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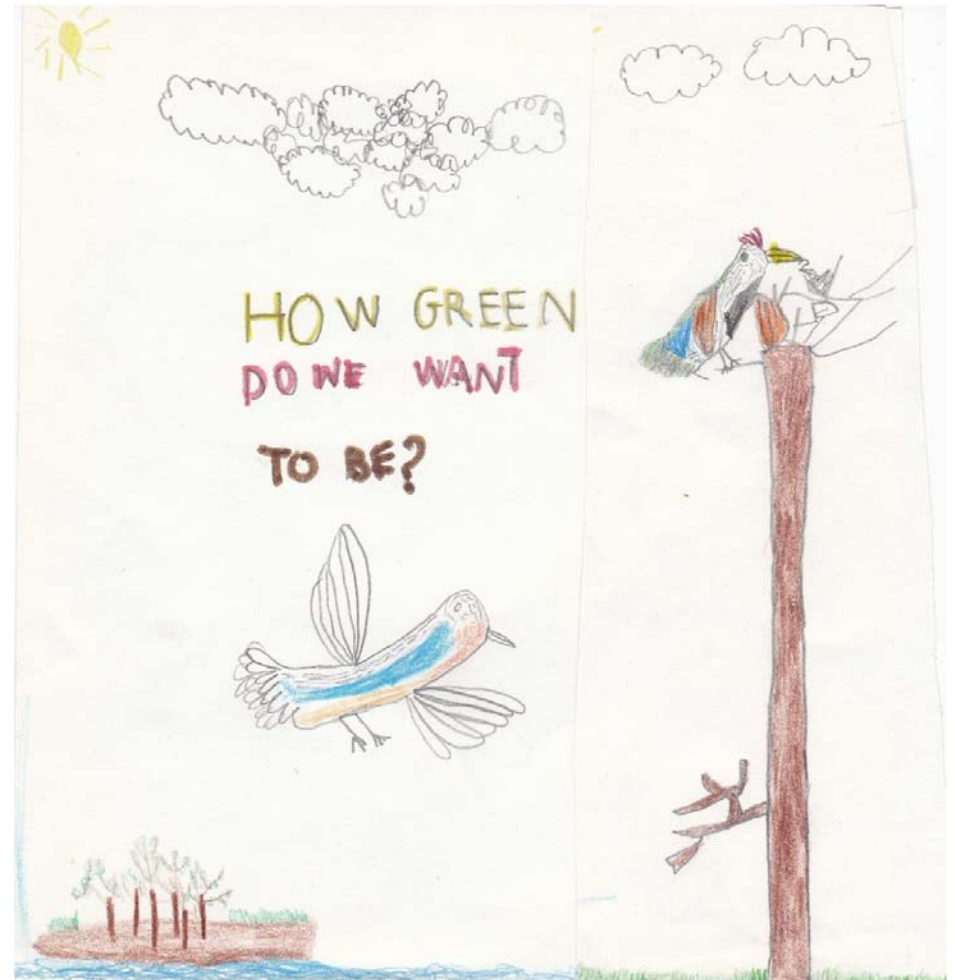
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# THE SCOTS KIRK PARIS

## Eco Guide



## LIFESTYLE OR STYLE FOR LIFE ?

### information and suggestions

#### How green is my life?

Today, the flourishing media market broadcasts that living is about the three 'C's:

#### Choosing, Changing and Consuming.

Every creature has some impact on the environment but did you know that this kind of consumption is unsustainable, out of balance and devastating for our environment?

When preaching the Sermon on the Mount, Jesus said that we cannot worship both God and money (Matthew 6:24) and called us to store up riches in heaven, for our heart will be where our riches are. (Matthew 6:19-21)

Green Choices are not simply about living today that others may have life tomorrow but more so that true life is found when we seek a fulfilling relationship with God instead of through material possessions.

