

Waveney and Blyth Deanery Eco Newsletter

First Edition April 2023



Welcome to our first newsletter which aims to share what is happening in the Deanery to protect the environment and engage people with the beauty of God's Creation. I aim to produce four editions a year and hope we can use this to share expertise and experiences in this important area of our mission.

Waveney and Blyth Deanery Environmental Action Group

Our first meeting was held on March 2nd at St Peter's Church, Holton. The aims of the group are for members:

- to share what is happening in their church / benefice;
- to find out what is happening in other churches in the deanery;
- to encourage each other in achieving Eco Church awards and working towards Net Zero Carbon;
- to create a network of expertise and experience in environmental campaigning and practical skills in the deanery;
- to promote projects and climate justice campaigns in the deanery.

At the meeting we heard about St Peter's Church, Spexhall's work to maintain its Eco-church silver award status and discussed how to encourage other churches to join the scheme. It was seen as a good way for churches to strengthen their connections with their communities.

We are hoping to produce a map which shows which churches currently have an Eco-church award so we can keep adding to it as more parishes get on board. So far I am aware that:

St Luke's and St Michael's in Beccles - bronze award,
Spexhall – silver award
Emmanuel Church in Bungay is rightly proud of its gold status.

(See below for details of an Eco-church event there at the end of May).

Please let me know if your church has also achieved an award so we can include your details (alisonalder@hotmail.co.uk)

Next steps: Ideas for churches

1. Encourage our churches to explore Eco church awards via the website.
2. Make the most of things we are doing anyway by trying new ways to use them to engage with your local community.

Which churches already have an Eco Church award in Waveney and Blyth Deanery?



★ Bronze award: St Luke's Church, Beccles and St Michael's Church, Beccles

★ Silver award: St Peter's Church, Spexhall

★ Gold award: Emmanuel Church, Bungay

Have you achieved an Eco-Church award? Please let us know so we can add you to our list. Contact Rev. Alison Alder alisonalder@hotmail.co.uk to have your church added.

Church of England's Net Zero Carbon Target 2030

General Synod voted in February 2020 for the whole of the Church of England to achieve net zero carbon by 2030. The vote recognised that the global climate emergency is a crisis for God's creation and a fundamental injustice.

The Synod asked for a plan to be made, setting out how to get to net zero carbon. That plan of action, called the Routemap, was approved by General Synod in July 2022 in a Motion that asked for the Routemap to be endorsed, requested every Diocesan Synod to debate the Routemap as it applies to them, requested high energy users within the Church to draw up a programme of action based on the Routemap, and called for progress reports to Synod every three years.

The Routemap was written by the Net Zero Carbon sub-committee of the national Environmental Working Group. It went to consultation from October 2021 to February 2022 and the responses received shaped this final version



Useful links and websites on your way to Net Zero Carbon

From the Church of England:

1. Church Solar Panels: April 19th, 4-5pm **or** June 20th, 4-5pm
2. Church heating: to replace or not replace: Mar 21st 2023 4-5pm **or** May 2nd 2023 4-5pm

3. Church heating: choosing the best solution for your church: May 4th 2023 4-5pm or June 27th 2023 4-5pm

To book in for any of the above go to:

<https://www.churchofengland.org/about/environment-and-climate-change/webinars-getting-net-zero-carbon#na>

4. Measuring your Church's carbon footprint: https://youtu.be/OR_epHDGgN0
5. Creating a net zero carbon action plan: <https://youtu.be/Whl6hUSZ7k4>
6. There are a range of other videos available of past webinars at <https://www.churchofengland.org/about/environment-and-climate-change/webinars-getting-net-zero-carbon#na>
7. The Practical Path to Net Zero Carbon is at <https://www.churchofengland.org/resources/churchcare/net-zero-carbon-church/practical-path-net-zero-carbon-churches>
8. The heating guidance is at <https://www.churchofengland.org/resources/churchcare/advice-and-guidance-church-buildings/heating#na>
9. Solar Panel guidance is at: https://www.churchofengland.org/sites/default/files/2021-09/Solar_Panels_and_Faculty_Guidance_0.pdf

If you want to contact our Diocesan Heating Advisor, Oliver Clarke with specific enquiries he is available on oliver.cclarke@outlook.com

Advice on managing churchyards & church land contact Cathy Smith at cathy.smith@suffolkwildlifetrust.org

If you'd like some advice about Parish Buying then contact Julie Podd at julie.podd@cofesuffolk.org

For help from Suffolk County Council, including grant aid for some projects, contact Claire Ling at Claire.Ling@suffolk.gov.uk.

Important dates coming up:

Coronation weekend

Bank Holiday Monday 9th May

The Big Help Out: A time for volunteering



As King Charles has always been an outspoken figure on environmental issues, this is an ideal opportunity for churches to encourage local people to explore and understand how churchyards can be managed for wildlife and what they can do to help.

