



Climate Conversations

Changing our Daily Routine to

Save the Planet

St Mark's Creation Care Ministry

July 2023



Agenda

- Land Acknowledgement
- Opening Prayer
- Framework and Mornings
- Discussion
- Afternoons and Evenings
- Sharing and Q&A
- Closing Prayer

The Impact of Daily Activities is Huge

- Household consumption has huge environmental impacts
 - > 60% of global GHG emissions
 - 50%-80% of land, material & water use
 - US CO2 emissions are 14.6 tons/person/year
- Each American has >100 items of clothing
 - 81 pounds thrown away every year
- 30%-40% of food is wasted
 - 100 pounds of food/year in the US
- 12 million cars/year are discarded
 - SUV emissions are more than aviation



We should Care for the Earth in All We Do

- Numbers 35: You shall not defile the land in which you live
- Matthew 6: Do not lay up for yourselves treasures on earth ... For where your treasure is, there your heart will be also
- 1 Corinthians 10: Whether you eat or drink, or whatever you do, do all to the glory of God
- 2 Corinthians 5: Whether we are at home or away, we make it our aim to please him



Lifestyle Choices Matter

- *“Can you spot Christians by the cars they drive (not just the bumper stickers), the contents of their shopping trolleys or the amount of waste they send to the landfill? If we really believe that this earth is God’s and not ours, then the lifestyles of Christians ought to be radically different from many of our neighbors” – Dave Bookless, Planetwise*



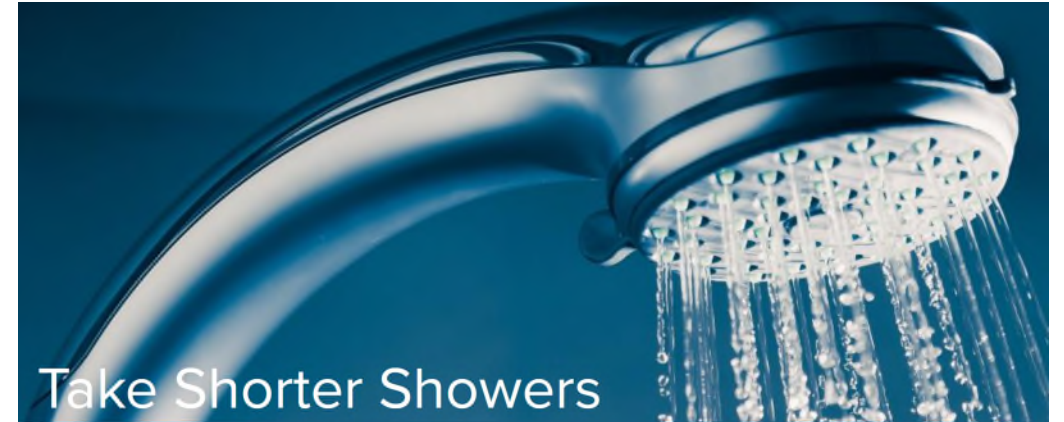
Awakening Slowly

- Reflection
 - One deep breath
 - One thing you are thankful for
 - One thing you will accomplish today
- Prayer
 - Prayer
 - Meditation
- Reflect on Creation Care



Morning Ablutions

- Shower
 - 20% of water in homes
 - Take shorter showers
- Brushing your teeth
 - 200 gallons of water / month
 - Turn off the water while brushing
- Shaving
 - Turn off the water, save 10 gallons
- Toilets
 - ¼ of water use in homes



Clothing

- Choose quality and durability over quantity
- Washing every 10 times a product is worn instead of every 2 times reduces energy use, climate change and water by up to 80% (Levi's)
- Repair clothing

The entire lifecycle of **one pair of Levi's® 501® jeans** equates to:

Climate Change:
33.4 kg CO₂-e...

Water Consumed:
3,781 liters...

Eutrophication:
48.9 g PO₄-e...

Land Occupation:
12 m²/year...