This Booklet was put together in the hope that it will help us all to make the link between our environmental issues and Christian faith and will help us make choices that reflect care for God's creation and respect for our neighbours around the world.

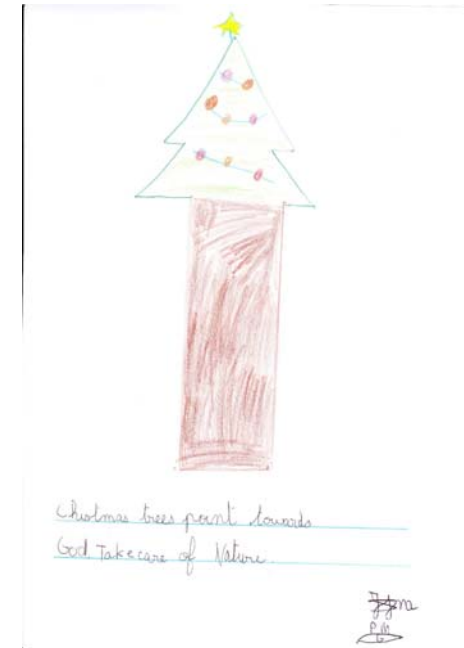
#### Personal Commitment:

Use this booklet along with other sources of information to learn more about conserving God's World and share what you've learned with family and friends.

BAGS AND PACKAGING - take bags on shopping trips, buy food and drinks in appropriate sized containers (one large instead of several smaller) and choose product with less packaging.

- ❖ EAT WELL - buy an organic bird - it will have led a happier life and your lunch will taste better too.
- ❖ POP A CORK - ensure your wine has a natural cork which is harvested without harming the trees.

HAVE A WONDERFUL GREEN CHRISTMAS



## GREENING CHRISTMAS

At Christmas especially it is easy to go into an all-consuming, all-disposing frenzy and not to worry about our impact on the environment.

Take these few simple steps to simplify and "greener" your Christmas this year:

### Reduce and Recycle:

- ❖ CARDS - send e-cards to friends.
- ❖ TREES & DECORATIONS - buy a local grown tree and recycle it afterwards. Most parks in Paris accept trees at the end of the Season for recycling. Better still, buy a tree with roots that you can plant afterwards. Use scrap materials to make paper chains and decorations.
- ❖ PRESENTS - buy local, Fair Trade eg. [www.artisansdumonde.org](http://www.artisansdumonde.org) or [www.parisequitable.org](http://www.parisequitable.org), second hand, support charities, make your own, avoid battery-powered goods. Alternatively, give a "living gift" through a wildlife charity, eg. [www.christianaid.org.uk](http://www.christianaid.org.uk) More information, type in - Les cadeaux éthiques à Paris, or [www.yourtomorrow.co.uk](http://www.yourtomorrow.co.uk)
- ❖ WRAPPING PAPER- re-use as much as possible, wrap your presents with string or ribbon so that the paper can be reused.
- ❖ COSMETICS - choose eco-friendly cosmetics

Living an ecological lifestyle is a journey, not a destination!

Try to change in a positive, environmentally friendly way at your own pace and allow yourself

time to adapt. Changing your life too radically is often a recipe for failure.

Look forward to living more peaceably with yourself knowing the world will be a better place thanks to your actions.

Use the Scotskirk Eco-Congregation group and web site for more information and support:

[www.ecocongregation.org](http://www.ecocongregation.org)



## TRAVEL - "Greening" our journeys

Here in Paris and the Paris region, we are fortunate to have a (usually!) very efficient public transport system - métro, bus, tram, train, RER, "vélib" etc. In the years ahead, it will become more and more important to develop alternatives to the car. - Why?

