









# Lent eco tips

Here are some small sacrifices and actions you can make as effective contributions towards caring for God's creation and creating a liveable climate for all who share it, including your own loved ones.

 <p><b>Eat Vegetarian</b> and reduce dairy, at least some of the week. Check out some great recipes on <a href="http://bbcgoodfood.com">bbcgoodfood.com</a> and contribute your own to our Vegetarian cookbook.</p>	 <p><b>Reduce Food waste:</b> Find out what works for you – perhaps a shopping list to avoid buying those extras that get thrown away, or cooking creatively with the leftovers? Compost the rest.</p>
 <p><b>Buy Second-Hand:</b> We are responsible for how what we consume is produced. So before you buy new, check out the second hand clothes stores and Brockenstuben (Google 'second hand clothes shops Bern' for a choice of more than 20), or find online under Tutti (<a href="http://tutti.ch">tutti.ch</a>), Ricardo (<a href="http://ricardo.ch">ricardo.ch</a>), and FB Marketplace.</p>	 <p><b>Reduce Energy consumption:</b> Commit yourself to continuing permanently with the energy-saving measures you've adopted this winter. Is there anything more you can do: shorter, cooler showers (!), not using the tumble dryer, installing energy efficient appliances or smart lighting?</p>
 <p><b>Review your investment choices:</b> Check your bank, pension and investment fund isn't using your money to finance new fossil fuel developments. Support the World Council of Churches' initiative to foster responsible banking <a href="http://www.oikoumene.org/resources/documents/climate-responsible-finance-a-moral-imperative-towards-children">www.oikoumene.org/resources/documents/climate-responsible-finance-a-moral-imperative-towards-children</a> Here is a list of banks committed to the Net-Zero banking Alliance : <a href="http://www.unepfi.org/net-zero-banking/members">www.unepfi.org/net-zero-banking/members</a></p>	 <p><b>Join with others</b> to make a difference: <b>Talk</b> with your family, friends and colleagues about the environmentally responsible steps you're taking this Lent. <b>Come</b> and walk with us at the next international Fridays for Future march on 3 March, 2023. Send Louise an email at <a href="mailto:lrapaud@gmail.com">lrapaud@gmail.com</a> if you'd like to join in. <b>Join</b> the St. Ursula's eco group. Next meeting on 22 April.</p>
 <p><b>Reduce your CO2 emissions</b> through wise Transport choices. Plan to use the car less during Lent. Can you commit to not flying this year?</p>	 <p><b>Repair, don't replace:</b> Never been to a repair cafe? There's a great one in Bern during Lent: Repair Cafe Bern; Turnhalle Bern im PROGR; 25 March 10am - 4 pm. Speichergasse 4, 3011 Bern</p>
 <p><b>Keep Politicians accountable:</b> Remind your local politicians and parties of their obligation to protect the climate or support groups working for change. Check out <a href="http://count-us-in.com">count-us-in.com</a></p>	 <p><b>Prayer:</b> Pray regularly about these issues. Join in at home with a special Night Prayer by candlelight service from St Ursula's during Earth Hour, (8.30-9.30pm, 25 March)</p>