



ECO CHURCH
RESOURCES

LIFESTYLE

Lifestyle Audit

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Former Archbishop of Canterbury Dr Rowan Williams caused a ripple when he told us all to get out into the wet now and again. If Eco Church is to mean anything, it should start with our everyday existence. Here are some practical tips for transforming your personal lifestyle.

think



Changing our personal lifestyles is essential if we're to worship God with heart, soul, mind and strength – and love our neighbours as ourselves.

'We all need to make a complete, radical and honest audit of our lifestyles, their impact on the poor and on the planet,' said A Rocha UK founder Dave Bookless, 'and ask God to pinpoint where we should start making changes.'

In his book Planetwise (IVP), Dave admitted this has been a slow, ongoing process in his own family. But they've simply tried to put their faith into practice, and sought to make changes as they've become aware of issues.

'Because we're a family,' he said, 'it's been a process of joint discussion and decisions, with our children playing a full part – sometimes challenging us to go faster, and at other times reluctant to give up their favourite luxuries.'

As a result of his journey, Dave set up an initiative called Living Lightly, which continues today on the A Rocha UK website. Planet-saving tips are shared on a range of lifestyle issues – from church to workplace and garden to travel.

weblink



A ROCHA UK
LIVING LIGHTLY PAGES

[arocha.org.uk/our-activities/
living-lightly-take-action](http://arocha.org.uk/our-activities/living-lightly-take-action)

do



Measure your Footprint

Each of us has a 'carbon footprint' which represents how we live and the lifestyle choices we make. Why not take a few minutes to calculate your footprint, and think about ways you could start to reduce it? Climate Stewards' carbon footprint calculator 'Footprintr' asks a few simple questions about your travel, household bills, food and waste, and then invites you to see whether your shopping, leisure and holidays mean that you are more of a 'Low Carbon Lucy' or a Carbon-Hungry Harry' – or somewhere in between!

do more



Check your environmental footprint

Our lifestyle choices make up our environmental footprint. And the World Wildlife Fund says measuring yours takes less than five minutes and could change the way you live. The charity's website calculates your footprint score using the answers you provide to their five-minute questionnaire. Then it offers tips to reduce your footprint – and shows how you can share that knowledge with others.

Discover small changes that have a big impact

A personal Christian faith should affect how we treat our planet – just as much as it influences how we spend our money or treat our neighbours. But there are so many world problems, it's tempting to think there's little hope of making a difference. Helpful guidance through this labyrinth of concerns is offered by A Rocha UK's Churches And Theology Director Dr Ruth Valerio. On her website, Ruth shares reflections and resources.

CLIMATE STEWARDS
FOOTPRINT CALCULATOR
footprintr.me

WORLD WILDLIFE FUND
FOOTPRINT CALCULATOR
footprint.wwf.org.uk

RUTH VALERIO'S
GREEN-LIVING WEBSITE
ruthvalerio.net/green-living



Protect and preserve a local waterway, canal, river or beach

Take a vacation and stay at home. Rediscover the interesting people and features of your own neighbourhood. Support local initiatives and interests. Those are just some of the tips from *How Many Lightbulbs Does It Take To Change A Christian?* by Claire Foster and David Shreeve (Church House Publishing).

Volunteer to work on a community project

Consider schemes like Wolf Fields, A Rocha UK's urban nature reserve. Members of the local community in West London have been involved in the work on the allotment areas and have harvested potatoes, runner beans, courgettes, cucumbers and tomatoes.

Search lifestyle sections of environment charity websites

For example, Friends of The Earth offer a wide range of advice including – ten tips for buying cheap bikes, five recipes for home-made cleaning products, growing fruit, how to buy ethical jewellery and eco-friendly bedroom design!

All you need is less

Tips on ethical and green living are offered on *The Guardian* web pages.

HOW MANY LIGHTBULBS DOES IT TAKE TO CHANGE A CHRISTIAN?

[www.churchpublishing.org/products/
howmanylightbulbsdoesittaketochangeachristian](http://www.churchpublishing.org/products/howmanylightbulbsdoesittaketochangeachristian)

WOLF FIELDS VOLUNTEERING

[arocha.org.uk/our-activities/
practical-conservation/wolf-fields](http://arocha.org.uk/our-activities/practical-conservation/wolf-fields)

FRIENDS OF THE EARTH LIFESTYLE RESOURCES

www.foe.co.uk/get_involved/living_index

THE GUARDIAN ETHICAL AND GREEN LIVING

[www.theguardian.com/
environment/ethical-living](http://www.theguardian.com/environment/ethical-living)



Dine without denial

The 'Food Made Good' scheme assesses restaurants, cafes and caterers for their sourcing, impact on society and environment. Then they let you know how they're doing with a simple star rating. The initiative encourages us to think of them as the 'Michelin stars of sustainability', rewarding excellence for people and planet.

Watch what you wear

You don't have to opt for cork-soled clogs and expensive organic t-shirts, says the *Stylist* webzine. That's because over the last few years, ethical fashion brands that are both desirable and affordable have sprung up on the high street and online. To start you off on this journey, *Stylist* reviews ten ethical fashion brands.

Listen with love

Some of the most popular bands and artists in contemporary culture support environmental causes. For instance, Justin Timberlake spent 16 million dollars to open an eco-friendly golf course. Moby helped edit the book *Gristle: From Factory Farms to Food Safety – Thinking Twice About the Meat We Eat*. The Dave Matthews Band donated over 8.5 million dollars to bolster local environmentalism. But how about using a cardboard amplifier to listen to their music? Check out these novel eco-ideas for music lovers.

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FOOD MADE GOOD
STAR RATING SCHEME

www.foodmadegood.org

STYLIST'S GUIDE TO ETHICAL
FASHION BRANDS

www.stylist.co.uk/fashion/ethical-fashion-brands-you-need-in-your-wardrobe

THE GREEN OPTIMISTIC'S GUIDE
TO ECO FRIENDLY MUSIC

www.greenoptimistic.com/eco-friendly-music-gadgets