- 69 miles driven by the average US car
- 246 hours of TV on a plasma big-screen

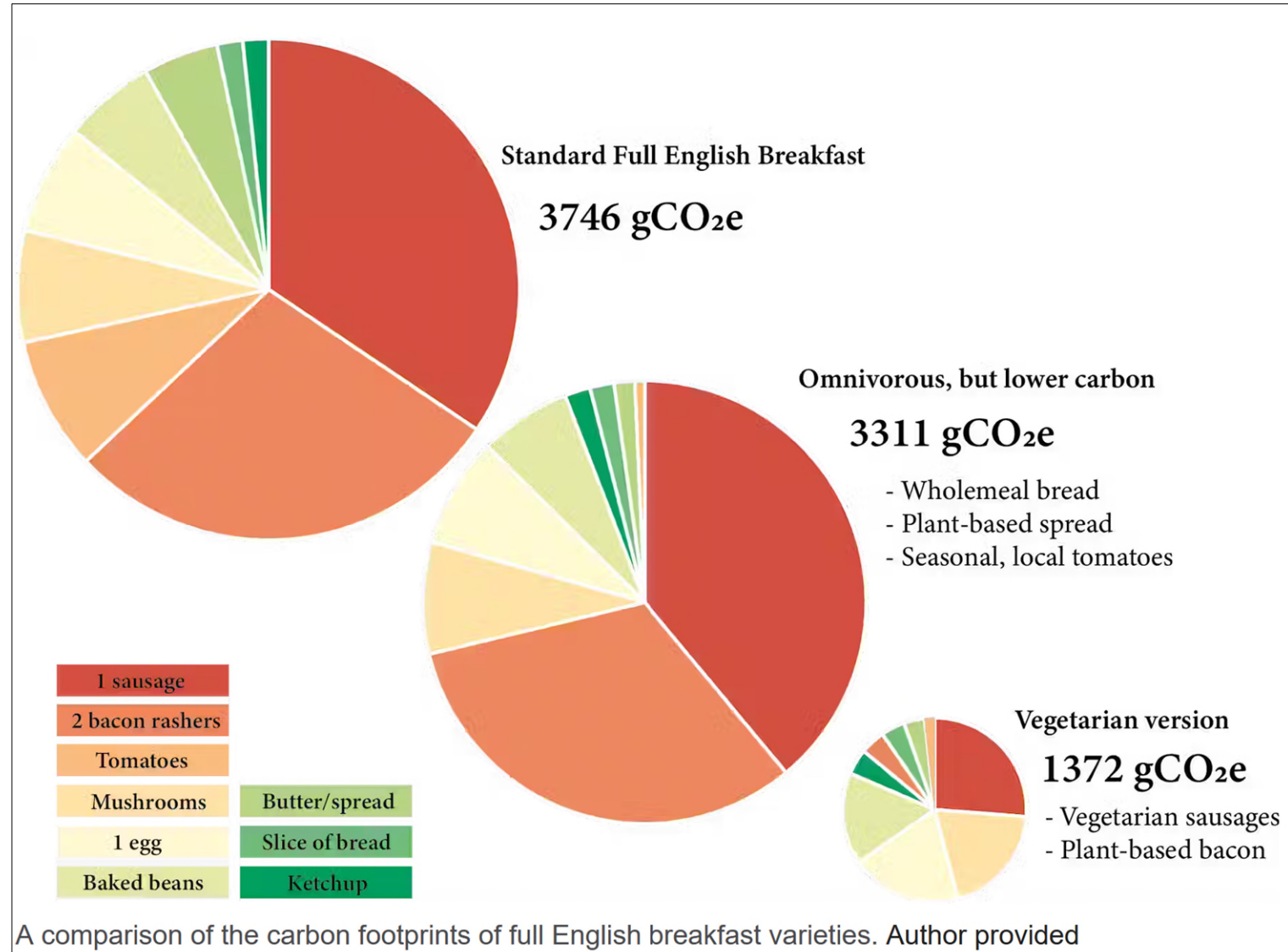
3 days worth of one US household's total water needs

The total amount of phosphorous found in 1,700 tomatoes

Seven people standing with arms outstretched, fingertips touching, would form one side of a square this size

