

Nine ways of living gently on the Earth:-

1. Stand up for the planet:

- Get to know your MP
- Write letters, sign an online petition
- Protest.

2. Get connected:

- Seek out like-minded people for mutual support and encouragement
- Join and support community groups
- Take part in one of Green Christian's many online meetings.

3. Practise gratitude and generosity:

- Take joy in simple pleasures rather than more possessions.

4. Be creative:

- Reinvent second-hand goods from charity shops
- Improvise, make things
- Try swishing – clothes swap!

5. Reconnect with the natural world:

- Get wet – dig the earth
- Grow herbs on your window sill
- Save and cherish water
- Take an interest in wildflowers, bees, butterflies, fish, birds and rocks
- Include the Earth in all Church liturgies
- Plant trees for special occasions such as weddings and baptisms.



GreenChristian

Ordinary Christians,
Extraordinary Times

greenchristian.org.uk

6. Use your LOAF!

- Support local shops
- Try to buy British fruit and veg in season
- Grow some of your own food
- Eat less meat and dairy
- Buy free-range eggs and meat and sustainably-caught fish (MSC)
- Suggest communal Church meals based on the LOAF principles:
Locally produced
Organically grown
Animal friendly
Fairly traded.

7. Travel light:

- Walk, cycle, take the bus, tram or train, if possible, and use local shops, noticing the beauty on your doorstep
- Organise a lift share scheme for your Church
- Don't fly: a transatlantic passenger blows their annual fair share of carbon in one go. If you must fly, offset with climatestewards.org
- Most European travel is possible by train: seat61.com for more information.

8. Explore this island:

- Get in touch with the seasons
- Seek out local adventures
- Enjoy the journey and limit your driving.

9. Go fossil-free and reduce your energy use:

- Change your electricity provider or campaign for your university, council or Church to disinvest
- Insulate your home
- Wear an extra layer, and turn the thermostat down one or two degrees
- Use hot water bottle, or an extra blanket instead of heating the whole house at night
- If buying new appliances go for AAA rated
- Place your desk by a window
- Generate your own electricity.