For more details go to: [Get involved – Coronation of His Majesty The King & Her Majesty The Queen Consort](#)

Suffolk Wildlife Trust and the RSPB are two organisations who could help you with information about flora and fauna:

[Welcome to Suffolk Wildlife Trust | Suffolk Wildlife Trust](#)

[Churchyards | Suffolk Wildlife Trust](#)

[The RSPB Wildlife Charity: Nature Reserves & Conservation](#)



Christian Aid Week: 14th – 23rd May 2023

This is an important opportunity both to raise funds but also involve our churches and local communities in political action for climate justice. Christian Aid supports communities in vulnerable parts of the world to live sustainably, providing new ways to grow crops and meet the challenges of climate change. Drawing attention to this can help our own communities understand how our personal choices can impact negatively on other people around the world. Including ways people can support the political campaigning of Christian Aid as well as donating money will demonstrate our churches' commitment to the injustice climate change is creating.

Resources and ideas can all be found online at [Christian Aid Week 2023 – Christian Aid](#)

As part of Christian Aid Week:



“Thank You For The Rain.”

Come and meet Kisilu and his family.

Five years ago, Kisilu, a Kenyan farmer, started to use his camera to capture the life of his family, his village and the damages of climate change.

When a violent storm throws him and Julia Dahr (a Norwegian filmmaker) together we see him transform from a father, to community leader to an activist on the global stage.

Thank You for the Rain is an inspiring and captivating tale of an indefatigable optimist, who nonetheless tests his limits in the fight for a greener world. The film was completed in 2017.

Date: Tuesday May 16th 2023 **Time:** 2pm

Place: St Margaret’s Church, Reydon.

With a retiring collection for Christian Aid.

Event Contact: Rev. Judy Miller 07861660749

Act for Nature at Emmanuel Church Bungay Sat, 27 May 2023 13:45 - 17:00

Location - Emmanuel Church Upper Olland Street Bungay Suffolk NR35 1BH

Join A Rocha UK’s CEO Andy Atkins and Gold Eco Church Emmanuel Bungay – as we Act for Nature together! Share an afternoon with A Rocha UK staff and supporters in the region and learn from Emmanuel as they plant hope, caring for God’s earth as part of their Gold Eco church vision. Emmanuel Church, Bungay is a URC/Methodist LEP (Local Ecumenical Partnership) and is one of six churches that are part of The Waveney Valley Ecumenical Partnership. It is a Gold Eco Church.

Book your place now – limited places available

<https://www.eventbrite.co.uk/e/act-for-nature-at-emmanuel-church-bungay-tickets-579401614827>

<https://arocha.org.uk/act-for-nature-dates-in-2023/>

Wenhaston Open Wildlife Gardens Sunday 4th June 2-5pm: An opportunity to see how gardens can be designed to encourage and sustain insects, birds and other wildlife. More details to follow.

Big Green Week: 10th- 18th June: Join the Beccles Quaker Climate Concern group for the project "Letters to Tomorrow" <https://www.letterstotomorrow.com/>

Advanced notice: 29th September – 1st October "Climate Action Conference" based at St Mary's Church, Halesworth. See attached poster for further details.

Good news story: Going wild in St Mary's Huntingfield April 2023



On a sunny morning on Easter Tuesday 25 children from the Kids' Club at Huntingfield came to St Mary's Church for a morning of wild activities. These included a bug hunt, a nest building challenge, looking at a range of strange natural objects and exploring the church itself for images of nature. It was a delight to welcome the children, leaders, helpers and parents to a morning of fun.

Rev. Alison Alder

Why not include Rev. Richard Stainer's "Green Tips" in your Parish / Benfice Newsletter or Pew Sheet?

(Feel free to copy what Richard has sent out)

For those of us who are gardeners this is the time for planting out and planting seeds. It can be a bit risky as there is still a chance of a late frost, but as long as you are prepared to cover anything that is very delicate if a frost is forecast then you can make a start. There is nothing as tasty and as convenient as growing your own produce and you don't need a big garden to grow quite a lot over the course of a year. You will save trips to the shops and cut down on air and road miles if your veg. and fruit come from outside your backdoor. If you only have a window box you can still grow your own tomatoes and lettuces. In some villages and towns allotments are available to rent – contact your local council. Growing your own is good for your pocket, good for your body and good for the planet.



Big Green Tips for May



Back in November we thought about the bathroom. Now let us turn to the kitchen and see what can be done to reduce, reuse and recycle in that area. Kitchens are big users of electricity, so here are some tips to reduce your electricity use in the kitchen:

- Don't overfill your kettle – just put in as much water as you need
- Use the kettle to boil water quickly and transfer to a pan on the hob for steaming and boiling vegetables or pasta.
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- Make sure you use the right size hob for your pan. A bigger burner will waste energy and a pan that's too big will take longer to get to the right temperature.
- Make more use of the micro-wave. Too often we use it for defrosting (which if you plan ahead can be done naturally!) or reheating drinks. Micro-wave ovens use less electricity and cook well.
- Try to batch bake – in other words have a baking day. Once the oven is hot it is more efficient to bake lots of things one after the other. Getting the oven up to temperature use a lot of electricity.