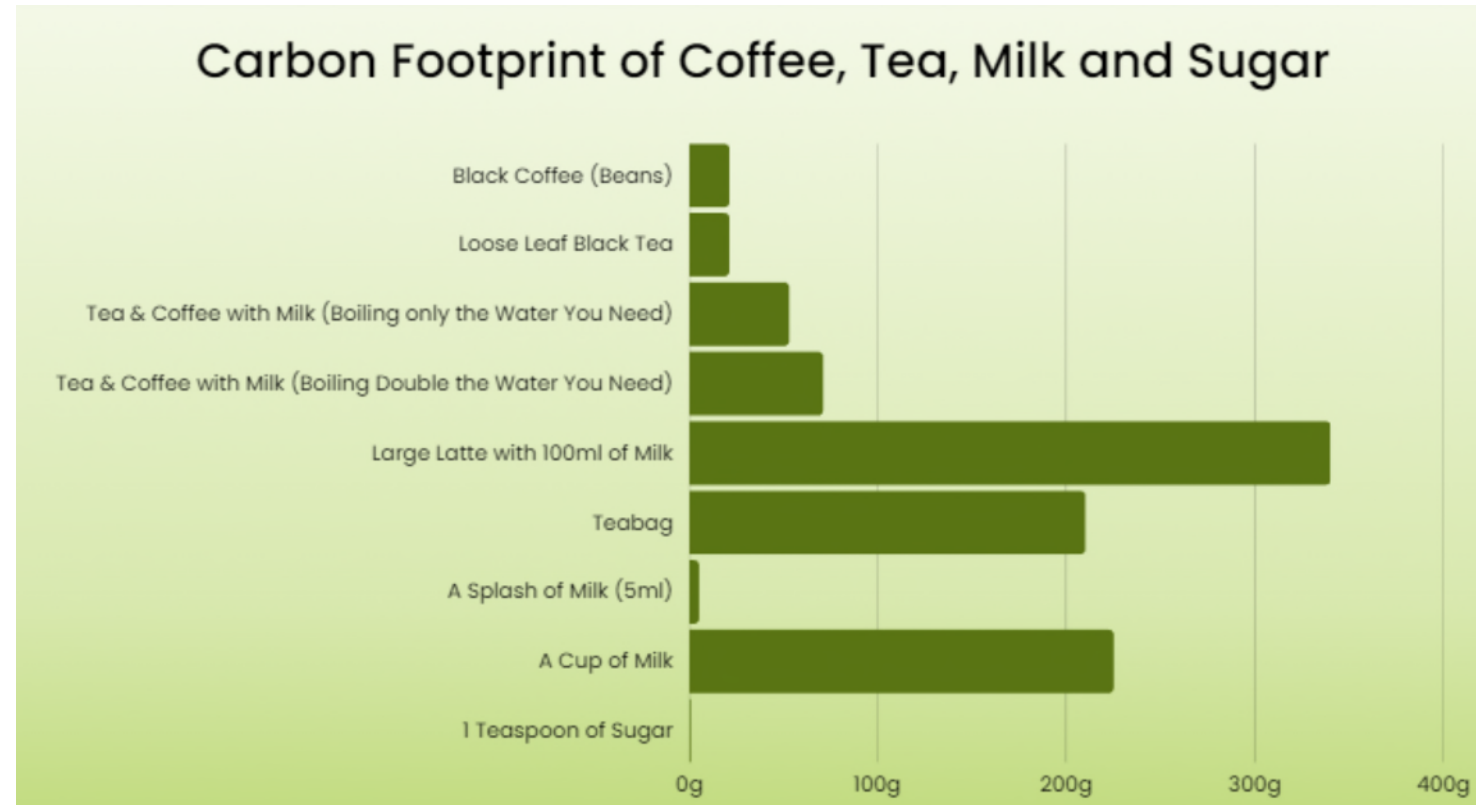
Breakfast

- A breakfast sandwich with bacon, sausage & egg creates 1.4 kg of CO₂
 - Plant-based bacon and sausage reduces the carbon footprint by 51%
- A bowl of cereal has a carbon footprint 10% of pork sausage
- Dairy milk has 3.5x more emissions than alternative milk