- ❖ **To protect our planet:** Emissions from cars (not including lorries/trucks and planes) account for approximately 15% of carbon dioxide emissions, one of the main "greenhouse gases" that cause global warming.
- ❖ **To protect our health:** Petrol, diesel and oil produce pollutants that are linked to respiratory diseases, such as asthma.
- ❖ **To save money:** Traffic congestion is estimated to cost £15 milliards in the UK each year and 1 milliard in l'Ile-de-France a year alone.
- ❖ **To save space:** Land devoted to parking in the UK covers an area twice the size of Birmingham (population close to 1 million).

**However, the car is still with us for the time being! So what can we do to reduce pollution when we're driving?**

- ❖ Drive at slower speeds. Driving at over 100 kilometres an hour uses 30% more fuel than at 70 kilometres an hour.
- ❖ Accelerate gently and try not to brake sharply. - You will reduce the amount of fuel you use by 25%.
- ❖ Have your car serviced regularly. An incorrectly adjusted carburettor can waste up to 25% of fuel.

## C. Appliances - Did you know?

By choosing an "A" rated fridge freezer rather than a "G" rated one, you could save over 500€ in 10 years use. SO avoid false economies.

## D. How do we know a product is genuinely "green"?

**Look at the LABELS !**



## SHOPPING - GREEN CHOICES

How can you help the planet when you go shopping?

### A. Follow the five Golden "R"s:

- ❖ **REFUSE** - Do I really need it?
- ❖ **REDUCE** - Do I need to buy so much / so many / the newest and the biggest model?
- ❖ **RECYCLE** - Can the item be easily recycled? What proportion of recycled and raw materials is used to fabricate it?
- ❖ **REUSE** - Can I reuse something I already have at home? Or can I buy what I want second hand?
- ❖ **REPAIR** - Can I have an existing item repaired? If not, would it be easy to repair the thing I want to buy? Are spare parts available?

### B. Food - Did you know?

Flying fruit and vegetables round the world uses up to 4 LITRES OF FUEL for each kilo of produce. SO, buy locally grown produce wherever possible. Foods with a low carbon cost tend to be healthier as well. 100gr of the following:  
Vegetables - produces 0.08kg of CO<sub>2</sub>  
Pasta - 0.18kg of CO<sub>2</sub>  
Chicken - 0.6 kg of CO<sub>2</sub>  
Cheese - 1.kg of CO<sub>2</sub>  
Beef - 4.8kg of CO<sub>2</sub>

**Conclusion:** the most efficient way to shrink the carbon footprint of our menu is to try to eat less meat. Try some of these recipes:

<http://planetgreen.discovery.com/all-natural-recipes>

- ❖ Don't forget to check your tyres regularly too. Incorrect tyre pressure can increase fuel consumption.

Please do what you can to "green" your journeys as you go about your daily lives here in Paris, the Paris region and beyond. Find out more by yourselves in newspapers, on TV, on the internet etc and try to incorporate it into your lifestyle - for the future of the planet!



## HOME QUIZ

### **How environmentally friendly are you?**

Tick the things you do then add up the number to find your score!

1. I don't leave water running while brushing my teeth, shaving or washing the dishes.
2. I store food in re-usable containers instead of using plastic wrap or aluminium foil.
3. I use rechargeable batteries.
4. I install water-saving devices on toilets and taps.
5. I repair or have leaks repaired as soon as possible.
6. I regularly use organic house cleaning products.
7. I have showers instead of baths.
8. I wash only full loads of laundry.
9. I use a clothesline or a screen to dry clothes instead of using a tumble dryer.
10. I correspond by e-mail.
11. I sort my rubbish, paying particular attention to what I put in the

recycle bin.

12. I water the plants/garden only during the coolest part of the day.
13. I use old letters/junk mail as scrap paper.
14. I try not to leave any electrical appliances on standby.
15. I use energy saving light bulbs.

### **SCORE**

More than 10 = you're part of the solution

Between 5 and 10 = you can do better

Less than 5 = you're part of the problem

### **Remember to practise the three Rs!**

- ❖ Reduce how much you use
- ❖ Reuse what you can
- ❖ Recycle the rest