

No	Your challenge with some information links	✓
20	Be eco friendlier when shopping. As well as reusing plastic bags, keep a tote/cotton bag handy for shopping. Buy loose produce to reduce plastic use. Buy locally produced food to reduce airmiles. https://www.aldipresscentre.co.uk/business-news/five-ways-to-make-your-supermarket-shop-more-sustainable/ {NB other supermarkets are available}	
21	Learn or use some basic sewing skills to mend minor damage to clothing rather than throwing it away. https://earth.org/how-repairing-clothes-slows-down-climate-change/ https://repairwhatyouwear.com	
22	Take part in Car free day on 22 nd September. https://transportactionnetwork.org.uk/car-free-day-gives-us-the-chance-to-reimagine-the-future/	
23	Plan your meals for the week to reduce food waste. Remember any leftovers can be frozen or reused in other meals – soups / stews / salads. https://www.bbc.com/future/article/20200224-how-cutting-your-food-waste-can-help-the-climate	
24	Think about switching off lights when you leave the room. Check out which lights you should leave on! https://www.energy.gov/energysaver/when-turn-your-lights#:~:text=Incandescent%20lights%20should%20be%20turned,extra%20benefit%20in%20the%20summer	
25	Use alternatives to clingfilm, wet wipes, cotton buds and plastic straws. Consider beeswax wraps, face clothes, cardboard/bamboo buds and metal/paper straws. Research other alternatives. https://www.bbc.co.uk/news/uk-43820199 https://www.asustainablelife.co.uk/reusable-alternatives-to-clingfilm/	
26	Review how to save energy around the home; when cooking and when washing clothes and bodies! Hopefully you will save some money too! https://www.energysavingtrust.org.uk/sites/default/files/reports/EST_11120_Save%20Energy%20in%20your%20Home_15.6.pdf	
27	Look at your carbon footprint https://www.climatestewards.org/offset/ What can you do to reduce it?	
28	Reduce internet use. Avoid sending unnecessary emails and messages. Reduce time internet searching (<i>we've helped here by giving specific links!</i>) Think about how much time is spent watching video clips – use wifi rather than a mobile network. Read more... https://www.energyhelpline.com/help/a-guide-to-global-internet-energy-usage https://www.bbc.com/future/article/20200305-why-your-internet-habits-are-not-as-clean-as-you-think	
	Finally Register your household with https://creationcare.org.uk and complete the survey – what do you do well? What will you do better? Have you had a better score by taking up our challenge?	

St Faith and St Laurence, Harborne Creationtide Challenge

Creationtide is the period in the annual Church calendar, dedicated to God as Creator and Sustainer of all life.

This Creationtide, why not try this challenge? Over the next 4 weeks can you complete all of the activities set in order to tread more lightly on the planet God has given us? If you want to learn more about various aspects of each challenge, please use the links given or research further yourself. You can access this leaflet on our website at www.saintfaithandsaintlaurence.co.uk so you can click and go. Please do email us at ssfaithlaurence@gmail.com or tell one of the Ecochurch Team what you have done, in particular, your designs/photos for a bug hotel (challenge 7).

Good luck!

A prayer for Creationtide

We pray for the Church: that she may be a beacon of hope throughout the world, reminding us all of our responsibility to care for and protect God's precious gift of creation.

We pray that through God's grace we may hear the earth's cry of the damage done and be moved to protect it for future generations to enjoy.

We pray that God grants our world's leaders wisdom to make just decisions which respect the earth. We pray that through God's grace we may be good neighbours to each other and to the whole of creation, restoring and caring for all that God has made. Lord, in your mercy, Hear our Prayer.