Morning Coffee or Tea

- Producing 1 cup of tea uses 36 quarts of water, coffee uses 148
- Tea grows year-round and requires less processing
 - Coffee is harvested once a year and requires more land
- Black coffee and black tea produce 21g of CO₂e per cup
 - Energy for 1 shot of espresso creates 32 grams of CO₂
- Use your own mug



Digital Devices

- A text generates 0.014g of CO₂e
- Send one less 'thank you' message
- Upgrade devices less often



<https://sg.style.yahoo.com/what-contributing-your-digital-carbon-footprint-042041217.html>
<https://www.bbc.com/future/article/20200305-why-your-internet-habits-are-not-as-clean-as-you-think>

1 Take control of your email subscriptions

Unsubscribe from unnecessary newsletters. Yahoo Mail's Unsubscribe tab enables you to view all subscribed newsletters in one place and unsubscribe from unwanted newsletters with just one click.



2 Declutter your mailbox

Clear outdated emails easily with Yahoo Mail's various features that enable you to view and group emails according to sender, file formats, attachments, and more, and delete emails hassle free in one go.



3 Opt for e-receipts

Choose e-receipts over physical copies to reduce paper waste and to stay organised. Yahoo Mail's Receipts View feature helps you track e-receipts and purchases for a seamless online shopping experience.



4 Switch to e-greeting cards

Customise e-greeting cards using Yahoo Mail's Stationery with themed templates, decorative fonts and gifs as you celebrate festivities and special days with loved ones in a greener way.



5 Choose links over attachments

Attachments make emails heavier to load. Instead, opt for file-sharing links and compressed forms of attachments wherever possible.



Transport to Activities or the Office

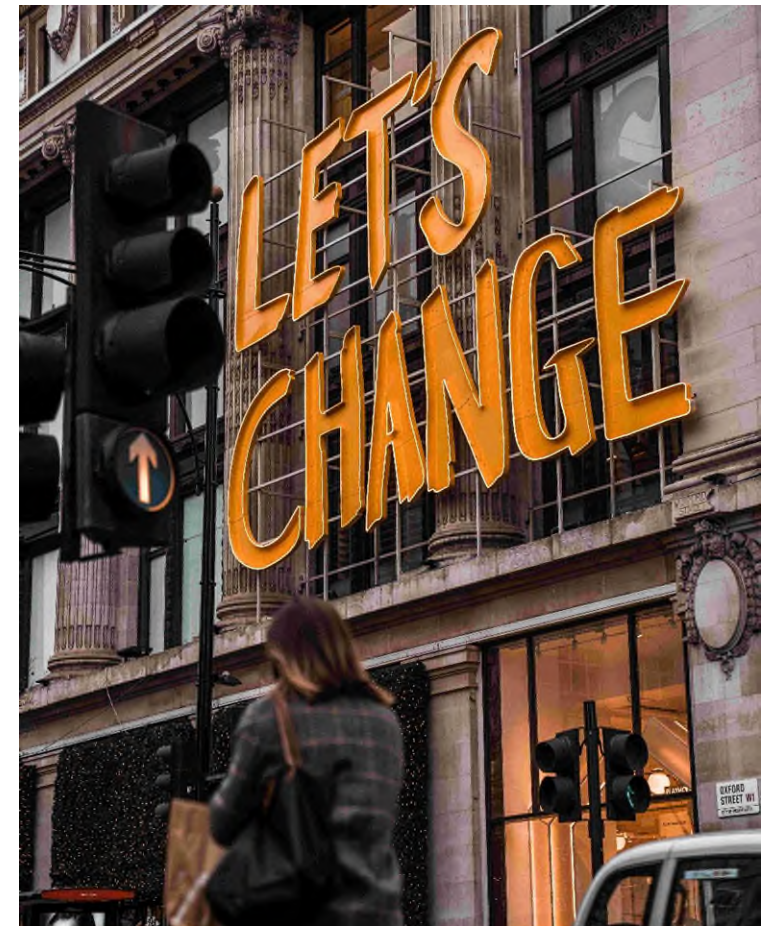
- 1 gallon of gasoline creates 20 pounds of CO₂ emissions
 - Public transit instead of a 20-mile car commute saves 4,800 pounds/year
- Drive wisely, save 10% of fuel & \$390+
 - Reduce gas pedal and brake usage
 - Take out extra items
- Cyclists have 84% lower CO₂ emissions
- Work from home reduces CO₂ emissions – 1 day WFH/week reduces global CO₂ emissions 24 million tons/yr



