

Eco Tips and Bible verses for church newsletters from All Saints' Church, Faringdon

(Derived originally from St Lawrence's, Lechlade)

Please note that some of these points are specific to our town. Please feel free to use and amend as needed.

31 March 2024 Wisdom will save you from evil people, from those whose words are twisted. Proverbs 2: 11-12

Eco Tip - Beware of 'greenwashing', when adverts provide a false impression about how environmentally sound a company's products are.

7 April 2024 May the nations praise you, O God. Yes, may all the nations praise you. Then the earth will yield its harvests, and God, our God, will richly bless us. Psalm 67: 5-6

Eco Tip - Encourage bees and other pollinators into your garden by providing nectar- and pollen-rich flowers throughout the year; allow lawn 'weeds' to flower by cutting less often; avoid using pesticides wherever possible and never spray open flowers.

14 Apr 2024 Blessed is he who considers the poor; the LORD will deliver him in times of trouble. Psalm 41: 1-2

Eco Tip – Always look for the **Fairtrade** label when buying food. The Mustard Seed Shop, Faringdon carries a good range, as does the Coop as a matter of policy.

21 April 2022 What will you do on the day of punishment, in the calamity that will come from far away? Isaiah 10: 3

Eco Tip - With 2023 being the hottest year on record, now is the time to re-think our use of the car. Plan now for holidays which minimise dependence on a car.

28 April 2022 Let the wise also hear and gain in learning, and the discerning acquire skill. Proverbs 1:5

Eco Tip - Use reusable make up wipes that can go in the washing machine instead of disposable face wipes which are harmful to the environment. Cut up old T shirts that can no longer be worn to use as wipes for kitchen and bathroom surfaces or as dusters.

5 May 2024 My child, ... keep sound wisdom and prudence. Proverbs 3: 21

Eco Tip - Do not buy 'eco' products, or reduced items when you didn't need the product in the first place!

12 May 2024 Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Matthew 7: 24

Eco Tip - Worried about rising energy prices? Now is a good time to check your house loft insulation! The recommended depth of blanket style insulation (glass or mineral wool) for a loft is now 250 to 270 mm.

19 May 2024 Learn to do right; seek justice. Defend the oppressed. Proverbs 31: 8-9

Eco Tip - When buying groceries, try to look for the **Fairtrade option**. The Mustard Seed and the Coop are especially good for this.

26 May 2024 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. Mathew 5: 16.

Eco Tip - Consider using this week to check your household's performance against the Creation Care questions – what improvements can you report? If not signed up already, you can do so here: <https://creationcare.org.uk>

4 Aug 2024 Though I have fallen, I will rise. Though I sit in darkness, the LORD will be my light. Micah 7:8

Eco Tip – Have you changed to LED bulbs? Each LED you fit can make a lifetime saving of £180. Plus they don't need changing as frequently.

11 Aug 2024 Whoever is slack in his work is a brother to him who destroys. Proverbs 18: 9

Eco Tip – Don't leave your phone on charge all night. It only needs up to three hours – and try not to leave the TV and other kit on stand-by.

18 Aug 2024 Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven. Matthew 6: 19-20

Eco Tip - Choose second-hand for the next 30 days – using the charity shops in town – for donations and purchases.

25 Aug 2024 And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. Micah 6:8

Eco Tip - When grocery shopping, remember **LOAF** where possible:- **Locally produced, Organically grown, Animal friendly, Fairly traded.**

01 Sept 2024 Discipline me, Lord, but only in due measure – not in your anger, or you will reduce me to nothing. - Jeremiah 10: 24

Eco Tip - How much can you reduce the amount of single-use plastic you throw away?

08 Sept 2024 Blessed is he who considers the poor; the LORD will deliver him in times of trouble. Psalm 41: 1-2

Eco Tip – Fairtrade Fortnight 8-22 Sept. Always look for the **Fairtrade** label when buying food. The Mustard Seed Shop carries a good range, as does the Coop, as a matter of policy.

15 Sept 2024 Blessed is he who considers the poor; the LORD will deliver him in times of trouble. Psalm 41: 1-2

Eco Tip – Fairtrade Fortnight 8-22 Sept. Always look for the **Fairtrade** label when buying food. The Mustard Seed Shop carries a good range, as does the Coop, as a matter of policy.

22 Sept 2024 The spirit of God was hovering over the waters. Genesis 1: 2

Eco Tip Make a note every time you use water today. What can you do to use less?

