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St Vincent's Chaplaincy

ECO NEWS

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Reforestation project

A Rocha approached Chris and Tricia with the idea of a reforestation project on part of their land. Indigenous trees to be planted and flora and fauna to be monitored over time to assess changes. A Rocha hope that this idea will spread all over Portugal. As an individual or a church we could buy trees (carbon offsetting – ideal gifts for those who have everything and travel a lot!). This has been approved by Luz Committee and Council.



Give up meat for Lent!



Eating vegetarian or fish-based meals instead of meat on Fridays would help the Church of England reduce its carbon emissions

The tradition is linked to Good Friday, the day when Jesus Christ sacrificed himself to save humanity in Christian teaching. Christians were encouraged to engage in fasting or abstinence on Fridays, usually by forgoing meat. In 1985 Catholic bishops said that worshippers could choose to give up “some other food”, smoking or alcohol, or “some form of amusement” on Fridays, but in 2011 they decided that it “should be fulfilled by abstaining from meat”.

See link to full report in The Times:

<https://www.thetimes.co.uk/article/6d9e58f0-abba-11ed-9cb3-80326348937b?shareToken=139dd4b1d798a64828620a92f9898c5a>

An interesting article and well worth reading. Why don't we as a chaplaincy take this up for Lent? We could, for example, limit our red meat intake to one meal per week. You can see in the following chart that this substantially reduces our personal carbon footprint.

The Right Rev Graham Usher, Bishop of Norwich, is advocating that regular worshippers cut out meat every Friday of the year.

Eating vegetarian or fish-based meals on Fridays would help the Church of England on its quest to reduce its carbon emissions to net zero by 2030, the Bishop said.

If all of the Church of England's 854,000 regular worshippers cut out meat every Friday for a year they could save more than 40,000 tonnes of carbon dioxide (CO₂) emissions, research suggests, equivalent to about 60,000 return flights from London to New York.



An abbot and monks enjoy their meal of fish in this painting entitled 'Friday'

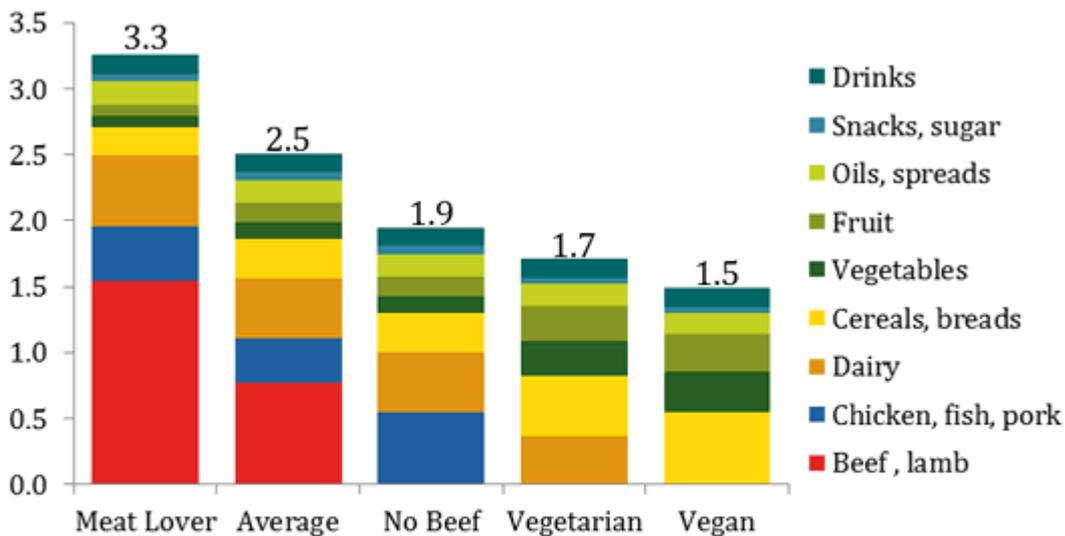
Low carbon cookery book

We plan to put together a Chaplaincy low carbon cookery book. Recipes to be healthy and carbon aware, i.e. low red meat/dairy content in ingredients. Chart below illustrates carbon footprint differences between big meat eaters and vegans.

General Synod is looking at ways to encourage a reduced carbon lifestyle as part of Christian witness, including eating less meat or choosing more sustainable options.

Please send low carbon recipes for inclusion to tricia.d.wells@gmail.com Who knows – our Chaplaincy cookbook could go Archdeaconry-wide!

Foodprints by Diet Type: t CO₂e/person



Note: All estimates based on average food production emissions for the US. Footprints include emissions from supply chain losses, consumer waste and consumption. Each of the four example diets is based on 2,600 kcal of food consumed per day, which in the US equates to around 3,900 kcal of supplied food.

Sources: ERS/USDA, various LCA and EIO-LCA data



Fairtrade Fortnight

Fairtrade Fortnight runs every year for two weeks. Its aim is to transform the farming industry and to ensure that farmers and workers get a fair deal for the food they grow.

This is done by action-packed campaigns, targeted at schools, businesses and places of worship that participate in raising awareness of the Fairtrade products. People come together across the UK to share stories about the people who grow our food and drinks, mine our gold and who grow the cotton in our clothes, people who are often exploited and underpaid.

When is Fairtrade Fortnight in 2023?

In 2023, Fairtrade Fortnight will take place from the 27th of February to the 12th of March.

Last year, online panels, 'bake-offs' and coffee mornings and over 50 virtual events took place as part of the Fortnight and many will return for 2023. The conversations sparked from these events aim to ensure farmers and workers are put front and centre of conversations on how to tackle the climate crisis.

The growing challenges that climate change brings to farmers and workers in the communities that Fairtrade works with are at the forefront of the festival. Farmers and workers in countries such as Kenya, Ethiopia and Honduras, who have done the least to contribute to climate change, are disproportionately affected by it, due to consistent low prices for their produce.

This lack of money for their hard work means they are unequipped to meet their everyday needs and cope with the adversity they face from climate change, and those in vulnerable countries are already seeing the impact of the climate crisis through droughts, crop diseases, floods and a number of other different problems.

To find out more about Fairtrade and this year's Fairtrade Fortnight, visit their [website here](#).

Prayer for the Environment

*God of life,
we praise you for the beauty of creation,
its richness and variety;
yet, through greed and ignorance,
we scar your world with plastic waste
and throw so much away.
Make us more like Jesus,
treading gently on our common home,
and breathe your Spirit on us,
that we may care more deeply for your Earth.
We ask this through Jesus Christ our Lord.
Amen.*

***Rt Revd Graham Usher
Bishop of Norwich and Lead Bishop on the Environment***