Discussion & Breakout Session

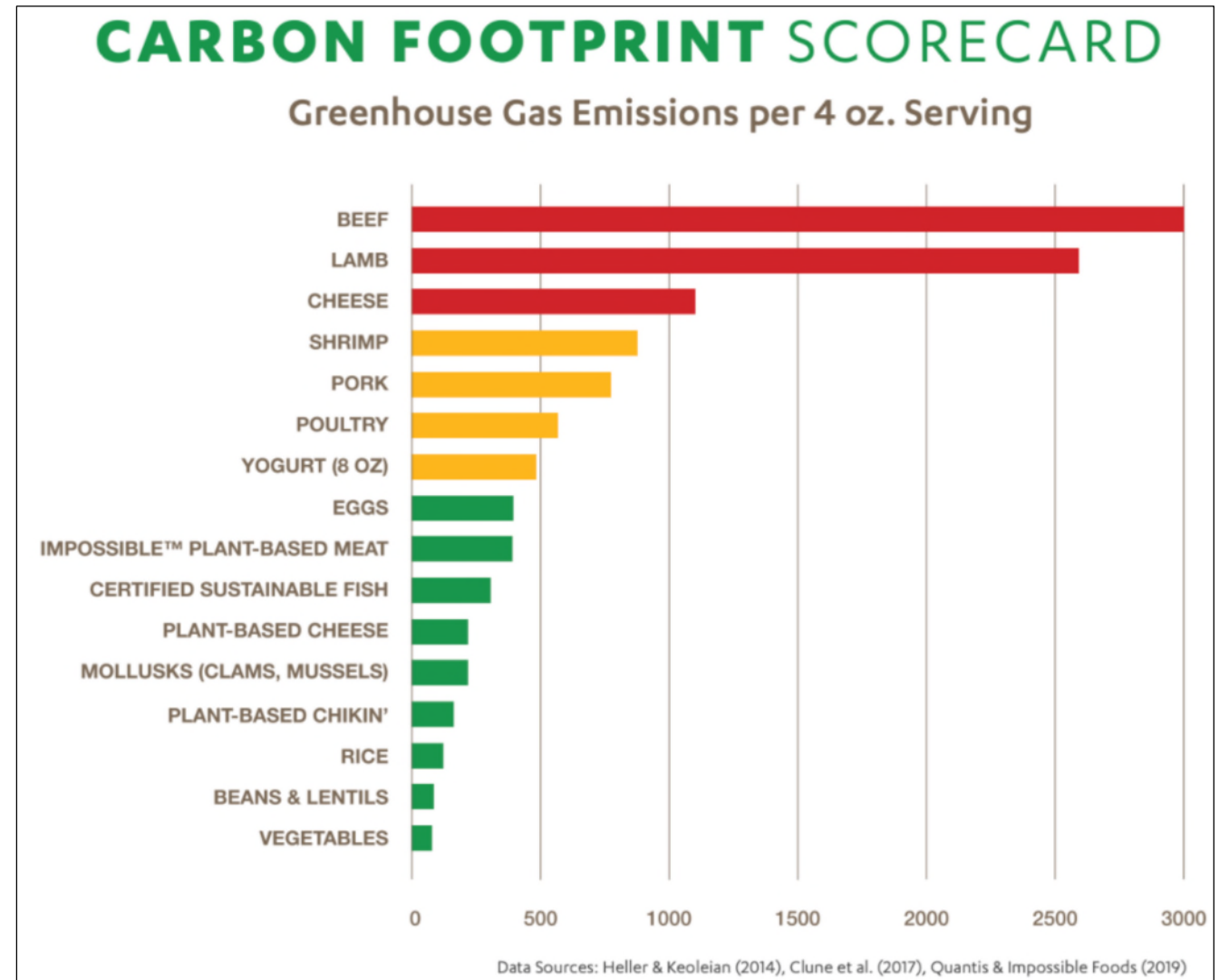
Questions:

