

EcoPledge 2022

at St Edmundsbury Cathedral

According to Jesus and the Bible, Christian faith means Loving God, Being a Neighbour and Cherishing the Earth. EcoPledge22 is an invitation to the cathedral and diocesan community to live out our faith by stepping up our care for the earth and the life it sustains.

This leaflet contains some suggestions of how we can achieve this in different areas of life. Please:

-  underline what you/your household are already doing;
-  take some time to reflect on what you intend to start or do more of this year, and then tick these;
-  write your EcoPledges on the wooden hearts available at the Cathedral before Climate Sunday on 4 September or else email your pledge to anitarooney@stedscathedral.org
-  keep this form as a record of your EcoPledge, so that you can review it in 12 months' time.

Becoming more eco-friendly is a journey. The aim of EcoPledge22 is to encourage us along the way, wherever we may be at present.



Our home

To reduce your house's environmental impact, consider:

- improving your draught-proofing and insulation
- turning down your thermostat by 1oC and wearing an extra layer of clothing
- installing eco-friendly light bulbs and turning off lights in empty rooms
- fitting solar panels and/or a heat pump
- changing to a green energy supplier
- reducing the amount of water you use
- avoiding single-use plastic wherever possible
- using biodegradable tissues, kitchen roll and toilet rolls
- recycling as much waste as possible.



Our travel

To reduce your carbon footprint, consider:

- walking or cycling more often
- using public transport whenever possible
- using your car less often and sharing car journeys when you can
- flying less often
- if you're planning to change your car, buying a more economical model, or a hybrid or electric car.



Our food

To eat a more sustainable diet, consider:

- buying more locally-sourced food
- eating more seasonal foods
- eating less meat and dairy food (smaller portions, meat and dairy-free days, avoiding meat completely)
- buying more organic and fairly-traded produce
- reducing the amount of food you waste.



Our garden

To create an eco-friendly garden, consider:

- watering the garden with rain water collected in a water butt
- using peat-free compost
- mowing the lawn less often – insects and birds prefer longer grass
- introducing a bug hotel, planting a wild garden and creating a pond to encourage bees and butterflies, insects and other wildlife
- encouraging birds by installing a bird bath and feeder
- discouraging pests without using damaging pesticides
- composting grass cuttings, leaves and vegetable waste.



Our clothes

To reduce the environmental impact of your wardrobe, consider:

- buying clothes that last longer rather than cheaper 'fast fashion'
- wearing clothes made from sustainable fabrics where possible
- choosing clothes made and sold by companies that pay fair wages
- buying previously-owned rather than new items
- washing your clothes in eco-friendly detergents
- using your tumble drier less often.



Our money

To invest in a fairer and more sustainable world, consider:

- checking the ethical policy of your bank or building society
- opening an account with a bank that invests in companies and funds that make a positive impact on society and the environment
- choosing a pension that isn't invested in industries that contribute significantly to climate change
- supporting an environmental charity or aid agency throughout the year.



Our wider community

To have an impact on decision-makers, consider:

- writing to your MP in support of green policies and a more sustainable economy
- writing to newspapers in support of local and national green initiatives
- joining an organisation that campaigns for action against the climate crisis
- organising or participating in a local 'eco' event in your village or town
- writing to supermarkets and other businesses about their green initiatives or lack of them
- putting up posters or giving out leaflets that show support for improving our environment.

To learn more about environmental issues and eco-choices see:

A Christian Guide to Environmental Issues

Second Edition 2021, Martin Hodson and Margot Hodson, Bible Reading Fellowship

Pope Francis, On Care for our Common Home

Laudato Si, Rome 2015 – www.cafod.org.uk/Pray/Laudato-Si-encyclical

Green Christian Magazine

twice yearly, free for members of Green Christian – www.greenchristian.org.uk/

A Rocha

a Christian charity equipping Christians to care for the environment - www.arocha.org.uk

Ethical Consumer

informs consumers how to spend for a better world – www.ethicalconsumer.org/