

February update

An important part of caring for the world which God has given us is to reduce the impact our lifestyles can have on the environment. So here are a couple of suggestions for reducing the damage we cause just through our everyday way of living. Even if we can't do much as individuals, together we can make a difference!

Lifestyle tips

The first suggestion is that we take part in a **Lent Carbon Fast**. Lent is a time when Christians traditionally fast and focus on God. The Carbon Fast will help you consider ways to live more simply, give you new ideas to cut your carbon footprint and invite you to focus on God and consider the whole of his creation. Beginning on the 18th February you'll receive from Climate Stewards a weekly email containing key facts, suggestions for how you could reduce your carbon footprint and a prayer to lead you through this Lent. Each week will feature a different theme designed to help you take climate action in manageable ways. Find out more and sign up to receive the weekly emails at <https://climatestewards.org/resources/carbon-fast/>

Then March there is the annual **Big Plastic Count**. For one week 9-15th March, thousands of people will be counting every piece of plastic packaging they throw away. Together, they will measure the true scale of the UK's big single-use plastic problem and provide evidence to call on the government to do more about it. For more information and to sign up take part visit <https://thebigplasticcount.com>

Prayer points

Extreme and unpredictable weather events such as drought and floods are becoming more common because of the changing climate. Often it is the poorest parts of the world who are most impacted.

- Pray for Tearfund partners in many parts of the world as they teach how to farm more effectively as climate changes. Including better techniques, natural fertiliser and more efficient use of water. Give thanks for the transformation that has helped many communities and families.
- Pray for many others across the world still facing hunger and hardship because of climate change.
- Continue to pray that richer countries will honour their commitments to increase payments to developing countries to help them adapt to the effects of global warming.