- What surprised you about the climate impact of various morning actions?
- What actions have you already changed, to help the planet?
- What activities might you consider changing in the future?



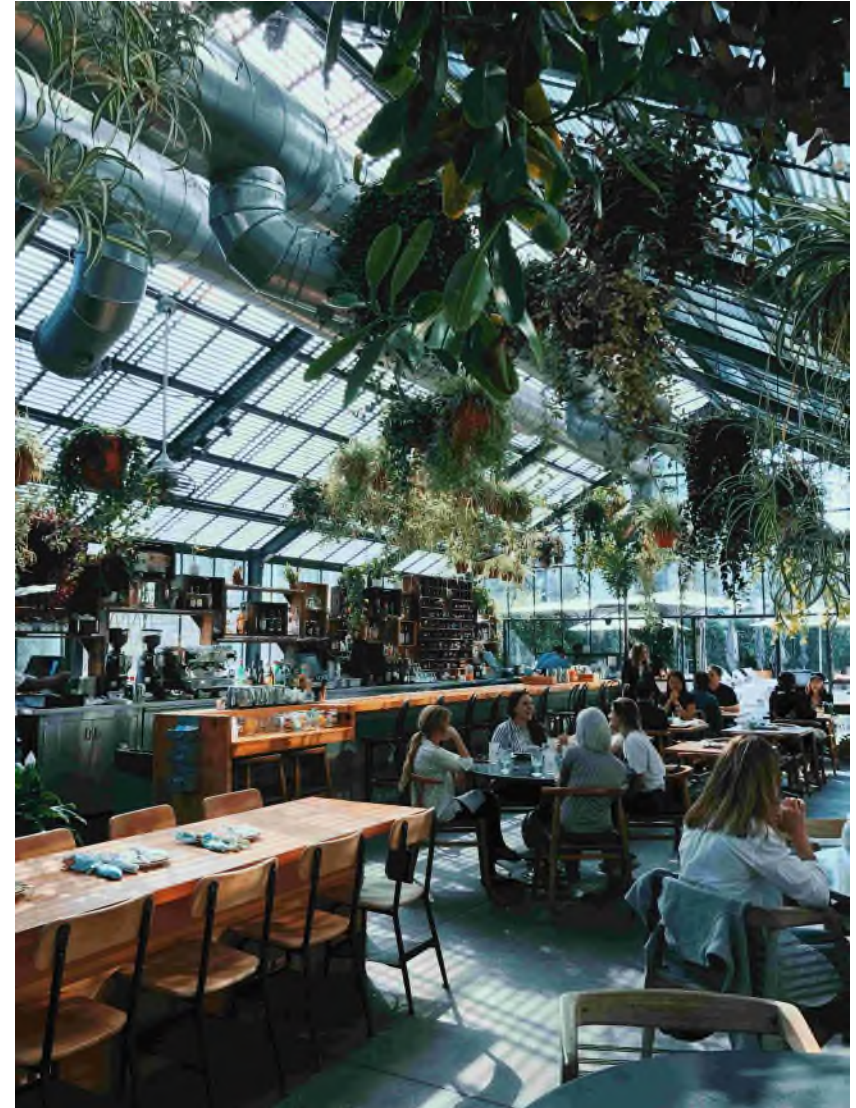
Lunch

- Making sandwiches at home reduces carbon emissions by up to 50%
 - Ready-made
 - Ingredients = 37%-67%
 - Chilling = 25%
 - Packaging = 8%
 - Transport = 4%
 - Reduce ingredients with higher carbon like lettuce, tomato, cheese and meat
- Chicken burrito is 1.5x veggie CO₂, beef burrito is 5.4x
- Choose restaurants showing CO₂ emissions