Green tip – 7th May

Clingfilm, while very useful, means a lot of wasted plastic. There are plenty of alternatives –



yes, they are plastic, but you can use them over and over again. Moopops from Lakeland are brilliant for yoghurt and milk bottle tops. In fact Lakeland does a whole range of reusable bags and food coverings at: <https://www.lakeland.co.uk/landing/eco-friendly/reusable-food-bags-and-containers/>.

Green tip – 14th May

The start of Christian Aid Week when we think about those who struggle to grow enough to eat for their family. The climate crisis is making food shortages much worse in many countries. Christian Aid works with farmers in developing countries to mitigate the effects of the climate crisis. Why not follow the old Passover seder tradition of setting an extra place at your table for Elijah and donating the cost of a meal each day to Christian Aid?



Green tip – 21st May

Try to cut back on food waste by planning meals in advance and only buying fresh products as you need them. In the U.K. we throw away 7.1 million tons of food and drink a year from our homes and more than half of that could have been eaten or drunk. Keep an eye on use by dates, but more importantly use your eyes and sense of smell to decide if something is going off.



Green tip – 28th May

Clean your microwave the eco way! Heat a small, microwavable bowl of water in the microwave until the inside of the microwave looks steamy. Let the steam clear a little then wipe down the inside surfaces of the microwave with a clean cloth. Add a few slices of lemon to the water before heating it if your microwave needs freshening up.

Big Green Tip for June

Before the days of modern chemical cleaners we relied much more on natural cleaners that had little impact on the environment. Those cleaners (bi-carb and vinegar) work well, but sometimes take a little longer to. If you want to cut down on chemicals in your home and save some money try these tips this month:

- **Blocked drains:** While powerful liquid drain unblockers are handy in an emergency, many are harmful to aquatic life. With a little regular maintenance, however, you should be able avoid having to use them too often. Clear a stubborn drain by pouring 125g of bicarbonate of soda down it followed by 125ml vinegar. Cover with a wet cloth, wait 5 minutes, and then flush with hot water. To keep sinks and basins draining freely, pour a mug of soda crystals down the plughole regularly, then flush with boiling water.
- **Descal the kettle the green way:** You don't need to use a harsh chemical descaler to keep your kettle in good working order - this is a job that distilled white vinegar is more than up to tackling. Fill the kettle with half white vinegar and half water and leave for a few hours. Empty and rinse thoroughly before making your next cuppa.



- Keep your toilet smelling fresh. Instead of reaching for the bleach or a harsh chemical toilet cleaner when you want to freshen the toilet bowl, pour a cup of bicarbonate of soda down the loo once a week to naturally neutralise odours. Leave overnight then flush away.

Green Tip 4th June



Recycle trainers that are past their best. You or your children may have an old pair of trainers that are falling apart. Drop them off at a [Reuse-a-Shoe](#) collection point in certain Nike stores (all brands are accepted) and they'll enjoy a second life. The materials will be separated and recycled into new clothes, shoes or even playground surfacing.

Green Tip 11th June

Remove sticky tape before you recycle. Many of the packages that come from companies you order from online are secured with parcel tape that isn't recyclable. It may be made of plastic or be reinforced with plastic thread. Pick it off before adding the cardboard packaging to your recycling bin. This way you can be assured that what you put in your recycling bin can actually be recycled!



Green Tip 18th June



Switch to eco-friendly washing up liquid. These days eco-friendly washing up liquid works just as well as conventional liquid. In fact, in a recent test by Good Housekeeping magazine of all types of washing-up liquid, an eco-liquid came out on top. Look for ones which are palm-oil free. If you can buy in bulk at a refill shop then again you will save money and the environment.

Green Tip 25th June

Make the most of what you've got! Each year in the UK we send 350,000 tonnes of clothing to landfill but by buying second hand, buying better and buying less and finding new ways to style the clothes you already own, you can help change things. The most sustainable clothes are the ones already in your wardrobe. Extending the lifespan of a garment by nine months can reduce its carbon footprint by 20-30 per cent.

SAVE THE DATE

CLIMATE ACTION CONFERENCE

29TH SEPT TO 1ST OCT 2023

ST MARY'S CHURCH, HALESWORTH



**Another step on
our journey to
Net Zero!**

SATURDAY 30TH SEPTEMBER

Workshopping info and ideas:

- Regional policies and plans:
Church, State and Trusts
- Active community projects
- Practical changes in the home:
real-life examples

SUNDAY 1ST OCTOBER

- Celebration of Creation -
church service at St Mary's
- Wild picnics!
- Closing entertainment

FRIDAY 29TH SEPTEMBER

6.30 - 9.30 PM

EXPERT PANEL DISCUSSION

*followed by fantastic
local cheese and wine*

**Exhibition
showcasing local
projects,
large and small**

For more information please visit:
www.halesworthash.com



Blyth Valley
Churches

Waveney and Blyth Deanery Eco Newsletter - Next edition

It would be good to produce a newsletter 3-4 times a year, to share what churches are doing and to promote activities, services and campaigns.

If you would like to have an article included in the next edition, please email it to me by 30th June.

Revd. Alison Alder

Waveney and Blyth Eco-Co-ordinator

alisonalder@hotmail.co.uk

01502 478855