and workshops – online and in person.

Campaigns/Projects including: Borrowed Time; Joy In Enough on transforming our economy; Way of Life Community; Rainforest Fund Project; LOAF.

Resources: annual **Storm of Hope** pamphlet; twice yearly **Magazine**; monthly **Prayer Guide**; free **Email Newsletter** for all; **Members' email discussion group**.
Leaflets for use in Churches: *Use Your LOAF*; *Biodiversity*; *Nine Ways of Living Gently*; *Eco Check Up for Churches*.

Resources for respecting God's Creation
greenchristian.org.uk/activities

To help us respect and protect God's Creation we need company and support. Green Christian members can become part of our Way of Life Community and share thoughts, information and opinions through the CELink email discussion group. Everyone is invited to attend our courses, workshops, talks and special interest Zooms eg an allotment group and a book club. Details on GC website.

Contact: Information Officer.

T: 0345 459 8460

E: info@greenchristian.org.uk

Green Christian, 48 Morrab Road, Penzance, Cornwall
TR18 4EX



Green Christian is a registered trading name of Christian Ecology Link.
Charity No. 328744 Company No. 2445198. © 2022 Green Christian

Seven Tips Respecting Creation

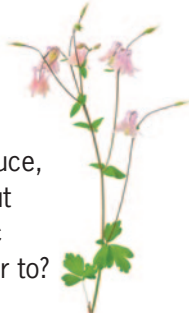
7Rs

Practical tips for respecting
and protecting God's Creation.

 **GreenChristian**
Responding to the Cry of the Earth

Finding Joy in God's Creation

It's often said that the basics of reducing our environmental footprint are the three Rs: Reduce, Reuse, Recycle. But is this enough? To just cut down a bit, try to reuse the occasional plastic bag or bottle, and recycle when we remember to?



The threats to our planet which scientists have been predicting for decades can now be seen with our own eyes: the plastic in the oceans, the loss of our garden insects and birds, and extreme weather events which are increasing in number and ferocity.

As Christians, we know we should protect God's Creation and we commit to lives of loving service. And yet, we are continually bombarded with advertising and with images on social media, which encourage us to buy more or to travel to more exciting places. The pressure this can put on us can be a cause of emotional and mental strain as we often find ourselves busier than ever.

Almost everything we buy has a carbon footprint and much of it is packaged in un-recyclable plastic. Put simply – by buying less we can reduce the rate at which natural resources are used up and the Earth is polluted. This is why Green Christian proposes a few more Rs which may help us reduce our consumption and find joy in the free gifts God offers us.

Keep this list to hand as a reminder to live more simply and enjoy pleasures which cost us, and the Earth, nothing.

Something to think about: R for **Resistance**. Christians have a long tradition of resisting evil, wherever we find it, environmentally, socially, and politically. What should we be resisting today, and how?

Rejoice

Let's take delight in Creation – God's free gift to us. This is all that we need for our own fulfilment!

Tip: Say a prayer of thanks before each meal.

Tip: Enjoy your own local patch of nature.

Refuse

Refuse to believe what the adverts say. You are no less a person because you don't have this gadget or haven't been to that exotic place.

Tip: Always wait at least 24 hours before buying something you have seen in an advert.

Tip: Have regular off-line days to avoid the adverts and images on social media.

Reduce

By reducing our impact on the planet could we also reduce our levels of stress and anxiety? We can buy less, travel less, and put less pressure on ourselves to have that perfect home and ever-active life.

Tip: Have one day a week on which you buy nothing.

Tip: It's ok to say you can't do something because you need a quiet day with the family.

Reuse

Replace the convenience of single use and disposable items with the love of something which can be reused for months or years.

Tip: Bring your own mug and teaspoon if you need a take-away coffee.

Tip: Modern washing machines make cloth nappies really easy to use – spread the word!

Tip: Use charity shops and give-away groups like Freecycle.

Repair

Let's look after our stuff and keep hold of the old skills of sewing and repairing. Find out if there are workshops near you where you can get your electronic items fixed, and donate old furniture to charities which teach people refurbishing skills.

Tip: Invest in a sewing kit and a good tube of super-glue.

Rent, Borrow and Share

Ownership can be overrated. Tools in particular are often bought and used only once or twice a year. Borrowing and sharing can be a great way of bonding with neighbours, and there are organisations which will rent clothes, tools and rarely used items such as camping equipment.

Tip: Before buying anything you won't use every day, ask your friends and neighbours, with a promise to lend them something in return.

Tip: Book lovers – remember your local library.

Recycle

Recycling comes last on the list because it should be a last resort. Recycling does reduce the rate in which we use natural resources but it still uses a lot of energy for transporting and processing the items.

Tip: Complete the loop by buying products made from recycled materials.