Lunch in a Restaurant

- Choose a “green” restaurant
- Walk to the restaurant
 - Eat in, not takeaway, to reduce packaging
- Select eco-friendly foods
 - Plant-based or low-emission meat
- Order only what you can eat
- Bring reusable utensils & cups
- Don't ask for an electronic receipt
- Take leftovers home



Meeting Colleagues or Friends

- In-person meetings
 - Location to minimize commuting
 - Serve plant-based foods
 - Reusable plates
 - Reduce paper and bottled water usage
- Online conferences or meetings reduce emissions 94% & hybrid reduces 67%
 - 1 hour of videoconferencing emits 150-1,000 grams of CO₂
 - Up to 6,600 pounds/attendee in person
 - Camera off reduces emissions 96%



Heading Home

- Avoid rush hour
- Consider carpooling
- Drive a smaller car



Shopping for Groceries or Meals

- Combine shopping in 1 trip
 - Buy local and buy less
- Consider food types:
- “Shop” your cupboards and fridge
- Create a shopping list
 - Only buy items on your list
 - Read labels
- Consider ecommerce
 - Avoid one-day delivery
 - Combine delivery dates
- [Impact Score](#) and [My Foodways](#)

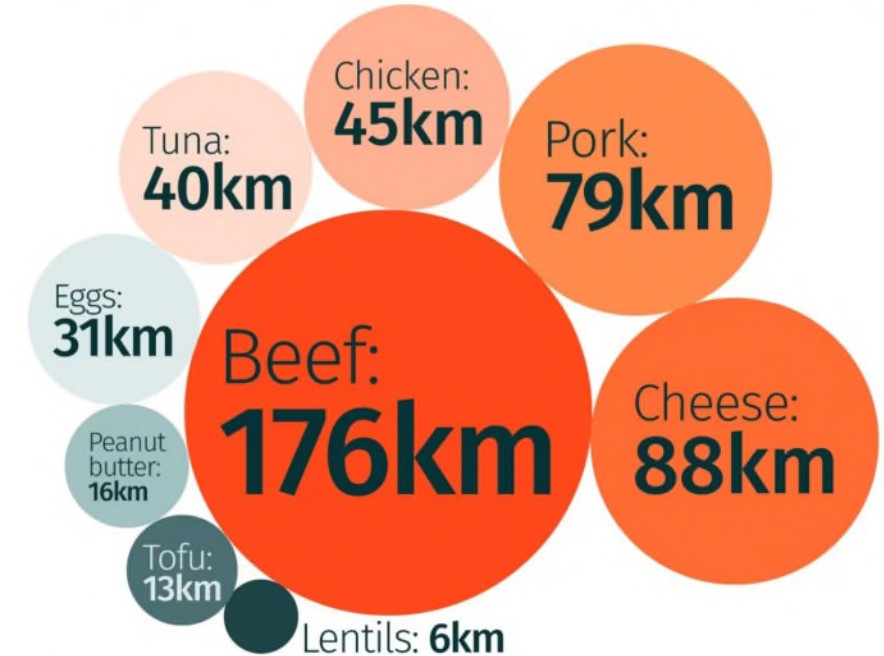


Dinner

- Healthier diets have lower emissions
- Cook carefully with electric stoves
 - Gas stoves release methane
- Use leftovers & reduce waste
- Meat caused 32% of meal GHG emissions, drinks 15%, dairy 14%, cakes/cookies 8%
- Eat local food to save GHG equal to driving 1,000 miles
 - 1 veg meal saves 160 miles more

Carbon emissions from food

Equivalent kilometres driven per kilogram of food*



*Assuming a Honda Civic sedan

CBC NEWS

Source: Environmental Working Group

Washing Dishes

- Dishwashers use less water
 - 1,000+ gallons/year
- Eco-friendly cleaning products
 - Sponges from recycled material
 - Biodegradable soap
- A low-flow device in a faucet
- Soap and rinse separately