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1	Think about the food we eat: What foods can you buy locally to reduce airmiles and your carbon footprint. Have at least one meat free day each week. Discover how this can help the planet https://meatfreemondays.com Eat sustainable fish. https://www.msc.org/what-you-can-do/eat-sustainable-seafood/fish-to-eat	
2	Use a shower timer to reduce your water usage and the energy heating it. Explore how else could you save both water and money? https://www.asustainablelife.co.uk/ten-easy-water-saving-tips/	
3	Review your recycling habits check you recycle correctly or your efforts could be wasted. Can you drop off additional items at the supermarket for recycling eg crisp packets and thicker single use plastic eg washing pod bags? https://www.recyclenow.com/repeat-the-cycle# Take part in Zero Waste week from today! https://www.zerowasteweek.co.uk Take part in Recycle week next month https://wrap.org.uk/taking-action/citizen-behaviour-change/recycle-now/recycle-week	
4	Plant a tree or give part of your garden over to butterfly and bee friendly plants. https://www.woodlandtrust.org.uk/plant-trees/why-plant-trees/ https://www.woodlandtrust.org.uk/blog/2020/03/how-to-attract-butterflies/	
5	Run the dishwasher full and on quick cycle when possible, remember no need to rinse items first. Use a washing up bowl to reduce your hot water use when you do need to wash up by hand. https://www.savewatersavemoney.co.uk/water-efficiency-tips-advice/view/103/how-to-save-water-while-using-a-dishwasher.html	
6	Dial down the temperature. If everyone in Great Britain turned their thermostat down by 1 degree, we would be saving 3.5 million tonnes of carbon dioxide (CO ₂) per year and reduce energy bills by £670 million, also saving around 10% on your energy bill! https://energysavingtrust.org.uk/new-research-finds-96-of-uk-homeowners-are-concerned-about-their-home-energy-efficiency-yet-one-in-five-arent-taking-simple-steps-to-improve-it/#:~:text=lf%20you%20turn%20down%20your,(CO2)%20per%20year	
7	Design and build a bug hotel area in your garden. Send in a photo of your design whether it be a drawing or 3D model or the actual bug home! Tell us why you have chosen your materials and what will benefit from them. Remember it has to be practical and environmentally friendly! Email your design and photos by 30th September 2023 to ssfaithlaurence@gmail.com https://www.woodlandtrust.org.uk/blog/2019/09/how-to-build-a-bug-hotel/	
8	Stop buying plastic 'tat' eg throwaway toys and unnecessary nic nacs. Children can take action too! https://www.kidsagainstplastic.co.uk/kaptat/	
9	Save fuel by completing errands in one journey. Stick to the speed limit when driving – reducing your speed by 5-10 miles per hour increases fuel economy. Make sure your tyre pressures are correct and your vehicle is serviced. https://www.theaa.com/driving-advice/fuels-environment/drive-economically#:~:text=Stick%20to%20the%20limit%20-%20going.more%20fuel%20than%20at%2070mph	

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10	Review your energy supplier https://www.asustainablelife.co.uk/a-beginners-guide-to-switching-to-a-renewable-energy-tariff/ and bank account / investments – are they environmentally friendly? https://www.bbc.com/future/article/20210126-how-you-invest-your-money-can-help-tackle-climate-change Switch to paperless bills where possible.	
11	Send unused clothes to the charity shop or sell online and donate what you make! Look at purchasing preloved clothes, https://www.marieclaire.co.uk/fashion/sell-clothes-online-666064 Can you take part in Second Hand September? Find out more about how our fashion habits affect climate change https://www.bbc.com/future/article/20200310-sustainable-fashion-how-to-buy-clothes-good-for-the-climate	
12	Use eco cleaning products. Research making your own; there are hundreds of suggestions available!	
13	As well as thinking about water usage in the home review your water habits in the garden. Get a water butt or even link two together. Ditch the hose and use a watering can; watering plants in the morning or evening prevents water loss via evaporation. https://database.waterwise.org.uk/wp-content/uploads/2020/03/Waterwise-and-RHS-Water-Saving-Tips-for-the-Garden.pdf Start a compost bin, the worms will do the rest! https://www.recyclenow.com/how-to-recycle/home-composting#	
14	Planning for a celebration? Avoid balloons and glitter https://www.eco-schools.org.uk/wp-content/uploads/2018/09/Primary-Plastic-Alternates.pdf and think about how we wrap items in a sustainable way. https://www.bbc.co.uk/news/uk-42426888	
15	Watch a David Attenborough programme about the planet with family or friends and then discuss it. https://www.bbc.co.uk/programmes/m00049b1	
16	Watch how much is in your kettle – only boil what you need. https://energysavingtrust.org.uk/simple-ways-to-save-water-at-home/	
17	Reflect, how many cars does your family need? Can you car share, use public transport, walk or cycle? https://friendsoftheearth.uk/climate-change/responsible-travel https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/make-your-trips-environmentally-friendly	
18	Try and avoid products containing palm oil. See where palm oil comes from https://www.wwf.org.uk/updates/8-things-know-about-palm-oil	
19	Having a takeaway lunch or snack? Keep a reusable cup or water bottle to hand for your drink and consider taking your own cutlery rather than using single use plastic. https://seedscientific.com/environment/plastic-waste-statistics/#:~:text=5..and%20thrown%20away%20each%20year	