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| May 2025 | Eco Church  Stay up to date with our Eco Church Journey | | | | | | Issue  #4 |
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| **What is a Carbon Footprint?**    We’re sure that you must all have heard the term ‘Carbon Footprint’ but what does that actually mean to us as individuals?  Your carbon footprint is a number, often measured in tonnes that represents the total amount of carbon dioxide (CO₂) and other equivalent greenhouse gases that are associated with your lifestyle.  For example, taking a flight from London to Spain emits 0.54 tonnes of CO₂ per person. The average annual C02 emission per person in the UK is about 10 tonnes.  Flying, using gas and electricity in our homes and driving a car, even if it is an electric car, all contribute to our carbon footprint, but there are many things that we use or do on a daily basis that add to our personal footprint.  For example, buying fruit and vegetables out of season means that they are imported to us from another country thus adding to the carbon footprint, the meat industry is responsible for up to 60% of greenhouse gas emissions from food production, even using a plastic pen means that gases will have been emitted at every stage of its production. | |  | |  | | | | |
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| **Easy ways to reduce your Carbon Footprint**  **We challenge you to do at least one of these before the next edition.** | | | | |
| 1. Do you washing at a lower temperature than usual or dry the washing outside rather than in a tumble dryer 2. Have one meat free day a week. 3. Take a shower instead of a bath 4. Choose to buy less ‘stuff’ 5. Only run the dishwasher when it’s full.   Let Elizabeth in the office know what you have done and how easy or difficult it was to do– administrator@standrewsurc.org  Your feedback is important and will help us to complete the Lifestylesection of the Eco Church Survey. | | **Interested to learn what your carbon footprint is?**  **Have a look at this link:**  <https://www.carbonindependent.org/>  **Or visit:**  www.climatestewards.org | | |
| “While individual actions  alone may not solve climate change, they are an essential part of the broader solution”  (Cup of Toast Lifestyle blog) | |  | |
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| **Isaiah 55:12**  A vivid picture of earth rejoicing giving us inspiration to care for the planet. | | | **Genesis 1:28**  God grants humans ‘stewardship’ of the earth | | **Psalm 104: 24-25**  ‘In wisdom you made them all’  Reveals the intentional design and careful planning that went into all aspects of creating nature | | | |
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