Reading

- A paperback book's carbon footprint is 1kg (2.2 pounds) CO₂e
- A weekend newspaper is 0.3kg (10oz) -4.1kg (9 pounds) CO₂e
 - Read news online



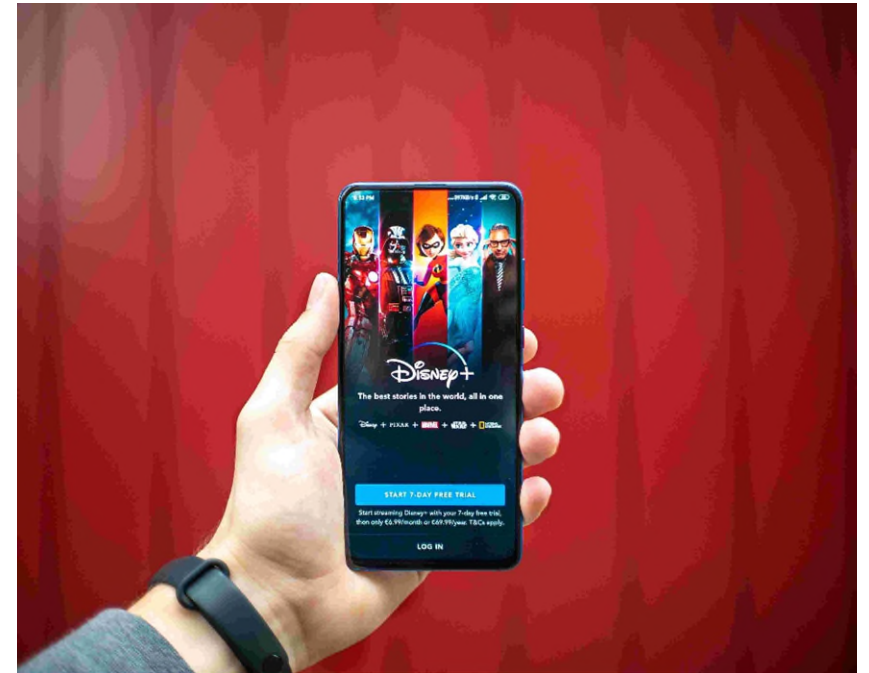
The Seattle Times
SEATTLETIMES.COM

Seattle announces plans for bike lane along Alaskan Way seawall : 12
Canada's fires offer lesson in vast economic toll of climate change : 10

Today's Print **Replica** is ready to read

Evening Entertainment

- Online videos are 60% of the world's internet traffic and generate 300 million tons of CO2/year, 1% of global emissions
 - 1 hour uses 0.08kWH and emits 36g of CO2
- Podcasts generate CO2 too – 1.2 g/file
 - Streaming 5 billion plays of 2017 hit Despacito used as much electricity as Chad, Guinea-Bissau, Somalia, Sierra Leone and Central African Republic combined in a year
- Consider alternatives to streaming



Sleeping Comfortably

- Consider an organic mattress
- Turn lights & devices off at night
- Sleep two hours earlier
 - Reduce 4,000 tons of CO₂ emissions globally due to lower electricity consumption for lighting
- Set the temperature 2° higher in summer and 2° lower in winter



Sharing, Discussion and Q&A

Questions

- What are one or two habits that you can change?
- What do you do that has the biggest impact on climate change and may be changeable?
- How can you use the actions you take to influence the actions of others to mitigate climate change?



Make a Difference

Climate change is sometimes misunderstood as being about changes in the weather. In reality, it is about changes in our very way of life.

- Paul Polman, former CEO, Unilever

Source: <https://www.goodgoodgood.co/articles/quotes-about-making-a-difference>
<https://www.goodwall.io/blog/environment-climate-change-quotes/>

Closing Prayer

O Lord, grant us the grace to grow deeper in our respect of and care for your Creation.

O Lord, help us to recognize the sacredness of all of your creatures as signs of your wondrous love.

O Lord, help us turn from the selfish consumption of resources meant for all and to see the impacts of our choices on the poor and vulnerable.

Amen

