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WHAT'S THIS ALL ABOUT?

The Big Picture

The Methodist Church of Great Britain:

- believes that climate change is a moral responsibility
- says that people should care for the Earth, making this part of Christian life
- supports the Eco Church movement
- encourages simple actions like saving energy and living more sustainably
- sees climate change as unfair, as poorer communities are most affected
- calls for both personal and wider action
- aims to reach net zero carbon emissions by 2030
- encourages everyone to help protect the planet.

Our Response

Aylesbury Methodist Church and Centre:

- has developed an environmental policy (see the website)
- has registered with the A Rocha Eco-Church scheme
- intends to apply for bronze medal recognition this year
- has appointed two eco-champions

YOUR ECO-CHUMPS, sorry, CHAMPS



Karen Crussell, who set up our Food Hub and the appropriately named Peter Green, will share this role. This is to co-ordinate and guide our efforts to achieve eco-church recognition, share ‘green’ ideas, and celebrate progress



with the church family.

Whilst the roles can be interchangeable as needed, in broad terms, Karen will be the church eco-face and contact and investigate green projects and causes that we might want to support. Peter will focus on admin and editing these Eco-Carer inserts for the church notices, website and social media.

YOUR ECO-TEAM

Our church Eco-Team consists of Karen, Peter and YOU! Yes, if you are reading this, that does mean you, because walking the talk on our response to the climate crisis is not a two-person job. It needs all the help it can get from every one of us. As Kevin Hardern reminds us on a regular basis, “If we all give a little, we all gain a lot!” Cue: the starfish story...

THE STARFISH STORY – Peter Green



Listening to sermons in our church for many years, I have heard the starfish story used here at least twice. So, apologies if you have heard it before, but I believe it is right for today.

The story is about a man walking on a beach and seeing a boy picking something up out of the sand and gently tossing it into the sea. Curious, the man asks what he is doing. The boy explains that he is throwing starfish into the ocean because the sun is up, the tide is going

out, and unless he throws them back, they will die.

The man then says that there are miles and miles of beaches and starfish all along them and that the boy couldn't possibly make a difference. At which the boy picked up another starfish, tossed into the sea and said, "It made a difference to that one!"




And the relevance for today is that at a time when high profile politicians on both sides of the Atlantic are ignoring the evidence of man-made climate change and when there is rising eco-anxiety, it is easy to think that we as individuals cannot do anything about it. But, like the boy, we *can* make a difference. And unlike the boy, we are not the only 'boy or girl on the beach'. Thousands of UK churches of several denominations have also signed up to the eco-church movement and are intent on doing their bit.

So, let's now see how YOU are currently doing YOUR bit. Why not self-score our quiz and find out!

PERSONAL ECO LIFESTYLE TEST

How to use:

For each statement, choose:

-  Yes (2 points)
-  Sometimes (1 point)
-  No (0 points)

Home & Energy

- I turn off lights and appliances when not in use
- My home uses energy-efficient lighting (e.g. LED bulbs)
- I try to reduce heating/energy use where possible
- I use a renewable/green energy supplier (if available)
- I avoid wasting water (short showers, fixing leaks)

Consumption & Waste

- I regularly recycle household waste
- I avoid single-use plastics (bags, bottles, packaging)
- I reuse items instead of throwing them away
- I try to buy less and avoid unnecessary purchases
- I choose eco-friendly or sustainable products when possible

Food Choices

- I try to reduce food waste
- I eat locally or seasonally produced food when possible
- I reduce meat consumption (e.g. meat-free days)
- I choose fair trade or ethically sourced products
- I avoid over-packaged food where possible

Travel & Transport





- I walk, cycle, or use public transport when I can
- I try to reduce car use for short journeys
- I car-share or combine trips when possible
- I limit air travel or consider its environmental impact

Community & Faith

- I see caring for creation as part of my faith or values
 - I take part in community or church environmental activities
 - I encourage others to live more sustainably
 - I support environmental charities or causes
 - I pray or reflect on environmental issues
-

Your Score

Add up your points:

- **0–15** →  *Just Starting*
You're at the beginning of your eco journey—small changes can make a big difference.
 - **16–25** →  *Growing Awareness*
You're making progress! There are still areas to improve.
 - **26–35** →  *Eco Engaged*
You're living thoughtfully and sustainably in many areas.
 - **36–40** →  *Eco Champion*
You're leading the way—consider inspiring others!
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Reflection

- What's one habit you could improve this month?
- What's one thing you're already doing well?
- Who could you encourage to join you?

Any Questions, comments or ideas?

Speak to Karen at church or email karencrussell63@gmail.com

or

Phone Peter on 01296 424653

or email peterb.green@ntlworld.com

ECO-COOL CORNER (for the next generation of eco-carers)

Tick what you do:

- 😊 Yes (2 points) 😐 Sometimes (1 point) 😞 Not yet (0 points)

At Home

- I turn off lights when I leave a room
- I don't waste water (turn off taps)
- I help recycle at home

Food

- I don't waste food
- I try new vegetables
- I don't waste my lunch

Caring for Nature

- I don't drop litter
- I help look after plants or animals
- I enjoy being outside in nature




Getting Around

- I walk or cycle when I can
- I don't ask for short car trips

Being a Helper

- I remind others to care for the planet
- I thank God for creation

Score Guide

- **0–10**  Getting Started **11–18**  Doing Well
19–24  Eco Hero

THE A ROCHA SCHEME



The **A Rocha Eco Church scheme** is a free programme that helps churches in

England and Wales take practical, faith-based action to care for the environment.

It uses an accessible online survey to guide churches through five areas—worship, buildings, land, community engagement, and lifestyle—and awards **Bronze, Silver, or Gold** status based on progress. It's designed for all denominations and supports churches with resources, events, and a learning community to grow in creation care.

PROGRESS REPORT

The online survey has been completed by a combination of the minister, senior property steward and his team, the Bedgrove house group and eco team. With what we already do, we believe we are almost ready to apply for the bronze award.



However, we first need to measure the carbon footprint of our church and activities. This is a technical challenge, but A Rocha provides help to do this, and John Miskin is

already working on it. Once we have some numbers back from our various building users, he will be able to finalise the details. We then plan to apply for a bronze award by the summer.

Thereafter, we will look at what we need to do to reach their silver level.

AYLESBURY WELCOME REPAIR CAFE



- Meets in our church hall Every 4th Saturday (except August and December)
- From 9.30 to 12.30pm
- Repairs are free
- Donate if you can for running costs
- Our expert volunteer repairers can sew, stitch, solder, glue, mend, fix, diagnose, sharpen, PAT test, advise – all with a smile and a cuppa!
- So, bring your stuff, spread the word and help us repair more, bin less and reduce landfill.
- Any questions?

Email awelcomerepaircafe@gmail.com

or phone Phil 07768 325455 or Peter 01296 424653