- 29 Sept 2024 How sweet are thy words unto my taste! yea, sweeter than honey to my mouth! Psalm 119: 103
- Eco Tip** – Visit the Faringdon Farmers’ Market on Tuesday
- 06 Oct 2024 Wise choices will watch over you. Understanding will keep you safe. Wisdom will save you from evil people. Proverbs 2: 11-12
- Eco Tip** - Beware of ‘greenwashing’, when adverts provide a false impression about how environmentally sound a company’s products are.
- 13 Oct 2024 The Earth is the Lord’s, and everything in it. Psalm 24
- Eco Tip** Don’t throw away old soil from pots: revive it with compost and eco-friendly additions to help your next set of plants!
- 20 Oct 2024 What will you do on the day of punishment, and in the desolation which will come from afar? Isaiah 10: 3
- Eco Tip** - With 2023 being the hottest year on record, now is the time to re-think our use of the car. Plan now for holidays which minimise dependence on a car.
- 27 Oct 2024 Let the wise also hear and gain in learning, and the discerning acquire skill. Proverbs 1:5
- Eco Tip** – Never use disposable wipes. Cut up old T shirts that can no longer be worn to use as wipes for kitchen and bathroom surfaces or as dusters.
- 03 Nov 2024 My child, do not let these escape from your sight: keep sound wisdom and prudence. Proverbs 3: 21
- Eco Tip** - Do not buy ‘eco’ products, or reduced items, when you didn’t need the product in the first place!
- 10 Nov 2024 Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Matthew 7: 24
- Eco Tip** – As cold weather approaches, what five ways might you find to reduce energy consumption at home?
- 17 Nov 2024 Learn to do right; seek justice. Defend the oppressed. Proverbs 31: 8-9
- Eco Tip** - When buying groceries, always try to look for the **Fairtrade option**. The Mustard Seed and the Coop are especially good for this.
- 24 Nov 2024 Do not quench the Spirit. Do not despise prophesies, but test everything; hold fast to what is good. 2 Timothy 3: 16 (ESV)
- Eco Tip** – Use this week to check your household’s performance against the Creation Care questions – what improvements can you report? Use this link: <https://creationcare.org.uk/>

01 Dec 2024 If we walk in the light, as he is in the light, we will have fellowship with one another. 1 John 1: 7

Eco Tip – Walk whenever you can. Making the effort to walk even a small part of your journey makes a difference.

08 Dec 2024 “I therefore command you, “Open your hand to the poor and needy neighbour in your land”. Deuteronomy 15: 10-11

Eco Tip – When grocery shopping, consider buying extra (perhaps 10%?) to donate to a foodbank (often have post-checkout collection points in supermarkets), or a community larder/fridge.

15 Dec 2024 And I brought you into a plentiful land to enjoy its fruits and its good things. But when you came in, you defiled my land and made my heritage an abomination. Jeremiah 2: 7

Eco Tip - Use eco-friendly cleaning products to avoid flushing toxic chemicals into our sewers. Consider the Clean Living range or products from Tribe Zero Waste shop in Faringdon.

29 Dec 2024 Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless. Ecclesiastes 5: 10

Eco Tip - Choose ethical banking and investments - is it time to align your money with your values?

2025

05 Jan 2025 Wash yourselves; make yourselves clean; remove the evil of your doing from my eyes; cease to do evil; learn to do good. Isaiah 1: 16

Eco Tip - Consider using **bar soap**, which lasts longer, is more environmentally friendly and is more cost effective than liquid soap - which uses up to 20 times more packaging.

12 Jan 2025 Better a small serving of vegetables with love than a fattened calf with hatred. Isaiah, 15: 17

Eco Tip – Taste the benefits of **seasonal and local food**. Make plans to source locally grown foods that you can add to your diet/ shopping list throughout the seasons.

19 Jan 2025 The wicked borrow, and do not pay back, but the righteous are generous and keep giving. Psalm 37: 21.

Eco Tip – Flying on holiday this summer? Don't forget to **offset your carbon footprint** (see www.climatestewards.org).

26 Jan 2025 He will again have compassion on us; he will tread our iniquities underfoot. You will cast all our sins into the depths of the sea. Micah 7: 19

Eco Tip - Look in your kitchen and bathroom cupboards. Is there one thing from each you could switch to a product that does not contain harmful chemicals?